



If undelivered, please return to:
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 October 28, 2018 to March 31, 2019 the meal ceremonies are at 10.45 am Mon-Sat and 10.30 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. And the back of the kitchen's carpark closes at 5pm.

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 carpark 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

For all other enquiries, including school visits, please contact the Monastery Secretary: 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

WEBSITE

For news updates, an extensive downloadable audio and book catalogue and other information, visit: www.amaravati.org

Monastery Contact Details

Amaravati Buddhist Monastery
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Lunar Observance Days 2018

Nov	● 7 Wed	● 15 Tue	○ 22 Tue	● 30 Fri
Dec	● 7 Fri	● 15 Sat	○ 22 Sat	● 30 Sun
2019				
Jan	● 5 Sat	● 13 Sun	○ 20 Sun	● 28 Mon
Feb	● 4 Mon	● 12 Tue	○ 19 Tue	● 27 Wed
Mar	● 5 Tue	● 13 Wed	○ 20 Wed	● 28 Thu
Apr	● 4 Thu	● 12 Fri	○ 19 Fri	● 27 Sat
May	● 3 Fri	● 11 Sat	○ 18 Sat	● 26 Sun
Jun	● 2 Sun	● 10 Mon	○ 17 Mon	● 25 Tue

"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."



LOOKING AHEAD

No 33

News from Amaravati – Autumn 2018

Warm greetings and good wishes from the Amaravati community

Tatiyampi - 3rd time at Amaravati Phra Hasakhom Paphassaro Amaravati Buddhist Monastery October 2018

Ten years have passed since my first trip to Amaravati Buddhist Monastery, in 2008; I then had the opportunity to come and stay here again in 2014. This trip, in 2018, I came to stay for a vassa; I can see the changes over the last four years since my previous visit. I heard that Tan Choa Khun Ajahn Amaro has established a 30 year Long Term Plan Project for rebuilding Amaravati. One of the new buildings in this project is the Aroga Kutī, an energy-efficient building which has been designed for nursing sick bhikkhus and to receive visiting senior bhikkhus. I heard that the next phase will be two buildings for the Nuns' Sangha. Also, someone is going to purchase the house and land on the west side of the Amaravati Woods to offer to the Sangha. I recalled the conversation between Luang Pu Chah and Luang Por Sumedho when Luang Por Sumedho replied to Luang Pu Chah that he 'could not return to a foreign country as there would be no Buddhists there'. Then Luang Pu Chah asked 'Are there any good-hearted people there?' Luang Por Sumedho answered that he thought 'There might be.' Then Luang Pu Chah said 'Go and live with those good-hearted people.' Good-heartedness and kindness are not dependent on education level, race or language.

But language is still an obstacle to me... This time, I plan to stay for two years or more if possible and I intend to practise English enough for communication. Supporters both find and send, or find and bring books for me. But in reality, I tend to keep using the North-eastern Thai, Esarn dialect as there are three Thai monks living here. The monks and novices really try hard to help and push me to practise speaking English but I am neither good at writing nor speaking. Also, this brain is old and the tongue is 'hard', as we say in Thai, so I find it is extremely difficult to learn the English language.

I'm grateful for the mettā from the Ajahns and the friendliness of the other Sangha members. I'm impressed with the discipline and being on time for all the duties they have.

Tan Choa Khun Ajahn Amaro always emphasizes that 'Five o'clock is five o'clock not one minute past five or five minutes past... This encourages everyone to train themselves to be on time and to keep discipline. Although we are coming from various nationalities and different cultures, we can be united as one. ... (cont. page 2). ...

ANNOUNCEMENT

Luang Por Sumedho visits Amaravati
from 27th Nov – 10th Dec 2018

Amaravati Kathina 2018

Call for Volunteers

If you are interested please contact
Sumith Mestriige on 07392 519 446 or
email him at sumithmestriige21@gmail.com

Upasampadā Ceremony

(Full acceptance into Bhikkhu Sangha)

Sunday 9th December 2018
Temple
2pm

Smanera Pabbajja & Anagarika Ceremonies

Sunday 25th November 2018
Temple
2pm

Volunteering for Winter Projects at Amaravati Retreat Centre

The extraordinary maintenance and deep cleaning works in the Retreat Centre will take place in January and March 2019.

A limited number of rooms in the RC are available for people who wish to stay - for a weekend or more - and share work and practice.

Day Volunteers are also welcome!

If you'd like to volunteer, please contact retreats.household@amaravati.org to be included in the mailing list for programs and updates.

Please mention if you can offer any specific skills such as painting, carpentry, plumbing etc.

... (cont. from page 1) ...

It's a Sangha-samaggi. Also, I can see that many people here are interested in meditation and practising the Dhamma, from the numbers of people that come to attend the Saturday meditation workshop or the Sunday Talks during the vassa.

The tranquility in and surrounding the monastery, including the politeness of people, the woods and the wild deer, are great attractions for me to return here. In the afternoons I always find time to go for walk, for six or seven kilometres each day. After some proper walking boots were offered I tried to find new routes and to walk further. Sometimes I walked ten or fifteen kilometres, using a map, but sometimes I got lost and could not get back in time for the evening chanting. I feel my body is stronger.

Thai supporters of Amaravati have looked after me very well and warmly, even more so than if they were my relatives. Fellows monks have given me good opportunities to practise Dhamma and sometimes they have even forced me to accept things I found difficult. I have to keep reminding myself to train the mind and not to follow my own moods and feelings. We have to get over these obstructions in order to be successful. In the worldly life, things are not different; if you only follow your own moods and feelings, whatever you do, it will fail and collapse. Luang Pu Chah used to teach the monks that 'Wherever you go make yourself small, like a little novice, even though you are a Thera, a senior monastic. Then, wherever you are, it will be easy, you will get on well with the Sangha and the world. You can be at ease...Sabai.'

Retreat Centre News

The 2019 Retreat Schedule is now available online, with the first retreats of the year already open for booking. 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, if you are on the Waiting List there is still a 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!

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

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 selecting 'Manage your details' or 'Cancel your retreat'. If you need to contact the Retreat Centre directly, please email: retreats@amaravati.org.

We look forward to seeing many of you in the reminder of 2018 and throughout 2019.

2018 /2019 Retreats

Lead by Monastics (Monks/Nuns)

Dates for 2018	Duration	Teachers	Booking
2-11 November *	10 days	Ajahn Candasiṛī	Open
23-25 November	Weekend	Ajahn Vinita	Open
7-9 December	Weekend	Ajahn Karuniko	Open
27 Dec.-1 Jan. 2019 * (New Year Retreat)	6 days	Ajahn Nyānarato	Open
Dates for 2019	Duration	Teachers	Booking
5-7 April	Weekend	Ajahn Ahimsako	Open
19-28 April*	10 days	Ajahn Bodhipala	Open
17-19 May	Weekend	Ajahn Dhammanando	17 November
24-28 May	5 days	Ajahn Kalyano	24 November
7-11 June	5 days	Ajahn Vinita	7 December
21-23 June	Weekend	Ajahn Ariyasilo	21 December
28 June - 7 July**	10 days	Ajahn Amaro	28 December
19-28 July*	10 days	Ajahn Sundara	19 January 2019
2-6 August (Thai Language)	5 days	Ajahn Amaro & Ajahn Kongrit Ratanawano	2 February
13-25 September**	13 days	Ajahn Amaro	13 March
11-13 October (Buddhist - Christian)	Weekend	Brother Nicholas & Ajahn Nandiyo	11 April
18-27 October*	10 days	Ajahn Vimalo	18 April
15-17 November	Weekend	Ajahn Jutindharo	15 May
22-26 November	5 days	Ajahn Candasiṛī	22 May
6-10 December	5 days	TBC	6 June
27 Dec.- 1 Jan 2020* (New Year Retreat)	6 days	Ajahn Nyānarato	27 June

* Previous silent meditation retreat experience required.
** For experienced meditators only: must have completed a previous 10-day silent retreat.

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 or email: buddhacommunity@gmail.com

ALBA Dates for 2018 / 2019

Days of Practice 2018: 17 Nov, 15 Dec
Days of Practice 2019: 12 Jan, 9 Feb, 9 Mar, 11 May, 1 Jun, 10 Aug, 28 Sept, 9 Nov, 14 Dec
Retreats 2019 : 12-14 Apr, 12-14 Jul, 30 Aug - 3 Sept

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

BWN Dates for 2018 / 2019

Days of Practice 2018: 16 Dec
Days of Practice 2019: 10 Mar, 2 Jun, 11 Aug, 15 Dec
Retreat 2019: 4-7 Oct

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 or contact the bookings coordinator Gina Cheetam family@amaravati.org

Family Event Dates for 2018 / 2019

Creative Weekend (for adults) 2018: 30 Nov- 2 Dec
Rainbows 2019: 3-6 May
Weekend 2019: 14-16 Jun
Family Camp 2019: 17-25 Aug
Creative Weekend (for adults) 2019: 1-3 Nov
Young Persons' Retreat 2019: 29 Nov-1 Dec

AMARAVATI LONG TERM PLAN (ALTP) - REBUILDING AMARAVATI

Good News!

The planning application for replacing Amara Kuti and Nissoko Building was approved by Dacorum Borough Council in August 2018. We expect the construction works to begin in April 2019 and will last until the end of the year. Amara Kuti provides accommodation for a senior nun. The Nissoko Building provides the meeting space for the nuns' community. There will also be a portable cabin to provide a temporary laundry facility for the nuns until the Nuns' Utility Building is built in a later phase of the ALTP.



Model: the new Amara Kuti



Drawing: Nissoko Building

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