

Sangha News



Journal of the
Buddhist Meditation Society
of Northern British Columbia

SPRING 2001 Volume V • Number 2

Sangha update and highlights of AGM

The Society held its Annual General Meeting on May 7, 2001 after the Monday evening sit. The meeting was well-attended by both members and potential members. Following are highlights from the meeting minutes:

Library

There are still books missing from the library which were borrowed some time ago and not returned. A reminder to all that the library materials are available to members only. We will be renewing our subscription to the Insight Meditation Society's excellent journal, *Inquiring Mind*. A set of audio cassette dharma talks by Adrienne Ross and James Barasz will soon be available for purchase. Guy, our Librarian, will find out about them and the Directors will decide which tapes to purchase for the library. People who might like to order their own copies can contact Guy for information.

Membership

People have not been renewing their memberships at the expiration date and solutions to this problem were discussed. Richard volunteered to become Membership Secretary and will be phoning people with a reminder.

Monday night sits

On a few occasions over the past few months there was nobody present who felt capable of leading the sit. Suggestions for structure and better attendance were discussed and the directors will work on re-establishing the system of having a different "leader" each week who will take responsibility for being there and coordinating the evening.

It was also suggested that more focused discussions be held during tea. These could range from being mini-meetings for expressing questions and concerns about the Sangha to discussing the readings or various practices.

Charitable projects

Since the sangha is no longer involved in the Soup Bus project, it's important for us to consider creating or working with an

existing project in the community. Any proposals will be accepted for consideration by the directors.

Visiting teachers

The directors will be in touch with various teachers for the coming year in order to establish dates for weekend retreats.

They will be working with the following tentative schedule:

Eshin Godfrey from the Vancouver Zen Centre to return in the fall;

Adrienne Ross or her associate to return for a Vipassana retreat in the winter;

A Vajrayana teacher from the Dharma Centre of Canada's Edmonton centre to visit in Spring 2002.

Firm dates will be published on our website and in the next newsletter as soon as they become available.

Workshops

Ideas for a new workshop series were discussed. The format would be for a half-day, or an evening, workshop facilitated by local people held in months we have no visiting teachers. Suggested topics for the workshops were chanting, yoga for sitters, qi gong, and exploration of Buddhist art/iconography.

Anybody with more suggestions or questions can contact Mary.

Potlucks

The Sangha didn't get together much for social occasions in the past year. Anyone who would like to host a potluck in their home for any occasion, or for no special occasion, need only get the word out. Our potlucks are open to families and have always been fun and enjoyable occasions - let's do it more often!

Election of new directors

Elections were held. Many thanks to outgoing directors, Edward Dobrowolski (past president), Ken Bilski and Don Bell.

The directors for the year 2001-2002 are listed below. Please feel free to contact any of the directors if you have questions, suggestions or concerns.

Directors of the Society

Mary Cosman	President	441-3412
Don Hagreen	Secretary/Treasurer	563-0761
Christine Jackman		612-0288
Gerry Denluck		564-2164
Ramona Lehr		564-6147

Sangha News is the newsletter of the Buddhist Meditation Society of Northern British Columbia and the Open Door Sangha. It is published quarterly and available free to Society members. Annual membership fee is \$15.00.

We welcome contributions of articles, graphics and photos as well as letters. Please send to the Sangha News at:
RR1 Site 16 Comp. 15, Vanderhoof BC V0J 3A0
Phone 250-441-3412 Fax 250-441-3413
e-mail: mcosman@telus.net

MAY ALL BEINGS BENEFIT!



The Buddhist Meditation Society of Northern B.C.
THE OPEN DOOR SANGHA



For information phone (250) 563-0761 or visit www.mybc.com/groups-sangha

Summer 2001 schedule

- Group meditation** - every Monday evening at 7:15
- Zen group meditation** - every Tuesday evening at 7:15
- Red Tara (Tibetan) practice** - June 11th and subsequent *alternate* Monday evenings at 6:15

Everyone is welcome

Meetings held at Willows Hall, Pulpmill Road, Prince George

SOLSTICE / ECLIPSE

This year a total solar eclipse and a new moon will occur on summer solstice, making this a very auspicious day for practice. The Tibetans teach that the effects of positive and negative actions are multiplied by 10,000 during a solar eclipse. The eclipse begins at 9:30 and ends at 13:30 GMT. It will be visible from the South Atlantic to the Indian Ocean.

Namo Buddhaya!

*Not to do any evil,
 to cultivate good,
 to purify one's mind,
 this is the advice of Buddha.*

*Hard is birth as man,
 hard is the life of mortals,
 hard is the hearing of sublime truth,
 hard is the appearance of Buddha.*

*Let go the past, let go the future, let go the present,
 crossing beyond the shores of existence,
 with mind relieved everywhere,
 do not again undergo birth and decay.*

*Overcome anger by loving kindness,
 evil by good,
 overcome the stingy by generosity,
 and liars by truth.*

*Health is the highest profit,
 contentment is the highest riches,
 the trustworthy are the highest kinsmen,
 Nibbana is the highest happiness.*

Buddhism is the serious pursuit of Happiness.



Your mailing label...

The *Sangha News* mailed to you will have "comp" if you're new to our mailing list. If you wish to continue to receive the newsletter, you are invited to become a member of the Society.

If you are a member, the date following your name is the month and year when your membership is due for renewal. Please support the sangha by renewing your membership!

Annual memberships are only \$15.00 per person. Your donation is tax creditable and you will receive a numbered receipt.

Your donations and tax credits

Dana is a Pali word meaning a donation that is freely given. Because the Society depends on the *dana* left in the little basket to pay the rent, we remind you to practice generosity. Willows Hall rental is levied at \$3 per person per night.

As a charitable organization, our Society can issue numbered receipts for any donations received, as well as for membership fees. We are not permitted, however, to issue receipts for *dana* collected in our donation basket.

Some members have opted to write a cheque, and thus receive a receipt, for several months', or a year's, worth of *dana* rather than drop loonies in the basket every week. If you wish to do this and receive a receipt, contact the Treasurer.

Remember, we can also issue receipts for the cover price of any new books, tapes or videos donated to the library. Contact Don if you have new materials to donate.

MEMBERSHIP APPLICATION

Mail to: Buddhist Meditation Society
 479 S. Quinn Street, Prince George BC V2M 3N4



The Buddhist Meditation Society
 of Northern British Columbia

Name _____ Phone (days) _____

Address _____ Phone (eves.) _____

_____ Postal Code _____ Email _____

- I would like to become a member of the Society - annual fee of \$15.00 enclosed.
- I would like to renew my membership.
- I would like to make a donation of \$ _____ ENCLOSED \$ _____

CASH rec'd Date: _____
 CHEQUE # _____