



SakyadhitaCanada

association of buddhist women

Sakyadhita Newsletter 005

Full Moon March 2012

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Greetings!

Welcome to Sakyadhita Canada's March 2012 Full Moon Newsletter.

For many of us the coming of March is also the much anticipated coming of Spring. A time of new beginnings, growth, warmth, and green.

But this March 11th also marks the one year anniversary of the horrendous and heart wrenching earthquake that devastated Japan.

In the minutes and hours that followed this earthquake a powerful tsunami with waves 133ft. high travelled over 10 kilometres inland. As well as causing several nuclear meltdowns, 15,000 people died, 3,000 still missing, and more than 1/2 a million were up rooted from their lives and homes.

This event touched the world, and crossed all cultural barriers.

Now a year later, Japan has demonstrated to the world their remarkable resilience, strength, and ability to band together in a crisis.

Since I was actually in Japan last year when the earthquake hit, (I wasn't anywhere near it,) but I felt it was important to reiterate the feelings that incased the world as a collective community at that time. I am sure we all remember individually how we felt seeing what was happening in Japan. Did your heart open to those on the other side of the world? And how can we cultivate and continue to grow an open heart, perhaps without disaster being the catalyst?

In this newsletter I have included numerous attachments and articles pertaining to this disaster, and to the compassionate heart...may we continue to grow through our joys and sorrows, collectively.

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**PLEASE VISIT OUR
WEB SITE FOR MORE
INFORMATION, AND
OTHER EVENTS.**

[Sakyadhita Canada](#)

**Notice of the annual
general meeting of
Sakyadhita Canada
Association of Buddhist
Women**

Place:
Seoraesa Korean Temple
8611 33rd Avenue NW
Calgary AB

Date & Time: Tuesday, May 29th, 2012
7:00 PM

Please join us for the Annual General Meeting of Sakyadhita Canada. It is time for election of board members for the next two years. Please contact Sakyadhita Canada if you are interested or would like more information.
(sakyadhitacanada@gmail.com)

With Peace & Joy for all,

Jayanta (Shirley Johannesen)

President, Sakyadhita Canada



**MAKHA BUCHA
DAY**

March 7, 2012

(Sangha Day, Thailand,
Laos, Cambodia)

Enjoy,
Susan Pesut

**The Nature of Things
David Suzuki
'Journey to the Disaster Zone'**

This was a program that was aired on CBC a few nights ago. Unfortunately I don't have a link to attach here but if you are interested to watch it I would suggest you Google the title. That's what I did and had no problems to view it.

It shows what is happening in Japan today, but also focuses on how misfortune can renew us.

" Opens us to new ways of thinking and viewing ourselves. A turning point in history, a shift, physiologically, and spiritually."

**WORDS ON COMPASSION
The Dali Lama**

"Since we desire the true happiness that is brought about by only a calm mind, and since such peace of mind is brought about by only a compassionate attitude, how can we develop this?"

Individual happiness can contribute in a profound and effective way to the overall improvement of our entire human community.

I believe that at every level of society - familial, tribal, national and international - the key to a happier and more successful world is the growth of compassion. We do not need to become religious, nor do we need to believe in an ideology. All that is necessary is for each of us to develop our good human qualities."

[Full Article click here](#)



**"The Search, the Plan, the Destination.
Not always as it seems."**

By Susan Pesut

Before I left for Japan in March of 2011, I

For Theravada Buddhists, every new moon and full moon day is an Uposatha Observance Day. A few Uposatha Days are especially important, and one of these is Magha Puja. The Buddhist holiday of Sangha Day is called Makha Bucha Day in Thailand. It is observed in Thailand on the full moon of the third lunar month, which is usually the end of February or early March. Sangha Day commemorates a day when 1,250 monastics, all from different places and on their own initiative, spontaneously came to pay homage to the historical Buddha.

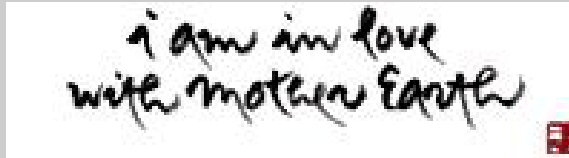
In Pali, Makha is the name of the third lunar month, and Bucha means "to venerate." On this day, Thai Buddhists gather at sunset in their local temples to participate in candlelight processions called Wian Tian. Ceremonies express appreciation for the order of monastics founded by the Buddha and for the Three Jewels -- the Buddha, the Dharma the Sangha.

*We are challenged to rise
above narrow confines of our
individualistic concerns to
broader concerns of all
humanity.
Martin Luther King Jr.*

researched a few things that I would like to see, and do well I was there.

In the back of my mind I had the thought of pursuing something, (not quite sure what that was?) but something? that had a connection to women, and Buddhism in Japan....

[Click here to continue reading](#)



Beyond Environment

Falling back in Love with Mother Earth
by Thich Nhat Hanh

[CLICK HERE to watch video](#)

(Thank-you to Kat Hartwig for submitting this.)
We encourage our members and readers to submit things
that may be of interest to this newsletter
and Sakyadhita Canada.



Bhikkhuni Upekkha

Sakyadhita Canada is very happy to have sponsored its first nun (bhikkhuni) to attend the 12th Sakyadhita International Conference in Thailand in June 2011

[Click here to read Upekkha's lovely letter of Thanks](#)

Thank you again for reading our Newsletter.
May we all continue to cultivate compassionate hearts,
Individually, and collectively.