

Sangha Without Boundaries

The Newsletter of Edinburgh's Buddhist Community

An Alternative to Comparing

We have all experienced how little help we have got from comparing ourselves with others, specially with those who have been more "successful" than us. Here is an alternative to the practice of comparing.

A master gave his two disciples the task of reciting 100.000 mantras. The one, holding his mala in hand, went to the shore of the river, sat down and began reciting diligently. The other one was neither dismissive of the task nor procrastinating in any other way. He just looked for a rock up on the hill where to sit overlooking the river and his friend by the shore. While the one recited and counted the second one sat, breathed, enjoyed the nature, started meditating and made his friend the object of it. He admired his straight posture, appreciated his concentration, the great value of his friend's diligence and a deep and overwhelming joy at his merit overtook him.

When reporting their practice to the master, he praised number one and explained how much merit he had acquired by his good practice. Turning to number two, he told them that in spite of him reciting just one round of the mala, he had acquired as much merit as number one through his rejoicing at his friend's virtue and diligence.

Through this experience I have been able to understand a bit what Sympathetic joy, the 3rd Brahma Vihara or Immeasurable Mind, is about and how deep and vast it can be.

—Offered by Ani Mavericka

History of Buddhism in Edinburgh

This is the second of four installments of an article written by Rawdon Goodier.

As noted above this small but influential group was founded in January 1966 by Mr W Fraser Anderson and Victor Jost with meetings held weekly, firstly at Mr Anderson's home on Liberton Brae then, after Mr Anderson left Scotland in 1968, in the Theosophical Society's rooms. At about this time Morton and Rose Bryce moved to Edinburgh and purchased a flat at 7 Bruntsfield Gardens where a shrine room was established which later became the focus of the Group's activities for the next fifteen years or so. Morton reported that meetings usually comprised about 6 to 8 people. No one school of Buddhism prevailed within the group but many excellent teachers from a range of traditions visited. These included the Ven Ajahn Suhmedo, The Ven Sangharakshita, Sogyal Rimpoche, Ven Kalu Rimpoche, Ken and Katia Holmes from Samye Ling and Seimyo Roshi from the London Rinzai Zen Centre.

Save the Dates! All-Edinburgh Buddhist Retreat

Next April, Edinburgh Buddhists will gather for our third annual inter-sangha retreat. Please come and add your voice and presence. Any and all Buddhists in the Edinburgh area are welcome to attend the weekend retreat, 27-29 April, at Wiston Lodge near Biggar.

Some 25 individuals representing several different traditions attended last year's weekend retreat. Participants shared in each others practices in addition to time together spent meditating, sharing readings, exercising, and more. The gathering was a catalyst for many inter-sangha activi-

Rose and Morton Bryce considered themselves affiliated to the Tibetan Buddhist tradition but are remembered with affection, respect and gratitude by all who were helped by them to find their own Path within Buddhism.

4. The 1970s

The 1970s saw the beginning of a broadening of Buddhist Activities in Scotland generally, probably stimulated in part by the foundation of the Samye Ling Tibetan Temple near Langholm in 1968 and by the founding of Throssel Hole Zen Buddhist Priory just south of the border near Hexham. Teachers from Samye Ling became frequent visitors to the Edinburgh Buddhist Group. My first record of the visit of a Zen Buddhist teacher to Edinburgh (other than DT Suzuki) is that of Rev Daizui Strathearn, one of the founders of Throssel Hole Priory, who gave a talk on zen practice at the Salisbury Centre in September 1975.

Ajahn Chah, The highly respected and influential Theravadan teacher from

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ties, including reviving the engaged Buddhism group, the NVC practice group, and getting this newsletter started.

Reserve your space through a contact person in your sangha or, if your group is without a designated contact, through Gill Mathews, the event organiser.

All-Edinburgh Buddhist Retreat
27-29 April, 2007

Wiston Lodge (near Biggar)

Gill Mathews 0131 336 2480
angel14_75@hotmail.com

News from the Sanghas

Soto Zen

Hello from all of us at the Priory, we hope everyone is well. We are continuing with our Autumn/Winter schedule which includes the *Festival of the Buddha's Enlightenment* on December 3rd, and many of us will get together at the Priory on December 31st to bring in the new year. There is also a week long *New Year Retreat* at Throssel Hole Abbey and many of the Scottish sangha go there each year. It is a very lovely retreat where there is a pointing towards reflection and perhaps a deeper look at what is good to do, in terms of coming back to a sense of what one really wishes to do in this life, not in an "answering" way, but in a deep looking at "what is". In my experience this has always been an incredibly helpful retreat.

We hope everyone has a lovely Christmas and New Year and we look forward to seeing many of you on December 10th at Salisbury Centre.

In Gassho, Kimberley.

FWBO / Edinburgh Buddhist Centre

Arriving last Saturday I found a warm, watertight basement. Bliss! After troublesome flooding and on a cold day I really appreciated it. Our 2007 programme of meditation and Buddhism courses should be ready in January. Email ebudc@supanet.com for a copy.

We held a Sangha Celebration one Sunday afternoon recently. Meditation and mitra reaffirmations were followed by a reading - about a prisoner on "Death Row" in USA wholeheartedly embracing the Dharma, a strong story from book "Challenging Times". We've been trying a new approach to planning sangha night: a team meets to pool ideas, seek suggestions. Familiar elements such as study are supplemented by sangha members sharing a particular interest. So far, Mindfulness practice, and meditation on opening the heart to all beings. Visitors: Tejananda led us through his approach to meditation; Larry Butler updated us on the Bodhi Eco Village project. I found his exercise of making contact through a handshake especially memorable.

Rigpa Group

At Rigpa we are continuing with our home retreat programme for committed students at Bonnyrigg. The next course at Salisbury Centre for beginners meditation is starting on 15th January, every Monday for 10 weeks. The course is called "Natural Great Peace".

We look forward to taking part in the Sunday evening gathering of Edinburgh Buddhists on 10th December.

The Compassion in Action group continues to meet, expanded to include Buddhists from other sanghas. This is especially good news; the group becoming a focus for collective effort. If you're interested, see our website or email us.

We also host an NVC group that meets every 3rd Saturday of the month, in the afternoon. Again, email the Centre for details. The only condition for membership is that you've completed a Foundation training, the 2-day course or a 5-day NVC residential at Dhana-kosa.



Theravadan Forest Sangha

Edinburgh's Theravadan Forest Sangha has been benefiting these last few months from the presence of Ajahn Candasiri, one of the senior monastics in our tradition in the UK, staying in the Edinburgh area for a time. It has been wonderful to have her presence at many of our Thursday evening gatherings, offering guidance on meditation as well as the opportunity to study passages of the Dhammapada in depth.

The schedule for visits from monastics from the Harnham monastery in 2007 is not yet set. Our group meets every Thursday evening at 7:30 pm at Christ Church, Holy Corner in Edinburgh's Morningside area. All are welcome. While the monastic community is in retreat, members of our regular group offer practice days each month. Practice days are scheduled for January 21, February 18, and March 18.

Add Your Tradition

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

Calendar & Events

- 7 Dec.** *Monk's visit*, Forest Sangha (Christchurch in Morningside), 7:30 pm; Neil, 0131 226 5044
- 10 Dec.** *Edinburgh Buddhist Gathering*, Salisbury House 6:15—9:30 pm, by donation; Kimberley Cadden, kimberleycadden@yahoo.co.uk
- 16 Dec** *NonViolent Communication Practice Group*,
20 Jan 2-4 pm, Edinburgh Buddhist Centre
18 Feb *Kalyanavaca*, 0131 662 6699
- Apr. 27-29** *3rd Annual Edinburgh Buddhist Retreat*
 Wiston Lodge, Friday afternoon - Sunday evening
 Gill Mathews, angel14_75@hotmail.com
- 17 Mar** *Water of Leith Clean-up day*, organized by *Compassion in Action*; Paul Rees, 0131 476 0562 plrees@yahoo.co.uk

Inter-Sangha Gathering

On December 10th, members of several of the Buddhist traditions active in the Edinburgh area will gather together to celebrate the Buddha's enlightenment. Please join us for a shared meal, to share what we've brought to offer others, and for an opportunity to network

The event will begin at about 6:15. Please bring a vegetarian dish to share. For more information, contact Kimberley Cadden at kimkimberleycadden@yahoo.co.uk.

All-Edinburgh Buddhist Gathering Sunday, 10 December, 2006*

The Salisbury Centre
 2 Salisbury Road, Edinburgh
 6:15 - 9:30 pm By donation

*The date has been changed from 3 Dec to 10 Dec.

17 March — Water of Leith Clean-up Day

Compassion in Action is working to organize a clean-up day on Saturday, 17 March 2007, for a section of the Water of Leith. The details and exact location are still to be worked out, but please mark the date on your calendar.

More information will be forthcoming in the new year. Contact Paul Rees 0131 476 0562, or e-mail plrees@yahoo.co.uk.

Thank you for your support!

Many thanks to those of you who have shown your support for maintaining communication amongst our sanghas by subscribing to this newsletter. The good news is that we're in the black for 2006.

Due to the extra printing costs for groups, what we eventually did in 2006 was to ask groups requesting multiple copies of the newsletter to contribute £5 per issue. For individuals or groups requesting a single copy we asked for a donation of £5 for the year.

If you have suggestions for modifying this structure for 2007, please send your ideas to info@heartwoodmusic.com.



GuanYin Bodhisattva statue at PutuoShan, China.

Photo by Claralynn Nunamaker.

Meditations & Courses

Weekly meditations

- Monday** 7:15-8:15 am Early-bird Meditation
 Edinburgh Buddhist Centre
 7:30 pm *Kagyü Samye Dzung*, Theosophical Society, 28 Great King St.
- Tuesday** 12:15 pm Mindfulness@lunchtime
Community of Interbeing
 St. Mark's Unitarian Church
- Wed.** 12:15 pm Lunchtime meditation
 Edinburgh Buddhist Centre
 7:30 pm Service, meditation and discussion
 Portobello Buddhist Priory
 7:30 pm drop-in meditation class, NKT
 St. Georges West Church, Shandwick Place
new term begins 10 January
- Thursday** 7:30 pm, *Theravadan Buddhist Group*
 Chanting, meditation and group discussion
 7:30 pm, *Community of Interbeing*
 Meditation and sharing
- Friday** 7:15-8:15 am Early-bird Meditation
 Edinburgh Buddhist Centre
- Sunday** 9:30 am Service, meditation and discussion
 Portobello Buddhist Priory

(History of Buddhism, continued from page 1)

Thailand, visited Edinburgh in May 1979 in company with Ajahn Sumedho and other monks. Later in the same year, Ajahn Sumedho revisited Scotland to lead a ten day retreat at Oban and also gave a talk at the Salisbury Centre in Edinburgh.

Installment 3 of this article will appear in the next newsletter.

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32 Preston Terrace
Linlithgow EH49 6HU

Winter 2006-2007

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www.MySangha.org.uk

Contacts

Tradition	Chair	Address	Phone	E-mail & website
Community of Interbeing	Gill Mathews		0131 336 2480	angel14_75@hotmail.com www.interbeing.org.uk
Forest Sangha	Neil Howell		0131 226 5044	info@theravadanbuddhists.org.uk www.theravadanbuddhists.org.uk
FWBO	Kalyanavaca	30 Melville Terrace Edinburgh EH9 1LP	0131 662 6699	Dhkalyanavaca@yahoo.co.uk www.edinburghbuddhistcentre.org.uk
Rigpa	Mary Deans	2 Eldindean Place Bonnyrigg	0131 663 7564	ripga@rigpaedinburgh.com www.rigpa.org.uk
Soto Zen	Kathleen Campbell	c/o Portobello Priory 27 Brighton Place	0131 657 3123	rossinjoppa@aol.com www.portobellobuddhist.org.uk
Buddhist Monastery	Psrmahr Wisit (Head Monk)	199 Slateford Road Edinburgh EH14 1LA	0131 443 1010	
New Kadampa Tradition (NKT)	Devi		0141 946 1027	info@meditateinglasgow.org www.Meditateinglasgow.org
Newsletter editor	Claralynn Nunamaker	32 Preston Terrace Linlithgow EH49 6HU	01506 843 907	info@HeartwoodMusic.com

Editorial board: Annie Currie, Joelle Marlow, Joe Richardson, and Neil Rothwell.