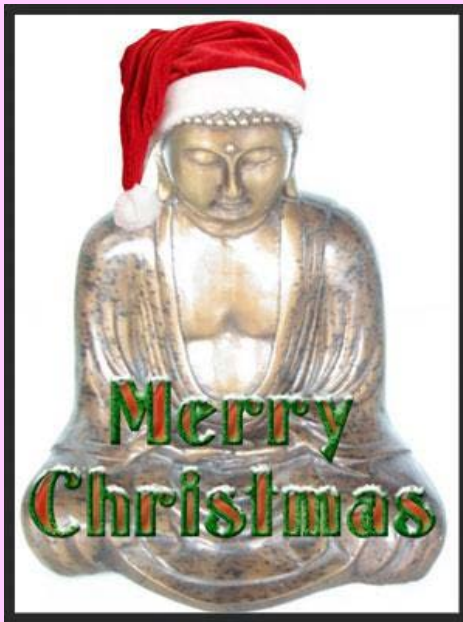


NEWSLETTER

DECEMBER, 2015



Upcoming Annual
General Meeting



*Happy December greetings to all.
It has been 38 years since we have seen a full
moon on Christmas day, and it won't happen
again until 2034.making it all the more
special.*

Even though Christmas is traditionally a



SakyadhitaCanada
Association of Buddhist Women

Sakyadhita Canada is a non-profit charitable organization, supported and served by a dedicated group of volunteers. It is the national branch of Sakyadhita International.

Sakyadhita Canada would love to have you join us in networking with other Buddhist women practitioners, and to assist in creating and nurturing an open and cohesive spiritual community. It is through your active participation that we support and connect with women and men, in Canada, who practice or have an interest in the Buddhist teachings.

Volunteer Opportunities

The SC Annual General Meeting will be in April 2016, so we are looking for volunteers to assist us in developing our membership, to sit on the board of directors, to write for and publish our internet newsletter, to contribute to Face Book postings and to help organize occasional events. This is a wonderful opportunity to connect and share with like-minded people. Please contact us if you are interest, and go to the website for more information:

sakyadhitacanada.org

Contact: info@sakyadhitacanada.org

Sakyadhita Canada's Mission is to:

- *To establish an alliance of ordained and lay Buddhist women in Canada.
- *To create a network of communication for Canadian Buddhist women.
- *To support the establishment of Canadian chapters of Sakyadhita Canada.
- *To support the objectives of Sakyadhita International.
- *To promote harmony and dialogue among all Buddhist traditions and other religions.
- *To encourage research and publication of topics of interest to Buddhist women.

celebration referring to Jesus Christ, and Christianity, it truly originated to celebrate a message of love, nurturing, and healing.

Christ, as Buddha taught compassion for all living things, and that we should practice living in a way that lessens not only our own suffering, but the suffering of all.

The real teaching of Jesus, and Buddha, was that there is a Divine spark that dwells within each of us.

Peace on Earth, and good will to all.

Wishing you all a lovely, peaceful Christmas.

DONATIONS (MEMBERSHIPS) 2016

***A time to renew & support
Sakyadhita Canada***



Welcome 2016 !!

*Many thanks for your support, and it is now time to renew your **Sakyadhita Canada** membership for the upcoming year (2016) [CLICK HERE](#)*

*Please take an active part in Sakyadhita Canada. Volunteers are most welcomed and **SC** would appreciate your ideas, suggestions and talents - we would be happy to hear from you! Please contact: info@sakyadhitacanada.org*

Check out the website:

www.sakyadhitacanada.org. There are some excellent articles in the Resources section, and pictures from the 2015 International conference in

*To foster compassionate social action for the benefit of humanity.

*To promote world peace and harmony through the teachings of the Buddha.

Sakyadhita International, established in 1987, is an Association of Buddhist Women with the goal to empower the world's 300 million Buddhist women to advance their spiritual and secular life and work for peace and social justice. Sakyadhita Canada supports Sakyadhita International and its objectives. For more information on SI please visit: www.sakyadhita.org .



PRESS RELEASE

Richmond Hill, December 1, 2015
Sumeru announces publication of:

LOTUS PETALS IN THE SNOW

Voices of Canadian
Buddhist Women.

Tanya McGinnity, editor

Indonesia.

Stay in touch through the **Sakyadhita Canada** net letter, which is emailed to members & supporters on a regular basis.

Keep current with **SC** on Face book - updated daily.

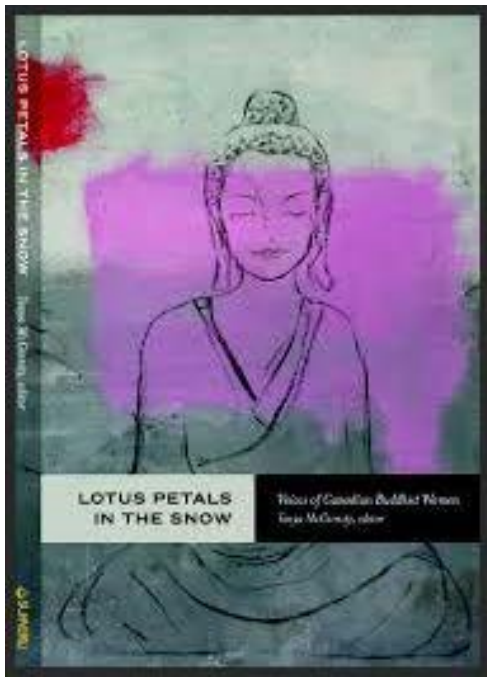
Find out about Buddhist women (and men) in Canada: what are their traditions, forms of practice, needs and concerns. Your generosity and kindness will help to nurture and encourage Dhamma (the teachings of the Buddha) in our day-to-day lives.

Through **SC** we share the goodness of our practice and hope it brings blessings to everyone. Thank you for your kindness & generosity. Wishing you blessings of radiant joy & peace in your hearts .



"The Buddha, "One gone thus enters into and resides in the Divine Residences of Loving Friendliness, Compassion, Equanimity and Sympathetic Joy."

This year, Christmas and Poya, the monthly Buddhist full moon holy day, are on the same day. It is a very good time to seriously reflect on what is happening in the world and on how both Christians and Buddhists can respond to it. There are many calls to enter into and reside in the not divine residence of fear. Extremists, some politicians, and some news outlets, all seem to have an agenda that agitates for an emotional



Lotus Petals in the Snow is the result of outreach across Canada with the goal of bringing together the work of scholars and stories from practitioners, scholar-practitioners, Dharma students, teachers, nuns and laywomen.

With pieces covering a vast landscape of experiences, this book is unique in focusing entirely on the voices of Canadian Buddhist Women.

The book, organized alphabetically, offers up stories of motherhood, grief, travel, art, the universal nature of suffering, and several works dedicated to notable teachers and organizations who have left a profound impact upon the participants' lives.

Each story is authentic and demonstrates the distinctively feminine voices of girls, mothers, goddesses, crones, dakinis, nuns, bhikkhunis and all of the various emanations of the female form (both in the absolute and relative sense of the word). These may all just be convenient labels though, as a good story is a good story regardless of gender, but reclaiming our voices as women

response that takes us far, far away from the goals of our practices. Christ's ideal of Love and Brotherhood, and the Buddha's injunction to work towards removing all hatred from our minds, by their very nature, call to us to move away from the urge to respond in any way that condemns those calling us to fear. Both ask us to combat this call through cultivating Loving Kindness and Compassion with Equanimity; to recognize that all unenlightened beings are stuck in the same samsara, the same unsatisfactory state of being. Those of us who have less darkness have the opportunity to shed light onto the darkness of those who are deeper into suffering.

Christ, asked us not to hide our light under a basket and the Buddha was very clear about how we are to respond to others hostility. In MN 21; the Simile of the Saw. The Buddha said, "They may address you with a mind of good-will or with inner hate. In any event, you should train yourselves: 'Our minds will be unaffected and we will say no evil words. We will remain sympathetic to that person's welfare, with a mind of good will, and with no inner hate. We will keep pervading him with an awareness imbued with good will and, beginning with him, we will keep pervading the all-encompassing world with an awareness imbued with good will equal to a cat skin bag -

who have been rendered silent in many domains - including Buddhism - does deliver collective power.

This book was produced in the gift economy. Contributors donated their works. Profits from online sales are being donated to the Buddhist Compassion Tzu Chi Foundation of Canada and all profits from direct sales support local Dharma activities across Canada.

To purchase this book, visit Amazon.ca



Please have a look at our Facebook page. Just click the icon below. You don't have to sign up, or belong to Facebook to read it.



abundant, expansive, immeasurable, free from hostility, free from ill will.' That's how you should train yourselves.

"Practitioners, even if bandits were to carve you up savagely, limb by limb, with a two-handed saw, he among you who let his heart get angered even at that would not be doing my bidding. Even then you should train yourselves: 'Our minds will be unaffected and we will say no evil words. We will remain sympathetic, with a mind of good will, and with no inner hate. We will keep pervading these people with an awareness imbued with good will and, beginning with them, we will keep pervading the all-encompassing world with an awareness imbued with good will - abundant, expansive, immeasurable, free from hostility, free from ill will.' That's how you should train yourselves."

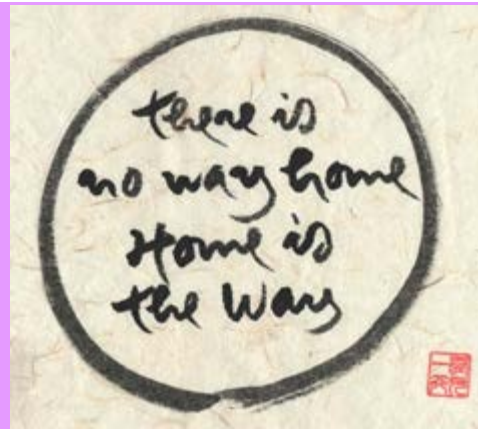
It serves us well to reflect on the fact that both Christ and Buddha taught a way of life, a practice, they did not establish religions --- their followers did. Never did they say that the practices that they taught were only to be applied to those who followed their teaching. On the contrary, letting the light of Loving Kindness shine, shines in all directions, to all people of all faiths. Shine On !!!

Sārani

To view more pictures, please visit our web site...
SakyadhitaCanada.org



*May all beings be happy
May all beings be healed and
whole
May all be protected from harm,
and free from fear
May all beings enjoy inner peace
and ease
May all be awakened, liberated
and free
May there be peace in this world,
and throughout the entire
universe.*



Home is the Way

A Christmas message from Thầy (Thich Nhat Hanh)

Home in the Present Moment

The other day, Thầy was reflecting on what message to send to his friends and students abroad so that they can practice, so that they can be like Jesus or be like the Buddha. Thầy then wrote this calligraphy: "

There is no way home, Home is the way."

The means and the ends are not two separate things. There is no way to return to our home. Our home is the way. Once we take a step on that path home, we are home right in that moment. This is true to the practice. There is no way to happiness, Happiness is the way. Every breath and every step has the capacity to bring us right back to our true home. Right in the here and now.

To read the complete article, click below
[HOME IS THE WAY](#)

About Us

If you are interested in more information regarding Sakyadhita Canada, or would be interested in contributing to our newsletter please go to : info@sakyadhitacanada.org
or you can also access our website at

Sakyadhitacanada.org

Thank-you



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Association of Buddhist Women