



# Sakya Thubten Ling

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Patron: His Holiness Sakya Trizen

NEWSLETTER No. 24

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Lama Thubten Nyima

*Welcome to our Autumn newsletter. After 3 days wonderful Teachings and Empowerments on 21 Taras from Her Eminence Jetsun Kushok in August, we are looking forward to an autumn and winter programme of beginners teachings, dedicated meditation evenings and our new addition of Chanting sessions.*



Lama Jamyang Lekshey



Her Eminence Jetsun Kushok  
In the Sakya Thubten Ling

## 21 Tara Empowerment and Teachings

At the beginning of August 28 practitioners received the 21 Tara Empowerments and Teachings from Her Eminence Jetsun Kushok, one of the foremost women teachers from Tibet and the sister of the head of our Sakya lineage, His Holiness Sakya Trizen.

This was only the second visit of her Eminence to England and she came to Bournemouth after giving open teachings in Reading. She came to see us at the beginning of her European tour.

Taking place over 3 days, both the Empowerments and the Teachings were the highlight of our teachings this year. The center was full to capacity and the atmosphere was charged after we sung the Praises to 21 Taras at a fast pace, led by her assistant and translator. Her husband accompanied Her Eminence. After leaving Bournemouth the party carried on to Germany and a full schedule of teachings throughout Europe.

*Any pictures taken during the teachings would be welcome. We can add them to our archives on the web site.*

### Changes to programme

*Due to requests from members we have changed the focus of Wednesday evenings to spend more time on meditation practice. Full programme overleaf.*

### Autumn Clean Up

*Time to get the rubber gloves and gardening clothes on! The autumn clean up is on 19<sup>th</sup> October 10am - 4pm. Take the opportunity to meet informally and bring contribution to lunch.*

## Programme

**SUNDAYS 6 - 7.30 pm**  
**MEDITATION EVENING -**  
**EVERYONE WELCOME**  
**INTRODUCTORY BUDDHIST**  
**TEACHINGS AND MEDITATION**

**WEDNESDAYS 7.30-9pm**  
  
**MEDITATION EVENING -**  
**EVERYONE WELCOME**

**THURSDAYS 9.30-11am**  
  
**MEDITATION - EVERYONE**  
**WELCOME**

**SUGGESTED DONATION £5 - CONCESSIONS £2.50**

**VAJRAYANA PRACTICE: GREEN TARA AND MEDICINE BUDDHA** Alternate Tuesdays (Tara always first Tuesday of the month). *For those who have taken the Empowerments only.* 7.30pm

**CHANTING SESSIONS:** On the First Friday of every month we are learning to Chant together, using recordings from Lama Lekshey. Come and give it a try between 6 and 7pm - *recordings of chantings for use during the sessions welcome.*

### Autumn Programme 2008 Sakya Thubten Ling Buddhist Centre Sunday Talks & Wednesday Meditation

October		November		December	
Wednesday 1 <sup>st</sup>	Meditation	Sunday 2 <sup>nd</sup>	Right Livelihood	Wednesday 3 <sup>rd</sup>	Meditation
Sunday 5 <sup>th</sup>	Right View	Wednesday 5 <sup>th</sup>	Meditation	Sunday 7 <sup>th</sup>	Patience & Joyful Effort
Wednesday 8 <sup>th</sup>	Meditation	Sunday 9 <sup>th</sup>	Right Effort	Wednesday 10 <sup>th</sup>	Meditation
Sunday 12 <sup>th</sup>	Right Thought	Wednesday 12 <sup>th</sup>	Meditation	Sunday 14 <sup>th</sup>	Single- Pointedness
Wednesday 15 <sup>th</sup>	Meditation	Sunday 16 <sup>th</sup>	Right Mindfulness	Wednesday 17 <sup>th</sup>	Meditation
Sunday 19 <sup>th</sup>	Right Speech	Wednesday 19 <sup>th</sup>	Meditation	Sunday 21 <sup>st</sup>	Wisdom
Wednesday 22 <sup>nd</sup>	Meditation	Sunday 23 <sup>rd</sup>	Right Concentration		
Sunday 26 <sup>th</sup>	Right Action	Wednesday 26 <sup>th</sup>	Meditation		
Wednesday 29 <sup>th</sup>	Meditation	Sunday 30 <sup>th</sup>	Generosity & Morality		

The centre will be CLOSED from Sunday 21 st December 2008 until Sunday 4 January 2009

### Please become a member of the Sakya Thubten Ling

*If you attend the centre regularly you could save money by becoming a member. You can attend teachings at a reduced rate. Also by making a commitment to pay regularly and signing a Gift Aid Declaration we can claim tax refunds. For every £1 you pay we get 28p back!*

*You can also help raise funds for the center's upkeep by using 'Everyclick.com' for your web searching. Go to 'everyclick.com' and nominate the Sakya Thubten Ling as your chosen charity*