



## News from Amaravati – Summer 2018

Warm greetings and good wishes from the Amaravati community

Amaravati is unusually dry for this time of year. Like much of the country, the grass is parched and yellow and the heat wave we are experiencing continues day after day.

We are enjoying a period of warm welcoming in the Sangha as two new *Sīladharās*, Sisters Kalyānī and Thānavijaya and two *Anagārikās*, Shirley-Anne and Noriko ordained together at the beginning of July, following on from the *Pabbajjā* ceremony for *Anagārikas* Davis and Jiri in June. We will all be gathering again in the Temple for the *Upasampadā* bhikkhu ordinations of *Sāmaneras* Issaro, Manuñño and Niddaro – most auspiciously this will take place on the full moon of July, *Āsālā Pūjā*, which is the eighty fourth birthday of Ajahn Sumedho, our beloved former Abbot and founder of this monastery.

We have been blessed with a number of visiting monks and nuns this summer. In May, Ajahn Jayasāro came over to the UK from Thailand and generously offered a day of practice in the Temple, which brought many people together to take up this precious opportunity. Also, Ajahn Kalyāno came to stay at the monastery for a weekend in June visiting the community. His mother Jill came to stay at the same time – a wonderful meeting of Dhamma friends.

Zane, our treasured long stay lay resident responsible for work projects left recently, as did Giorgia, who offered her skills in the monastery gardens. They have moved on to further adventures but we hope to see them return as guests in the future.

Suvira, our valued long-standing office manager has been in Thailand for the last few months – we are looking forward to her return soon. In her absence many good people have generously offered their time and skills to support the smooth running of the office – a tremendous amount of work goes on and many people are involved in this vital support for the community, much of it behind the scenes.

Many of the resident Sangha have been travelling since the end of the winter and before we all settle down for the Vassa period back at Amaravati. Ajahn Amaro has been to America and Thailand for Ajahn Chah's birth

anniversary and also attended a conference on mindfulness in Amsterdam. Other senior monks and nuns have been teaching retreats in various countries, and Ajahns Amaro and Vimalo have offered ten day retreats at our retreat centre, where the schedule of retreats flows on. This includes the ever-popular summer Family Camp coming up in August, when the field fills with tents and football matches, face-painting and the sound of kids having tremendous fun fills the air.

At the other end of life, the inevitability of ageing, sickness and death are always apparent to us, as a large community, with a wide web of connections in the world, many visitors, supporters and friends. We hear daily of changing circumstances, struggles, challenges and major life events of many around us. As we hear the dedications read out in the morning *pūjās*, mealtimes and again in the evening *pūjās*, we are encouraged to constantly bring to mind and reflect on the instability, fragility and uncertainty of our lives. Within the community itself, our dear Sister Ajahn Bodhipālā was recently diagnosed with cancer. She is currently convalescing after surgery and awaiting results to see what further treatments will be necessary. It is uplifting to see how this Holy Life prepares us for these somehow always unexpected life events – how possible it is to be peaceful and happy even as we adapt to the changing circumstance of a body that is not reliably healthy.

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### *Upasampadā Ceremony* Friday 27th July 2018

At 2.00 pm *Sāmaneras* Issaro, Manuñño, and Niddaro will request full acceptance into the Bhikkhu Sangha. The ceremony will take place in the Temple, and the new bhikkhus will receive visitors in the *sālā* afterwards.

All are welcome to attend.

This is a very auspicious day because it falls on the full moon of July which is *Āsālā Pūjā*, the commemoration of the Buddha's first sermon. Also it is Luang Por Sumedho's 84th birthday, *Ācariya Pūjā* day.

... (cont. from page 1) ... Āsālhā Pūjā, Ajahn Sumedho's birthday and the full moon of July marks the beginning of the Vassa period, when the ordained Sangha makes a formal determination or vow to stay within the monastery for the three month period which ends with the full moon of October.

As is usual for this summer period, we have Sunday afternoon talks each weekend in the Sala offered by various senior monastics, as well as the usual Saturday afternoon meditation workshops. Thanks to the technical skills and efforts of some of the more junior members of the community, we have the opportunity to video some of the Dhamma talks and make them available on the Amaravati YouTube channel.

The monastery is in some ways a hive of activity and yet, many day visitors comment on the palpable sense of peace they experience here. Considering all of these events in the life of Amaravati, we can contemplate Ajahn Chah's encouragement to "be like still flowing water," which is reflected in the monastic training to cultivate mindfulness as the priority in every moment, every activity.

### RETREAT CENTRE NEWS

The 2018 Retreat Schedule is now available online, with the first retreats of the year already completed. As in previous years, booking opens six calendar months before the retreat start date and you can apply for up to 3 retreats in any one calendar year. If you are on the Waiting List for a retreat and do not get offered a place, you may then apply for another retreat in the same year.

However, as many of you know, if you are on the Waiting List there is a good chance that you will be offered a place if you can attend at the last minute, which could mean getting a phone call on the morning the retreat starts. So if you really want to attend, keep your diary free! If you are interested in booking a retreat, go to:

[www.amaravati.org/retreat-centre](http://www.amaravati.org/retreat-centre)

### 2018 Monastic lead retreats at the Retreat Centre

Dates for 2018	Duration	Teacher	Booking opens
3-7 August	5-day	Ajahn Amaro & Ajahn Kongrit Ratanawano <b>THAI LANGUAGE ONLY</b>	open
7-19 September **	13-days	Ajahn Amaro & Joseph Kappel	open
28 Sept.-2 Oct.	5-days	Ajahn Brahmavarā	open
12 -14 Oct.	weekend	Brother Nicholas & Ajahn Sundarā <b>Buddhist/Christian Retreat</b>	open
19-23 October	5-days	Ajahn Nyānadassano	open
2-11 November *	10-days	Ajahn Candasiri	open
23-25 November	weekend	Ajahn Vinita	open
7-9 December	weekend	Ajahn Karuniko	open
27 Dec.-1 Jan. 2019 *	6-days	Ajahn Nyānarato	open

\* Previous silent meditation retreat experience required

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

### Amaravati Publications

#### Looking for English to French translators, reviewers, and volunteers

We are looking for people to provide reliable translations for the Sangha through Amaravati Publications.

Assisting and dealing with the enquiries on the French publications and glossary works are also needed.

A long-term commitment will be beneficial.

If you are interested, please contact the library Manager,  
Juan : [library@amaravati.org](mailto:library@amaravati.org).

All bookings have to be made online, we are not able to accept telephone or email applications. For information about Coming on retreat, How to book, What to expect, What to bring and more, please visit:

[www.amaravati.org/retreat-centre](http://www.amaravati.org/retreat-centre)

The FAQ's also have lots of useful information. 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: [www.amaravati.org/retreat-centre/and](http://www.amaravati.org/retreat-centre/and) selecting 'Manage your details' or 'Cancel your retreat'. If you need to contact the Retreat Centre directly, please email: [retreats@amaravati.org](mailto:retreats@amaravati.org). We look forward to seeing lots of you. We look forward to seeing lots of you.

## Other Retreats held at the Retreat Centre

### Amaravati Lay Buddhist Association (ALBA)

ALBA runs a programme of Days of Practice and short retreats at Amaravati Retreat Centre led by experienced lay Buddhists. All are welcome including those new to Buddhism or meditation. For the Days of Practice there is no need to book, just turn up. Registration is in the Retreat Centre kitchen from 9.30 am for 10.00 am start. The day finishes at 5.00 pm.

Advance booking is essential for ALBA retreats. To find out more and to download an ALBA retreat booking form visit us at: [www.buddhacommunity.net](http://www.buddhacommunity.net) or email: [buddhacommunity@gmail.com](mailto:buddhacommunity@gmail.com)

#### ALBA Dates for 2018

Days of Practice: 11 August, 1 September, 17 November, 15 December  
Retreats: 26-28 October

### Buddhist Women's Network (BWN)

The BWN was set up in 2004 by women 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. For bookings and information please write to: [buddhistwomensnetwork@gmail.com](mailto:buddhistwomensnetwork@gmail.com)

#### BWN Dates for 2018

Days of Practice: 16 December  
4-day retreat: 21-24 September

### Amaravati Family Events

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 June is intended as an introduction for new families thinking of applying for the Camp. For bookings and information please visit the Family Events Website [www.family.amaravati.org](http://www.family.amaravati.org) or contact the bookings coordinator Gina Cheetam [family@amaravati.org](mailto:family@amaravati.org)

#### Family Event Dates for 2018

Family Camp: 18–26 August  
Young Persons' Retreat (YPR): 5–7 October  
Creative Weekend (CWE): 30 November – 2 December

## SUNDAY TALKS - 2018 VASSA

Dates	Title	Speaker
29 Jul.	The good the bad and the Unconditioned	Ajahn Amaro
5 Aug.	Is compassion out of fashion?	Ajahn Sundarā
12 Aug.	Fearing to leave fear behind	Ajahn Amaro
19 Aug.	'Why is peace so boring and the idea of Nibbāna so off-putting?'	Ajahn Sundarā
26 Aug.	Buddhism and the pursuit of wealth	Ajahn Amaro
2 Sept.	'Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?'	Ajahn Amaro
9 Sept.	'Decorum in Dacorum' – life as a monastic in the 21st century	Ajahn Kongrit
23 Sept.	'How can I take the Precepts if I don't even exist?!'	Ajahn Ariyasilo
30 Sept.	Enslavement to technology	Ajahn Amaro
7 Oct.	Have you come here to die?	Ajahn Nyānadassanno
14 Oct.	Dukkha – an inconvenient truth	Ajahn Sundarā
21 Oct.	Wisdom develops samādhi develops wisdom	Ajahn Kongrit
7 Oct.	'Gods, demons and kind spirits...' – meaningful myth and Buddhist cosmology	Ajahn Amaro

### Introductory Meditation Workshops Saturday afternoons 2–4 pm

The workshop is suitable for all levels.  
It includes meditation instruction for beginners and the opportunity for questions and dialogue.

Everyone is welcome – there is no fee and no booking is necessary.  
The workshops are led by a monastic and held in the Temple.

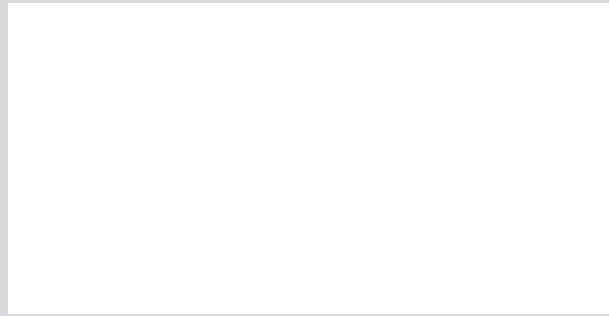
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Amaravati Buddhist Monastery, St Margarets, Great Gaddesden,  
Hemel Hempstead, Hertfordshire, HP1 3BZ, UK

### Information for Visitors

Visitors are welcome. The gates open daily at 6.30 am, and remain open until after the evening meditation, approx. 9.30 pm. We offer introductory meditation workshops on Saturdays at 2 pm, meditation retreats and other activities through the year. There is also the possibility to stay as a guest and join in the monastery routines for periods of time.

Those new to the monastery may wish to visit in the late morning when the community gathers for the main meal and there are opportunities to meet other visitors and speak to one of the senior monastics. From March 25, 2018 to October 28, 2018 the meal ceremonies are at 11.30 am Mon-Sat and 11.15 am on Sundays.

The monastery runs entirely on donations, there are no charges for what is offered.

Please use the car parking area at the front of the monastery grounds. The main parking is entered by turning left as soon as you enter the front gates. We kindly request that visitors do not leave their cars outside the monastery grounds.

Visitors are welcome to use the Stupa field, Temple, Sālā, Cloister, the Rainbow Room (for children) and Library. Please respect any privacy signs and especially do not walk through the bhikkhus' area from the visitor's car-park to the stupa field.

### Enquiries

For enquiries about giving dāna, the kitchen and what is happening in the monastery on a given day, please contact the monastery office on 01442 842 455. There is usually someone there 8.30-11 am and 2.30-4.30 pm, Mon-Fri.

To make a booking to stay as a guest please contact the guest-monk or guestnun via the website: [www.amaravati.org/visiting](http://www.amaravati.org/visiting)

For all other enquiries, including school visits, please contact the Monastery Secretary: [monasterysecretary@amaravati.org](mailto:monasterysecretary@amaravati.org)

### Stewards

The English Sangha Trust (EST) is a registered charity 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](http://www.amaravati.org/support)

### Website

For news updates, an extensive downloadable audio and book catalogue and other information, visit [www.amaravati.org](http://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

### Notable Dates 2018

Jul. 27 : Acāriya Pūjā & Bhikkhu Full Acceptance Ceremony  
Oct. 24 : Pavarana Day – end of Vassa  
Nov. 18 : Kathina Day

### Lunar Observance Days 2018

Jul	● 5 (Tue)	● 12 (Tue)
	● 20 (Fri)	○ 27 (Fri)
Aug	● 4 (Sat)	● 11 (Sat)
	● 19 (Sun)	○ 26 (Sun)
Sep	● 3 (Mon)	● 9 (Sun)
	● 17 (Mon)	○ 24 (Mon)
Oct	● 2 (Tue)	● 9 (Tue)
	● 17 (Wed)	○ 24 (Wed)
Nov	● 1 (Tue)	● 7 (Wed)
	● 15 (Tue)	○ 22 (Tue)
	● 30 (Fri)	
Dec	● 7 (Fri)	● 15 (Sat)
	○ 22 (Sat)	● 30 (Sun)

On lunar observance days there is a pūjā starting at 7.30 pm, a Dhamma talk and midnight meditation vigil in the Temple. All are welcome to attend.