

CEBA News



Canadian Engaged Buddhism Association

vol. 1, Summer 2011

CEBA Project Updates

Metta Gurukul Charity Schools in Nepal

The Metta Schools have been providing quality education to the under-privileged children of Lumbini and its surrounding villages since 2003. The Metta Schools currently serve about 900 children, free of charge, from kindergarten to grade 8. Another school year finished in March. Construction of six classrooms at the new School is underway, and there is ongoing construction of 5 additional classrooms at the Main school.

See www.servelumbini.org



Peace Grove Institute (Nunnery & Girls College) in Nepal

UNICEF has identified the Lumbini area as one of the most critical zone for girls' discrimination and child marriage problems. In the Lumbini area the average female literacy rate is one of the lowest in the world - only 18%. Lack of female education contributes to many other problems such as lack of basic health and hygiene in families. See profile page 3.

Plant One Million Trees in Lumbini, Nepal

Funds are being raised to plant 1 million trees in the Lumbini area. At the time of the Buddha's birth in Lumbini it was a peaceful and lush forest (pleasure garden) full of plant and animal life. It has since become barren and dusty as the area is heavily populated and the community use wood to cook three times a day and stay warm in the cold season. It is our humble intention to reforest this area with local trees of value (medicinal, fruit-bearing) that will encourage the community to become stewards of the trees.

Lumbini Dharma and Community Centre

A land application has been submitted to the Lumbini Development Trust and we are awaiting results and further instructions.

Buddhist Pilgrimage, Yoga & Himalayan Trekking in

Northern India & Nepal- Join Ven. Metteyya & Ven. Bodhi for this spiritual, educational and experiential holiday from December 20, 2011 to Jan 8, 2012. For itinerary and details, see Heavenly Himalayan Holiday at www.cebainfo.org/News.html or contact cebabodhi@gmail.com



University of Alberta Chaplaincy, Edmonton

As of April, 2011, Guruma Bodhi became the Buddhist Chaplain at the U of A Interfaith Chaplains Association

<http://www.uofaweb.ualberta.ca/chaplains>

CEBA Events

Nepal Night Fundraiser

Saturday, August 13th
(see details pg. 4)

Documentary: The Dhamma Brothers

Wednesday, September 14
7:30 - 9:00 p.m. *see below

Centennial Room

Stanley Milner Library

7 Sir Winston Churchill Square

Dharma Talk by Ven. Metteyya and Guided Meditation with Ven. Bodhi

Wednesday, September 14
6:30 - 7:30 p.m.

Centennial Room

Stanley Milner Library

7 Sir Winston Churchill Square

Weekly Meditation Class

Drop-In; everyone welcome
Mondays, 7 - 8:30 pm

11148 - 84 Avenue, Edmonton
(Garneau Church)

The Buddha: A Film by David Grubin & featuring Ven. Metteyya

(7-9 pm October: Exact Date and Location to be announced)

A guided meditation will precede the film and start promptly at 6:30

Trip to India & Nepal

Dec. 20, 2011 - Jan. 8, 2012

See www.cebainfo.org for updates and further details.

Book Study

Join us for our monthly book study held the 2nd Monday of each month. In September we will be starting *Old Path White Clouds* (2003) by Thich Nhat Hahn. The book study runs from 5:45 to 6:45 (just prior to the Monday night meditation).



Incorporating Buddha's Messages In Every Day Life

A Dharma Message from CEBA's Spiritual Leader, Venerable Metteyya

The Urgency to Protect Our Home!

Recently, I was invited to speak about Buddhism and the environment at the Buddha's Birthday celebration organized here in Edmonton by International Friends of the Buddha Organization. Here I will give a summary of the presentation:

First of all, in order to care for and protect something we have to realize its rarity and value. What really strikes me is that among all the other planets discovered so far not a single one can support life. Our planet earth is the only one known to us in the whole wide universe that has the precious ecosystem that can support life. How rare a gift it is! Very often we take planet earth, our collective home for granted and we never think what a wonderful and precious gift we have. What a precious legacy we have right at our hands. What would happen to us if we were to lose this wonderful environment? Buddha says that if we contemplate and meditate upon the preciousness and rarity of things we are given then we are motivated to protect it.

2500 years ago when Buddha lived and taught, they didn't have the environmental issues that we face nowadays, hence there are no specific teachings by the Buddha on environmental issues. However the Buddha explained that there is a fundamental link between our mind and thinking and our environment. From the Buddhist perspective our degrading environment is a reflection and result of our rising greed, selfishness and negativity. So the ultimate solution lies in changing our thinking, our attitude and behavior. Then only will we be able to save our precious home from the destruction of our own mindless activities. We need a culture of awareness, kindness and understanding. It's time for us to address the root causes and bring about the fundamental change in our perception and behavior with our environment. We need an environmental enlightenment.



Based on the Buddha's teachings on the Noble Eightfold Path I have formulated a "Noble Eightfold Path for Environmentally Enlightened Living":

The steps are :

1. **Reduce:** First of all we need to think about our consumption and its impact on the environment and should learn to reduce the unnecessary things and rethink many of our purchasing options.
2. **Reuse:** It is possible to reuse many things.
3. **Recycle:** We should recycle our recyclable waste and also learn to compost and help create nutritional and healthy soil.
4. **Be Wise with our Energy Consumption:** Electricity, petrol and other sources of energy cost us money and have huge impacts on the environment. Let's learn to conserve and utilize these resources wisely.
5. **Take Positive Action:** Let's not just sit back and complain or talk about the environment but let's roll up our sleeves and take some positive action to heal our planet. Plant a tree, pick up litter, volunteer for environmental organizations, etc.
6. **Eat Consciously, Compassionately and Change Your Diet:** Lets learn about the energy that goes into our food choices- this is one of the most important areas where we can each make a significant difference. Learn to grow some of our own food, choose locally grown fresh food and less processed food items, incorporate Meatless Mondays (or more often) into the week if not already doing so.
7. **Practice and Support Right Livelihoods:** Those that are non-harming to ourselves and others and which benefit society and the health of the planet.
8. **Address the Root Causes of Environmental Issues:** Strengthen our resolve to examine the root causes of our delusions of greed, fear and jealousy and work to develop good qualities in our minds through meditation and mindfulness.

For the full version See www.cebainfo.org

Profiles

CEBA Spiritual Leader, The Venerable Metteyya

Venerable Metteyya Sakyaputta is the Spiritual Guide of CEBA. The venerable was born in the same place as the Buddha: Lumbini, Nepal. Though he has primarily studied in the Theravada tradition, Ven. Metteyya has also received teachings directly from the well known Tibetan Buddhist master of Sakya tradition, His Eminence Chogye Trichen Rinpoche. He has studied with the Vietnamese Pure Land tradition and has thorough comparative, theoretical and practical understanding of the various Buddhist traditions. He says that the knowledge of many traditions of Buddhism has helped him to pinpoint the core and most essential Buddhist teachings.

At age 15, Venerable Metteyya began building Metta School with his dedicated friends, calling it 'A Seed of Compassion.' Now this little seed provides help and education to approximately 900 students and encourages many young volunteers to spread the gift of education for the needy children of Lumbini area. Ven. Metteyya, now 24, also co-founded Peace Grove Institute (Nunnery and Girls College) in Nepal and is a strong advocate for women's

education and equality in Nepal. He was recently featured in the PBS film 'The Buddha' by David Grubin.



Ven. Metteyya recently graduated from Tribhuvan University in Kathmandu, Nepal with a BA in Buddhism.

Tricycle: The Buddhist Review Magazine had an interview, "Why Lumbini Matters: An interview with Venerable Metteyya". See the 12 minute videoclip at: www.tricycle.com/web-exclusive/why-lumbini-matters

Ven. Metteyya will be in Canada until early September. He has done some travelling in Canada, giving teachings, and also visited and gave teachings in Puerto Rico in March. He has been working hard on his practice and coordinating our Nepal projects from afar. He enjoyed our very long, very snow-filled and very cold winter and is happy to see the greenery of spring and the very long sun-filled summer days.

Peace Grove Institute (Nunnery and Girls College)



Formerly called Sakyadhita Institute, **the Peace Grove Institute is a project by Metta Schools for girls' education in Lumbini.** The nuns are happy and healthy. They have all been at the nunnery for over a year. They excelled in

their grade 9 exams and have now started grade 10. We have 14 nuns (4 teachers and managers and 10 young nuns) living at the nunnery and 8 girls on the waiting list. The community members come by often and are really enjoying the nunnery as a community centre.

The temple is nearly finished, needing floors and furnishings. The teachers' residence has been serving as the temple in the meantime. The 2nd storey of the dormitory residence is complete and we are about to begin construction of 2 classrooms on the property.

Peace Grove (Shantikunj) is a haven for Lumbini girls who would otherwise be married as young as 10 years of age and face a life of no education, poverty and labour, only to perpetuate this cycle.

Peace Grove Institute is established based on the noble declaration of Buddha to transform the lives of women of Lumbini with the attitude of compassion, gratitude and care.

We are planning a special girls college to provide further educational opportunities to complete high school education for any girl (married or not) who, for various reasons, is currently not permitted to attend school. This school will offer special health education to prepare them for their future role as mothers and change-makers of their society, as well as offer additional vocational training so that they may get jobs or otherwise be able to generate income for themselves and their families.

OPAM, a German organization, is generously supporting the first 8 classrooms and the remaining costs for the land the girls' college will be built on.

We are also working towards starting a Computer Training Centre for the community and a Children's Library. Donations of used laptops and children's books are welcomed. For more information see: www.lumbininuns.org

Tips for Enhancing Your Meditation Practice

If you are new to meditation you may find these tips helpful:

Sit either cross-legged on a cushion or on a chair with your feet planted on the floor. Keep your spine straight and rest your hands gently on your thighs or cupped in your lap.

- Focus on your breath. It is often beneficial to focus on one small area such as the area of your upper lip where air comes in and out. It can also be helpful to silently repeat a mantra ("calm" or "ohm") or gently say "in" and "out" for each inhalation and exhalation
- Our minds are trained to be active. Do not expect that you will be able to focus on your breathing for long, or even short, stretches of time. The practice involves letting go of thoughts as soon as you notice them and then bringing your mind right back to your breath.
- Guided meditation is very valuable, especially for beginners. Ven. Bodhi offers guided meditations on Monday evenings from 7 – 8:30 at the Garneau Church. There are also many CDs available. The CEBA Guided Meditation CD has 4 guided meditations, approximately 10 minutes each.



Nepal Night – a fundraiser for free education in Nepal

Join CEBA for a traditional Nepali supper of Dhal Bhat Tarkari and enjoy watching cultural dances. A Henna artist will decorate hands too. There will also be a short presentation to summarize CEBA's education projects in Nepal.

When: Saturday August 13, 2011 from 6 to 10 pm

Where: 11148 - 84 Avenue, Edmonton (Ashbourne Assisted Living/Garneau Church)

Cost: By Donation (suggested donation \$20)

MUST RSVP to Bodhi 780.493.1677 or email CEBAbodhi@gmail.com

All proceeds go to Metta Schools and Peace Grove Girls College in Lumbini, Nepal

Thank You ...

to our generous donors-(individuals and organizations) including Action 5, Anatta World Health Outreach, One Grain of Rice, OPAM, The Octinity Foundation

Can You Help?

Our organization needs Volunteers and Board Members. We are also looking for old **laptops** for Metta School and Peace Grove Girls College to teach computer education programs.

**Do not dwell in the past, do not
dream of the future, concentrate the
mind on the present moment.
The Buddha**

CEBA's Mission Statements Include:

- Advancing the practices of the Buddhist faith while promoting intra-Buddhist and inter-spiritual learning and dialogue in Canada and internationally
- Improving animal welfare and living standards of people in Nepal through education of both children and adults, provision of medical clinics, construction of wells and sewage maintenance systems, reforestation projects and literacy programs
- Providing, administering and maintaining a Dharma Centre for the community, pilgrims and other travellers in Lumbini, Nepal (the birthplace of the Buddha and a World Heritage Site)

CEBA Contact Information

CEBA is a Non-Profit Organization registered with Corporations Canada, but is not yet a registered Charity with Canada Revenue Agency and cannot issue tax receipts.

Mail: 4403 - 12 Avenue NW Edmonton, AB Canada T6L 6M4

Telephone: 1 780. 493.1677 email: cebabodhi@gmail.com

Website: www.cebainfo.org

