

Six Week Course Introducing Buddhism and Meditation

A six week course on Wednesday nights that explores basic Buddhist tools for living well: ethics, meditation and wisdom. The course includes an introduction to the mindfulness of breathing and development of loving kindness meditation practices.

Starting:

Wednesday 18th January 7:30pm-10pm

Suggested donation £40 (£20 conc)

Lunch Time Drop-in Classes

One hour sessions including led body awareness and mindfulness of breathing or development of loving kindness meditation. Ideal for newcomers or anyone looking for a quieter, stiller way to spend their lunch hour.

Tues & Wed 1pm-2pm

Suggested donation £4 (£2 conc)

Introductory Days

Sheffield Buddhist Centre regularly runs days to introduce basic Buddhist principles and meditations. The next Introductory Day will be 18th March 10am—5pm

Suggested donation £20 (£15 conc)

The Dana (Generosity) Economy

Unless otherwise indicated all events at the Sheffield Buddhist Centre are free. Please note, however, that we run almost entirely from donations. The best way to give money is to set up a standing order, with gift aid if you pay tax; otherwise please give a donation when you come to the Centre.

charity no 0124087

Young People's Group

for people in their late teens, 20s and 30s

A chance to practise and to develop connections with other young people in the Sangha every month.

Sat 7th January - An afternoon of meditation, ritual, and discussion to help us reflect on the New Year. Meet 2pm at the centre.

Sat 4th February - Event details to be announced - keep your eyes on the notice board!

Parents Practice Group

Open to Buddhist parents and children, a space to meditate and explore practice in the context of family life.

Mon 13th Jan/ Mon 12th Feb 10am-12pm

Film and Food Night

Come to relax with the Sangha, eat a delicious meal and watch a film together. An evening run by the fundraising group to raise money for Dharma causes worldwide.

Saturday 11th February 7:30 pm

Sing with Sangha

Liven up your body and your mental states! There will be more Sing with Sangha Sessions. Please keep an eye out on the Sangha Notice Board or the website or contact Terry on lockley_terry@hotmail.com

Volunteering

Want to help out at the Centre? Volunteers meet and work together on Mondays from 10:45 (optional meditation at 10am) and Tuesdays from 2:15pm (after the lunchtime meditation which starts at 1pm). Jobs for all aptitudes. All welcome!

Sheffield Buddhist Centre



Howard Road
Sheffield S6 3RT
0114 234 9994

info@sheffieldbuddhistcentre.org
www.sheffieldbuddhistcentre.org

Sangha Night

The liveliest night of the week where everyone involved with the SBC can meet up and explore their spiritual life through talks, meditation, ritual and discussion. A chance to learn something new and invigorate the rest of your week! In this year's theme, "The Magic Tree" we will be looking at figures on the Refuge Tree of the Triratna Buddhist Community. See our website or notice-board for details of talks.

Tuesdays 7.30pm-10pm

Shared veggie dinner from 6pm

Early Morning Meditation

Set up a regular meditation practice by meditating and chanting the refuges and precepts with others.

Monday-Friday 7.30-8.20am

Lunch Time Meditation

A lunch time meditation session for those who know both meditations. (You can also come to the open sessions on Tuesdays and Wednesdays 1-2pm.)

Thursdays 1-2pm

Practice Night

An evening of stillness and meditation. Led by Akasacitta, Jayagupta and Dharmapalita

Fridays 7.30pm-9pm

Sunday Meditation Mornings

Deepen your meditation practice with the help of these monthly meditation mornings, led by a member of the meditation kula.

Sun 22 Jan / Sun 26 Feb 10am-1pm

Meditation Kula Day:

A New Year of Meditation (1)

Help your practice take off in 2012 by coming to this day based on mindfulness. Guidance and support will be available from some of the Meditation Kula Order Members (Akasacitta, Jayagupta, Khemasuri, Kuladitya, Moksalila, Sihapada).

Sat 7th Jan 10am-4pm

Bring your own lunch

Weekend Men's Retreat:

A Weekend with the Buddha

A weekend practice retreat in the country with Bodhinaga and Maitridasa bringing to mind the Buddha through meditation, study, reflection and puja. Limited places available.

Fri 13th—Sun 15th Jan

Donations welcome

Inner Work, Outer Work

A weekend retreat led by Khemasuri and Kuladitya to help you deepen your connection with yourself and the world around you using a framework known as "The Work that Reconnects".

Sat 28th Jan & Sun 29th Jan 10am-5pm
(You must be able to attend both days)

Bring vegetarian lunch to share

Parinirvana Day

Our first festival of the year. Parinirvana Day marks the Buddha's final passing away into Nirvana at death. A great opportunity to come together and to celebrate the gift that the Buddha made of his life and death.

More details to follow

Sun 12th Feb

Meditation Kula Day:

A New Year of Meditation (2)

Keep your practice refreshed with another day of meditation guidance and practice led by the Meditation Kula. Look out for more details on the notice board in the new year.

Sat 18th Feb 10am-4pm

Bring your own lunch

Akasakula Day:

for women who have asked for ordination

Akasakula is the Sheffield group run by and for women who have asked for ordination. A day event with a theme tba. Please look out on the notice board or the Akasakula website for more details.

Sun 19th Feb

Bring vegetarian lunch to share

Finding our Way to the Buddha

A day of reflection and meditation with Maitridasa, exploring different approaches to the practice of Buddhhanusati (Recollection of the Buddha) in order to connect with the Buddha from your own experience and inspiration.

Sat 25th Feb 10am-4pm

Bring vegetarian lunch to share

Forthcoming events for your diary...

3-4th March	Weekend for men
Sun 11th March	Shrine Building Day
Sun 18th March	Introductory Day for newcomers
23-25th March	Sangha spring retreat at Lockerbrook