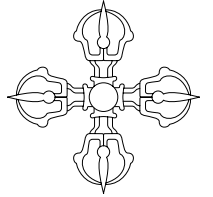


# GADEN SAMTEN LING



TIBETAN BUDDHIST MEDITATION SOCIETY

NEWSLETTER - SUMMER, FALL, & WINTER 2003

\*\*\*\*\*

For some time now, members of Gaden Samten Ling have felt our little Dharma house is just too small for our growing needs. When a "For Sale" sign appeared on the property adjacent to GSL, it seemed to be an auspicious sign. With Kushok's guidance and prayers to Palden Lhamo, the Board of GSL voted to purchase this property, the goal being to build as soon as funds allow. With this in mind it seemed the perfect time to ask Kushok about his vision and direction for Gaden Samten Ling:

## WORDS FROM OUR TEACHER

*We need to think long-term; that's very important. If or when His Holiness will come to Edmonton, it's not sure. But if he sets foot at the centre, even for a few minutes, it would be a huge blessing. We would want to keep that place and never leave. So we have to think like this. (Kushok explained at one Board meeting that Tibetans traditionally even pick up the dirt where His Holiness walks and throw it on their fields because then the crops grow well). It would be good to have a place here in the city, easy to access, people can find it easily. Later on, we can think about a place outside the city. This retreat centre would be for people to come for meditation, retreat, and even a little vacation. It could have a nice pond and birdhouses set up and like that. This would be a place for older sangha members to be together, to discuss Dharma, to make offerings in the shrine room, to have peaceful surroundings. It isn't good to be sitting alone waiting for your children to visit, or a card in the mail. That isn't enough. There could be a kind of a hospice and people would volunteer.*

*Every season we hold retreats to help and benefit all beings. Every month we do special practices like Chenresig, Tara, Vajrasattva and Medicine Buddha. This is really important. Eventually we could see about a teacher in both places. We might have different classes for meditation, philosophy, ritual and so on.*

*It will take lots of effort, not just money but time and work. It will be good if everyone works together. We need to think, this is for all beings. It plants a seed.*

  
Kushok L. Dhamchoe

Gaden Samten Ling Resident Teacher,

*Gaden Samten Ling wishes to sincerely thank all members, nonmembers, and friends and family of those involved with the Centre, for helping at our Casino. The monies generated by the Casino allow us to look for a larger Centre, so that we have enough space for retreats and other large functions.*

*Thank you all VERY much!*

# CALENDAR OF EVENTS

Note: Due to impermanence, these may change.

In addition to our Tuesday & Wednesday classes and our Sunday sits, here are other days to practice with us. If these days fall on Sundays, the practice begins at 11:00 a.m. On other days, practice begins at 7:00 p.m., unless otherwise stated.

## July

Sun, July 6th - Dalai Lama's Birthday  
Mon, July 7th - Tara & Chenrezig Pujas  
Fri & Sat, July 11th & 12th - Garage sale  
Sun, July 13th - Guru Puja  
Tues, July 29th - Vajrasattva  
Wed, July 30th - Palden Lhamo

## August

Tue, Aug 5th - Tara & Chenrezig Pujas  
Tue, Aug 12th - Guru Puja  
Wed, Aug 27th - Vajrasattva  
Thur, Aug 28th - Palden Lhamo

## September

Thur, Sept 4th - Tara & Chenrezig Pujas  
Wed, Sept 10th - Guru Puja  
Thur, Sept 11th - Public talk @ Stanley A. Milner Library  
Fri, Sept 26th - Vajrasattva  
Sat & Sun, Sept 27th & 28th - Tibetan Trom/Bazaar

## October

Wed, Oct 8th - Tara & Chenrezig Pujas  
Fri, Oct 10th - Guru Puja  
Sat, Oct 18th - Meditation Workshop  
Sat, Oct 25th - Vajrasattva  
Sun, Oct 26th - Palden Lhamo

## November

Sat, Nov 1st - Tara & Chenrezig Pujas  
Sat, Nov 8th - Guru Pujas  
Sun, Nov 16th - Lhabab: Descent from Toshita Day  
Sun, Nov 23rd - Vajrasattva  
Mon, Nov 24th - Palden Lhamo

## December

Mon, Dec 1st - Tara & Chenrezig Pujas  
Mon, Dec 8th - Guru Puja  
Wed, Dec 10th - Potluck: Dalai Lama Nobel Peace Prize Day  
Tue, Dec 18th - Ganden Namchu  
Tue, Dec 23rd - Vajrasattva  
Wed, Dec 24th - Palden Lhamo  
Tue, Dec. 30th - Tara & Chenrezig Pujas

## **Volunteers Needed! - 2003 Tibetan Bazaar**

As you may know, we run a Casino every other year to obtain money for operating and maintaining the house which is our Centre. However, regulations for spending Casino money do not include offerings to a teacher. Therefore, your donations as well as the retreats are two vital sources for that money. But the biggest and most important fund-raiser is our annual Tibetan Bazaar.

The 2003 Tibetan Bazaar will again be held at the Inglewood Community Centre on September 27th and 28th. Marissa and Gabrielle will be coordinating the Bazaar. It takes many people to operate the Bazaar, so please volunteer when you are contacted for help.

**Thank You!**

## **Red Deer Buddhist Meditation Society**

The society is located at #214, 3722 - 57 Avenue in Red Deer, in the West Park Office Centre. The West Park Office Centre is on the second level of the West Park Shopping Centre. Access to the Office Centre is through a door located next to Huble's Diner. The society is the second door on the right at the top of the stairs. The centre is only open during scheduled events. Copies of the current schedule are always available on the door when the Centre is closed.

Regular weekly practices are held. The current schedule is:

Monday	7:00 pm	Lam Rim Teachings on the Foundations of Buddhism, taught by Kushok Lobsang Dhamchoe
Saturday	10:00 am	Chenrezig/Tara Meditation

***For more information, contact Dan at (403)358-0258***

## **\*\* SPECIAL EVENTS \*\***

### ***The Dalai Lama's Birthday***

*July 6th:*

We will be having a vegetarian potluck get-together after the Sunday sit to celebrate the birthday of H. H. the 14th Dalai Lama

### ***Garage Sale***

*July 11th & 12th :*

Volunteers AND donations needed. Call Mavis at 418-8340 if you would like to help out.

### ***Public Talk***

*September 11th:*

Kushok will be giving a public talk at the Stanley A. Milner Library Theatre (downtown) at 7:00 pm. The topic will be "Stressed Out? Learn How an Ancient Philosophy Can Help You Cope With Modern-Day Stress."

Admission will be \$25 (\$15 for Students & Seniors)

### ***Tibetan Bazaar***

*September 27th & 28th :*

The annual Tibetan Bazaar will be held at the Inglewood Community Hall on Sat., Sept. 27th, and Sun, Sept. 28th, from 10 am until 5 pm. The Hall is located at 12515 - 116 Ave in Edmonton. Admission will be \$5.00.

Come for the wonderful selection of exotic items: dharma items and books, clothing, jewelery, home decorations.

Or come for the dharma lectures (included in the admission price). Or come for the entertainment, Tibetan-style. Or come to eat momos (a "must" experience). Or just come for the fun of it.

### ***Secular Meditation Workshop***

*October 18th :*

Kushok will be giving a one-day workshop on meditation.

Keep an eye on our website, [www.gadensamtenling.org](http://www.gadensamtenling.org), for more information. Please email us at [info@gadensamtenling.org](mailto:info@gadensamtenling.org) if you are interested in attending.

### ***Lhabab: Descent from Toshita Day***

*November 16th:*

When Buddha Shakyamuni was 41, he went up to Toshita (Pure Land) to teach for 3 months to repay the kindness of his Mother. Lhabab celebrates Buddha's return to this Earth with a special sit, which begins at 11:00 am.

### ***Tsong Khapa Day (Ganden Namchu)***

*December 18th:*

Ganden Namchu is Tsong Khapa's passing-away day. The Guru Puja for the founder of our Gelugpa lineage of Tibetan Buddhist will start at 7:00 pm.

### ***Dalai Lama Nobel Peace Prize Day***

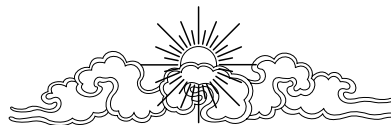
*December 10<sup>th</sup> :*

There will be a potluck supper and celebration to honor the anniversary of the His Holiness the Dalai Lama being awarded the Nobel Peace Prize. After supper we will watch a biographical video-tape about His Holiness. Come at 6 pm to join in.

## ***OUR WISH LIST***

Sofa (new)  
Coffee table  
Floor lamps  
Video camera  
Van  
House & land in the country

Hide-a-bed (new)  
Book shelves  
Chafing dish for buffet  
Sponsorships for visiting teachers & translators  
Washing machine



### From the Yellow Box ...

You've probably noticed the yellow donation box that sits quietly in the corner of the shrine room at Buddhism teaches us that any physical offering can be mentally transformed and multiplied into mandalas of the most precious items we can imagine. We offer to give thanks for Dharma teachings; we offer to gain realizations on the Path; and we offer to counteract the negativity of miserliness. Ultimately, it is our own mind that grows through this practice, depending on the strength of our visualization and our motivation.

On the practical level, the explanation of how donations are used is very simple. They are combined with revenues from retreats, talks and book sales. Then each month an offering (known as "dhana") is made to Kushok. Other examples of expenses are groceries for Tibetan New Year, tea supplies for the Centre, renting community halls to buying postage stamps

One-third of the proceeds from retreats will go towards the GSL Building Fund. This is the same practice used previously when GSL was fund-raising to buy its current property. Another third is offered to our teacher, and the remainder is for other bills that arise.

Equally important to financial donations is Dharma service. This includes anything from cleaning the garage to the garbage can, making momos to mowing, bringing homemade goodies, or putting up posters and photocopying. Everyone is welcome to come to Board meetings (Posted on the calendar at the Centre) to find out more about volunteering for upcoming events.

Coming together to support Gaden Samten Ling financially and through Dharma service is vitally important, particularly as we look toward the day when we can build a beautiful temple in the Tibetan monastic style. This would be the first of its kind in Alberta. While this is an important goal, each month our dhana and Dharma service expresses appreciation for having a living example of compassion and wisdom here with us.

- *Please consider donating to the newly established "GSL Building Fund". It will be dedicated for use in purchasing/ construction of a much-needed bigger centre that's more suitable to the needs of our teacher, and current and future Dharma students. As Kushok explains, it is yourself who benefits the most from the karma of giving. It will result in prosperity in this and future lives. Building a new Centre will help the Dharma flourish, and help other sentient beings find temporary and ultimate happiness and peace.*
- *Note: Gaden Samten Ling is a registered charity. Please remember to include your name with your donation if you would like to be issued a tax receipt at the end of the year which can be used as an income tax deduction.*

## **Come Sit With Us!**

Gaden Samten Ling welcomes you to come and sit with us at our Dharma Centre:

11403 - 101 Street (please use side door)

Edmonton, Alberta T5G 2A9

Phone (780) 479-0014

Our regular sit schedule is as follows:

Tuesday evenings: Beginners' Classes.....7:00 - 9:00 pm

Wednesday evenings: Intermediate Classes.....7:00 - 9:00 pm

Sunday: Regular Practice.....11:00 am - 1:00 pm

While all classes and sits are free, we ask that you donate \$5.00 whenever you come to the Centre. It is your donations that allow us to offer dhana to our teacher. Thank you!

Website: [www.gadensamtenling.org](http://www.gadensamtenling.org)

E-mail: [info@gadensamtenling.org](mailto:info@gadensamtenling.org)

### **Nota Bene**

- *Kushok Lobsang Dhamchoe does his own Dharma practice in the mornings, so please do not call or visit during this time. If you would like to make an appointment to talk to Kushok, please call him during the afternoon or evening and leave a message.*
- *It is customary to make an offering if you are asking for advice.*