

# Sangha Without Boundaries

## The Newsletter of Edinburgh's Buddhist Community

### Planning ahead

#### Inter-Sangha Gatherings

Three inter-sangha gatherings are on the horizon. These events have in the past proved to be wonderful ways to connect and network. Please join us for any or all of these events.

#### Weekend retreat at Samye Ling 30 Nov - 2 Dec

This weekend will give participants an opportunity to spend some time at the Samye Ling monastery. Contact Pete Baynes for more information. [pete.baynes@virgin.net](mailto:pete.baynes@virgin.net), 07768 772137

#### Winter Gathering 16 Dec.

Our annual winter gathering will again be held at the Salisbury Centre on the evening of 16 December, which is a Sunday. Please bring a vegetarian dish to share. Contact Pete Baynes (contact info as above) for details, or visit [www.mysangha.org.uk](http://www.mysangha.org.uk).

#### Spring Retreat

##### Dates to be determined

The 3rd annual all-Edinburgh Buddhist retreat will once again be held at Wiston Lodge near Biggar. Tentatively scheduled for 27-29 April, the dates are not yet finalized, and the dates could possibly be changed to early May. We hope to have details in the next issue of this newsletter.

### History of Buddhism in Edinburgh

*This is the fourth of four instalments of an article written by Rawdon Goodier.*

#### 6. The 1990's

The 1990's seem to have been a decade of consolidation during which several important new meditation groups were formed. These included the Rigpa Group ( following the teachings of the teacher Sogyal Rinpoche), the New Kadampa Tradition and the Edinburgh Community of Interbeing. The latter group was initiated by Ani Mavericka, stimulated by a visit in the early 90's to the Plum Village retreat centre of the Vietnamese Zen teacher (Thich Nhat Hanh - Thay). By 1995 weekly meetings were being held at the Gillis Centre in Edinburgh. In 1998 several associated Interbeing sanghas had formed across Scotland, collectively known as the Wild Geese Scottish Sangha.. In 1994 the FWBO obtained the lease of a large house in Grange road where they were able to promote a wide range of activities until the lease had to be given up in 1999.

The Soto Zen Group affiliated to Throssel Hole Priory, after having been based at the Salisbury Centre for 14 years, finally achieved the establishment of Portobello Buddhist Priory with a resident senior monk in September 1998.

#### 7. The Present Decade

The present decade has so far been marked by a number of notable events and involvements. In 2003 the Wild Goose Sangha arrange for Thay and 20 monastics from Plum Village to lead a 5 day retreat at St Andrews followed by a peace walk in Edinburgh. 2005 saw the second visit of the Dalai Lama. Ringu Tulku Rimpoche continues to make his annual visit to Edinburgh to give teachings which are much appreciated by most Buddhist schools. The decade has also seen closer relationships developing between Buddhist Groups in Edinburgh, The annual meeting of groups in the Salisbury Centre, started in 1984, has continued and been augmented by an annual joint weekend retreat. A "Sangha without Boundaries" newsletter was initiated in June 06. Edinburgh Buddhists have actively participated in the Edinburgh Inter Faith Association and the Scottish Inter Faith Council and have been requested on several occasions to lead the "Time for Reflection" which initiates the sessions of the Scottish Parliament. A Thai Buddhist Temple was established in Slateford Road in 2005 and the FWBO, having occupied temporary leased premises in Viewforth for five years, achieved their own centre on Melville Terrace, overlooking the Meadows, in June 06.

*Rawdon Goodier is a retired biologist who has been practicing within the Zen Buddhist tradition since encountering Throssel Hole Priory in 1979. He is also a lay minister in the Order of Buddhist Contemplatives.*

# News from the Sanghas

## Theravadan Forest Sangha

Our sangha recently said farewells to Ajahn Candasiri, who has been staying in Edinburgh for some time to attend to family matters. All things are impermanent, however, and the time came in early September for her to return to Amaravati Buddhist monastery.

We are aware that we were most fortunate to have her presence here for so many months, and we are most grateful to her, as well as to the monastic community that allowed the flexibility for her to be here for an extended time.

Things continue as usual with our Thursday evening gatherings. We have two remaining visits from monks at the Harnham monastery in 2007. They will be on 4 Oct. and 6 Dec. On these evenings, the visiting monastic (Ajahn Munindo or Ajahn Abinando) gives a Dhamma talk after the usual chanting and meditation.

All are welcome to attend any of our regular meetings.

— offered by *Claralyynn Nunamaker*

## Your contribution... we'd love to hear from you!

This newsletter being reflection of individuals in our community, we'd like to hear from you!

Articles, photos, poems, letters, and updates — all of these provide the richness and diversity that makes this publication what it is.

If you have something you'd like to contribute, please send it along to [info@heartwoodmusic.com](mailto:info@heartwoodmusic.com) (or .co.uk).

## Portobello Buddhist Priory

It's business as usual here at the Priory as we continue with our regular schedule into the Autumn. I thought it would be nice to share some words taken from a recent article written by our Prior, Reverend Favian.

“One of the challenges of our practice is to rest in the given of now, without adding anything to the world that is arising: the bird song, the traffic rumble, the ache of our backs, not interfering with the effortless arising and the awareness of “this” functioning. Can I notice how again and again I reject this fullness and dip into memory to reconstruct myself? Yet to taste the vivid and dynamic feel of now is also to risk releasing our self-story into the connect-edness of what we are with all that is arising. Buddhism teaches that in this empathic connection, compassion flowers and in this seeing, wisdom matures.”

We hope you all have a lovely Autumn and look forward to seeing many of you at the December gatherings.

In Gassho,

Kimberley Cadden

## NVC Practice Group

The FWBO continues to host a monthly NVC (Nonviolent Communication) practice group. Every 3rd Saturday of the month, 2-4 pm.

## FWBO

### Sangharakshita Visits Edinburgh

As I write, we are in the midst of preparations for the visit to our Centre of Ugyen Sangharakshita, on 11 September.

Forty years ago Sangharakshita founded our tradition, the Friends of the Western Buddhist Order, having spent 20 years immersing himself in several Buddhist traditions in India.

He is due to formally bless the Centre, and we hope that he will be talking about his latest book, 'Precious Teachers'. Now aged 82, he has just attended the WBO convention in Norfolk. We are very much looking forward to his visit.

During August we ran our usual programme of Festival Fringe meditation classes with a team of 7 teachers and 8 helpers - a meditative oasis in the hubbub of the Meadows for performers and visitors alike.

— offered by *Kalyanavaca*

*Ugyen Sangharakshita, founder of the FWBO tradition, is scheduled to visit Edinburgh on 11 September, 2007.*



# Calendar

- 4 Oct Monk's visit**  
7:30 pm *Forest Sangha*  
Christ Church, Morningside  
Neil, 0131 226 5044
- 7 Oct Festival of Bodhidharma**  
11 am *Portobello Buddhist Priory*  
0131 669 9622
- 4 Nov Festival of Great Master Houn Jiyu**  
11 am *Portobello Buddhist Priory*  
0131 669 9622
- 2 Dec Festival of Buddha's Enlightenment**  
11 am *Portobello Buddhist Priory*  
0131 669 9622
- 30 Nov --**  
**2 Dec** Inter-sangha retreat at Samye Ling  
Contact Pete Baynes  
pete.baynes@virgin.net
- 6 Dec Monk's visit**  
7:30 pm *Forest Sangha*  
Christ Church  
Neil, 0131 226 5044
- 16 Dec Inter-Sangha Gathering**  
*all are invited*  
Salisbury Centre  
Pete Baynes  
pete.baynes@virgin.net



*To list your event or activity, please send details to info@heartwoodmusic.com and indicate that you'd like it included in the Calendar. We ask that events listed be of general interest and open to all.*

## List your event...

*To list your event, course, gathering, or other activity, please send event details to info@heartwoodmusic.com. It would be helpful to include the date, start time, title, contact person, and contact information.*

*We ask that events listed be of general interest and open to all.*



# Meditations & Courses

## Weekly meditations

- Monday 7:30 pm *Kagyü Samye Dzong*,  
Theosophical Society, 28 Great King St.
- Tuesday 7-8 am, 7:30-8:30 pm Meditation  
*Soto Zen*, Portobello Buddhist Priory  
12:15 —2:00 pm Mindfulness@lunchtime  
*Community of Interbeing*  
St. Mark's Unitarian Church
- Wed. 7:00-8:00 am Meditation  
*Soto Zen*, Portobello Buddhist Priory  
12:15 pm Lunchtime meditation  
Edinburgh Buddhist Centre  
7:30 pm Service, meditation and discussion  
*Soto Zen*, Portobello Buddhist Priory  
7:30 pm drop-in meditation class, NKT  
St. Georges West Church, Shandwick Place
- Thursday 7-8 am, 7:30-8:30 pm Meditation  
*Soto Zen*, Portobello Buddhist Priory  
7:30 pm, *Theravadan Buddhist Group*  
Chanting, meditation and group discussion  
7:30 pm, *Community of Interbeing*  
Meditation and sharing
- Friday 7-8 am, 7:30-8:30 pm Meditation  
*Soto Zen*, Portobello Buddhist Priory  
12:30—1:30 pm Lunchtime Meditation  
*FWBO*, Edinburgh Buddhist Centre
- Saturday 7-8 am, 7:30-8:30 pm Meditation  
*Soto Zen*, Portobello Buddhist Priory
- Sunday 9:30 am Service, meditation and discussion  
*Soto Zen*, Portobello Buddhist Priory
- Fridays 2nd Friday of each month, Introductory evening  
*Soto Zen*, Portobello Buddhist Priory

Are you quiet?  
Quieten your body. Quieten your mind.

You want nothing. your words are still.  
You are still.

By your own efforts  
Waken yourself, watch yourself.  
And live joyfully.

You are the master  
You are the refuge.  
As a merchant breaks in a fine horse  
Master yourself...

Like the moon  
Come out from behind the clouds.  
Shine!

The Dhammapada, 25, The Seeker,  
rendering by Thomas Byrom.

*Photo by Claralynn*

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32 Preston Terrace  
Linlithgow EH49 6HU

Autumn 2007

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[www.MySangha.org.uk](http://www.MySangha.org.uk)

## Sangha Contacts & Weekly Meeting Info

### Samye Dzong

Pete Baynes  
pete.baynes@virgin.net  
www.edinburgh.samye.org  
Mondays, 7:30 pm  
Many activities—visit website for more info  
Theosophical Society, 28 Great King St.

### Community of Interbeing

Gill Mathews 0131 336 2480  
angel14\_75@hotmail.com  
www.interbeing.org.uk  
Thursdays, 7:30 pm  
Tuesdays, 12:15 pm  
St Mark's Unitarian Church, Castle Terrace

### Forest Sangha

Neil Howell 0131 226 5044  
www.theravadanbuddhists.org.uk  
Thursdays, 7:30 pm  
Christ Church, Holy Corner  
Morningside

### FWBO

Kalyanavaca 0131 662 6699  
30 Melville Terrace  
Edinburgh EH9 1LP  
ebudc@supanet.com  
www.edinburghbuddhistcentre.org.uk  
Tuesdays (sangha night)  
Many activities—visit website for more info  
Edinburgh Buddhist Centre, 30 Melville Ter.

### Rigpa

Mary Deans 0131 663 7564  
2 Eldindean Place, Bonnyrigg  
ripga@rigpaedinburgh.com  
www.rigpa.org.uk  
Mondays, 7:30 pm  
The Salisbury Centre

### Thai Tradition

Prmahar Wisit (Head Monk)  
199 Slateford Road  
Edinburgh EH14 1LA  
0131 443 1010

### Soto Zen

Kathleen Campbell 0131 657 3123  
c/o Portobello Priory  
27 Brighton Place, Portobello  
rossinjoppa@aol.com  
www.portobellobuddhist.org.uk  
Wed., 7:30 pm  
Portobello Buddhist Priory

### New Kadampa Tradition

Devi 0141 946 1027  
info@meditateinglasgow.org  
www.Meditateinglasgow.org  
7:30 pm drop-in meditation class,  
St. George's West Church, Shandwick Pl.

### Newsletter editor

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