

Manchester Buddhist Convention

Run by Manchester Buddhist Convention Committee
with Manchester University Buddhist Society

Venue: St Peter's House Chaplaincy, Oxford Road, Manchester M13 9GH

Date: Saturday 15th October 2016

Theme:

THE PATH OF WELLBEING AND AWAKENING

All are welcome

There is no charge for attending the convention, nor for lunch.
Any dana (donations) towards the running costs will be appreciated.

Timetable:

09.00 – 09.20 Arrival

09.20 – 09.45 Opening Ceremony including Chanting [Venue: Foyer]

10.00 – 11.30 Housekeeping and Introduction to the theme

Remembrance of Jaya Graves

Story Teller

Panel Discussion 'What *dhamma* means to young people'.

The panel comprises young people asked to present how dhamma has played a part in their lives, especially regarding their well-being. Panellists are asked to share experiences of awakening through putting dhamma into practice in their lives.

Story Teller [Venue: Auditorium]

11.30 – 12.30 Lunch

- Lunch in Noble Silence for monastics, others wishing to participate are welcome
[Venue: Oxford Room]

or

- Lunch for those wishing to talk and meet others
[Venue: Café and Foyer]

12.30 – 13.20 Session one: Talks 1 to 5 (talks to finish 5 – 10 minutes early)

	Speaker	Tradition	Title	Venue
1	John Rowan	Dechen, Kagyu Ling	DISCOVERING THE CAUSES OF HAPPINESS	Chill Out Room
2	Rev Alasdair Taisen Gordon-Finlayson	Stonewater Zen	ZEN MEDITATION AS EXPRESSION OF THE FOUR ABIDINGS	Oxford Room
3	Ken Garrod	Buddhist Society of Manchester, Sale	ABIDING IN WELLBEING	Walkway Chapel
4	Dhammacari Arthavadin	Triratna, Manchester Buddhist Centre	THE FOREST: FACING FEARS AND FINDING FREEDOM	Library
5	Mr Chieh Lin (with Keith)	Tzu Chi / Buddhist Chaplaincy	SERVICE IN THE COMMUNITY	Auditorium

13.30 – 14.30 Session two: Talks 6 to 10

	Speaker	Tradition	Title	Venue
6	Anne Schilizzi	Samatha Association	THE POWER OF STILLNESS	Chill Out Room
7	Dr Thien Ohn	Sarinaya Centre	WALKING WITH EQUANIMITY	Oxford Room
8	Fiona Nuttall	Western Chan Fellowship	AWAKENING and EVERYDAY LIFE	Library
9	Anne Rowbottom	Community of Interbeing	LOVING KINDNESS (including guided meditation)	Café
10	Keith Munnings	Hospital Chaplaincy	WHAT DO WE MEAN BY 'DYING WELL'?	Auditorium

14.30 – 15.00 Afternoon break

15.00 – 15.45 Discussion: What do we understand by compassion in action? [Venue: Auditorium]

15.45 – 16.45 Session three: Meditation practice sessions

	Tradition	Mediation teacher	Venue
1	Samatha Association, Theravada	Chris Westrup	Chill Out Room
2	Kagyu Ling Buddhist Centre, Dechen	John Rowan	Library
3	Fo Guang Shuan Temple – Chan Meditation	Venerable Chueh Ru	Café
4	Soka Gakkai International	Frankie Kington, Central Manchester Chapter Leader	Oxford Room
5	Zazen meditation from Soto Zen	Jeremy Waring	Walkway Chapel

16.45 – 17.00 Closing Ceremony, Transfer of Merit [Venue: Foyer]

Speaker Biographies and Synopsis of Talk

	Speaker	Synopsis / Biography
1	John Rowan	<p>John is a student of Lama Jampa Thaye and a member of Dechen which is an international association of Sakya and Karma Kagyu Buddhist centers founded by Lama Jampa. John has received teachings from the Head of the Kagyu tradition His Holiness Karmapa Thaye Dorje and the head of the Sakya tradition His Holiness Sakya Trizin. John has been a student of Lama Jampa's and a practitioner for over 30 years, he regularly presents teachings and leads meditations at Kagyu Ling Buddhist centre in Manchester.</p> <p>John works as a social work manager in the field of child protection and has been employed in this field for over 20 years.</p> <p>John is presenting a talk at the Manchester Buddhist Conference entitled: Discovering the Causes of Happiness.</p> <p>The Buddha discovered the nature of mind, this discovery brought him freedom, understanding and complete contentment. He then taught a path available to others who also wanted to practice, that would allow them to find the same peace and happiness he had found. This is what Buddhism is about going from a state of suffering, discontent and frustration to a state of happiness.</p>
2	Rev Aiasdair Taisen Gordon-Finlayson	<p>Rev Taisen is ordained as a priest in the Soto Zen tradition, and has been practising zazen for 25 years. He currently convenes a Zen group in Northampton, under the supervision of his teacher, Rev Dr Keizan Scott Sensei, founder of the StoneWater Zen Sangha. He works as a Senior Lecturer in Transpersonal Psychology at the University of Northampton.</p>
3	Ken Garrod	<p>Ken began his practice of Dhamma in the early seventies as an undergraduate at the University of Manchester. At that time his teacher was Lance Cousins, a highly distinguished scholar of early Buddhism and teacher of meditation. He continued to develop his understanding and practice within the Samatha tradition as a householder, as a father of four children and as a social worker and educator. In 1983 he became a member of the Buddhist Society of Manchester and has since benefited from the guidance of Russel Williams. In 2010 he ordained as a Theravadin monk in the forest tradition of north-east Thailand and spent over a year as such in Thailand and New Zealand. Since returning to lay life he has co-facilitated an annual two-week pilgrimage around north east Thailand led by his Thai teacher Luang Poh Sudhiro, a revered monk from that area, visiting people and places associated with the Thai forest tradition.</p> <p>In his session Ken would like to share some of the many teachings the Buddha gave on loving kindness (well-being) and the great emphasis he put on its importance for the welfare of ourselves and others. He would like to share some of the ways he has learnt from his own teachers on how to discover the quality of wellbeing that is to be found deep within each one of us and how to share that quality with all and everything in our daily lives.</p>
4	Dhammacari Arthavadin	<p>Arthavadin has been practising Buddhism for over 20 years and for the past twelve years has been ordained in the Triratna Buddhist Order. He has had a worldly career working as a psychologist both in</p>

		<p>the prison service and with the police. For the past three years Arthavadin has been chairman of the Manchester Buddhist Centre located in the Northern Quarter. Immediately prior to this he lived and worked at a remote Buddhist retreat centre in the mountains of southern Spain. Arthavadin is interested in sharing the Buddha's teachings and methods in ways that are relevant to people living urban lives in the 21st century. He believes that Buddhism is revolutionary and offers a meaningful alternative to materialism and consumerism. In his talk he will exhort us to enter the forest where we will be challenged to let go of all we hold dear.</p>
5	Mr Chieh Lin (with Keith)	<p>Since mid-2013, Chieh Lin has begun volunteering for Tzu Chi Foundation - founded by Dharma Master Cheng Yen in Taiwan in 1966 - in its Manchester base. He became a Tzu Chi Commissioner in November 2015, after having completed a two-year training. He is currently a doctoral student at Leeds University.</p> <p>In his session, Chieh will share some of the community work that Tzu Chi Manchester has regularly engaged in over the past eight years. He hopes to share with the attendants teachings of Master Cheng Yen, which constantly emphasise the importance of practicing Dharma and Scriptures amongst people and all sentient beings - in other words, to learn and to achieve enlightenment through giving and doing.</p>
6	Anne Schilizzi	<p>Anne's connection with the Buddhist path was sparked by a Vipassana retreat led by Goenka in India in 1983, which reawakened her spirituality after a 10 year gap which had been preceded by a childhood in which she was a deeply devout Christian. By chance her move up north to Manchester brought her to within a five minute walk of The Manchester Centre for Buddhist Meditation and the Samatha tradition of breathing mindfulness and development of the jhanas, as well as opportunities there for investigative study groups encompassing both Buddhist and other spiritual traditions. She has been committed to Samatha Practice, and its development, for the last 28 years and has been a teacher for 15 years.</p> <p>Anne's talk entitled "the Power of Stillness" will attempt to convey the qualities of the still mind and how to bring it into being, or rather how to enable "the mind" to reveal its true self. Stillness cannot exist without well- being, without nurturing a profound wish for happiness. With the purification of happiness comes a deeper, more unifying stillness that opens the heart to all worlds and brings with it wisdom and awakening.</p>
7	Dr Thien Ohn	<p>Dr Thien Ohn is Chair of the Trustees of Saraniya Dhamma Centre for Vipassana Meditation in Salford. The centre in Salford intensive Vipassana (Satipatthana) practices from the Burmese Theravada Buddhist tradition. The Mahasi method involves mindfulness of body, sensations, mind, and general objects such as seeing, hearing, tasting and smelling. The primary objects of meditation are the rise and fall of the abdomen in sitting meditation and the movement of the feet in walking meditation</p> <p>Dr Thien Ohn will speak about 'Walking with Equanimity'.</p>
8	Fiona Nuttall	<p>Fiona is a lay practitioner who has been practicing in the Chan (Chinese Zen) tradition for 22 years with the Western Chan Fellowship. Her teachers have included Dr. John Crook and Dr. Simon Child, who are both Dharma heirs of Master Sheng Yen of Dharma</p>

		<p>Drum Mountain Buddhist Association in Taiwan. Fiona also did some retreats with Master Sheng Yen prior to his death in 2009.</p> <p>Fiona is authorised to lead retreats for the Western Chan Fellowship at their centre in Wales and other venues.</p> <p>She worked in Local Government for 28 years in Social Care and Corporate Services.</p>
9	Anne Rowbottom	<p>Anne has been practicing meditation for sixteen years, originally in a Tibetan Tradition and for the last seven years with the Community of Interbeing, who practice in the tradition of Zen Master Thich Nhat Hanh, from whom she received the 5 Mindfulness Trainings (precepts) in 2010. Over the past seven years she has been active in developing the Heart of Manchester Sangha and is now also helping establish a Sangha in Stockport. As well as teaching courses on mindfulness, she regularly facilitates meditation sessions and Days of Mindfulness and is a member of the Sangha lead team. Earlier this year she received the 14 Mindfulness Trainings (precepts) from Sister Annabel Laity of the European Institute for Applied Buddhism and was ordained as a lay member of the Order of Interbeing, with the dharma name, <i>True Deep Teachings</i>.</p> <p>In her session Anne will be offering a guided meditation practice on loving kindness, followed by either a walking meditation, or a silent sitting.</p>
10	Keith Munnings	<p>Keith started practice in the Samatha tradition in 1974 and has taught meditation for over 30 years.</p> <p>During the past 10 years he has been involved with developing Buddhist Healthcare Chaplaincy – offering pastoral, spiritual and religious care for the sick and dying in hospitals and hospices.</p> <p>He has chaired a national project working in a multi-faith context to support those wishing to become endorsed by their faith community to practice chaplaincy. The talk focusses on how end-of-life care might be offered by members from the Buddhist community.</p>

Keith Munnings, 6th October 2016