



TBI MAGAZINE

Feb Mar Apr 2021

LOSAR - TIBETAN NEW YEAR

DAY OF MIRACLES

EASTER WEEKEND

TIBETAN BUDDHIST INSTITUTE Inc — THEKCHEN SHEDRUB CHOELING

A place of Dharma, cultivating study and meditation in the Mahayana Tradition



From the Director

*I offer this prayer to my Precious Teacher and Mentor:
 "I dedicate the mass of white virtues thus created. So that I
 may be inseparably cared for in all my lives. By perfect, pure
 Gurus who are kind in three ways. And so attain the united
 state of Vajradhara" (Lam Rim Prayer)*

Upon reflecting on this most challenging year of 2020, TBI has achieved remarkable success. We have received wonderful teachings from Geshe Yama Rinchen, Geshe Jampa Gyaltsen and Jampa Ignyen and have managed to keep our usual programs running. We hope and pray that there will be minimal obstacles to disrupt 2021, and that peace will prevail throughout the world. Our Annual General Meeting was unique, in as much as it was our first Online experience. We sorted out some initial technical issues, and it went smoothly from then on. Christmas Day was lovely with members and friends dropping in to share some time with Geshela. New Years Eve Guru Puja was enjoyable and well attended. I am happy with where TBI stands financially and with our growing membership base. I would like to thank both Geshela and Ilia for the priceless teachings and translation. For update on Yangsi Rinpoche please see page 4. I would like to thank Sue Bowmer for painting our beautiful Prayer Wheels (with my help), they certainly are a shining light into TBI. We encourage you to please turn these wheels filled with millions of mantras for the benefit of all sentient beings. The Prayer Wheels now have soft handles, and easier to reach with the garden bed removed. Thank you Gordy for Geshelas beautiful flower-filled courtyard, and to all our volunteers who have helped us continue to offer the teachings to our students, both at TBI and online. If you would like to help with Transcribing please see page 7. I look forward to seeing you all in 2021. Please stay safe and well.

Nawang Thubten
 Spiritual Leader and Director



TIBETAN BUDDHIST INSTITUTE Thekchen Shedrub Choeling ORGANISATIONAL STRUCTURE

Spiritual Head His Holiness the 14th Dalai Lama of Tibet Tenzin Gyatso

Founder, Teacher and Past Spiritual Leader
 The late Kyabje Khensur Kangyur Lama Jetsun Losang Thubten Rinpoche

Spiritual Leader ~ Nawang Thubten

Founders Reincarnation
 Kangyur Lama Choktrul Tenzin Losang Dhargye Rinpoche

Resident Teacher ~ Geshe Jampa Gyaltsen

Public Officer and Responsible Person ~ Ralf Zurbrugg
Translator and Director of Publishing ~ Ilia Durovic

Management and Advisory Board

Director and Chairperson ~ Nawang Thubten

Assistant Director ~ Carole Armstrong

Treasurer ~ Sam Pons

Senior Advisor ~ Chris Ridley

Spiritual Program Coordinator ~ Ven Tenzin Drolkar

Membership Coordinator ~ Chrys Dombroyannis

Other Positions

Finance and Probity Sub Committee ~ Ralf Zurbrugg
 Sam Pons Simon Williams

Building Fund Committee ~ Nawang Thubten

Gerry Treuren Christele Kervin Carole Armstrong

Constitution Committee ~ Nawang Thubten, Gerry

Treuren, Simon Williams, Carole Armstrong

Bookkeeper ~ Lucille Bruyand

Membership Data base ~ Anthony Sweeney

Librarian ~ Gordy Losic

Community Care Coordinator ~ Victoria Palmer

Buddha's Buddy Coordinator ~ Victoria Palmer

Tibetan Sponsorship Scheme

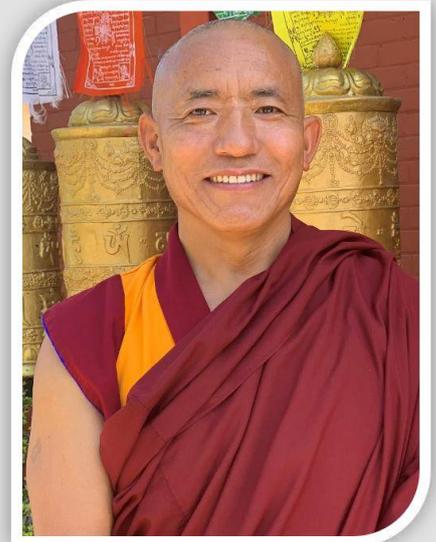
Administrator ~ Nawang Thubten

Administrator & Data Base ~ Anthony Sweeney



EASTER WEEKEND with GESHE JAMPA GYALTSEN

Friday 2nd, Saturday 3rd and Sunday 4th April
2021 *The Four Truths and their Sixteen
Characteristics.*



We are delighted to inform our students that Geshe Jampa Gyaltzen has informed TBI that he will be teaching "The Four Truths and their Sixteen Characteristics" over the Easter Weekend and will rely for this presentation on the first chapter of Asaṅga's *Abhidharmasamuccaya*, in which they are developed at length. The Four Truths are the first teaching Buddha Śākyamuni imparted after manifesting Full Enlightenment at Bodhgaya and have been the cornerstone of Buddhist teachings ever since. Their actual meaning is developed in the sixteen characteristics which are extraordinarily profound and enable one to meditate with great clarity on the import of the Four Truths. We are particularly fortunate that Geshe Jampa Gyaltzen has chosen to present the Four Truths and their sixteen characteristics in the light of Asaṅga's *Abhidharmasamuccaya*, which is the principal Mahāyāna treatise on Abhidharma (and is available in English, translated from the French translation of Walpola.

Program for all three days

Meditation: 9.00am to 9.45am

Teachings: 10.00am to 12noon

Lunch Break

Teachings: 3.00pm to 4.30pm

Venue

You are welcome in the Gompa with Geshela (BYO lunch - tea/coffee provided) or Live-streaming in your home.

Facility and Live-streaming fee for three days

Members and Concession - \$60.00 Non Members - \$90.00

Direct Debit: Banksa Tibetan Buddhist Institute Account No: 057 567 240 BSB: 105 081

Please use the following code for payments by direct debit: GJGWE LastnameFirstname

Registration by 1st April 2021. Please note that there will be an opportunity to make an offering to Geshela at the conclusion of the teaching.

Tibetan Buddhist Institute Inc 8 Ross Avenue Flinders Park SA office@tibetanbuddhistinstitute.org ph: 8351 8788

Please see our refund policy on our website

UPDATE—YANGSI CHOKTRUL KANGYUR LAMA TENZIN LOSANG DHARGYE RINPOCHE



Yangsi Rinpoche

Yangsi Rinpoche and Thubten

The planned Enthronement for 2020 of Yangsi Choktrul Kangyur Lama Tenzin Losang Dhargye Rinpoche was unfortunately cancelled due to the outbreak of Coronavirus. Yangsi Choktrul Rinpoche is home schooled and learning to read and write Tibetan, and most importantly, memorising prayers and mantras. We hope that next year, 2022, we will be able to organise students to attend his Enthronement in Sera Jey Monastic University. Further information will be forth coming after ensuring that Coronavirus non-existent. Venerable Rabgyal, Geshe Jampa Dorjee and Geshe Jamyang Tenzin are dedicated to ensuring that all Yangsi Rinpoches needs are met,

and that he is lovingly cared for in all aspects on his chosen path for the benefit of all sentient beings. He has a close relationship with 9 year old Thubten who is Yangsi Rinpoche's play mate. They live together in the Labrang, and occasionally Yangsi Rinpoche plays with other monk students his age, in an adjoining area. Yangsi Rinpoche turned 5 years old on 2nd January 2021 and celebrated his birthday with some of his invited guests, including the Reincarnate of Khensur Ugen Tsten Rinpoche (the Teacher of Kyabje Khensur Kangyur Rinpoche), and play friends.

When we have a definite date for the Enthronement, we will let you know.



From left Khensur Ugen Tseten Rinpoche, Yangsi Rinpoche and friends

Geshe Jampa Dorje, Yangsi Rinpoche and Thubten making the birthday cake

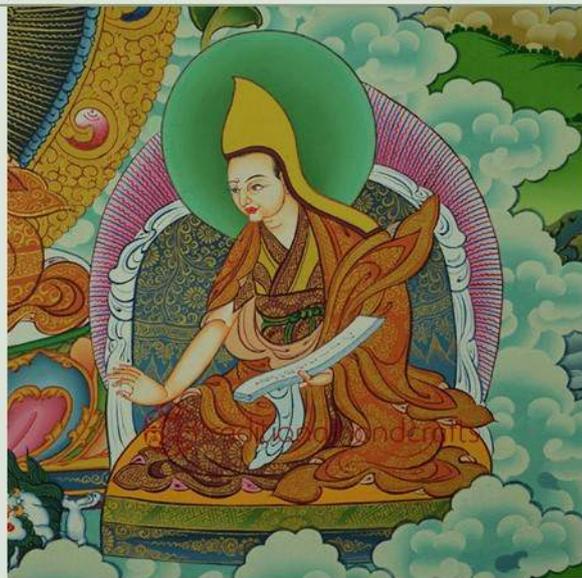
YOUR OPPORTUNITY TO KEEP TIBETAN BUDDHIST INSTITUTE SUCCESSFUL AND ON TARGET

Embrace change!!!

For the first time in 15 years, TBI is increasing the facility fee for Tuesday and Wednesday teaching classes with Geshe Jampa Gyaltsen, both Online and in the Gompa.

You are most fortunate to continue reaping the benefit of

these priceless teachings of the Buddha through the wisdom and expertise of our resident teacher, who studied for over 24 years to attain his Geshe Degree. **Included in the facility fee is a complimentary transcription of the teachings which will be emailed to you each week (if available).** This slight increase will take effect in the new year to help cover the myriad of costs involved in running your centre. Please note that Dharma Wheel members welcome and appreciate *free* teachings on Tuesday and Wednesday evenings with Geshela. You might like to contemplate the cost saving of becoming such a member?



NEW FACILITY FEE

Dharma Wheel - Free Tuesday and Wednesday Teachings with Geshela

Member Waged and Concession \$7.00 per class Non Member \$14.00 per class.

If you are not already a member of TBI, you may like to consider joining so that you too can reap the advantages of membership and at the same time be of benefit to TBI.

If possible we would really appreciate bulk deposits ie 4 weekly or whatever suits you. This will cut down the work load of our bookkeeper.

CODE FOR PAYMENTS

GJGTEA SMITHJohn

BankSA Tibetan Buddhist Institute Account No: 057 567 240 BSB: 105 081

Waged and Concession members also enjoy the following benefits:

50% discount facility fee for Tuesday and Wednesday teachings classes with Geshe Jampa Gyaltsen

20% discount off events (excluding accommodation)

10% discount off shop items

Members have access to our library

Entitled to Community Care Benefits

Access to Annual Members Functions

Participation in our Annual General Meeting

Concession: \$120.00 Waged: \$240.00 Dharma Wheel: \$660.00. Please email the office if you would like to become a member.

*Management considered carefully the necessary increase in fees, and uppermost in our minds is to keep the high standard and accessibility of teachings at a maximum. You can be a part of this goal!!
Thank you for your understanding and continued support of TBI.*

Study Buddhism the Easy Way



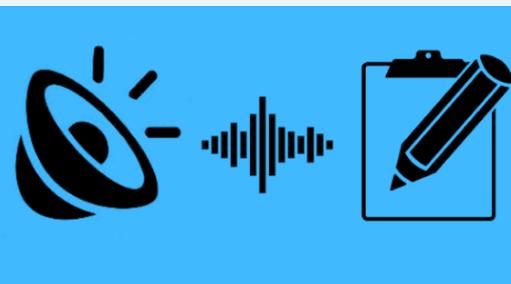
If you can type and have a couple hours a week or fortnight, perhaps you might like to try transcribing. It's really easy, there's no time pressure and you get to learn while you work. The software is online, the process is simple and you deal directly with the Transcribing Team Coordinator. When you have a few minutes you can start transcribing from home, or anywhere you have access to your computer. You don't need any special skill. Simply attendance, either in person or online, at teachings is necessary.



Our wonderful transcribers have lots of variety in their labour of love ie short or long teachings, various topics and there's no pressure (unless you want it) and it's a fun way to support and encourage your understanding of Buddhism.

From the rank beginner to the experienced transcriber, please join us and help develop your own knowledge while assisting others to develop theirs. With lots of merit, support when you need it and a happy team to be part of, if you think you might like to try it, please phone me on 0402 409 259, I'll be pleased to answer any questions you may have.

Ann, Transcribing Team Coordinator.



DR. IAN COGLIN - JAMPA IGNYEN THANK YOU

We were most fortunate that Jampa Ignyen so kindly offered to teach via live-streaming in July and also four Wednesdays in November and December 2020.

These well attended classes worked very well online. We appreciated and valued Jampa's willingness in 2020 to be a part of our program.

We are pleased to announce that Jampa has offered to run a course in mid July 2021.



Tibetan Sponsorship Scheme

The Scheme needs your help!

We are looking for someone to administer the Sponsorship scheme. Do you have less than one hour a week (this can be done at home), one hour a month at TBI and each six months about 2 days to spare. If you do have time, you could be of great benefit to hundreds of monks, nuns and lay Tibetans in India, also nuns and a school in Tibet. Please speak to Nawang Thubten, Director, if you are interested in helping.

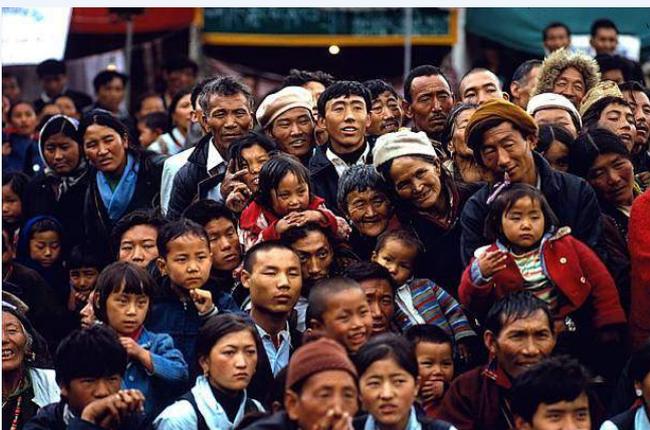
About the Scheme

The sponsorship scheme sponsors the following:
Monks from Sera Jey Monastic University in India
Nuns at Junchub Choeling Nunnery in India
Lay Tibetans in India
School children in Tibet
Two Nunneries in Tibet

Time spent on running the scheme is less than one hour a week (this can be done at home), one hour a month at TBI and each six months about 2 days.

The scheme also has the following projects:
The Lharam Geshe Scholarship Fund
The Emergency Medical Fund
Perpetual and Group Perpetual Sponsorship

Funds are distributed to India and Tibet twice a year using a database system.



Geshe-la's Summer Holiday with Pamela and Richard

Covid-19 aside, it was always going to be difficult to beat last year's summer holiday: five and a half weeks at Henley Beach, two minutes' walk from Henley Square, across the street from the beach where Geshe-la loves to swim, and centre of the Summer-in-Adelaide universe.

Lots of people everywhere, all the time, from a United Nations of power-walkers at dawn to sun-bathers and picnickers during the day to second-wave dog-walkers and swimmers before and after sunset to Chinese crab fishermen on the jetty after midnight. "I lived in India," Geshe-la has said many times. "I like lots of people!"

He took full advantage of everything our Henley Beach house- and dog-sitting opportunity afforded. Not a moment wasted. This is Geshe-la's signature: he never wastes time. He is always fully engaged, no matter what he's doing.

Wellesley Avenue is a quiet street in the eastern suburbs near Norwood, where Geshe-la has a little house in a garden, can come and go as he pleases, and has two grateful attendants happy to facilitate his activities and attempt to satisfy his boundless curiosity.

This is the fourth year Geshe-la has spent the summer holiday with us. It began as a straightforward opportunity for English immersion to boost his capacity for teaching in this incredibly difficult language, but it also unexpectedly delivered one of his life's great joys: swimming. Practice, English language development, pushing the boundaries of his swimming abilities, and cricket (Test Cricket, Big Bash League) remain the focus.

From the beginning, Geshe-la set the agenda. He wanted to read His Holiness' little book on *The Four Noble Truths*, a profound work with frighteningly complex sentence structure and vocabulary. This year the emphasis has been learning English related to the Third Noble Truth: cessation. That's right, emptiness. (Nothing difficult here!)

Every morning, Richard and Geshe-la met in the kitchen for breakfast at 8am. They began work at the dining room table at 8:30, more or less sharp, and worked through until around 10. Richard is not an English teacher, but his classical education (Latin, Greek) and keen grasp of grammar (which Geshe-la also loves) allow him to explain the roots of words, provide many examples of words using the same root, and the logic behind word order in sentences.

After the lesson, Geshe-la returned to his house and continued practicing for another 3.5 hours, including extra elements he normally doesn't have time for, until lunch at 1:30. "Like a retreat," he said.

Conversation over lunch and coffee often picked up threads from the morning's lesson, requiring extensive use of Geshe-la's Monlam Tibetan Dictionary app. Working with the different ways in which Buddhist ideas are expressed in Tibetan and English gave us renewed appreciation for the difficult work of translators, who transform not simply one way of speaking into another, but one way of thinking into another.

Continued on next page



Geshe-la's endless interest in the scientific view of how the world works, world history and geopolitics meant frequent on-the-spot recourse to Google, Wikipedia, Google Scholar and our huge Times Atlas of the World. We rarely finished before 3, and often went much longer. As Geshe-la often reminds us: "I am a 21st century monk. I like reality."

Next, after a rest, was the swimming pool and/or walking ('and' in his case, 'or' in ours). Geshe-la generally walks for two hours every day as a means of keeping his physical vehicle in good working order. The walk of choice is the linear park, where one evening Geshe-la and Richard spotted a rather large koala in a fairly slender tree.

Geshe-la walks whether or not he has been swimming, which usually lasts an hour (at least) at a pool or longer at the beach. His thought (quite right) is that this is the only body we have in this life, the basis of our practice, so we have to treat it with kindness, care and respect.

Four years ago, Geshe-la learned to swim freestyle at the Norwood Pool over three intense weeks of almost daily sessions. By the end of that period of extraordinary effort, he swam the pool's full 50 metres for the first time. Today, he usually swims well more than a kilometre, has several different modes (including a respectable butterfly), and has an impressive stroke, which he continually works to improve.

On the first day at the pool this year, a lifeguard who had watched him learning, came up and said: 'I remember when he was just beginning. He's amazing!' Geshe-la jokes that he is 'a champion', but he has the determination of a champion. He was 50 when he started; and only now does he admit how hard it was to learn to swim.

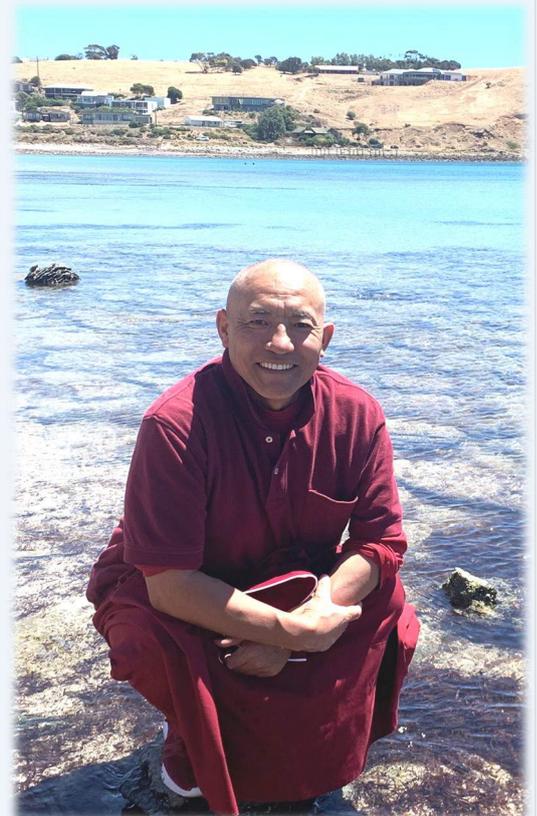
This year Geshe-la added a new talent to his swimming: snorkeling. Last year I bought the three of us snorkeling sets (masks, snorkel, fins) for Henley Beach, but I was the only one who used them. During the 10 days and 9 nights at our lovely holiday rental at 33 Riverview Drive, Carrickalinga—our third year there—we all had a go.

The best, most accessible snorkeling in the area is at beautiful Second Valley. There Geshe-la became a fish of another kind, not simply one who swims long distances in water but explores new worlds under water, moving back and forth between the jetty and a lush seaweed haven for marine life about 250-300 metres north of the jetty on a rugged point. Very difficult to drag Geshe-la out of the water, in actual fact.

The summer holiday was also delightfully social, including at Second Valley, where we met Kyabje Khensur Rinpoche's longtime student Dale Wright, his wife Billie Cook and their lovely and clever children, Odin and Viola. Geshe-la also enjoyed a lovely Sunday lunch provided by Ven. Tenzin Lhamo; a highly entertaining, gourmet spread at Carrickalinga with longtime students Natalie Playford and Judy McDonald; various outings with devoted student Gordana Losic, including to Australia Day at a mosque; and lunch with Dan Frey/Jampa Khedrub, at which Khedrub-la's Tibetan came in very handy for discussing some fairly slippery concepts about sentient beings. Khedrub-la disrobed in October after 10 excellent years in the geshe program at Sera Jey, and is now feeling his way in this crazy world to a place that facilitates his strong commitment to practicing the Buddhadharma while also making a living. Not an easy path.

So, once again, Geshe-la has turned an ordinary, annual ritual of mundane relaxation and pleasure into something that advances his practice, his dedication to improving his understanding of and teaching the Buddhadharma in English, and enlightening the minds of his ignorant students in the most beneficial possible way. Are we lucky or what?

Thank you once again, Rinpoche!





DAY OF MIRACLES

CHOTRUL DUCHEN

Sat 27th February 2021

10.30am - Recitations

12.00 noon - Shared Lunch

7.00pm - Guru Puja

Tog offering is provided by TBI for this occasion.
We would welcome your monetary offering into the
donation boxes.



At the time of the Buddha, 6 great Hindu teachers, representing the 6 great schools of Hinduism, at the time, challenged Shakyamuni Buddha to a competition of miracles. The Buddha purposely avoided these things because people are easily interested in mundane powers instead of practicing Dharma. As the story goes, through his clairvoyance, he understood they wouldn't be subdued unless he performed the miracles, so he outdid them for 15 days and the 6 scholars converted to Buddhism. Otherwise, the Buddha avoided displays of powers. Within the Gelug tradition of Tibetan Buddhism, talking about having visions of tantric deities, showing off clairvoyance and other powers is frowned upon. This is mainly because not everyone can have these things, even though many attained practitioners can have them, but prefer to hide these qualities from others. What is more praised, is developing sharp reasoning and logic, and engaging in thorough study because these are things everyone can do.





TASHI DELEK!! HAPPY LOSAR

Year of the Iron Ox 2021



Celebration Guru Puja

10.30am Friday 12th February 2021

Chai and Sweet Rice will be served

Shared Lunch with Geshela and Sangha 12.30pm (please bring a plate to share)

Tsog offering is provided by Tibetan Buddhist Institute for this occasion. We welcome your monetary offering into the donation boxes as your offering at the puja.

2019—2020 Annual General Meeting at a glance

Management thought that our readers would like to have a precis of our recent AGM. If you would like the complete reports presented at our AGM, please email office@tibetanbuddhistinstitute.org.

Spiritual Leader and Director - Nawang Thubten Completed projects, thank you and constitution: new roof, solar, fences, front gate, gardens, new gazebo. Nawang made special note of a major sponsor for the solar and he also thanked Geshe Jampa Gyaltsen, Ilija Durovic, Tania Bell (outgoing treasurer), Sam Pons (new Treasurer), TBI Members, Management Committee, and Sub Committees. Nawang also noted that the ongoing changes to our Constitution is progressing well and he thanked this committee for their ongoing endeavours. **Teachings:** Geshe Yama Rinchen and Jampa Ignyen provided teachings from India and NSW. The impact of Covid effectively closed the centre for attendance however significant preparation ensured that teachings could continue online. Several technological platforms were tested and streaming of YouTube live was trialled. WebEx attendance was as high as 50 participants on Tuesday and Wednesday evenings. Full digital recordings of teachings were captured. Questions and interaction was facilitated.

Treasury - Sam Pons Executive Summary - Surplus Funds totalled \$6,134 or 7.8% of revenue. Significant outlays for debt retirement and capital works on the roof were offset by additional fundraising activities. Addressing the underlying cost base and improving reoccurring revenue are the core priorities for FY21 and this budget is targeting an \$11,444 surplus to assist in funding the new Stupa. Transaction systems will also be addressed in FY21 in a bid to reduce the burden in compiling the financial results and provide a higher level of assurance. This being said, I am content that the financial controls and recording are appropriate for an organisation of the size and complexity of TBI. TBI'S cash position remains strong. TBI has conducted significant operations which have been met by current cash flows and has produced excess cash to be channelled to savings. It is the opinion of the Treasurer that there are no major audit, assurance or risk issues for TBI.

Statement of Profit and Loss: Total Income - \$80,804 (2019) and \$79,927 (2020) Total Expenses - \$101,467 (2019) and \$72,784 (2020) **Notes Total Miscellaneous Income \$31,296 Balance \$17,776 Provisional Balance Sheet:** Assets : \$292,537 (2019) \$288,968 (2020). Liabilities: \$95,124 (2019) \$60,000 (2020). Members Equity: 197,413 (2019) \$228,968 (2020)

Spiritual Program Coordinator: Venerable Tenzin Drolkar

When Online Teachings and Meditation were introduced, an almost full program continued at TBI despite Covid. Online was implemented for Tuesday and Wednesday teachings with Geshela, Sunday meditation with Ven Drolkar and also allowed teachings from Geshe Yama Rinchen (Sera Monastery, India) and Jampa Ignyen (NSW).

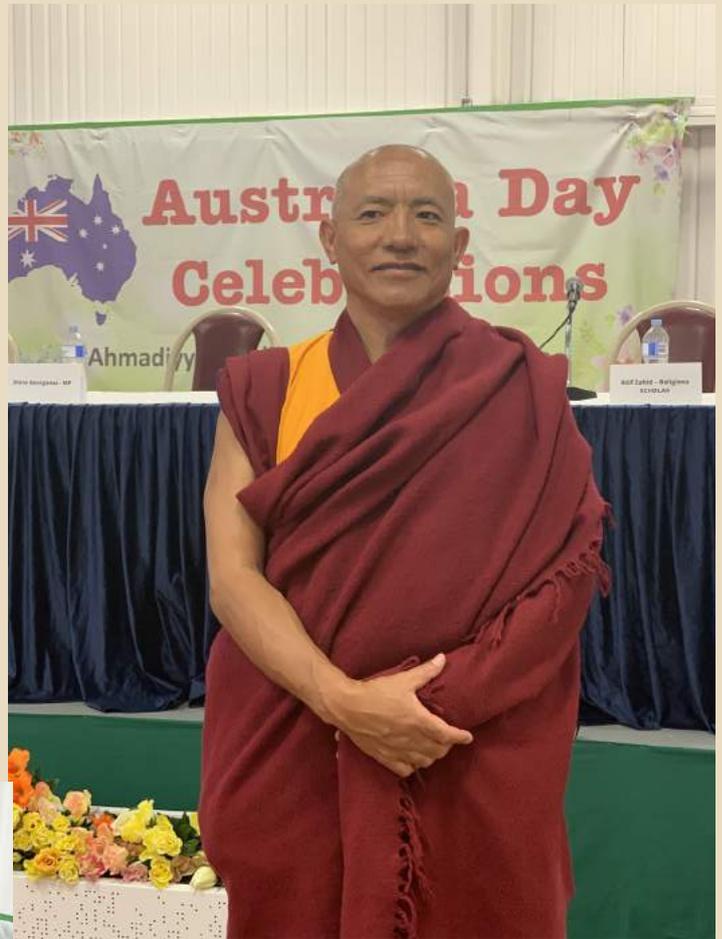
Membership: Chrys Dombroyannis There has been steady growth partly due to online courses increasing interstate membership. Covid prevented some initiatives from happening ie Members Afternoon tea and TBI Picnic. However phone support was provided to members if needed, a three months payment grace period implemented to assist those members who were looking for support and also help with shopping if required. **Chrys pointed out the following: It is important that our centre and spiritual community thrives and grows. This can only be done through our collective and constructive efforts to help and support each other. I ask all members to seriously consider volunteering, even for a few hours a month, to help fulfil Kyabje Khensur Kangyur Rinpoche's vision.**

Outreach Meditation: Ann Janssan encouraged attendees to continue to meditate throughout the year, even when formal group sessions were not permitted due to Covid. Weekly inspirational texts or simple messages of encouragement kept the group focussed and practicing in their own way at home.

Library: Gordy Losic There were innovative changes to access of books and a clear preference for physical texts over electronic versions.

AUSTRALIA DAY at MAHMOOD MOSQUE

Geshela was invited by the Ahmadiyya Muslim Association SA, to attend the Mahmood Mosque, Beverley for an Australia Day ceremony. The invitation noted that “for us, this day is about being an Australian and celebrating what is great about Australia. It is about reflecting what we have achieved so far and recommitting as proud



Australians to make this nation a better place for the future. We are thankful to Australia for giving us various reasons for loving this great country”. There were many prayers recited and some Government dignitaries spoke. Tibetan Buddhist Institute and Geshela were officially welcomed by Nasir Ahmed, President.

The program included Flag Raising, the singing of the Australian National Anthem, Thanksgiving Speeches and Complimentary dinner. Accompanying Geshela was Venerable Drolkar, Nawang Thubten, Chris Ridley, Gordy Losic,

Dechen and Chris Nguyen. Nawang introduced Geshela to Barbara Pocock, the Greens Candidate for Adelaide.

Geshela thoroughly enjoyed the afternoon, and is keen to go again next year.



Management Matters

with Carole Armstrong Oct Nov Dec 2020

October 10th: Some minor changes were made to the membership brochure. Offering to Geshe Yama Rinchen for his teachings was suggested and approved. The Solar panels were installed and now operating. Nawang checking companies for a better FIT. Sam: updated annual report. He also wants a plan for the future of TBI; has done a basic Budget that covers simple recovery of any TBI upkeep costs. Would like one special event to drive budget in fy21, long term projects are Stupa, Retreat Centre, veranda, increasing membership and the Gem Shop. Tenzin suggested we have our website redeveloped. Ven Lhamo can no longer lead Medicine Buddha Practice and Meditation due to ill health. Chry was commended for her initiatives to help members during Covid, and asked that Geshelas Weekend teachings be free to members. Nawang pointed out that this is not possible because of the costs (mainly for Gehela and Iliia) to TBI need to be covered. Sam suggested surveying members to see what they see as valuable and what is it they would like? AGM 19-20 Action Items have all been completed. Building Fund committee to present a report at the upcoming AGM. Carole advised all actions have been done.

October 31st 2020: Proposal to increase teaching class fees for Geshelas Tue and Wed classes. All Agreed. Discussion for proposal to purchase a battery for the Solar system. All Agreed. End of Year offering to Geshela was made. He will be holidaying with Pamela and Richard over the Christmas break. Tenzin thanked Anthony Sweeney for his work with Retail Edge and the Gem Shop. Chrys has plans for membership activities in 2021. Sam stated that it is important that we have a 18 month Strategic Plan. All agreed.

November 21st 2020: This meeting was called

to discuss last minute items for the Annual General Meeting. Simon Williams agreed to Chair the meeting. Unless there are further restrictions, we will be guided by our Covid Safe plan, and have 8 people in the Gompa plus management, Simon and Geshela. We may have to change that at the last minute depending on any changes for Covid restrictions.

Geshela agreed to give a motivational talk at the AGM. Sam produced a Power Point presentation, which is a precis of all reports which have gone into the AGM Reports booklet. This to be made available to members. *December 12th:* Geshela to be requested to teach over Easter and Geshe Yama Rinchen over the October long weekend and Jampa Ignyen in July and December (Ilias mid year break). Proposal: to ask Lucille and Gordy if they can set up Sunday microphone for meditation and teachings as Nawang works Saturday evenings and needs to sleep in. We need to find someone to replace Carole for the Sponsorship Scheme. Medicine Buddha Practice and Healing Meditation postponed until further notice due to Ven Lhamo's ongoing ill health. Chrys offered to be an Administrator of face-book.

STUDY GROUPS

Throughout the teaching year study groups will be held at 6pm at TBI for all students. Within all the great treatise as taught by Geshe Jampa Gyaltsen we are urged to study, reflect and meditate. So joining in with others to discuss and debate the points of the teaching topic is very important and enables us to more easily retain what we hear from our teachers. to be announced. Wednesday study group will be resuming on 17th Feb and facilitated by a senior student. All are welcome to participate. Study group on Tuesdays is yet to resume.

BUDDHA'S BUDDY

What is a Buddha's Buddy? Well a Buddy would welcome any new or near new person who came to TBI. First connections make an impression and can make a difference to a positive or negative feeling about walking into the unknown. The first part is to be relaxed and friendly, then check the Gompa for a person who appears new, go to them and introduce yourself. Explain the Gompa a little, and perhaps talk about what happens when the teacher walks in etc. A Buddha's Buddy shows the newbie a prayer book, pointing out the prayers that we say at teachings, and also the glossary at the back. Conversation could be around 'what brought you to TBI' or how long you have been interested in Buddhism. After teachings, the connection can keep going by suggesting chai and biscuits in reception, and introducing the person to others. When your leaving for the night, make sure you reconnect by saying "goodnight (say their name), see you next week".

What is a Buddha's Buddy? We all know what it's like venturing into a new social situation of any kind and not knowing anyone; everyone else seems to know each other and understand what's going on. It can be a bit daunting can't it? This is especially so when venturing into an authentic Tibetan Buddhist Temple with its throne, wonderful statues, thangkas and so on, not to mention the various ritual prayers and prostrations.

Our commitment to love, compassion and just common courtesy, usually ensures that new comers are made to feel welcome and to be "shown the ropes", as it were. However, catching up with friends and attending to various tasks can mean that inadvertently newcomers may be left to "fend for themselves".

A rostered "Buddha's Buddy" therefore will be responsible to ensure that visitors have been made to feel welcome at teachings and have had some initial orientation to such things as basic Gompa protocol, the prayer book, where the various facilities and Dharma resources are; to be an initial friendly point of contact. Victoria (formerly Vikki) has kindly volunteered to coordinate this programme. *If you would like to become a Buddy, please talk to Victoria, ring or email the office (8351 8788 or Victoria directly on 0414 890 127).*

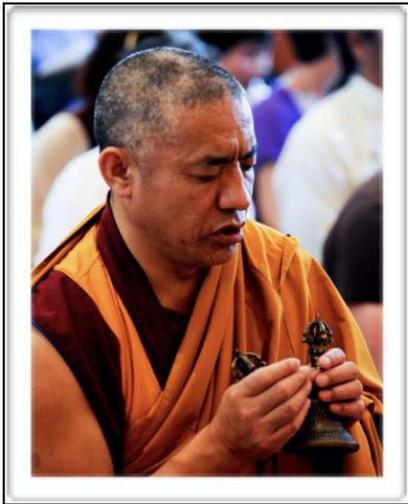


CARING FOR OUR COMMUNITY

Victoria has also put her hand up to take on Community Care Coordinator. We envisage volunteers in various areas throughout Adelaide, who would be willing to visit our members in hospital. TBI office would let Victoria know who needs help, she would work out who is closest to the person in need, and coordinate the visit/s. This can be to simply chat and/or meditate with them. We also see an important role would be visiting people in their homes if needed. This could be after an operation and they are unable to do some tasks that need doing ie using their washing machine to do a load; hanging washing on the line; water the garden; urgent small handyman jobs; shopping; washing some dishes; taking the person to an appointment, chemist etc etc. If we had a number of volunteers willing to help, we could cover the metropolitan area. There has never been a



huge demand for this service, but we have had, from time to time, people who need a helping hand, and we would very much like to offer this service to those who need it. If you would like to help please email the office. If you would like to be a part of Community Care to assist please ring the office 8351 8788 or Victoria directly on 0414 890 127



TEACHING SCHEDULE with GESHE JAMPA GYALTSEN

Tuesdays 7.00 - 8.30pm

In Praise of Dependent Arising and the Two Truths

This year, during the Tuesday advanced class in Buddhist Philosophy, which resumes on February 2, 2021, Geshe Jampa Gyaltzen will continue to teach the Prāsaṅgika Madhyamaka view by presenting Je Tsong kha pa's "In Praise of Dependent-Arising" in conjunction with a presentation of the Two Truths.

"In Praise of Dependent-Arising" is one of the most profound works dedicated to the presentation of emptiness and interdependence Je Tsong kha pa (1357-1419) composed. It contains, in a short and simplified fashion, the totality of his teachings on emptiness in the form of a praise of Buddha Shakyamuni for having taught dependent-arising. As such, it is recited by Tibetans who wish to prepare their minds for realization of emptiness. As a fully-qualified Geshe from Sera Je monastery and former abbot of the monastery of Tehor Khangtsen, Geshe-la is well-qualified to teach such profound topics. We hope that sincere students who are interested in the Buddhist view of emptiness will avail themselves of this marvelous opportunity!



Wednesdays 7.00 - 8.30pm

Śāntideva's "Bodhicaryāvatāra"

When Geshe Jampa Gyaltzen was first invited to teach at TBI by our Teacher, the late Khensur Kangyur Rinpoche, he expressed the wish to teach Śāntideva's Bodhicaryāvatāra ("Engaging in the Behavior of the Bodhisattvas") which he had memorised when he was a young monk and which was very close to his heart. Khensur Rinpoche agreed but he suggested, however, that as a prelude he should teach the Lam Rim in detail, which he has done for almost 10 years. The time has come, at last, for Geshe-la to teach the totality of Śāntideva's Bodhicaryāvatāra which he will do during the Wednesday class dedicated to general Buddhist teachings. The Bodhicaryāvatāra is the main text H.H. the Dalai Lama relies upon when teaching general audiences. This marvelous work describes the practice of Bodhisattvas from both the wisdom aspect of the path: each stanza provides a short-term solace and lasting inspiration. It is not easy to receive a commission and teachings on this great work from a Geshe who has made it the center of his practice. We hope that all sincere students interested in the Buddhist view of emptiness will avail themselves of this marvelous opportunity!



GRADUATED PATH MEDITATION

Sundays 9.00 - 10am

The Lam Rim (Graduated Path to Enlightenment) represents the totality of Buddha's teachings in a step by step format. On Sunday mornings we offer an opportunity to engage in analytical meditation on the topics of the Lam Rim, using our intelligence, reasoning and personal experience to investigate the topics, concentrating deeply on their meaning and application in our own lives. These meditations help us cope with difficulties we all face classes and are led by experienced students and suitable for everyone.



Everyone is welcome to come along to Pujas held at TBI. Unless otherwise stated, please bring a food offering (fruit, packaged treats etc) to be blessed and offered to the Gurus.

GURU PUJA DATES

Saturday 6.02.21 6.00pm
Friday 12.02.21 10.30am
Monday 22.02.21 5.00pm
Saturday 27.02.21 7.00pm
Monday 08.03.21 5.00pm
Tuesday 23.03.21 5.00pm
Tuesday 06.04.21 5.00pm
Thursday 22.04.21 6.00pm

LEARN TO MEDITATE

Mondays 6.30 - 7.15pm

You can change your mind! Meditation is an effective means for creating space in the mind between stimulus and response, enabling us to better cope with difficult situations and negative emotions. By training in meditation, the mind becomes strong and resilient, thus less troubled by the problems we encounter

Meditation practice transforms distraction and agitation into concentration and serenity. Regular training produces an untroubled and relaxed mind, one free of stress, anxiety and fear. Such a mind is the basis for experiencing true peace and happiness.

Our weekly classes are open to anyone interested in learning about the theory and principles of meditation and getting started in a regular meditation practice. The guided meditations are short and simple with no previous experience required in order to participate. We invite you to join us in our beautiful, serene environment to awaken your mind to inner peace and joy. Suitable for all and led by experienced, friendly meditators.

CONVERSATION

Mondays 7.15

What is Buddhism? Who is Buddha and what did he teach? Following Learn to Meditate, this is an opportunity for attendees to ask for clarification of what they have read, studied or are interested in. Questions and discussion are encouraged exploring the fundamental concepts of Buddhist philosophy, the ancient teachings of Shakyamuni Buddha, still so relevant in today's confusing, uncertain world. The Buddha taught that the confusion and suffering we experience has causes, and that by learning how our minds function, we can free ourselves making our lives happier and more meaningful. This class is an opportunity for any one to attend, especially those who may have attended teachings and meditation classes, in order to gain further understanding and ask questions. Held in an informal and relaxed manner, it is also opened to those who have no previous experience with Buddhism. Come along and relax in the ambiance of our Gompa. Led by experienced practitioners.

MEMBERSHIP

Members of TBI receive the following advantages:

- ◇ Waged and concession members 50% discount for Tue & Wed teaching classes with Geshe Jampa Gyaltzen.
- ◇ 20% off events (excluding accommodation)
- ◇ Free access to TBI library
- ◇ 10% discount on shop items (excluding already discounted items)
- ◇ Entitled to Community Care Benefits
- ◇ Invitation to members functions

CONCESSION: \$120.00

WAGED: \$240.00

DHARMA WHEEL: \$660.00 *includes free teachings on Tuesdays and Wednesdays with Geshe Jampa Gyaltzen*

FAMILY MEMBERSHIP: Upon application

This centre depends on our family of students, friends and supporters to realise the vision - to create an exceptional and unique place for giving and learning - of TBI Founder, Kyabje Khensur Kangyur Lama Jetsun Losang Thubten Rinpoche.

All donations of \$2.00 or more deposited into the Tibetan Buddhist Institute Building Fund Bank Account are tax deductible. For more information on this page please contact the office: office@tibetanbuddhistinstitute.org or phone 8351 8788

BEQUESTS

PLEASE REMEMBER US

Please remember us! Have you considered leaving a bequest in your will?

All donations to Tibetan Buddhist Institute are gratefully received. Bequeathing is a simple way to continue caring about TBI, and ensures your passion for Buddhism lives on far into the future. It can help deliver long lasting change and your memory will live on.

Prayers will be recited for you at Pujas held at Tbetan Buddhist Institute and at Kyabje Khensur Kangyur Lama Jetsun Lobsang Thubten Rinpoche's Labrang in Sera Jey Monastic University India.

Leaving a bequest donation in your will makes a difference that transcends your lifetime and leaves a lasting legacy for the longevity of Buddha Dharma.

VOLUNTEERING

PLEASE HELP US

Tibetan Buddhist Institute is always looking for people with various backgrounds, talents and skills. We take care to ensure your placement is of real benefit to the community and satisfying for you.

Every day, people from all walks of life, donate their time, knowledge and energy to help volunteer organisations. Such people make the running of a Buddhist centre possible; it is through the time and care of ordinary people that we can do extraordinary things.

There is no greater gift than your time. Volunteering is a rewarding endeavour that provides insight and personal enrichment. Side benefits include developing professional connections, gaining experience and making new friends. Throughout the year, we need a range of short and long-term roles, projects and activities that can match your skills, interests and availability. Is there something you think you might be able to help us with??



INTERVIEWS with GESHE JAMPA GYALTSEN

Interviews are private and confidential, and are on Mondays from 4.30 to 5.30pm. If you would like to make an appointment with Geshela for 20 mins, on spiritual/dharma matters only, please contact Tenzin on 0418 847 016.

We encourage you to make monetary offerings to Geshela, TBI and the translator as is the custom. These should be in an envelope with their names written on them and left on Geshelas table.

It is important that you phone if you are delayed or need to cancel, and also be aware that occasionally an appointment may go over time. Please come prepared with your clear and concise questions.

TIBETAN SPONSORSHIP SCHEME

\$10 a month sponsors monks at Sera Jey Monastic University in India and nuns in Jungchub Choeling Nunnery in India and lay Tibetan in camps and villages surrounding Sera Monastery. We also support Nyagye and Hadu Nunneries in Tibet and Gyalten Charity School in Tibet. The scheme is entirely operated by volunteers.

Donations are gladly accepted for the Emergency Medical Fund, which was set up by Kyabje Khensur Kangyur Lama Jetsun Losang Thubten Rinpoche (the Founder of TBI), for any monk at Sera or anyone in the nearby lay community who is in urgent medical need.

LHARAM GESHE SCHOLARSHIP FUND

"One good Lharampa Geshe is more beneficial in this world than building a golden Stupa"
Kyabje Khensur Rinpoche's dying wish was to establish a Scholarship Fund for selected monks with the potential to achieve high honours in their Geshe Degree. This fund supports these potential Geshees in their 24 year study program.

This is a wonderful opportunity for you to participate in Rinpoche's wish and be of vast benefit in the future to the worldwide Buddhist community and the longevity of the Buddhadharma.

The options are:

1. Monthly pledge of \$30.00 will assist in the daily needs of the monk studying to be a Geshe.
2. Monetary donations to the Scholarship Fund.
3. Leave a bequest to the scheme in your will.
4. Sponsoring in perpetuity (\$3,000.00)
5. A one-off donation of \$10,000.00 provides support for twenty four years study.

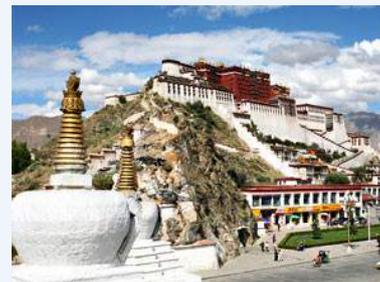
ALL OFFERINGS ARE WELCOME

Please contact Tenzin on 0418 847 016 for more information or for sponsorship matters please email: office@tibetansponsorship.org

SANGHA SUPPORT

Making financial offerings is extremely important for our own spiritual practice and also for our teacher, Geshe Jampa Gyaltzen.

We need financial help to ensure our teacher is cared for appropriately. If you would like to ensure the longevity of the Dharma, please place your donation, in an envelope marked Sangha Care, and place in the donation box in the gomba. Alternatively, you might like to set up a regular direct debit.



For more information please email office@tibetanbuddhistinstitute.org phone the office on 08 8351 8788 or our Director Nawang 0418 847 016

TBI MEDITATION OUTREACH CLASS

Salisbury North: Bagster Community Centre
17 Bagster Rd Salisbury North
Meditation: 6.20 - 7.20pm Mondays
(not public holidays)

Please ring Ann for more information
0402 409 259

REFUNDABLES

A big thank you to the many people who contribute to the running of our centre by bringing in their **refundable** items i.e. juice cartons, cans and bottles. that have **'10c REFUNDABLE'** written on it. If you would like to help TBI with our refundable project, please look for the 10c sign on **all** your drink containers and ensure that they are refundable and not recyclable. Please also ensure that lids are removed from all plastic bottles and the bottle and cans are squashed.

February 2021						<input type="button" value="Today"/> <input type="button" value=""/>	
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
31 Meditation - Gra... 9 am	1 Feb Conversation... 7:15 am Learn to Med... 6:30 pm	2 Teachings with... 7 pm	3 Teachings with... 7 pm	4	5 Guru Puja 6 pm		
7 Meditation - Gra... 9 am Geshela Tea... 10:30 am	8 Conversation... 7:15 am Learn to Med... 6:30 pm	9 Teachings with... 7 pm	10 Teachings with... 7 pm	11 LOSAR (Tibetan New... Guru Puja 10:30 am Shared Lunch 12:30 pm	12	13	
14 Meditation - Gra... 9 am Geshela Tea... 10:30 am	15 Conversation... 7:15 am Learn to Med... 6:30 pm	16 Teachings with... 7 pm	17 Teachings with... 7 pm	18	19 Vajrayogini Pr... 9:30 am	20	
21 Meditation - Gra... 9 am Geshela Tea... 10:30 am	22 Conversation... 7:15 am Guru Puja 5pm 5 pm Learn to Med... 6:30 pm	23 Teachings with... 7 pm	24 Teachings with... 7 pm	25	26 Chotrul Duc... 10:30 am Shared Lunch... 12 pm Guru Puja 7 pm	27	
28 Meditation - Gra... 9 am	1 Mar Conversation... 7:15 am Learn to Med... 6:30 pm	2 Teachings with... 7 pm	3 Teachings with... 7 pm	4	5	6	
7 Meditation - Gra... 9 am	8 Conversation... 7:15 am Guru Puja 5pm 5 pm Learn to Med... 6:30 pm	9 Teachings with... 7 pm	10 Teachings with... 7 pm	11	12	13	