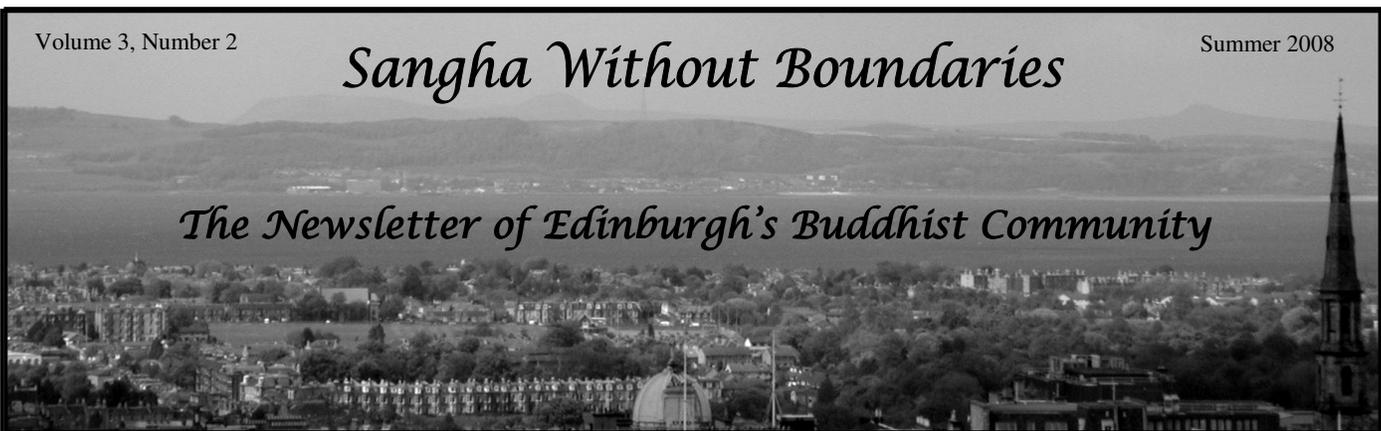


# Sangha Without Boundaries

## The Newsletter of Edinburgh's Buddhist Community



### Planning ahead Inter-Sangha Gatherings

#### Mindful Peace Walk

**3 August, 9-10:15 am**

Prince's Street Garden, starting outside the Cornerstone Café at St John's (venue 127).

Led by the Community of Interbeing. Accompanied children are welcome. Includes a brief introduction to mindful walking as a meditation practice.

#### Autumn Inter-Sangha Retreat **28-30 November**

An inter-sangha retreat is being organized for November. The Forest Sangha is pleased that the abbot of Ratanagiri, the monastery near Newcastle, welcomes us for a self-directed stay at the newly-completed retreat house.

Spaces will be limited to 15. Please contact Ursula (oos@ubauer.wanadoo.co.uk) or Claralynn for more info or to register. A £15 deposit will be needed, total cost to be determined.

#### December Celebration **TBA — Salisbury Centre**

The Community of Interbeing is inquiring as to a date for a December inter-sangha gathering at the Salisbury Centre. The event will likely be, as usual, on a Sunday evening. Please visit [www.mysangha.org.uk](http://www.mysangha.org.uk) for the latest information.

### Words on the Wiston Lodge Retreat

This year was the 4th Inter-Sangha Retreat at Wiston Lodge near Biggar, with five Edinburgh based Buddhist groups contributing – FWBO, Order of Buddhist Contemplatives (Soto Zen), Community of Interbeing, Forest Sangha (Theravadin) and Samye Dzong.

The organisation was carried out by the Soto Zen group, and a full programme of events was spread over the weekend with each group leading a session of meditation or devotion that reflected their own traditions. A period of silence lasted from Friday evening until after lunch on Saturday which, for me at least, allowed time to settle into the retreat before catching up with people I have not seen for a year and getting to know others I had not met before.

*(Wiston Lodge, continued on page 5)*

### Wesak Celebration

We gathered together to celebrate Wesak on the 18th May at the Salisbury Centre. A special dimension to this year's gathering was to remember, to celebrate and to honour our dear friend, Jody Higgs. A smaller group of around 20 this year, we were from the Community of Interbeing, the Forest Sangha, the FWBO, Rigpa, and Soto Zen.

Anne Dennis from the FWBO kindly created a very beautiful shrine. Pete from the Community of Interbeing shared his thoughts on holding in the heart both the delight with the beauty of spring and the sadness around the devastation of the cyclone in Burma. He led a guided meditation from the Sutra on the Full Awareness of Breathing, and Suzanne led a walking meditation. There was also a silent sitting meditation, leaving plenty of time,

*(Wesak, continued on page 3)*



*Dancing together at the Wiston Lodge retreat in April.*

*—photo by Kevin McConnell*

## News from the Sanghas

### Portobello Buddhist Priory

Dear friends,  
The Priory is stepping into the summer months running our usual schedule of events. We have meditation in the mornings and evenings, and our weekly dharma talks and discussions continue to be extremely fruitful for the sangha.

We are also celebrating our tenth anniversary this year, and we look forward to a visit from the Abbot of Throssel Hole Abbey, Reverend Master Daishin, in October (10<sup>th</sup> – 12<sup>th</sup>), when we will be having a weekend retreat to celebrate this wonderful place of practice and friendship. On Sunday 12<sup>th</sup> the retreat will end with a ceremony in the morning, and we warmly invite anyone who would like to share in our celebration to come along.

We do not have a schedule of events at the moment, however we will very soon and all the details will feature in our next priory newsletter. We must add, however, that the priory itself is very small so the Sunday may be a bit of a squash, although we usually always manage to make the space work!

We wish you all a wonderful summer,  
In Gassho,

Kimberley Cadden

### Community of Interbeing

Thây will be visiting London and Nottingham in August this year. For further information, please visit: [www.interbeing.org.uk/2008\\_Thay/Mindfulness@Lunchtime](http://www.interbeing.org.uk/2008_Thay/Mindfulness@Lunchtime) — Every Tuesday between 12.15pm and 2.00pm at St Mark's Unitarian Church.

Please visit our new website at <http://www.interbeing.org.uk/sanghas/wildgeese/>

### FWBO

Earlier this year on 10th June, fifteen women were ordained at Akashavana, the FWBO retreat centre in Spain. During this three month ordination retreat, one of the participants was Tracy McLoughlin from our Edinburgh sangha. She was ordained into WBO (Western Buddhist Order) and has got a new name: 'Taradakini' (all vowels long except first 'i') the name means 'she who is a Dakini of Tara'. Her private preceptor is Kalyanavaca.

Along with our regular Tuesday Sangha Nights, over the last few months we have had a few extra Saturday Events both to help in the upkeep of the Centre and as a way of letting friends and family meet other members of the sangha.

In April, Order Members Karunadipa and Karunamaya gave a talk on the recently launched book 'Broken Voices: 'Untouchable' Women Speak Out' by Vimalasara and the work of the Arya Tara Mahila Trust.

In May we had a music evening featuring Al Kerr on a variety of strings including guitar, sitar and bouzouki, original poetry from Sasanaratna and readings from Rumi by Vajrahridaya.

June saw another evening of Bollywood dance music at the Quaker Meeting rooms. As with all the other events this was preceded by a meal cooked by Vajrahridaya at the centre, I'm not sure if it's just co-incidence but attendance is increasing as news of the food spreads.

These events help in fostering the sense of friendship that goes with the formation of a wider sangha. Meeting other sangha members at times other than the Tuesday sangha nights and at events that could be classed as only loosely 'Buddhist' in nature gives us the opportunity to get to know the whole person and extend our practice beyond the cushion

- text & photo offered by Kevin McConnell

### Forest Sangha

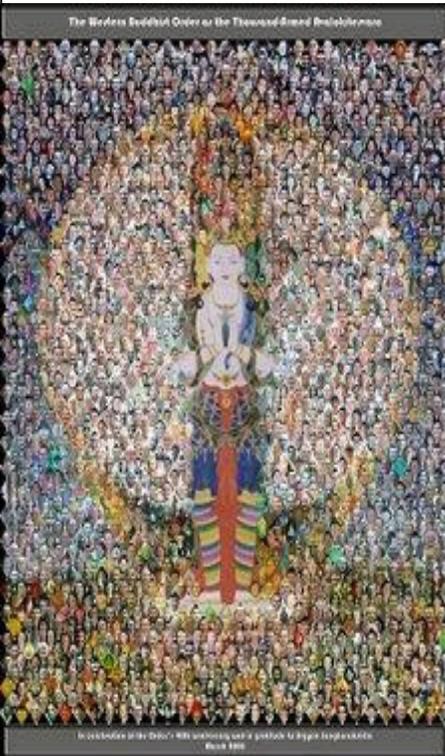
The snowy morning of 6 April several of our members travelled to the Harnham monastery, near Newcastle. The ashes of our dear friend, Jody Higgs, were scattered, and a short memorial held.

One of the many projects Jody was instrumental in was creating a time for meditation for festival-goers as part of the Festival of Spirituality and Peace. We have committed to keeping this tradition going. Dates are 8, 15, and 22 August, 5:30-6:30 pm at St John's Church. Please contact Claralynn if you are interested in helping out.

News from the Harnham monastery, Ratanagiri, is that the retreat house opened in May. Retreats for this year include mens, womens, mixed, and a walking retreat. For more information on retreats or the new facility, please visit

<<http://www.kusalahouse.org>>.

Upcoming monk's visits to Edinburgh are scheduled for 4 Sept, 6 Nov and 4 Dec. All are welcome to join us for the Thursday evening sit and Dhamma talk.



(Wesak, continued from page 1)

though, to share memories and feelings about Jody.

Rawdon Goodier, another 'beloved elder' of our Buddhist community, shared a story of first encountering Jody at a Summer Solstice celebration at the Salisbury Centre in the Sixties. He remembered his impression of an attractive woman wearing sparkling face paint! There was a collective smile at our shared recollection of Jody's radiance in all ways. Various people from each Sangha represented spoke of their memories of Jody. Ray Harris, of Jody's own Theravada Sangha recalled Jody's words spoken with passion before the invasion of Iraq; 'not in my name.' Finally, Jody's address to the Scottish Parliament was read out. Reverend Favian and Neil Rothwell of Portobello Buddhist Priory commented on Jody's generosity, compassion and perspicacity in what she chose to say to the MSP's.

Jody was, and is, an inspiration to

all of us. Jody walked her talk. My strongest feeling about her was that if she was there, everything would be alright. I had the great privilege to be able to tell her that a few days before she passed away.

We then shared news and other information from our various groups. Pete mentioned that Thay is coming to Nottingham in August. News from the FWBO is that Kalyanavaca is "going forth" and that a new person, Vajrahridaya, is running the EBC. (He is a terrific cook and has got off to a great start by running events which include tasty curries!) The food everyone contributed was fresh, balanced and nourishing. Is it the nature of our growing inter-connectedness and harmony that the food was exceptionally delightful!

Thanks to Claralynn and the Salisbury Centre for booking and hosting this lovely event.

—Suzanne Dance, COI with contributions from Pete Smith & Paul Rees

## Calendar

- 3 Aug** **Mindful Peace Walk, St John's**
- 8, 15 & 22 Aug** **Time for Rest & Silence**  
**St. John's Church**  
5:30 pm *Edinburgh Inter-Faith & Forest Sangha*
- 22 Aug** **Thich Nhat Hahn Public Talk**  
*Community of Interbeing, Nottingham*
- 4 Sept** **Monk's visit**  
7:30 pm *Forest Sangha*
- 6 Nov** **Monk's visit**  
7:30 pm *Forest Sangha*
- 23-30 Nov** **Inter-Faith Week**  
various events throughout the city  
*Edinburgh Inter Faith Association*
- 27-29 Nov** **Inter-Sangha Retreat**  
*Forest Sangha, Harnham*
- 4 Dec** **Monk's visit**  
7:30 pm *Forest Sangha*
- Dec** **possible inter-sangha gathering**  
TBA *Salisbury Centre*  
*Check www.mysangha.org.uk for latest information*



To list your event or activity, please send details to [info@mysangha.org.uk](mailto:info@mysangha.org.uk). We ask that events listed be of general interest and open to all (by donation, fees not required).

### EDINBURGH CALENDAR OF WEEKLY MEDITATIONS, PUJAS, and DISCUSSIONS

Open to all. No charge — either free or by donation.

SUN	MON	TUES	WED	THURS	FRI	SAT
6 am & 6 pm <b>Thai Buddhist Monastery</b> Daily puja, 199 Slateford Road	6 am & 6 pm <b>Thai Buddhist Monastery</b> Daily puja  7:30 pm <b>Kagy Samye Dzong,</b> Theosophical Society, 28 Great King St.	6 am & 6 pm <b>Thai Monastery,</b> daily puja  7-8 am & 7:30-8:30 pm <b>Soto Zen</b> Meditation, Portobello Priory  12:15 —2:00 pm <b>Community of Interbeing,</b> Mindfulness@lunchtime St. Mark's Unitarian Church	6 am & 6 pm <b>Thai Monastery,</b> daily puja  7:00-8:00 am <b>Soto Zen</b> Meditation, Portobello Priory  7:30 pm <b>Soto Zen</b> Service, meditation, discussion, Portobello Priory	6 am & 6 pm <b>Thai Monastery,</b> daily puja  7-8 am & 7:30-8:30 pm <b>Soto Zen</b> Meditation, Portobello Priory  7:30 pm <b>Forest Sangha</b> meditation and discussion, Christ Church Morningside  7:30 pm, <b>Community of Interbeing,</b> Meditation & sharing, St Mark's	6 am & 6 pm <b>Thai Monastery,</b> daily puja  7-8 am & 7:30-8:30 pm <b>Soto Zen</b> Meditation, Portobello Priory  2nd Fri. every month, <b>Soto Zen</b> Introductory evening, Portobello Priory	6 am & 6 pm <b>Thai Monastery,</b> daily puja  7-8 am & 7:30-8:30 pm <b>Soto Zen</b> Meditation, Portobello Priory

Please visit us at [www.mysangha.org.uk](http://www.mysangha.org.uk)

## News & Updates

### **Barefoot for Burma**

www.guideandgazette.co.uk  
Tuesday, 15 July 2008

#### **Ewen at Half-Way Stage of Walk**

School-teacher Ewen Hardie (28), has already covered over 200 miles of his walk - barefoot - from the Scottish Parliament at Holyrood, to Westminster and 10 Downing Street to raise awareness of the plight of the Burmese people.

He set out on June 25, with only essential clothing and the five essentials for Internally Displaced People (IDPs) - canvas for shelter, 1kg rice, salt, a knife, and cooking equipment. He has met with kindness and support all along his journey - enriching his diet, giving him shelter, and walking his road with him. So much so, in fact, that he still has most of his original supplies.

He's also very appreciative of the support given to him by the press - which has helped many of the people he's met to recognise him, and come and speak to him.

Although not a practising member of any religion, he has found that his cause attracts support from people of all faiths - and of none.

His first rest day last Wednesday was at Marygate House - a religious

retreat centre, on Holy Isle, Lindisfarne. On Sunday he shared lunch with the monks at Aruna Ratanagiri Buddhist Monastery, Harnham, near Morpeth. The Abbot, Ajahn Munindo, gave him this message of support:



*Photos from barefeetforburma.blogspot.com*

"I am glad you walked this way and wish you well for wherever you walk spreading this message and offering these prayers."

This coming Sunday he will be welcomed to York Minster cathedral by the Dean of York, Rev. Keith Jones.

The Edinburgh MPs Gavin Strang and Mark Lazarowic are looking forward to Ewen's arrival in London on August 8. Although protocol dictates that the PM never receives such things in person, Ewen has already been told he will be given permission to enter the secure zone of Downing Street itself, to present his petition direct to Number 10.

Ewen is keeping people informed about his progress through his blog - [barefeetforburma.blogspot.com](http://barefeetforburma.blogspot.com) - where supporters can add their names to his petition, by clicking on 'comments' at the end of it, and simply adding their names (at Name/URL) and addresses in the comments box.

This blog also links to his fund-raising site, [www.justgiving.com/barefeetforburma](http://www.justgiving.com/barefeetforburma). This has already raised over £1,350 for the Burma Educational Scholarship Trust - a significant sum, given that the Burmese junta spends less than 44p per person, per year, on education and, under the present military government, the whole educational system is neglected and higher education is virtually non-existent with the frequent closure and repressive control of the universities.



*From the blog...*

#### [Last Known Whereabouts](#)

Ewen is camped up in Heron Wood 8 miles south of York and about 7 miles away from Selby. He hopes to be in Selby by 11 ish tomorrow morning. He will be following the east bank of the river following the Trans Penine Way to Boothsferry where he will cross the river at Boothsferry Bridge. Ewen will then follow the A614 to Goole and will camp up in a place a bit beyond Goole in Swinesfleet.

Any help/ support / advice gratefully received. Ewen is in particular need of OS maps for the areas as he has directions written down but these can be unreliable. if you can meet him with a map for the area and a stamped addressed envelope, he can post it back to you when he's walked off it!

Thanks, Eleanor



#### **Blog**

<http://barefeetforburma.blogspot.com/>

#### **Donations**

<http://www.justgiving.com/barefeetforburma>  
(nearly £1400 raised as of

**Burma approves visas for 1670 aid workers**

*Excerpted from the Edinburgh Evening News, 8 July 2008*

Burma's military regime has approved visas for more than 1500 international aid workers to help victims of Cyclone Nargis, it has emerged.

The state media of the country, also known as Myanmar, said half of the workers were involved in relief operations in storm-hit regions.

Foreign aid staffers were initially barred from cyclone-affected areas and the ruling military junta was criticised for its sluggish response to the May 2-3 disaster, which killed 84,500 people and left nearly 54,000 missing.

*Opportunity*

Help create the **Time for Rest & Silence** as part of the Festival of Spirituality and Peace. We welcome you either as a volunteer or as a participant.

Where: St John's Church.  
Prince's Street, Edinburgh

When: 8, 15, and 22 August  
5:30-6:30 pm

Who: Edinburgh Inter Faith Assn & Forest Sangha

Please join us in providing this time for reflection during the busy Festival period.

For more information or to volunteer, contact Claralynn at [info@mysangha.org.uk](mailto:info@mysangha.org.uk), or 013838 53508.

*(Wiston Lodge, continued from page 1)*

The overall theme of the weekend was on impermanence, and this was highlighted by the reflections on the recent death of Jody Higgs, whose inspiration led to the joint Wesak celebrations at the Salisbury Centre out which the Wiston Lodge retreats would later develop.

Before leaving on Sunday, we had an open planning session to discuss where the retreats are heading and what people want from them.

There will be another retreat at Wiston Lodge at the end of April 2009 next year organised by the FWBO, so watch out for details. Following the success of the weekend last December at Samye Ling, it was decided to enquire if it would be possible to visit retreat centres of the other traditions as a group at some time in the future. *(See page 1 for information on the autumn retreat.)*



For those of you who have not been on any of these retreats, we experienced evening vespers chanting from the Soto Zen group sung as a plain chant, a Chenrezig puja led by Samye Dzong, Pali chants from the Forest Sangha, a body scan meditation led by the Community of Interbeing and a FWBO session of meditation.

*- offered by Kevin McConnell.*

*Pictured at left, sitting in meditation being led by the Soto Zen group, at the Wiston Lodge Inter-Sangha retreat, 2008.*

*—Photo by Kevin McConnell*

***Offerings for this newsletter***

Please consider supporting Edinburgh's Buddhist Community with your subscription to *Sangha Without Boundaries*. Help keep our sanghas interlinked while keeping yourself informed.

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Claralynn Nunamaker, Inter-Sangha Newsletter  
10 Inz. Courtyard, Inzievar Woods  
By Oakley KY12 8HB

# Sangha Without Boundaries



10 Inz. Courtyard  
Inzievar Woods  
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Summer 2008

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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/sanghas/  
wildgeese  
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

Kevin McConnell  
kmfife@live.co.uk  
30 Melville Terrace  
Edinburgh EH9 1LP  
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  
Dhammapadipa@hotmail.com

### Soto Zen

Kimberley Cadden  
kimberleycadden@yahoo.co.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.

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