

The Ecumenical Buddhist



A Publication of the Ecumenical Buddhist Society of Little Rock

January 2016 Volume 26, Number 1



Teachings with Dr. Hun Lye

February 19-21

Dorje Lopon Dr. Hun Lye is the spiritual teacher and founder of the Urban Dharma NC, a Buddhist Center in western North Carolina. The Dharmata group, EBS, and Dr. William Gorrive of Hendrix College, have invited Dr. Lye to come and teach at EBS.

**These teachings are for all practices at EBS.
Everyone is welcome!**

Friday, February 19, 7-8:30 p.m.

Public talk: "Happiness and the Nature of Mind"

A guided investigation into the nature of mind and its relevance to contemporary life.

Location: EBS Main Meditation Hall

Suggested donation: \$10-\$20

Saturday & Sunday, February 20-21

Retreat: "Emptiness, Knowing, and the Radiant Mind"

Although primarily grounded in the Tibetan tradition, Dr. Lye will draw from a broad range of Buddhist sources to help participants in this retreat develop an understanding and appreciation of the three qualities of emptiness, knowing and radiance. These qualities of our innermost minds turn up again and again in most Buddhist contemplative practices, whether originating from the lush jungles of Southeast Asia, the meditation halls of East Asia, or the snowy peaks of the Himalayas.

This retreat includes periods of teaching and silent contemplation interspersed with simple ritual-chants and opportunities for discussion.

Times:

Saturday, February 20: 10 a.m.-noon and 2-6 p.m.

Sunday, February 21: 10 a.m.-1 p.m.

Location: EBS Main Meditation Hall

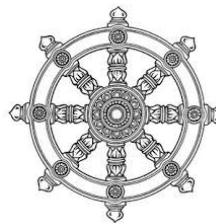
Cost: \$100 for both days of the retreat

\$60 for Saturday only; \$40 for Sunday only

Questions: Contact Melissa Gill at meegill@gmail.com or at 520-425-2773.

See page 3 for the registration form.

Meeting with Tibetan group: Members who practice with Dr. Lye can meet with him on Thursday, Feb. 18, from 8-9 p.m. and on Sun., Feb. 21, from 3-5 p.m. at EBS.



The Noble Eightfold Path

**Mondays in February
7-8:30 p.m.**

- *What does it mean to follow the Buddhist path?*
- *What skills can we develop to help us along the way?*
- *How can we make these teachings relevant to our everyday life?*

The Noble Eightfold Path is a traditional answer to these questions. This class will explore the teachings and practices associated with each step in the path from the perspective of the Theravada tradition. The class will consist of four Monday night sessions from 7-8:30 p.m. beginning on February 8th.

The class materials will primarily consist of the book, *The Noble Eightfold Path*, by Bhikkhu Bodhi. Some additional handouts will be provided. The book is available online at: www.accesstoinsight.org/lib/authors/bodhi/waytoend.html

To register and secure a copy of the book, please email Doug Holmes at dougholmes42@gmail.com.

Times: Monday, February 8, 7-8:30 p.m.
Monday, February 15, 7-8:30 p.m.
Monday, February 22, 7-8:30 p.m.
Monday, February 29, 7-8:30 p.m.

Cost: FREE

Donations to support EBS and to offset the cost of class materials are gratefully accepted.



Movie Night and Potluck

**Journey into Buddhism:
Prajna Earth**
Sat., March 19, 6:30 p.m.

6:30 p.m.—Pot Luck: Bring some vegetarian food you would like to share.

6:55 p.m.—Movie (85 minutes)

Prajna is the Sanskrit word for radiant wisdom. This second film in the series will explore the lost civilization of Angkor in Cambodia, continues to sacred sites of the natural world, traveling through Bali and Java, and discovering the gigantic level mandala wonder of Buddhist Borobudur. This film visits the spiritual intersection where Buddhist and Hindu wisdom traditions merged with the animist worship of nature, revealing a profound understanding of sacred nature existing both in the environment and within all living beings.

We look forward to seeing you there!

Introduction to Buddhism

First Mondays of the Month at 7 p.m.

This is an excellent starting place for people with little or no knowledge about Buddhism. One of our members will present some history of Buddhism and talk about the different traditions of practice. Basic meditation technique is also covered.

These sessions are informal and questions are always welcomed. If you plan to attend, kindly please let us know by sending an email to ebs@aristotle.net and be sure to include the number of attendees. Advanced registration is requested, but not required.

Everyone is welcome!

Dates for upcoming classes:

- Monday, February 1
- Monday, May 2
- Monday, March 7
- Monday, June 6
- Monday, April 4
- No into on July 4



Mark Your Calendars!

Anam Thubten Teachings
April 8-10, 2016 at EBS



Therese Fitzgerald Teachings
April 13-17, 2016

See the EBS website at www.ebslr.org



Half-Day Sits

Need to deepen your practice?

There will be a half-day session (3 hours) of sitting and walking meditation practice held at EBS on the first Saturdays of the month from 1-4 p.m. There is no cost. Ten-minute breaks will done before each hour (at 1:50 p.m. and 2:50 p.m.) to allow people to join later or leave earlier, if they have other commitments.

Each hour will consist of 40 minutes of sitting meditation and 10 minutes of walking meditation. At 4 p.m. after the formal sit is over, we will have tea and an informal Dharma chat on topics of interest to the group. For more information, contact Doug Holmes at doug.holmes.42@gmail.com.

Dates for upcoming Half-Day Sits are:

- Saturday, February 6, 1-4 p.m.
- Saturday, March 5, 1-4 p.m.
- Saturday, April 2, 1-4 p.m.



"Vipassana? Go check the no-self help section."

Dana: A Buddhist Tradition of Personal Generosity

A Pledge Supporting the Ecumenical Buddhist Society of Little Rock in 2016

This pledge of financial support is your act of Dana—generosity toward others.
EBS is grateful for your commitment to helping maintain our Dharma community.

Your name is: _____

Email address: _____

Mailing address: _____

Telephone number/s: _____

2015 Pledge Amount: \$ _____ Monthly Quarterly Semi-annually Annually

Payment Options (please check)

There are several ways to set up pledge payments for your convenience:

- Check is enclosed.
- Set up a monthly bank draft to be mailed directly to EBS (information below)
- Set up regular debit or credit card payments through PayPal on the EBS website: www.ebslr.org
- Pay by check. If you would like pre-addressed mailing envelopes, please indicate here: No. of envelopes requested _____

You may need the EBS information below to set up payment drafts.

Ecumenical Buddhist Society of Little Rock, P.O. Box 561, Little Rock, AR 72203-0561 - (501) 376-7056

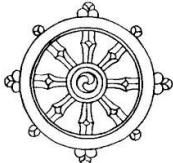
If you have any questions, please contact our treasurer, Cheryl Woodard, by emailing Cheryl@publishingbiz.com.

Thank You!

The Noble Eightfold Path

The Noble Eightfold Path is one of the principal teachings of Buddhism. It is used to develop insight into the true nature of phenomena (or reality) and to eradicate greed, hatred, and delusion. The Noble Eightfold Path is the fourth of the Buddha's Four Noble Truths (the truth of suffering, the truth of the cause of suffering, the truth to the end of suffering, and the truth of the path that leads to the end of suffering). It is also known as the *Middle Way*.

All eight elements of the Path begin with the word "right"—right understanding, right intention, right speech, right action, right livelihood, right effort, right concentration, and right mindfulness. These denote completion, togetherness, and coherence, and can also suggest the senses of "perfect" or "ideal." In Buddhist symbolism, the Noble Eightfold Path is often represented by means of the dharma wheel (dharma-chakra), whose eight spokes represent the eight elements of the path.



1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration



The Practice of Generosity: Thank You to All Who Support EBS!

Your pledge sustains EBS and supports the continuing practices and teachings of Buddhist traditions here in Central Arkansas. Now, as we are in 2016, we definitely need continued and increased support.

EBS sustainers have pledged an average of \$50 every month, but any pledge amount is welcome. Our rent and other expenses will increase in the new year, and we rely heavily on monthly pledges to cover these costs.

Please consider making a one-time or monthly pledge now, if you are not already doing so. If you are donating monthly, we are so grateful and ask that you please consider increasing your pledge to help with increased costs.

Finally, 2015 statements will be sent to our generous donors the last week of January 2016. If you have any updates to your mailing information, please let us know as soon as possible. Contact Cheryl Woodard, EBS Board Treasurer, at Cheryl@publishingbiz.com with any questions or changes.

Support EBS with your pledges!



**Keep up with the latest EBS events at
www.ebslr.org**

Teaching with Dr. Hun Lye—February 20-21, 2016 Registration Form

Name: _____

Email address: _____

Mailing address: _____

Telephone number/s: _____

\$60.00 Saturday only \$40.00 Sunday only \$100.00 Saturday & Sunday

\$ _____ Donation to the scholarship fund.

Please make your checks payable to the **Ecumenical Buddhist Society** and mail to:

Ecumenical Buddhist Society

Attn: Dr. Lye Retreat

PO Box 561, Little Rock, Arkansas 72203-0561

Questions: Contact Melissa Gill at meegill@gmail.com or at 520-425-2773.

EBS Schedule of Events

Meditation sessions are open to everyone and are held at the Ecumenical Buddhist Society of Little Rock at
1516 West 3rd Street, Little Rock, AR

Weekly Events:

| | | |
|-----------|--|---|
| Monday | 11:30 a.m.-noon 6-6:30 p.m. | Silent Meditation Silent Meditation |
| Tuesday | 11:30 a.m.-noon 6-7 p.m. 6:30-7 p.m. | Silent Meditation Kwan Um Zen Practice (Korean Zen tradition) Silent Meditation |
| Wednesday | 11:30 a.m.-noon 6-7 p.m. 7-8 p.m. | Silent Meditation Vajrayana Practice (Tibetan Buddhism): Yeshe Tsogyal Dakini Heart Essence Practice on the first 3 Wednesdays of the month and Sakya Practices on the last Wednesday of the month. Community Medication Workshop for people wanting to develop a sitting practice. |
| Thursday | 11:30 a.m.-noon 6-7:30 p.m. | Silent Meditation Soto Zen Practice (Japanese Zen tradition) |
| Saturday | 10:30 a.m.-noon | Vajrayana Practice (Tibetan Buddhism): Nyingma lineage of the Dharmata Foundation |
| Sunday | 9-9:30 a.m. 10-11:15 a.m. 5:30-6:30 p.m. 7-8 p.m. | Silent Meditation Vajrayana Practice (Tibetan Buddhism): Nyingma lineage practice Mindfulness Practice (Vietnamese Zen tradition) Vipassana Practice (Theravada tradition) |



Ongoing Events:

- Introduction to Buddhism, 1st Monday of each month at 7 p.m.
- Open Board Meeting, 2nd Thursday of each month at 6 p.m.
- Half-Day Sits, 1st Saturday of each month at 1-4 p.m.

FIND OUT ABOUT MORE EVENTS

ON OUR WEBSITE:

www.ebslr.org



Address Service Requested

