



**Women's Night (Monthly evening)**  
with *Sraddhadipa and team*

For women of all levels of experience. Come together to explore practices to enliven, engage our emotions, energy, heights and depths; from beauty, nature, myth and storytelling to the intimate experience of daily life.

Saturdays on dates below 19:30–21.30.  
**17 Jun, 9 Jul, 13 Aug, 10 Sep, 8 Oct, 12 Nov, 10 Dec**  
Drop-in Event. Donations welcome

**Women for Women**

with *Debra Charlton, Alice and team.*  
Fundraising event for Dhammadinna Women's Centre in Lonavola, India.

**10 Sep Sat 14.00–16.30 3 Dec Sat 14.00–16.30**  
Drop-in. Donations welcome



**Buddhism and Meditation Day Retreat for LGBTQI Women**

with *Muditakari + Dhammamegha*  
**4 Sep Sun 10.30–16.30 £30/£20**  
Please book your place in advance.  
Bring vegan/vegetarian lunch to share.



**Beauty of Mantra with Mahasukha**

A magical candlelit evening of uplifting meditative and devotional Buddhist mantra with beautiful soulful harmonies before a beautiful shrine. Sats 19:30–21.30  
**11 Jun 17 Sep 15 Oct 19 Nov 17 Dec**

**Mindful Film Night**

Sats 18.30, Doors open 18.00.  
Refreshments and discussion after the film.  
See Weekly Emails/website for film details.  
**25 Jun, 30 Jul, 27 Aug, 24 Sep, 29 Oct, 26 Nov**



**Men's Night (Monthly evening)**  
with *Mens night team*

For men of all levels of experience to gather as a Sangha for various aspects of Buddhist practice including meditation, ritual and discussion. See website/wkly emails 4 info.

4th Friday of month: Starts with baked potatoes at 18.30. Activities start 19.30.  
**24 Jun, 22 Jul, 26 Aug, 23 Sep, 28 Oct, 25 Nov, No event in Dec.**  
Drop-in Event. Donations welcome

**Dads and kids**

With *Dharmakara*  
Afternoons for dads who practice at the centre. With/without their children.

**17 Jul Sun 14.00–17.00 19 Nov Sat 14.00–17.00**  
Drop-in Event. Donations welcome



**Curious about becoming a Mitra?**

With *Dharmakara & Padmavajri*  
An opportunity to meet with the Mitra Convenors and experienced Mitras to hear about and ask any questions you may have about what is involved in being a Mitra.

Drop-in Event. Free, Donations welcome.  
**12 Nov Sat 13.30-16.30**

**Why Ordination ?**

*Dharmakara & Padmavajri + Order Members*  
Hear personal experience of Order members and what inspired them to join the Triratna Buddhist Order, and to look at the process of training.

**Sat 13.30-16.30 12 June 21 Jan 2017**  
Drop-in Event. Free, Donations welcome.



**Karaniya Metta Sutta revisited**  
With *Dhammanyu*

A day of looking anew at this sutta in the light of Sangharakshita's seminar, given at Padmaloka almost to the day, in 1978  
**31 Jul Sun 10.30–16.30.** Donations welcome

**Poetry and the Four Reminders**

With *Padmavajri and Bodhanandi*  
Poetry reading, discussion with reflection on this precious human life, impermanence & death, karma, & unsatisfactoriness.

**4 Sep Sun 10.30–16.30 £15/£10/£8**

**Going Deeper with the 3 Lakshanas**

**3 events exploring direct experience of the 3 Lakshanas.**  
With *Dharmakara, Padmavajri + Team*

**Dukkha: 18 Sep Sun 10.00–13.00**  
**Impermanence: 30 Oct Sun 10.00–13.00**  
**Insubstantiality: 11 Dec Sun 10.00–13.00**  
Suggested Donation for each event £10/£5



**24 Jun Fri - 26 Jun Sun Awareness to Insight Order/Mitra Weekend (Kench Hill, Kent)**  
with *Vajradevi, Dharmakara and Padmavajri*

Love is the experience of a mind that is free. Meditation, collective rituals, dialogue, meals, silence. Awareness frees us from habitual mind allowing simple presence, joy & equanimity with whatever arises.  
**£120 / £100 / £80. Please book in advance.**

**2-4 Oct Fri- Sun Men's Camping Weekend at Dharma Woods.** Meditation and Pujas with Dharmakara & Order Team. **£30/£20**



**GFR Men's Afternoons**  
with *Dharmakara and Order Team*

Practice, discussion and meeting the Order  
**7 Aug Sun 14.00–17.00** Donations welcome  
**1 Oct Sun 14.00–17.00** Donations welcome

**Wheel & Spiral: Practice and study**  
With *Dharmakara*

Explore the Nidana chain reflection a core practice of Triratna Buddhist Order. Open to men and women training for ordination.  
**2 Oct Sun 10.30–16.30 £15/£10**

**Salutation to the Three Jewels.**  
The Tiratnavandana. With *Ratnaprabha*

Explore in detail the meaning and essence of this pithy evocation of the refuges. Open to men and women training for ordination.

**26 Nov Sun 10.00–17.00 £20/£15**

**14-16 Oct Fri- Sun Sangha Weekend at Rivendell**  
Swirling petals and falling leaves  
led by *Subhadassi and team*

A leaf falls in October, and you turn up your collar. Blossoms & leaves whirl in the wind like small poems, wistfully recalling the transient existence of life. Book in advance.  
**£130/£100/£80.**

**5 Nov Sat - 6 Nov Sun Exploring the 3 Bodies**  
Non-residential retreat with *Tejananda*

Exploring the real nature of the body, and our experience in a directed, inquisitive and playful way. For regular meditators with a good basis in integration & positive emotion.

**10.30–17.00 £60/£40/£20** For weekend  
**£30/£20/£10** Per day. Pls book in advance.

# Event Programme

Note: weekly events are not included in this list  
See more info on website or weekly emails.

## June

- 7 Jun Tue 10.30-12.30 Foundation Study Course
- 9 Jun Thu 19.30-21.30 Foundation Study Course
- 11 Sat 19.30-21.30 Beauty of Mantra
- 12 Sun 10.00-13.00 Why Ordination ?
- 17 Fri 19.30-21.30 Women's Night
- 20 Mon 19.30-21.30 Full Moon Ritual & Meditation
- 24 Fri 18.30-21.30 Men's Night
- 24 Fri-26 Jun Sun **Awareness to Insight  
Order/Mitra Wkend Retreat**
- 25 Sat 18.00-21.30 Mindful Film Night

## July

- 9 Sat 19:30-21.30 Women's Night
- 17 Sun 14.00-17.00 Dads and kids
- 19 Tue 19.30-21.30 Full Moon Ritual & Meditation
- 22 Fri 18.30-21.30 Men's Night
- 30 Sat 18.00-21.30 Mindful Film Night
- 31 Sun 10.30-16.30 Karaniya Metta Sutta revisited

## August

- 7 Sun 14.00-17.00 GFR Men's Afternoon
- 13 Sat 19:30-21.30 Women's Night
- 18 Thu 19.30-21.30 Full Moon Ritual and Meditation
- 26 Fri 18.30-21.30 Men's Night
- 27 Sat 18.00-21.30 Mindful Film Night

## Sept

- 4 Sun 10.30-16.30 Poetry & Four Reminders
- 4 Sun 10.30-16.30 LGBTQI Women's Buddhism  
and Meditation Day Retreat
- 10 Sat 14.00-16.30 Women for Women
- 10 Sat 19:30-21.30 Women's Night
- 11 Sun 10.30-16.30 Community Practice Day
- 13 Tue 10.30-12.30 Foundation Study Course
- 15 Thu 19.30-21.30 Foundation Study Course
- 16 Fri 19.30-21.30 Full Moon Ritual & Meditation
- 17 Sep 19.30-21.30 Beauty of Mantra
- 18 Sun 10.00-13.00 Going Deeper with the Three  
Lakshanas : Dukkha
- 23 Fri 18.30-21.30 Men's Night
- 24 Sat 18.00-21.30 Mindful Film Night

## Oct

- 1 Sun 14.00-17.00 GFR Men's Afternoon
- 2 Sun 10.30-16.30 Wheel & Spiral: practice/study
- 2-4 Fri-Sun **Men's Weekend (Dharma Woods)**
- 8 Sat 19:30-21.30 Women's Night
- 14-16 Fri-Sun **Sangha Weekend (Rivendell)**
- 15 Oct 19.30-21.30 Beauty of Mantra
- 16 Sun 19.30-21.30 Full Moon Ritual & Meditation
- 28 Fri 18.30-21.30 Men's Night
- 29 Sat 18.00-21.30 Mindful Film Night
- 30 Sun 10.00-13.00 Going Deeper with the Three  
Lakshanas : Impermanence

## Nov

- 1 Tue 10.30-12.30 Foundation Study Course
- 3 Thu 19.30-21.30 Foundation Study Course
- 5 Sat- 6 Nov Sun **Exploring the 3 Bodies  
Retreat with Tejananda**
- 12 Sat 13.30-16.30 Curious about being a Mitra?
- 12 Sat 19:30-21.30 Women's Night
- 14 Mon 19.30-21.30 Full Moon Ritual & Meditation
- 19 Sat 14.00-17.00 Dads and kids
- 19 Sat 19.30-21.30 Beauty of Mantra
- 25 Fri 18.30-21.30 Men's Night
- 26 Sat-27 Sun 10.00-17.00 Salutation to 3 Jewels  
The Tiratnavandana  
With Ratnaprabha
- 26 Sat 18.00-21.30 Mindful Film Night

## Dec

- 3 Sat 14.30-16.30 Women for Women
- 4 Sun 10.30-16.30 Community Practice Day
- 10 Sat 19:30-21.30 Women's Night
- 11 Sun 10.00-13.00 Going Deeper with the Three  
Lakshanas : Insubstantiality:
- 14 Wed 19.30-21.30 Full Moon Ritual & Meditation
- 17 Dec 19.30-21.30 Beauty of Mantra

See website and weekly emails in December  
for details of Winter Season Day Retreats/New  
Years Eve events and centre open / closing times.

# Triratna

## COMMUNITY PROGRAMME

### Summer to Autumn June to December 2016

The activities within this programme are open to people who have learnt our meditation practices.  
If you have not learnt these but would like to take part, please consider enrolling on our Introductory Courses.

You can find more information about events in this programme in the weekly emails newsletter and  
our website [www.brightonbuddhistcentre.co.uk](http://www.brightonbuddhistcentre.co.uk) . Please book in advance for bookable events.



### TRIRATNA SANGHA NIGHTS

**Regular Tuesday Nights**  
Tuesdays 7.30pm – 9.30pm  
*with Subhadassi, Dharmakara and Nagadipa.*

Evenings will consist of a meditation session,  
followed by one of a range of events which  
will include: Dharma Debates, Talks, Chanting  
& Puja. See Weekly Emails / website / notice  
board for details. Donations welcome.

### RITUAL AND PUJA

**Full Moon Ritual and Meditation**  
Meditation, chanting uplifting verses and  
mantras rejoicing in front of a beautiful  
candlelit shrine. 20 June Mon, July 19 Tue (Sangha Night), Aug 18 Thu, Sep 16 Fri, Oct 16 Sun, Nov 14 Mon, Dec 14 Wed  
Drop-in Event. Donations welcome.

### **Friday Puja**

Open to everyone, with Buddhist teachings  
and tea to follow! *With Amoghavajri*  
14.15-15.00  
Drop-in Event. Donations welcome

### FOUNDATION STUDY COURSES

Foundation Study Course on Buddhism  
Study and discussion groups  
Please book at least 1 week in advance

**Meditation** (6 weeks either Tue or Thu)  
7 Jun Tue 10.30-12.30 £60/£45/£30  
9 Jun Thu 19.30-21.30 £60/£45/£30

**Wisdom** (6 weeks either Tue or Thu)  
13 Sep Tue 10.30-12.30 £60/£45/£30  
15 Sep Thu 19.30-21.30 £60/£45/£30

**About Triratna and Devotion** (7 weeks Tue or Thu)  
1 Nov Tue 10.30-12.30 £70/£63/£45  
3 Nov Thu 19.30-21.30 £70/£63/£45

### COMMUNITY PRACTICE DAYS

Practice days for anyone in the Sangha  
familiar with Triratna practices of  
meditation and ritual.

£15//£10 Pls book in advance.  
See weekly emails/website for info.

11 Sep Sun 10.30-16.30 4 Dec Sun 10.30-16.30