

Winterhead Retreat House

In June the first retreatants to make use of the solitary retreat facilities at Winterhead Hill Farm spent a week in residence.



Steve and Ros Palmer gave themselves quite a rigorous retreat and worked hard. The facilities were well tested and found to function very well indeed. The garden improved under their tender loving care.



Now I look for more retreatants to suggest their plans for retreat here. This is valuable training and I ask you all not to neglect this

Notes From The Network Of Buddhist Organisations

NBO Conference The Network of Buddhist Organisations has recently celebrated its tenth anniversary with a conference entitled "Ancient Traditions - Changing Cultures". Hilary Richards presented a talk in which she reflected on adaptations of ancient tradition in the light of modern Western psychology.

We were a little astonished to have nearly a hundred people turn up for the Conference, which took place at The Jamyang Buddhist Centre in south London. The staff at The Jamyang Centre worked very hard to make us welcome and there was a very warm and friendly atmosphere throughout the occasion. I hope very much that we will not have to wait ten years before we embark on another event of this sort.

If anybody would like to hear the conference proceedings, a full recording was made, copies of which can be obtained from the Webmaster Wilson Young, whose details are on the Website at www.nbo.org.uk

Precepts in Practice The NBO was asked to give a presentation at a small seminar at the Campden and Chorleywood Food Research Association who have been commissioned to do some research on religious ethics and practices with regard to food. This was an opportunity to examine the precepts as they can be applied in an everyday setting, which made for some interesting linkages between the teachings and our daily lives. If you are interested to know what was discussed, please contact me directly.

The Dhammapada on the Website The NBO has been offered, as a free gift, a verse translation of the Dhammapada, which was prepared several years ago for use in prisons at a time when there was very little suitable material of this sort. It is being put on the website. There are links to other versions of the Dhammapada also available through the Website.

Future Meeting Our next Quarterly Meeting will take place in Birmingham on September 13th, when we shall examine 'Buddhism and Conflict' – which should be very interesting in the light of recent world events. Details at www.nbo.org.uk or ring me on 0845 345 8978.

Sally Masheder June 28th 2003 sally@bristol-chan.co.uk Tel 0845 345 8978

Glastonbury One Day Retreat

The day will consist primarily of periods of sitting meditation, interspersed with other practices such as walking meditation, Chinese yoga, and Prostration Practice. Apart from specific times set aside for instruction, questions and discussion, the retreat will be held in silence. Guidance on meditation practice will be available from an authorised Chan meditation instructor.

Venue: Shekinashram, Dod Lane, Glastonbury. Saturday, 4th October 2003 – 9:30 am to 5:30 pm
£25 per person (concessions for low income/unwaged by arrangement). Price includes refreshments & vegan lunch.

Further Details / Booking: Ned Reiter –Tel: 01458 833663 / email: reiter@clara.co.uk.

Prior Booking Essential (please book early as places are limited)

Guildford Group Weekend Retreat

In November this year, Simon Child will be leading a weekend retreat for the London, Gillingham and Guildford groups (date and venue to be confirmed).

Expressions of interest in attending should be directed to Stuart McLeod (01634 571659 or mcroberts@tinyworld.co.uk). Space permitting, it may be possible to accommodate others living in the south east, so contact Stuart if interested.

Retreat Booking Procedure Is Changing!

Like most, if not all of us, I have a very busy professional and domestic life outside of my Chan activities and I'm always trying to find ways of making things run more smoothly and more effectively. My latest project is to convert as much of my retreat booking correspondence to email. If the July Chan retreat is anything to go by, then I should be able to save about two-thirds of my annual postal charges, i.e. £100, and many hours of my time by emailing out retreat booking confirmations, final letters and lists of people able to give lifts to those who need them, instead of printing them out, folding them up, putting them in envelopes, sticking on stamps, matching lift givers to lift requesters in their locality and writing a note, etc. The good news is that I've got Hugh Carroll to help me with all the difficult programming stuff as well!

Anyone who's done any work with computers and databases will know that they're only as good as the information they contain. With that in mind, we're introducing a formal, standardised retreat booking form. This will be/is available on the WCF website or as a paper copy. Most of the information it asks for is the same as it has always been, only now you'll have a prompt to make sure that you've included all the necessary bits. The most significant change is to do with lift-giving and lift-requesting. I now need you to positively state which category you fall into, so that I can automatically sort out those people who need lifts and send them a list of those people with cars.

At present I'm sending out the letters and lists as rtf [MS Word rich text format] attachments to emails. It's clear that some people scan their emails but don't open the attachment and have subsequently queried the whereabouts of their letter, which went through OK on the second sending. Occasionally, the recipient's email server either won't accept the mail because of the attachment or otherwise treats it as spam, so we're hoping to be able to create the letters directly as a mail message. Hugh's already done this for the lift list and we'll start work on the other letters in September. If you know that the mail server you use is particularly fussy about mail format or attachments, please let me know when you book the retreat and I'll make sure that I monitor the progress of the mail more closely.

If you've got any questions or comments about these changes, please email me on bookings@westernchanfellowship.org or write to me, Peter Howard, at 22 Butts Road, Chiseldon, Wilts SN4 0NW, UK.

RETREAT BOOKING FORM – PLEASE PHOTOCOPY

To: Peter Howard
 WCF Membership Secretary
 22 Butts Rd
 Chiseldon
 Wilts SN4 0NW
 United Kingdom



I would like to book a place on the following retreat:

Date of application:

Retreat Name		Start Date		End Date	
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My personal details are as follows [PLEASE PRINT]:

Name		Home/Contact phone no.	
Address		Mobile phone no.	
		Fax	
		Email address	
		Sex:	M / F
Post Code			

Please indicate how you will be travelling to the retreat. If you tick the “Able to give a lift” box, then your contact details will be given to those people who need a lift. If you do not want your details to be given out in this way, then please tick “Need a lift” and ignore the contact list you receive. The contact list will be sent out with the final information letter about 1 month before the retreat. The origin of retreat attendees is random and no guarantee can be made that a lift will be available even if you request one.

Able to give a lift	<input type="checkbox"/>	Need a lift	<input type="checkbox"/>
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Previous retreat experience:
Special dietary requirements:
Any other requirements:

To book this retreat, print out the completed form and send with a £50 / €100 / \$100 non-refundable deposit to the Western Chan Fellowship Membership Secretary at the address above. Please make UK cheques payable to the Western Chan Fellowship. In order to minimise bank charges for both parties, overseas applicants should send their deposit as a bank note[s] for any of the above amounts. This will be converted at the prevailing exchange rate on the day of receipt.

