

News from Amaravati - Autumn 2015

The nursing kuti: off the drawing board, into the monastery

This Autumn issue contains an update about the new nursing facility; the schedule of retreats for the coming year; an announcement about the Kathina festival which will be held on November 15, as well as information on events at the monastery in the next few months.

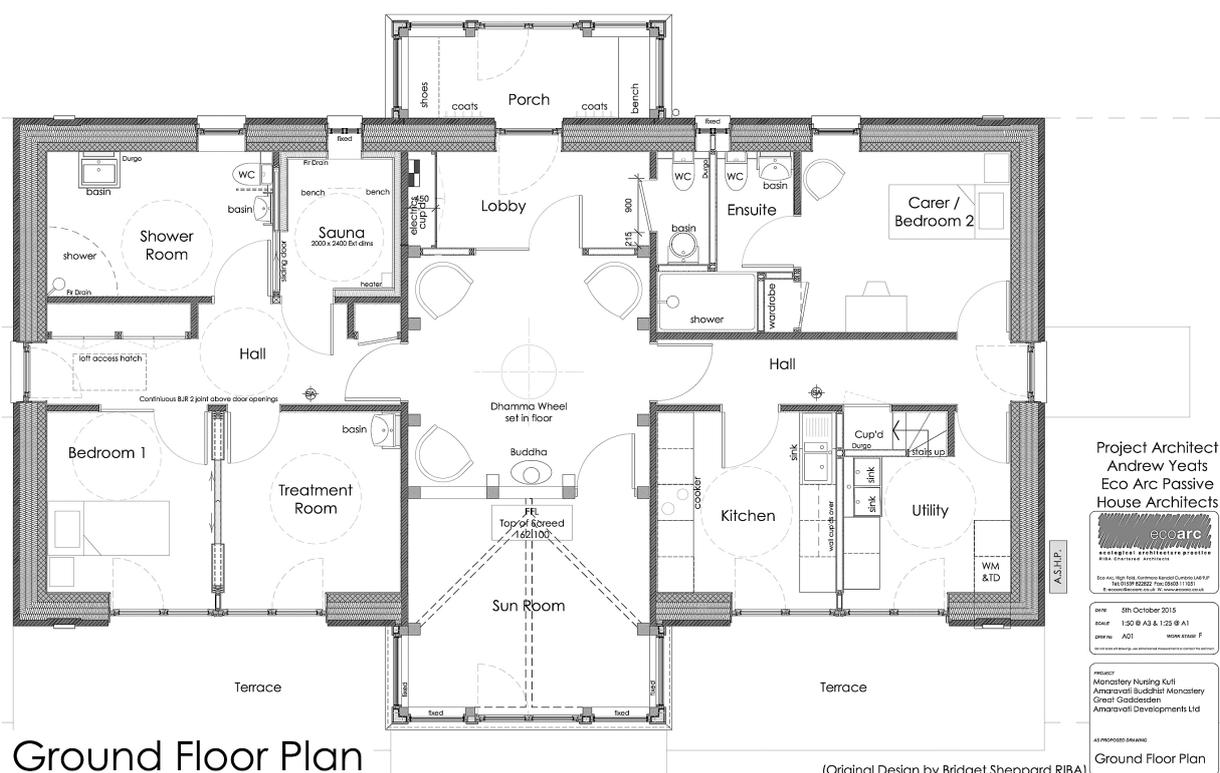
Regarding the nursing kuti, ADL (Amaravati Developments Ltd) writes: "It is now highly likely the actual building of the kuti for dying and disabled bhikkhus will start early in the new year. In the UK, we are perhaps more used to kutis being small and simple constructions, however, as the diagram below shows, the nursing facility is a spacious single storey building with full wheelchair-accessibility, plus some additional storage space in the roof area.

The community expressed the wish that the building, which is the first of the new buildings to be built under the aegis of the Amaravati Long Term Plan, should be environmentally friendly.

The design group took this to heart and various combinations of heating and energy-harvesting methods were explored. In the end it was decided to build to Passive House (Passivhaus) standards and principles, which combine high-level comfort with very low energy consumption. The diagram shows the thickness of the walls and the exceptionally high level of insulation used throughout. This reflects an emphasis on building energy efficiency into the fabric of the building to the degree that this will be cost efficient over the lifetime of the building. Taking this theme one step further means the windows, which can be opened when required, will incorporate well insulated frames and be triple-glazed to minimize heat loss on this hill-top windy site in winter.

The kuti will be both draught-proofed and well ventilated; by using the above design standards the amount of heating power required will be very low e.g. a 20 m² room ... (cont. on p. 3)

Monastery Nursing Kutu at Amaravati Buddhist Monastery for Amaravati Developments Ltd



Ground Floor Plan

(Original Design by Bridget Sheppard RIBA)

Project Architect
Andrew Yeats
Eco Arc Passive
House Architects



DATE: 08th October 2015
SCALE: 1:50 @ A3 & 1:25 @ A1
DRAWN BY: ADJ
CHECKED BY: F

PROJECT:
Monastery Nursing Kutu
Amaravati Buddhist Monastery
Great Clacton
Amaravati Developments Ltd

AS/HP/0001 DRAWING
Ground Floor Plan

Retreat Centre News

As we publish next year's monastic retreat schedule, it is interesting to reflect that, so far, nearly three thousand people have registered their interest in attending one of the monastic retreats in 2015. The new online booking system has coped effortlessly with this and although there have been a few errors, which hopefully have now been corrected, there are far fewer than when the system was run manually.

For 2016, booking opens six calendar months before each retreat start date and you can apply for up to three retreats in any one year. Waiting lists are no longer closed at 50 and if you can attend at the last minute it is always worth applying, as we often receive late cancellations which can be difficult to fill.

Full information about attending retreats, how to book, what to expect and what to bring, is available on the Retreat Centre webpages at: www.amaravati.org/retreat-centre/

Once you have booked a retreat if you need to change any of your personal details, your email address or cancel your retreat you can do this by going to the Retreat Centre homepage and selecting 'Manage your details' or 'Cancel your retreat'.

If you have any queries about monastic retreats, please contact the Retreat Centre at retreats@amaravati.org or visit the website www.amaravati.org/retreat-centre/

For all other retreats (ALBA, BWN and Family Events) use the contact details listed for the organiser overleaf.

Monastic Retreats

2015	Duration	Teacher
6–10 November	5 days	Luang Por Pasanno
20–29 November	10 days	Ajahn Sundarā **
11–13 December	weekend	Ajahn Subhaddo
27 Dec. – 1 Jan. 2016	6 days	Ajahn Nyānarato

Dates for 2016	Duration	Teacher	Booking opens
1–3 April	weekend	Ajahn Anando	1 October 2015
8–12 April	5 days	Ajahn Jayanto	8 October
23–30 April *	8 days	Ajahn Viradhammo *	23 October
6–15 May **	10 days	Ajahn Amaro & Joseph Kappel – 'Seamless Wellbeing: Protecting the World through Sila' **	6 November
3–7 June	5 days	Ajahn Dhammanando	3 December
24–28 June	5 days	Ajahn Cittapālā	24 December
22–24 July	weekend	Ajahn Ahimsako	22 January 2016
29 July–7 Aug. ***	10 days	Ajahn Candasiṛī ***	29 January
12–16 August	5 days	Ajahn Amaro & Ajahn Ratanawanno THAI Language Retreat	12 February
16–18 Sept.	weekend	Ajahn Brahmavarā	16 March
23 Sept.–5 Oct. **	13 days	Ajahn Amaro **	23 March
14–16 October	weekend	Brother Nicholas & Ajahn Mettā Buddhist/Christian Retreat	14 April
21–25 October	5 days	Ajahn Nyānarato	21 April
11–20 November	10 days	Ajahn Vajiro	11 May
9–11 December	weekend	Ajahn Bodhipālā	9 June
27 Dec.–1 Jan. 2017 *	6 days	Ajahn Sundarā – New Year Retreat *	27 June

* Previous silent meditation retreat experience required

** This retreat is for experienced meditators. Attendance at a previous 10-day retreat required

*** Previous 10-day silent meditation retreat experience recommended

Amaravati Lay Buddhist Association (ALBA)

Dates for 2016

Days of Practice: 9 Jan, 6 Feb, 5 March, 21 May, 18 June, 10 September, 5 November, 17 December.

Retreats: 15–17 April, 15–19 July, 7–9 Oct.

The ALBA was started in 1994 as a way to offer the lay community that frequents Amaravati a forum to connect with like-minded people. It runs a series of days of practice and short retreats at Amaravati, led by experienced lay teachers.

Next Days of Practice: 14 November, 19 December 2015

For bookings and information visit
www.buddhacommunity.org

Amaravati Family Events

Dates for 2016

27–30 May	Rainbows Weekend
8–10 July	Family Weekend
20–28 August	August Family Camp
25–27 November	Young Person's Retreat (13-19 yrs)
2–4 December	Creative Weekend (18 yrs +)

... (continued from p. 1) built to Passive House standards can be heated using 10 tealights or the body heat of four people, even in the middle of winter. Unlike the community's current wooden buildings, which cool quickly when the heating is off, by using comfort ventilation and a highly efficient heat recovery system the kuti should have a relatively stable temperature of between 20-25°C.

On entering the kuti the resident or visitor will find themselves in a light and high oak-framed room, facing a Buddha rupa. Behind this will be a Sun Room or meeting space for resident sangha and their guests. The bedrooms and other spaces are off to each side, giving those areas a degree of privacy. Final fitting out of the kuti will take place during the summer of 2016 and it is hoped it will be available for living and dying in by that winter."

The Lotus Volunteer Group

The Lotus Volunteer Group is an initiative started in 2012 by a group of lay friends who, having tasted the joy of volunteering in different areas of Amaravati life, saw the benefit of having a coordinating group to liaise between the sangha and the growing number of volunteers. People with a wide range of skills generously offer their support to the sangha and the monastery. Some are able to travel, while others work from home, but either way, they have an opportunity to connect with the monastics and lay community, cultivating spiritual friendships and practicing generosity.

People can lend a hand in the kitchens and gardens or delve deeper into the teachings by helping out with editing, transcribing or proofreading of Dhamma talks.

Family Events are held in the Retreat Centre, with camping available during the long August Camp. They are led by the monastic sangha in cooperation with a group of lay coordinators and helpers. There are five retreats held each year, including a retreat for 13-19 yr-olds. The weekend in July is intended as an introduction for new families thinking of applying for the camp. **For bookings and information visit:**

www.family.amaravati.org

Buddhist Women's Network (BWN)

Dates for 2016

Days of Practice: 6 March, 19 June, 11 September, 18 December

Weekend Retreat: 28–30 October

The BWN was set up in 2004 by women who are associated with Amaravati. It provides an opportunity to develop spiritual friendship and support for practice. These events are led by experienced lay women and include periods of sitting and walking meditation, sharing and discussion. Beginners and those new to this tradition are welcome.

Next Day of Practice: 20 December 2015

For bookings and information please write to: buddhist-womensnetwork@gmail.com

Other skills like IT, sound editing, accounting and more specific kinds of jobs are also needed at certain times.

All levels of skills are likely to find a fit, experience is not necessary but a willingness to step forward and to explore the many aspects of community and collaborative life that the monastery offers is certainly welcomed.

If you are interested in volunteering at Amaravati, please send an email to lvg.enquiry@gmail.com or visit the LVG website: lotusvolunteergroup@amaravati.org

Thirty years of Amaravati Library

Thirty years ago, on 17th november 1985, and just a few months after Amaravati Buddhist Monastery began welcoming guests, the library was opened by Luang Por Sumedho and a group of young sangha including Tan Amaro, Tan Sunitto and Tan Dhammanandho. The name 'The Christmas Humphreys Memorial Library', was chosen by Luang Por Sumedho as a mark of his respect for the Buddhist scholar and founder of the Buddhist Society, who played a pivotal role in introducing Buddhism to Britain.

Juan the current librarian, has been very active over the last few years in updating the library systems and generating interest. The latest update is that the barcode labelling project is making steady progress, and another 300 new titles have been added to the library. The substantial collection of books in Thai is now catalogued so everyone can look for their favourite book in Thai!

Juan's next project is to catalogue the books in Sinhala, so he is looking for Sinhalese speakers to help complete this. If you think you can help, please do contact Juan library@amaravati.org

Delivered by



2

ROYAL MAIL

POSTAGE PAID GB
HH 173

If undelivered, please return to:
Amaravati Monastery, St Margarets, Great Gaddesden,
Hemel Hempstead, Hertfordshire, HP1 3BZ, UK

General Monastery Enquiries

For general enquiries such as arranging school visits, please write to the monastery secretary at the address below or email: monasterysecretary@amaravati.org

For enquiries about giving dana, the kitchen and what is happening in the monastery on a given day, please contact the monastery office on 01442 842 455.

Staying Overnight at the monastery

If you wish to stay as a guest, contact the Guest Nun for women (guestnun@amaravati.org) or Guest Monk for men (guestmonk@amaravati.org). Information about staying as a guest is also available on the website: www.amaravati.org/visiting

Website

For the latest announcements, Dhamma resources, audio files, retreat information and more visit: www.amaravati.org

Monastery Contact Details

Amaravati Buddhist Monastery
St Margarets
Great Gaddesden, Hemel Hempstead
Hertfordshire HP1 3BZ
Office: +44 (0) 1442 842 455
Retreat Centre: +44 (0) 1442 843 239

Stewards

The English Sangha Trust (EST) is a registered charitable trust which stewards funds to support the sangha at Amaravati and Cittaviveka monasteries.

Contributions can be made to the English Sangha Trust c/o Amaravati or online: www.amaravati.org/support

Looking Ahead is a newsletter from Amaravati. You can pick up a copy at the monastery or receive it directly by email or by post. Please send your email and/or home address to: abmnews@amaravati.org or post it to Amaravati. Please indicate whether you wish to receive Looking Ahead by email or by post.

Introductory Meditation Workshops

Saturday afternoons 2–4 pm

Meditation instruction for beginners led by a member of the sangha, with an opportunity for questions and dialogue.

Everyone is welcome – there is no fee and no booking is necessary.

Classes are held in the Temple

Lunar Observance Days

Oct	● 5 (Mon.)	● 12 (Mon.)
	● 20 (Tue.)	○ 27 (Tue.)*
Nov	● 4 (Wed.)	● 10 (Tue.)
	● 18 (Wed.)	○ 25 (Wed.)
Dec	● 3 (Thu.)	● 10 (Thu.)
	● 18 (Fri.)	○ 25 (Thur.)

On lunar observance days, there is a pūjā at 7.30 pm, followed by a Dhamma Talk and midnight vigil.

*October 27 Pavarana Day (end of Vassa).

Upasampada & 8-precept Ceremonies Sunday November 29

At **8.30 am**, Eva, Caraline and Sven will be taking the eight precepts, “Going Forth” as Anagārika.

At **1.30 pm**, Samaneras Indapañño, Supañño & Anejo will be taking Upasampada, the Full Acceptance as Bhikkhus.

The ceremonies will take place in the Temple.

Everyone is welcome to join us on this auspicious occasion.