



Leicester Buddhist Vihara



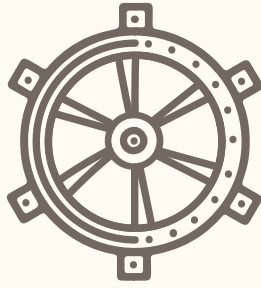
Quote of the issue

"Three things cannot be long hidden; the sun, the moon and the truth"- Buddha

Events calendar 2023

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UPDATE FROM THE EMBA

MESSAGE FROM >>>

VEN. MARASSANA SADDANANDA
THERO

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MESSAGE FROM >>>EMBA

We hope this message finds you well and in good spirits. As we welcome the arrival of Spring, we would like to take this opportunity to express our heartfelt gratitude for your continued support to the East Midlands Buddhist Association and our temple.

We are deeply grateful for your unwavering commitment to the temple. Your generosity and dedication have allowed us to maintain the temple's operations and continue to offer our programs and services to our devotees.

As we look ahead to the rest of 2023, we remain optimistic and excited about the future of our temple. With your continued support and engagement, we are confident that we will achieve new heights of success and growth.

Once again, thank you for your support and for being an integral part of our community. We look forward to seeing you at the temple soon and wish you all the best for the coming year.

Meet the new committee for 2023

President:

Mr Sarath Wijesinghe
(email:
president.emba1987@gmail.com)

Vice President:

Dr Chaturanganie
Nanayakkara

Secretary:

Ms Tharumini Weerakoon (email:
secretary.emba1987@gmail.com)

Assistant Secretary:

Mr Kosala Mendis

Treasurer:

Ms Thushari Wanshanatha (email:
treasurer.emba1987@gmail.com)

Committee members:

Dr Nelun Perera
Ms Piyumi Perera
Mr Athula Morapitiya
Mr Samith Pirisyalage
Dr Nalaka Dissanayaka
Dr Gayan Abeynayake

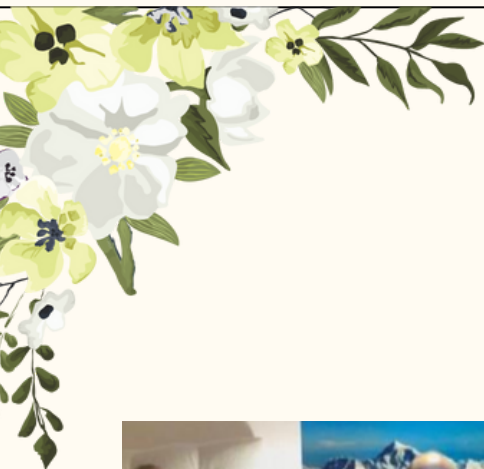
Hon. auditor:

Ms Dilari Amaratunga



The Katina Ceremony sponsored by Mrs. Nanda Udawatta and family was successfully held on the 30th October 2022. Above are a few pictures of the events that followed up to the Katina Ceremony.

- Rains Retreat (Vas Aradhana) was conducted on 17th July 2022.
- Katina Robe colouring event – 22nd Oct 2022.



The Leicester Buddhist Society

The society has three programmes

These meetings are at present conducted on SKYPE. Please contact Mr Will Read for the link.



- (1) Friday at 19.30-21.30
This is mainly for beginners and covers all Buddhist traditions.
Contact Mrs Barbara Russell.
- (2) Saturday at 17.30-19.30
This is mainly for meditators with some experience of Theravāda Buddhism.
Contact Mr Will Read.
- (3) Monday at 18.30-20.00
Contact Dr Tony Fletcher

Leicester Buddhist Vihara has continued to sustain the delivery of the Senior and Junior Dhamma schools for the children of Leicester Buddhist Vihara devotees for the 4th consecutive year. Since March 2022 lessons were recommenced face to face at the Braunstone civic centre.

We thank Ven Saddhananda Thero, the support staff and parents for their hard work and commitment.

We would also like to thank Dr Tony Fletcher, Mr Ramesh Bellur and Mrs Radha Bellur for their informative sessions.

The students of the dhamma school participated at the annual katina perehara



<https://www.facebook.com/100049604010984/videos/592607785953655/>



We would love to feature your drawings, poems and essays on 'The Wisdom' newsletter.

You could mail them to secretary.emba1987@gmail.com

Fact Centre

Are There Different Types of Buddhism?

There are many different types of Buddhism, because the emphasis changes from country to country due to customs and culture. What does not vary is the essence of the teaching – the Dhamma or truth.

Theravada Buddhism, the school of Buddhism found in Burma, Thailand, Sri Lanka, Laos, Cambodia, Myanmar & in part, Indonesia, Vietnam & Malaysia.

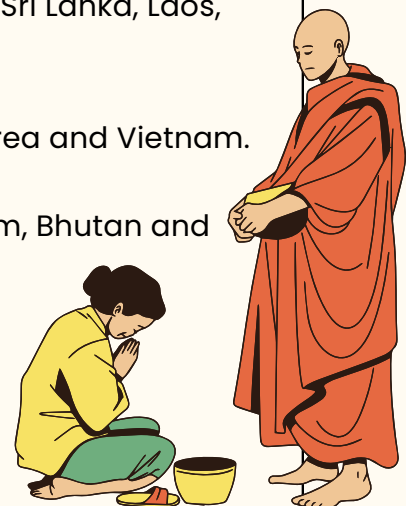
Mahayana Buddhism, the school of Buddhism found in China, Japan, Korea and Vietnam.

Vajrayana Buddhism, the school of Buddhism found in Tibet, Nepal, Sikkim, Bhutan and Mongolia.

Jodo Shin Buddhism or Pure Land Buddhism mainly from India, Japan

Zen Buddhism

O'Brien, Barbara. (2020, August 25). Bhavana: An Introduction to Buddhist Meditation. Retrieved from <https://www.learnreligions.com/introduction-to-buddhist-meditation-449925>



Mindfulness

Mindfulness encompasses two key ingredients: awareness and acceptance. Awareness is the knowledge and ability to focus attention on one's inner processes and experiences, such as the experience of the present moment. Acceptance is the ability to observe and accept—rather than judge or avoid—those streams of thought.

What is the purpose of mindfulness?

The goal of mindfulness is to cultivate perspective on one's consciousness and identity that can bring greater peace mentally and relationally. Mindfulness may also be used in mindfulness-based therapies, to address stress, anxiety, or pain, and simply to become more relaxed.

How do I practice mindfulness?

To cultivate awareness, observe your thoughts and emotions and explore why those specific ideas might be surfacing. To cultivate acceptance, avoid judging or pushing away unpleasant thoughts. Emotions are natural and everyone has them—acknowledging them can help you understand yourself better and move forward.

How can I be more mindful?

Mindfulness can help bring you into the present moment throughout the day. As you wake up, you can focus on your breathing and the way your body gradually becomes more energized. You can incorporate a brief meditation into your work day, perhaps on your lunch break, and focus and appreciate the experience of eating during meals.

What are the 3 types of meditation in Buddhism?

This knowledge is associated with the early Buddhist practice of the three samādhis (meditative concentrations): **emptiness (śūnyatā), signlessness (animitta), and wishlessness or desirelessness (apraṇihita).**

Does mindfulness really work?

Review studies suggest that mindfulness-based interventions can help reduce anxiety, depression, and pain. To a lesser extent, they can alleviate stress and improve quality of life. However, inconsistencies in the way mindfulness is defined and measured make it difficult to determine whether mindfulness really provides other benefits.

References:

Economides, M., Martman, J., Bell, M. J., & Sanderson, B. (2018). Improvements in Stress, Affect, and Irritability Following Brief Use of a Mindfulness-based Smartphone App: A Randomized Controlled Trial. *Mindfulness*. doi:10.1007/s12671-018-0905-4

Hilton, L., Hempel, S., Ewing, B. A., Apaydin, E., Xenakis, L., Newberry, S., ... & Maglione, M. A. (2016). Mindfulness Meditation for Chronic Pain: Systematic Review and Meta-analysis. *Annals of Behavioral Medicine*, 1-15.



Getting Involved...

EMBA General membership is open to all devotees !

- Minimum fee £5 / per month
- Complete a donation form (contact Ven Thero or the Secretary- secretary.emba1987@gmail.com)
- Join our different sub-committees and help develop the temple
- Join the Executive Committee of EMBA at the AGM and get involved in the management of the temple

How Will Your Donation Help The Temple !

- Sponsoring religious events invoking blessing to your loved ones, commemorate special events ie. Birthdays, Anniversaries etc.,
- Sponsoring visiting monks – visas and airfare
- Sponsoring full or partly fund raising appeals
- Supporting the daily upkeep of the temple

Making a donation !

- Pay by cash
- Pay by cheque
- Bank transfer
- If you are an UK tax payer your donations will enable us to recover a tax refund from HMRC
- Please let us know if you are happy for us to collect a tax refund by ticking the Gift-aid box of the donation form
- Don't forget, if you are a UK tax payer, your donation will qualify you to claim tax refund/s
- For more information contact the Treasurer (treasurer.emba1987@gmail.com)

The EMBA would like to thank>>

Funding the Zoom platform:

To the parents of the Dhamma School & other devotees joining the weekly 'Sutta' programme for your regular donations towards the Zoom rental.

Regular donations:

We thank everybody who continue to make cash donations (regular and adhoc) to meet the daily expenses / maintenance of the temple

Sponsors of Religious events:

All those who sponsored the religious events by offering "pirikara", dana and travel expenses for the monks and mid-day meals / refreshments

Donations to amazon smile:

To all those who continue to support EMBA as the chosen charity on amazon smile

Make a donation

Account

Name : The East Midlands Buddhist Association

**Bank Name – Co-Operative Bank plc., 77-79
Market Place, Leicester LE1 5EN
Account Number- 65002247
Sort Code – 089077**



Offer Dana >>>

Visit our webpage on
www.leicesterbuddhistvihara.co.uk to view
the dana calendar

Leicester Buddhist Vihara
9 Una Avenue, Narborough Road South, Leicester. LE3 2GS
Contact us at +44 116 282 5003 www.leicesterbuddhistvihara.co.uk