

# THE SHAMBHALA MEDITATION CENTER

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## PARINIRVANA DAY OBSERVANCE AT KARMÊ CHÖLING

*April 4, 2006*

Join in the traditional observances of the anniversary of the passing of Chögyam Trungpa Rinpoche. The day begins with a formal opening of the shrine and a color party led by members of the Dorje Kasung. After breakfast, the morning session includes sitting practice and circumambulation of the site of the cremation of Chögyam Trungpa as well as a video presentation from Shambhala Archives.

In the afternoon there will be group practice sessions. Observances conclude with a Sadhana of Mahamudra feast at 6:00 pm.

For those taking meals at Karmê Chöling, they request \$5 per meal for breakfast and lunch, and \$10 to cover food costs for the feast. They ask that those attending the feast participate in preparing for the feast during the afternoon or in cleaning up afterward.

Schedule (subject to change, see [www.karmecholing.org](http://www.karmecholing.org) for latest updates):

- 7:00 am Opening Ceremonies
- 7:50 Flag raising and anthem
- 8:00 Breakfast
- 9:00 Walk to Purkhang
- 10:00 Archives video presentation
- 12:00 Lunch
- 2:00 Group practices: (concurrent) Werma, Stroke, Shamatha, Dharmaraja Guru Yoga, Kasung Drill
- 4:00 Community Feast preparation
- 5:00 Tea
- 6:00 Sadhana of Mahamudra Feast - all are welcome

## JOYOUS DILIGENCE: THE 2006 SUTRAYANA VAJRAYANA SEMINARY

*by Gerry Haase*

The recent seminary held in Cuncumen, Chile was a ground breaking event the first seminary ever held in South America. Four sangha members from the north country attended Donna Williams, Oscar Garcia, Gerry Haase as staff, and Nancy Wallace as a participant. The seminary was held in three languages: Spanish, Portuguese, and English. Translation was simultaneous via personal head phones, just like at the United Nations! Participants came from all over the Spanish and Portuguese speaking world: Spain (including one Basque), Brazil, Mexico, Chile, Colombia, Peru, and Argentina. English speakers came from as far away as Alaska, Newfoundland, Canada, the continental United States, as well as New Zealand. Three Poles rounded out the gathering. And, of course, a certain Tibetan gentleman by the name of Sakyong Mipham Rinpoche joined us for the Vajrayana portion.

Be advised: Chile is beautiful and the people are wonderful. There was lots of hugging, kissing, singing and dancing, while at the same time people really studied. From what I can gather, the new tantrikas are roaring ahead with their Shambhala ngondro. Nancy Wallace adds: "I highly recommend a visit to Chile and feel sure that local sangha will warmly greet visitors. I hope to return some day myself."



**CONCERT**

*Ravenna Michalsen, Sunday, April 30, at 3p.m.*

Ravenna Michalsen trained as a classical cellist for fourteen years and performed in a rock band for four years until she developed rheumatoid arthritis and fibromyalgia - at which point her primary instrument became voice. During a retreat in 2002, Mipham Rinpoche heard Ravenna sing and wrote a song for her to put to music. That song became Just A Seed Waiting to Grow. From that experience grew the idea to write songs about something other than heartbreak and disappointment. Bloom, her first album, is devotional, yet contemporary perfect for those interested in spiritually oriented music. Ravenna has a haunting, evocative voice and each song on the album is made distinctive by the unique arrangements and dharma-based lyrics.

Bloom is available from Samahdi Cushions in Barnet, Ziji in Boulder, Drala in Halifax and from . [www.RavennaM.com](http://www.RavennaM.com)

**A TREASURY OF PRECIOUS QUALITIES CLASS**

Joan Kydd has been leading a class in a detailed study of A Treasury of Precious Qualities, by Khenchen Kunsang Palden. This is a study of the first book recommended by Khandro Rinpoche as part of her teaching curriculum. It is open to students who have taken some basic classes and want to more deeply explore the traditional teachings of hinayana/mahayana buddhism. The class has been going on for some time and is well into the text, but if you are interested in participating, discuss with Joan Kydd at 802-748-0330. The class meets the first and third Tuesday of each month at 6:45pm, but participants should note there will be no class on th April 4 (see article on observance of Parinirvana of Chögyam Trungpa Rinpoche, above).

**CENTER PERSONNEL**

**Executive Committee**

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 Education: Marybeth Furr  
 Finance: Vickie Schafer  
 Secretary: Linda Warner

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Décor: Suellyn Whittington  
 Recycling: Sandy Raynor  
 Shrinekeepers: Alan Boye and Julie Swan

contact information is available at [www.stjshambhala.org/personnel](http://www.stjshambhala.org/personnel)

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