



SakyadhitaCanada

Association of Buddhist Women

Sakyadhita Newsletter 36

Full Moon October, 2014



GRATITUDE

"... I will teach you the level of a person of no integrity and the level of a person of integrity. Listen and pay close attention, I will speak."

The Blessed One said, "Now, what is the level of a person of no integrity? A person of no integrity is ungrateful, doesn't acknowledge the help given to him. This ingratitude, this lack of acknowledgement, is second nature among rude people. It is entirely on the level of a person with no integrity."

A person of integrity is grateful and acknowledges the help given to him. This gratitude, this acknowledgement, is second nature among fine people. It is entirely on the level of a person of integrity."

Anguttara Nikaya 11.31-32



SPONSORSHIP TO ATTEND THE 14TH SAKYADHITA INTERNATIONAL CONFERENCE

Sakyadhita Canada is excited to announce that we will be sponsoring two participants to

In Canada, in October, we set aside a special day to give thanks for the many Blessings that we receive throughout the year; and those of us who are fortunate enough to live in Canada have much to be thankful for. But, for many of us, in our day-to-day lives, we have adopted the habit of looking on things as being either good or bad ---positive or negative --- and to make decisions based on this view. As disciples of the

attend the next international conference in Indonesia. The two scholarships will be for \$1000.00 each. Sakyadhita Canada encourages applications from both nuns and laywomen, who are Canadian citizens or permanent residents.

For further information and an application form, please email us at info@sakyadhitacanada.org

Deadline for sponsorship applications: Nov. 30th, 2014 www.sakyadhitacanada.org

The 14th Sakyadhita International Conference for Buddhist Women is

June 23-30th, 2015 in Yogyakarta, Indonesia.

Yogyakarta was the center of a refined and sophisticated Javanese Hindu-Buddhist culture, beginning in the 8th Century CE. **Borobudur** is a well-known Buddhist temple in the area.

More information about the conference is available on the Sakyadhita International website: www.sakyadhita.org

Memberships

We invite those who share the goals and objectives of Sakyadhita Canada to join as members.

Please support us, [CLICK HERE](#)

or, if you prefer by regular mail download the membership/dana form.

[CLICK HERE](#)

Please share with your friends and anyone interested.

Your support and participation are important to all of us.

Sakyadhita Canada always welcomes and appreciates your ideas, suggestions and talents - we would be happy to hear from you!

Please

contact: info@sakyadhitacanada.org

Buddha, this can get a bit tricky. We are told by the Buddha that his path is a path of discernment; that there are beneficial acts and unbeneficial acts. We are also told that we are to develop our minds to lean towards beneficial acts. In this Sutta, we are told that gratitude for help given is a beneficial act. The tricky part is how we choose to see what "help given" means. Do we see that all things are an opportunity to be grateful? Do we see that in all situations there is the opportunity to cultivate the mind to lean towards Equanimity? Do we use all situations to cultivate Loving Kindness and Compassion? Do we allow Sympathetic Joy to rise in our minds; the joy that comes from Knowing that all things are dependently originated, and that there is in all, an underlying Clear and Radiant Consciousness, a Consciousness that is untouched by any manifest condition? Do we remember that when the Buddha talked about the roots of all things, we are told that their essence is liberation? (An.10:23) As we learn to remember these things, and to act accordingly, how we see, "help given" changes. We cannot only be grateful for the many kindnesses, large and small, that are extended to us, we can feel gratitude for all situations that we find ourselves in, and, we can express that gratitude with Loving Kindness and Compassion. Every day of the year becomes Thanks Giving Day.

Sarāni



14th Sakyadhita International Conference on Buddhist Women



When



June 23 - June 30, 2015

Where

Yogyakarta, Indonesia

Theme:

"COMPASSION AND SOCIAL JUSTICE"

The 14th Sakyadhita Conference will be held in Indonesia at the Sambi Resort, located in the highlands on the outskirts of Yogyakarta. All voices are welcome at the Sakyadhita conferences: women and men, lay and ordained of all ages, nationalities, and perspectives.

[Complete Brochure here](#)

[Get Conference and Registration Information here](#)

These 2 links above are both beautiful to look at, with lovely pictures and information.

Worth viewing just for the visual.

Please also view the column on the left regarding sponsorships that are being offered by Sakyadhita Canada to help attend this conference.



Click on the image above to see what is going on with Sakyadhita Canada on Facebook.

You don't have to be a Facebook member to have a look.

