

Sangha Without Boundaries

The Newsletter of Edinburgh's Buddhist Community



Inter-Sangha Activities

The 2006 retreat for Edinburgh's Buddhist Community proved very fruitful in terms of identifying new and existing ways that we can nurture our inter-sangha community. Here are a few ways in which we are already working together.

Formation of a group for Engaged Buddhism

Spearheaded by Charlotte Procter, this group had its first meeting on May 14 and has circulated an e-mail survey to interested persons who were not able to attend. Regular meeting times and spheres of activity for the group will soon be decided. See page 3 under "Compassion in Action" for more information.

Autumn Inter-Sangha Gathering

Kimberley Cadden (Soto Zen) has reserved space at the Salisbury Centre for a December inter-sangha gathering. More information on page 2 of this newsletter.

Planning for the 2007 retreat

Gill Mathews is already at work planning next year's spring retreat at Wiston Lodge for our sangha without boundaries.

Inter-sangha Newsletter

This quarterly newsletter will keep us informed of inter-sangha activities as well as activities of individual sanghas that are of general interest to the larger Buddhist community.

19th Annual Wesak

The 19th Annual inter-sangha Wesak celebration was held at the Salisbury Centre on May 7. The Rigpa group led the event and provided a warm atmosphere for sharing amongst the 25 or so people who attended.

Edinburgh Buddhists Gather for Inter-Sangha Retreat

Representing several different Buddhist traditions active in Scotland, 25 individuals from the Edinburgh area gathered for three days in April for the second annual All-Edinburgh Buddhist Retreat. Held near the Borders town of Biggar, the purpose of the meeting was to get to know each other and learn about each other's traditions.

Of the traditions active in the Edinburgh area, five were represented at the 2006 retreat. These were Soto Zen, Friends of the Western Buddhist Order (FWBO), the Community of Interbeing in the tradition of Thich Naht Hahn, the Theravadan Forest Sangha, and Soka Gakkai.

Each group led a session to introduce some of their practices and/or beliefs. Meditation and chanting were part of each session. The FWBO shared a metta meditation, Soto Zen an open-eyed sitting meditation, the Community of Interbeing a guided

meditation as well as a walking meditation, and the Forest Sangha an open meditation.

Each group included chanting as practiced in their tradition. This included Pali recitation led by the Forest Sangha, the rhythmic recitation of lineage of past masters led by Soto Zen, and a devotional Avalokitesvara chant by the Community of Interbeing (with guitar and mandolin accompaniment). The FWBO led their Amitabha mantra with its atmospheric harmonies, and Soka Gakkai introduced their powerful homage to the White Lotus Sutra.

In addition to practice, there was time for retreatants to share meals together and to socialise. The seemingly endless Scottish winter yielded for a few days, and participants enjoyed walks amongst the daffodils beneath blue skies in the beautiful wooded grounds of Wiston Lodge.

(Retreat, continued on page 3)



The 2006 Edinburgh Buddhist Retreat, held at Wiston Lodge near Biggar, was attended by 25 individuals representing five Buddhist traditions. Photo by Kevin McConnell.

News from the Sanghas

Rigpa Group

Rigpa, Edinburgh is the Scottish branch of Rigpa UK, based at Caledonian Road in London. We follow the teachings of Tibetan master Sogyal Rinpoche, author of the best selling book "The Tibetan Book of Living and Dying."

We offer 10-week courses in Meditation on Monday evenings in the Salisbury Centre, 2 Salisbury Road. 7.45-9.30pm. Price £5, (concessions £3)

The format of the evenings includes short sitting practices, with video teachings from Rinpoche, and group discussions to clarify any problems or issues that arise.

The course this term is "Natural Great Peace", running till Monday 26th June. Next term the course will be "Finding peace" and will start on Monday 2nd October. New students, fellow dharma students and drop-ins are welcome.

Our other activities are held at our Shrine room in Bonnyrigg. For more details, please contact John / Mary on 0131 663 7564. —Mary

Soto Zen

Bowing deeply, we offer the merit of our practice to all beings. It was a great joy to share the different outer forms of practice with everyone at the Interfaith weekend at Wiston Lodge, and to know that the indivisible reality is not disturbed by any outward differences in form. Some bow more than others, some chant more, some sing; sitting deeply together and chanting deeply - what a harmonious sound and silence.

Thank you all very much indeed for this sharing. We look forward to seeing and hearing from you again soon.

In Gassho (with bows),

—Kathleen Campbell

Add Your Tradition

To add your group, send your update to editor@HeartwoodMusic.com. Please include contact person, contact info, and the name of the person to credit for the article.

FWBO

A dream come true! The Friends of the Western Buddhist Order (FWBO) has been trying to establish a permanent (in as much as anything ever can be permanent!) Centre in Edinburgh for the past 30 years. We have met in one another's homes and rented premises up until 8 months ago, when we took the plunge to buy our new Centre.

The Centre is at 30 Melville Terrace, just off the Meadows, and has been beautifully refurbished by a few dedicated volunteers (see pix on our website).

We are delighted that the Lord Provost has agreed to open the Centre officially on Monday 19 June at 10 am - please come along if you are able. We will also be holding an Open Day and Celebration the day before, Sunday 18th June, to which all are warmly invited!

We hope that our Centre will become a resource in the city working towards a more peaceful world, as well as a hub where the Dharma is taught and practised.

—Kalyanavaca

Theravadan Forest Sangha

Edinburgh's Theravadan Forest Sangha follows the forest sangha tradition as practiced by the venerable Ajahn Chah of Thailand. We are affiliated with the Ratanagiri monastery in Harnham and Amaravati in Hemel Hempstead.

Our group meets every Thursday evening at 7:30 pm at Christ Church, Holy Corner in Edinburgh's Morningside area. Chanting and meditation is followed by group discussion.

Every 1-2 months we host a visiting monastic, who leads meditation. Monk's visits for 2006 include July 6, Sept. 7, Nov. 2 and Dec. 7. All are welcome.

For more information, please contact Neil on 0131 226 5044 or Jody on 0131 332 7987.

Save the Date! Inter-Sangha Gathering

On December 3rd, Edinburgh Buddhists will gather to celebrate the Buddha's enlightenment. For more information or to add your suggestion for the evening, please contact Kimberley at <kimberleycadden@yahoo.co.uk>.



All-Edinburgh Buddhist Gathering
December 3, 2006
 Salisbury Centre, Edinburgh
 6:15 - 9:30 pm
 By donation

Calendar & Events

June 18 Edinburgh Buddhist Centre Open Day & Celebration, Kalyanavaca, 0131 662 6699

June 19 Edinburgh Buddhist Centre Opening
 Kalyanavaca, 0131 662 6699

July 6 Monk's visit, Forest Sangha Neil, 0131 226 5044

Sept 7 Monk's visit, Forest Sangha Neil, 0131 226 5044

Oct. 2 New term begins for Rigpa's Monday evening class
 Mary/John, 0131 663 7564.

Dec. 3 Edinburgh Buddhist Gathering, Salisbury House
 Kimberley Cadden, kimberleycadden@yahoo.co.uk

Apr. '07 3rd Annual Edinburgh Buddhist Retreat
 Dates to be determined
 Gill Mathews, angel14_75@hotmail.com

Early Bird Meditation

7:15 - 8:15 am,
 Monday and Friday
 Edinburgh Buddhist Centre
 Led by Kalyanavaca
 By donation



Opportunities — Get involved!

Angulimala Prison Chaplancy

A program to bring Buddhist ideas and principles into the prison system. —Charlotte Procter on charlotteprocter@supanet.com or 0131 447 9861

Compassion in Action — Socially Engaged Buddhism group

Recently-revived group for those wishing to become more socially engaged with their Buddhist practice.

—Charlotte Procter (see Angulimala above for contact info.

NonViolent Communication Practice Group

A support group to facilitate everyday practice of nonviolent commu-

nication (NVC).

—Kalyanavaca on 0131 662 6699 or Dhkalyanavaca@yahoo.co.uk

Stillpoint

On-line support for meditation practice for those who are isolated due to chronic illness.

—Joelle, joelle@stillpoint meditation.org.uk

Women's Interfaith group

Janice Clerk, 0131 667 1465

Have an opportunity to list here? Please send program info, a brief description and contact info to editor@heartwoodmusic.com.

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Retreatants also expressed interest in exploring ways to work together as, in the words of one participant, a "Sangha Without Boundaries". A brainstorming session was therefore devoted to identifying issues of common interest and seeing what participants had energy to support. The following emerged as possible ongoing activities:

Establish an Engaged Buddhism group. The intention is to meet on a regular basis in the Edinburgh area and become actively involved in the social issues and concerns of interest to those active in the group.

Organise an autumn retreat or

practice day for Edinburgh Buddhists. Three individuals volunteered to explore putting together an autumn retreat or practice day in which the different traditions can come together again.

Establish a newsletter. Three individuals identified themselves as interested in creating a printed newsletter to include news from the different traditions as well as inter-sangha activities. A collection was taken to help pay for the first issue of the newsletter.

Identify and get the word out about work already being done. We found that quite a few individuals and groups are already involved in activities identified in our brain-

storming session. A list was made of those individuals and their activities (see "Opportunities" box).

Finally, to facilitate ongoing communication, key contacts were identified from each tradition. These individuals, the main branches of our "communication tree," will disseminate information from the inter-sangha group to individuals in their own tradition.

The retreat concluded with a dedication of merit in the style of each tradition, followed by a tree-planting ceremony led by the Community of Interbeing. COI will also lead the spring retreat in 2007.

Clearly we have many people who are keen to work together, and there are many ways to do so. May our inter-sangha roots grow deep and strong. --Claralynn Nunamaker



The 2006 retreat ended with the planting of a pear tree at Wiston Lodge, led by the Community of Interbeing. Photo by Kevin McConnell.

Sangha Without Boundaries



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Summer 2006

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www.MySangha.org.uk

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