

Meditation & Buddhism Programme

January – June 2019



**norwich
buddhist
centre**

www.norwichbuddhistcentre.com

Festivals

Festivals are the most important dates in the Buddhist calendar. They provide an opportunity to gather together as Sangha and to reconnect with our highest aspirations as embodied in the Three Jewels (the Buddha, Dharma and Sangha).

Parinirvana Day

Held at Norwich Buddhist Centre

This year our celebration of Parinirvana Day will hold very special meaning for our Sangha; on 30th October 2018, Bhante Sangharakshita died. For all buddhists the anniversary of Buddha Shakyamuni's death is the celebratory occasion of his parinirvana, the final cessation of his rebirths in samsara. Do attend this special day when we will be celebrating the life and passing of our own loved ones and that of our dear teacher, Bhante. More information will follow closer to the day.

Sun 17 Feb | 10am – 4pm

Donations welcome

**Please bring vegetarian, ideally vegan,
lunch to share**

Buddha Festival

Venue to be confirmed

'... the Buddha,
Who appears like the sun from the
horizon,
Like lightning from the clouds,
Like the spreading of dawn from the
mountains,
Like a great torch from the darkness.'

Our annual Buddha Festival is when we celebrate our connection with the Buddha, whose sunlight has warmed the hearts and illumined the minds of countless beings over centuries, with wisdom and compassion. The day will include meditation, puja and a talk by Ratnaghosa, Chairman of the Cambridge Buddhist Centre.

Sun 19 May | 10am – 4pm

Donations welcome

**Please bring vegetarian, ideally vegan,
lunch to share**

Meditation

Meditation is a powerful force for change in our lives. Through observing the breath in the Mindfulness of Breathing meditation practice, we develop and work effectively with awareness; and by learning to cultivate a mind imbued with loving kindness in the Metta Bhavana (Meditation on Loving Kindness), we can transform our experience of self and others.

Drop-In Buddhist Meditation Classes for Beginners

Suitable for people with no previous experience

Monday – Thursdays | 12.15 – 1.15pm | £5/£4

Wednesday evenings | 7 – 8.15pm | £5/£4

Saturdays | 1.30 – 2.30pm | £5/£4

Drop-In Buddhist Meditation Classes for Regulars

Ongoing instruction for everyone familiar with our two meditation practices

Wednesdays | 7 – 9pm

Meditation | £7/£6

Fridays | 12.15 – 1.15pm

Meditation and Buddhism | £5/£4

Introductory Meditation Mornings (drop in)

Suitable for complete beginners. An opportunity to sample a deeper meditative atmosphere and be introduced to our two meditation practices. Just drop in, no need to book.

10am – 12 noon

Sat 19 Jan **for women** with Sinhadakini and team

Sat 9 Feb with Satyagita

Sat 8 June with Karunachitta

£7/£5

Introductory Buddhist Meditation Courses

These courses give a thorough grounding in our two meditation practices.

6 weeks £65/£50

Wednesday nights 7 – 9pm

9 Jan to 13 Feb – led by Suryadarshini & Viryashalin

13 March to 17 April – led by Maitrisingha

24 April to 29 May – led by Alokadhara

Daytime course. Tuesdays 2pm to 4pm

9 April to 14 May – led by Alokadhara

Going Deeper with Buddhist Meditation Courses

These courses are aimed both at people who have completed the introductory courses, as well as at more seasoned meditators. You can either sign up for the courses at a discounted rate or you can attend on a drop-in basis.

Wednesday nights 7 – 9pm

6 weeks £30/£26 or drop in for £6/£5 per night

9 Jan to 13 Feb – led by Jnanabhasa

27 Feb to 3 April – led by Suryadarshini & Viryashalin

1 May to 5 June – led by Maitrisingha

Buddhism

Buddhism is a tradition focusing on spiritual development that encourages awareness, kindness and wisdom. These, and other qualities such as courage and fearlessness, can be actively developed through meditation and engagement with the Buddha's teachings.

Introductory Buddhism Courses

The practical and down-to-earth teachings of Buddhism are as relevant today as they were over two thousand years ago. Come and discover how to understand and transform your heart and mind on these six-week courses of instruction, discussion and practical exercises.

6-week courses £55/£40

Thursday nights 7 – 9pm

17 Jan to 21 Feb – with Amrta & Jnanabhasa
25 April to 30 May – with Alokadhara

Going Deeper with Buddhism

This course will help you put some of the Buddha's insights, from the introductory course, into practice by enquiring into what it means to live a fully-human life.

6-week course £55/£40

Thursday nights 7 – 9pm

6 June to 11 July – with Amrta & Jnanabhasa

Living Buddhism Foundation Course

Our beliefs and ideas about reality have a major effect on how we live and feel. This comprehensive and in-depth one-year course will give you a thorough grounding in the key teachings and principles of Buddhism. It is also a great chance to explore Buddhism with other like-minded people. Open to those who have completed our Introductory and Going Deeper Buddhism Courses. Before booking please get in touch with the Centre to register your interest.

Led by Sarvananda & Vajraguptā

10-week term £90/£70

(£240/£180 when all 3 terms paid for together)

Monday nights 7pm – 9pm

Term One – 14 Jan to 18 March

Term Two – 8 April to 1 July

Term Three – Sep (dates to be confirmed)

Men's Buddhist Workshop – open to all men

An opportunity for men to get together to explore and practice meditation and Buddhism.

Led by Kalyanamati & team

Saturdays monthly on 26 Jan, 23 Feb, 30 Mar, 27

April, 25 May, 29 June

10am – 12.30pm

Donations welcomed

Women's Dharma Workshop

A creative exploration of the dharma to deepen our practice and friendships. These events are open to all women, see the weekly mailout and Facebook for more details.

Saturday 9 March, arrive from 10am for 10.30am to 12.30pm

'Becoming Bamboos' - an art workshop with Catherine Ward and Erika Narkiewicz. Materials provided.

Donations welcomed.

Also see Events section p.4 for **two outdoor Women's Dharma Workshop events** on 4 May and 15 June.

Norwich sub 35 Buddhists

Aged 16–35? Interested in Buddhism and meditation? All welcome. No previous experience necessary. You don't need to be a Buddhist to come along. Come and explore in a warm relaxed group, through a mixture of meditation, reflection and discussion.

First and third Saturday of the month 7pm – 9pm

Jan 5 & 19, Feb 2 & 16, March 2 & 16, April 6 & 20,

May 4 & 18, June 1 & 15

Donations welcomed

Find us on Facebook at 'Norwich Sub 35 Buddhists'

CATALYST Arts Evening

In this monthly event we explore the truth of the Dharma through our connections with the Arts and Imagination. See the weekly mailout and facebook for more details on events.

Second Saturday each month 7 – 9pm

Jan 12, Feb 9, March 9, April 13, May 11, June 8

Donations welcomed

Events

Three Jewels Night

Every Tuesday the Sangha comes together to deepen and enrich our practice with talks, discussion, meditation and puja (a devotional practice). We start with tea and connecting with friends from 6.30pm. Shrine room event 7.15 – 9pm. Open to everyone familiar with our two meditation practices and with an interest in Buddhist ritual.

Tuesday nights 6.30 – 9pm
Donations welcomed

Living Awareness Meditation Days

‘There’s More to Your Mind than Just Thinking’

A silent day of exploratory and progressive meditation in shorter sessions. An opportunity to experience a deeper atmosphere of stillness and calm. Open to serious meditators with at least 6 months of regular meditation practice. Booking essential.

Led by Dayapanna

Sun 13 Jan 9.30am – 4pm

Sun 14 April 9.30am – 4pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Your Centre, My Centre, Our Centre

An opportunity to meet with our new chair, Vajragupta. She wants to hear whether you believe we’re making the most of our Centre. How are we doing, from your perspective? You are invited to a Sangha get together, where we can talk about how things are going and discuss any new directions we might want to take. What would you like to be involved in? Do we have a shared vision that we’d all like to work towards? Please do join her for one or both of the two dates below and have an active participation in the future direction of the Centre.

Sat 19 Jan 2.30 – 4.30pm

Sun 27 Jan 10.30am – 12.30pm

The Alchemical Heart:

The Transformative Power of Meditation

A weekend with Paramananda exploring the practice of meditation, and how it relates to the metaphorical heart as a vessel for transformation, where deep change becomes possible. We will be using simple images and ideas to open the imagination and engage with our individual calling. Paramananda is one of Triratna’s most experienced and respected meditation teachers, who has written several uniquely inspiring books on meditation. He has a poetic and heart-based approach to teaching meditation. Not to be missed. Suitable for anyone with an ongoing meditation practice who wants to take a fresh look at what it is they’re actually doing and why. You can book for either the whole weekend or one of the days

Led by Paramananda

Sat 2 & Sun 3 Feb 10am – 4pm

£60 / £44 (or £30 / £22 for one day)

Please bring vegetarian, ideally vegan, lunch to share

Cloudless Sky, Open Heart – A Silent Day Retreat

Why is it so difficult to find the spaciousness we so long for? Our habits of mind and heart endlessly fill our awareness, giving the illusion of urgency and demand upon us. Enjoy a day of complete silence; arriving, being together in mettaful companionship, and silently leaving at the end of the day. Will include meditations, poetry, reflection and sound.

Led by Vajraguptā | Sun 3 March

10.15am for 10.30am – 4pm | £30 / £22

Please bring vegetarian, ideally vegan, lunch to share

From Literal Mind to Liberated Mind

The literal mind is dogmatic, fearful and the source of all our pain and suffering. By looking at both Buddhist texts and Western Literature we’ll be exploring how to make our lives lighter, more playful and more transparent – and how to access deeper and deeper levels of freedom.

Suitable for those who have completed a Buddhism course and have been meditating for at least a year.

Led by Sarvananda | Sun 17 March 10am – 4pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Tonglen Meditation Day

The practice of giving and receiving, where we aspire to transform the suffering of others using a combination of visualization, metta and the experience of the breath. Tonglen is the central practice within the larger framework of the Tibetan buddhist practice of lojong, the 7-point mind training, the gradual letting go of an ego-centred worldview in order to bring about the arising of the Bodhicitta, the complete turning of the heart and mind towards enlightenment.

Led by Jnanabhasa

Sun 5 May 10am – 4pm | £30 / £22

Please bring vegetarian, ideally vegan, lunch to share

The Wisdom of Forgiveness – A Silent Day Retreat

Much of the turbulence we experience in our mind is due to an inability to forgive ourselves and others, or to let go of our high expectations. So we engage in a battle against how things actually are; in reality. Beneath this lack of forgiveness we are fine; not just fine but brilliant and worthy of a self-love which in its fullness embraces everyone and the whole world. Our practices today will be based on metta, gratitude, and forgiveness, and include led meditations, poetry and reflection.

Led by Vajraguptā | Sun 9 June

10.15am for 10.30am – 4pm | £30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Retreat

Going on a retreat is a great opportunity to leave behind the concerns and demands of everyday routines, providing you with time and space for meditation and reflection.

All The Time in the World – Weekend Meditation Retreat

Held at the Windmill, Burnham Overy Staithe.

Relax into the spaciousness of the North Norfolk coast, let go of the pressures of ordinary life, and enter the timeless space of our hearts and minds. If you have some familiarity with the Mindfulness of Breathing and Metta Bhavana meditations, this is an opportunity to deepen your experience, and also to be part of a community for the weekend.

Arrive Friday for a meal at 6.30pm and finish on Sunday at 4pm.

Led by Bodhivajra & Satyagita | Fri 22 to Sun 24 Feb | £105/£85/£65

£40 non-refundable deposit to secure a place

Creative Writing Day

Sharpen your quills...Satyagita will be leading another creative writing day. The session will include warm-up writing exercises in the morning – nothing too strenuous – and then possibly a writing marathon in the afternoon, or more exercises, depending on how warmed-up people feel.

The writing we will be doing is for your eyes only and does not have to be read out (though you may want to).

Led by Satyagita | Sun 23 June

10am – 4pm | £30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Women's Dharma Workshop Events

Saturday morning 4 May, Nature Walk with Fin Duncan.

Further details to be confirmed. Please book at the Centre.

15 June, 2 – 4pm

'The Path of the Spiritual Warriorress'

Part silent walk with ritual along part of Boudicca's Way. With Nicole Bayes and Catherine Ward.

Following the path of the Buddha can require virtues possessed by a Warriorress – fearlessness, determination, sacrifice... to defeat the forces of doubt, greed, hatred and delusion. Come join us to reconnect and recognise your own courageous qualities as we walk in inspired footsteps along the path of the Warriorress Boudicca Queen of the Iceni. Cafe stop afterwards. Meet at NR14 8QN. Further details, including directions on the website. Please book at the Centre.

For more than forty years the Norwich Buddhist Centre has been teaching meditation, Buddhism and yoga in the heart of the city. The Centre is run by members of the Triratna Buddhist Order – making the teachings of the Buddha available and accessible in today's world.

Bookshop and reception open 12 noon to 3pm Monday to Saturday

School and outreach visits

Please contact us if you would like to bring a group to the Centre or for someone to visit your school, group or workplace.

Donations welcomed

Volunteering – can you help?

Volunteers play a vital role in running the Centre and contribute in a variety of ways depending on interests and abilities. Ask one of the team if you feel you would like to help.

Booking & Payments

Courses and classes are open to everyone and all charges go towards running the Centre. If you're on low income or can't afford the full amount, further concessions can be made. Ask one of our team if you'd like to know more.

Book in advance, ideally online via our website, for all events, except drop-in classes. Please make cheques payable to 'Norwich Buddhist Centre'.

Refund Policy

Please note that bookings are non transferable and refunds, minus an admin fee/ deposit, are only given where cancellation is made 5 or more working days before the start date. In extenuating circumstances, we will consider refunding payments within 5 working days but this is at our discretion. In all cases we will retain an admin fee/ deposit which is £10 for events/courses, £40 for retreats and £5 for yoga workshops.

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