



# The Buddhist Place

c/o 588 Stewart St.

Peterborough, ON

K9H 4C1

[www.buddhistplace.org](http://www.buddhistplace.org)

At the Buddhist Place we aim to create an environment in which people can learn about and practice the teachings of the Buddha. We organize various events and activities to further Dharma practice, and to increase awareness of Dharma in the Peterborough area. These activities include regular meditation and discussion meetings, and a series of sessions with teachers from different Buddhist traditions.

The Buddhist Place operates through the volunteered time of members. We invite you to participate in all events, and we appreciate any volunteer time you can give. Contributions could include preparing food, set-up and clean-up for events, administrative tasks, transportation or promotion. We welcome and value your input.

The Buddhist Place is a register charity governed by a board of directors. We have monthly meetings to oversee the day-to-day operations which are open to all members. The meetings encourage participation in the planning and organization of the Buddhist Place upcoming events and welcome individual contributions.

## On-going Activities

Location: St. John's Anglican Church (Lounge Room),  
99 Brock St., just east of Water St.

### Sitting Meditation

Wednesday evenings: 7:00 - 8:30 p.m.

*Meditation with some instruction, Loving-kindness meditation,  
dharma reading and discussion*

Saturday morning: 8:10 - 9:10 a.m.

*One hour meditation including chanting*

### Other Activities

Monthly pot-luck breakfast and planning meeting  
*(first Sat. morning of each month - open to all)*

Days of Mindfulness

Dharma talks

Wesak Celebration

*Visit the website or see the bulletin board for upcoming events.*

Phone for information: 705-743-2171

## Suggested Reading

*This is just a partial list of the many dharma books.*

<b>The Experience of Insight</b> .....	Joseph Goldstein
<b>A Gradual Awakening</b> .....	Stephen Levine
<b>Wherever You Go, There You Are</b> .....	Jon Kabat-Zinn
<b>A Path With Heart</b> .....	Jack Kornfield
<b>Zen Mind, Beginner's Mind</b> .....	Shunryu Suzuki Roshi
<b>The Middle Length Discourses of the Buddha</b> .....	Nanamoli & Godhi
<b>The Dhammapada</b> .....	Thomas Byrom
<b>The Sutta Nipata</b> .....	H. Saddhatissa
<b>What the Buddha Taught</b> .....	Walpla Rahula
<b>The Life of the Buddha</b> .....	Nanamoli
<b>Freedom From the Known</b> .....	J. Krishnumurti
<b>Buddhism Without Beliefs</b> .....	Stephen Batchelor
<b>The Miracle of Mindfulness</b> .....	Thich Nhat Hanh
<b>Cutting Through Spiritual Materialism</b> .....	Chogyam Trungpa
<b>The Path of Compassion</b> .....	Fred Epsteiner
<b>Light On Enlightenment</b> .....	Christopher Titmus
<b>Stories of The Spirit, Stories of The Heart</b> .....	J. Kornfield & C. Feldman
<b>A Heart as Wide as the World</b> .....	Sharon Salzberg
<b>Buddhism Plain and Simple</b> .....	Steve Hagen
<b>Everyday Zen</b> .....	Joko Charlotte Beck
<b>The Wonder of Presence</b> .....	Toni Packer
<b>An Open Heart</b> .....	The Dalai Lama
<b>When Things Fall Apart</b> .....	Pema Chodron
<b>Food for the Heart</b> .....	Ajahn Chah
<b>The Mind and the Way</b> .....	Ajahn Sumedho

### Sources

Most of these books should be available from any bookstore, on order.

Some are more difficult to obtain. Sources which provide mail order service include:

Source Books, 35 Lochern Rd., London ON N5Z 4L5 (519) 681-1611

Pariyatti Book Service, P.O. Box 15926, Seattle, WA 98115

Parallax Press, P.O. Box 7355, Berkeley, CA 94707

Snow Lion Publishing, P.O. Box 6483, Ithaca NY 14851

Wisdom Publications, 361 Newbury St., Boston MA 02115

# Dharma on the Internet

## **Buddhism in Canada** (*list of centres, retreats and links*)

[www.buddhismcanada.com](http://www.buddhismcanada.com)

## **Dharmanet** (*information and links - an encyclopedia of Buddhism*)

[www.dharmanet.org](http://www.dharmanet.org)

## **Buddha Dharma Education Assoc.**

[www.buddhanet.net/](http://www.buddhanet.net/)

## **Audio Dharma**

<http://www.audiodharma.org/>

## **Access to Insight** (*information and links, many Sutras*)

[www.accesstoinsight.org](http://www.accesstoinsight.org)

## **Dharma Web**

<http://www.dharmaweb.org/>

## **Insight Meditation Society**

[www.dharma.org](http://www.dharma.org)

## **Dharma Seed Tape Library**

[www.dharmaseed.org](http://www.dharmaseed.org)

## **Shambala Sun** (*archive of articles*)

[www.shambhalasun.com/](http://www.shambhalasun.com/)

## Journals

### **Tricycle: The Buddhist Review**

*Published quarterly*

### **Shambhala Sun**

The Shambhala Sun is a Buddhist-inspired magazine, applying the wisdom of the world's great contemplative traditions to the arts, social issues, politics and life.

*Published monthly*

### **BuddhaDharma**

Buddhadharma: The Practitioner's Quarterly is the first in-depth, practice-oriented journal for everyone with a serious interest in Buddhism.

*Published quarterly*

### **Inquiring Mind**

Inquiring Mind is a semi-annual journal dedicated to the creative transmission of Buddhadharma to the West. Published each April and October, by subscription.

PO Box 9999, Berkeley, CA 94709-0999

# Sitting Groups

*This is just a partial list of regional meditation groups.*

## **The Buddhist Place**

Peterborough, Ontario

## **Spring Rain Sangha**

Toronto, Ontario

Phone: (416) 410-0251

Website: <http://www.springrainsangha.com/>

Various Buddhist traditions. Teachings with Jim Bedard on Tue. evenings.

## **Peterborough Dharma Group**

Peterborough, Ontario

[rab@peterboro.net](mailto:rab@peterboro.net) / (705) 876-1539.

Associated with the Dharma Centre. Regular sittings on Monday evenings.

## **Guelph Meditation Group**

Phone: 519-824-6921

Email: [alex@lawjackinc.com](mailto:alex@lawjackinc.com)

Non-sectarian. Sittings at 7:30pm on Tue. evenings with Molly Swan.

## **Ottawa Buddhist Society**

Ottawa, Ontario

Phone: 613-290-0123

Email: [obs\\_secretary@yahoo.ca](mailto:obs_secretary@yahoo.ca)

Website: [www.ottawabuddhistsociety.com](http://www.ottawabuddhistsociety.com)

The OBS focuses primarily on Buddhist teachings in the Theravada tradition as practiced in the forest monasteries of Sri Lanka, Thailand and Burma.

## **Northwoods Mindfulness Community**

Toronto, Ontario

Phone: 416-927-8072

Website: [www.nmcto.org](http://www.nmcto.org)

Meets every Wed. evening for meditation and dharma talk in the downtown Toronto area.

## **Theravada Buddhist Community**

Toronto, Ontario

Phone: 416-657-2269

Website: [www.geocities.com/tbctoronto](http://www.geocities.com/tbctoronto)

# Ontario Retreat Centres

*This is just a partial list of retreat centres.*

## **Arrow River Community Center**

Box 2 RR 7 Site 7, Thunder Bay, ON, P7C 5V5

Phone: 807-933-4434

Email: arfh@xplornet.com Website: <http://my.tbaytel.net/arfh>

Arrow River is a forest hermitage and long term retreat center located in Northern Ontario. Theravada, Thai Forest

## **Buddha Sasana Yeiktha**

RR 1, Severn Bridge, Ontario POE 1N0

Phone: 705-689-5642

Website: [www.buddhasasanayeiktha.ca](http://www.buddhasasanayeiktha.ca)

Buddha Sasana Yeiktha is a Theravada Vipassana (Insight) Meditation Center lineage to the Mahasi method of meditation.

## **Dharma Centre of Canada**

1886 Galway Road, Kinmount, ON, K0M 2A0

Phone: 705-488-2704

Email: [info@dharmacentre.org](mailto:info@dharmacentre.org)

Website: [www.dharmacentre.org](http://www.dharmacentre.org)

Tradition: Mixed- Vajrayana, Vipassana, Western

The Dharma Centre is dedicated to the Awakening of all beings through the instruction and practice of meditation , awareness, and compassion.

## **Insight Retreats**

243 Bellevue St., Peterborough ON K9H 5E7

Phone: 705-743-1267

Email: [insightretreats@yahoo.ca](mailto:insightretreats@yahoo.ca)

Periodic insight meditation retreats with Noman Feldman and Molly Swan.

## **Tisarana Buddhist Monastery**

Perth, Ontario

Phone: 613-264-8208

<http://www.tisarana.ca/>

A Buddhist Monastery in the Forest tradition of Ajahn Chah, Ajahn Sumedho and Amaravati Buddhist Monastery

## **True North Insight Meditation Centre**

<http://www.truenorthinsight.org/>

A proposed centre for the practice of Insight Meditation.

# Retreat Centres/International

*This is just a partial list of retreat centres.*

## **Gaia House**

West Ogwell, Newton Abbot, Devon TQ12 6EN, England

Phone: 011-44-1626-333613

Website: [www.gaiahouse.co.uk/](http://www.gaiahouse.co.uk/)

Gaia House offers Insight Meditation (known as Vipassana in the Buddhist tradition) and Zen Retreats throughout the year.

## **Insight Meditation Society**

1230 Pleasant Street, Barre, Mass. 01005 USA

Phone: 508-355-4378

Website: [www.dharma.org](http://www.dharma.org)

We are a weekly sitting/dharma discussion group. Once per month we get together for a day of mindfulness.

## **Shambhala International**

1084 Tower Road, Halifax NS B3H 2Y5

Phone: 902-425-4275

Website: [www.shambhala.org](http://www.shambhala.org)

Shambhala Meditation Centers welcome anyone interested in the practice of meditation and anyone who aspires to expand the experience of gentleness and nonaggression into all areas of life.

## **Spirit Rock Meditation Centre**

PO Box 169, Woodacre, CA 94973 USA

Website: [www.spiritrock.org](http://www.spiritrock.org)

Phone: 415-488-0164

The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock.

## **Springwater Centre for Meditative Inquiry and Retreats**

7179 Mill Street, Springwater, NY 14560 USA

Phone: 585-669-2141

Website: [www.springwatercenter.org](http://www.springwatercenter.org)

Non-traditional, open to people of all faiths and meditative traditions.



The Buddhist Place  
 c/o 588 Stewart St.  
 Peterborough, ON  
 K9H 4C1  
 www.buddhistplace.org

**Membership**

- \$20.00 General Member (*annual*)
- Supporting Member making regular contributions of \$\_\_\_\_\_ monthly, quarterly or semi-annually
- \$\_\_\_\_\_ Donation

Name ..... Tel # .....

Street ..... City ..... Prov. ....

Postal Code ..... Email .....

I authorize the Buddhist Place to share my contact information with other members of this group but understand that it will not be released to other groups or individuals.

Signature ..... Date .....

*Tax receipts will be issued at the end of the year.*

**Membership**

*General members:* \$20.00. Includes notices of events, voting privileges, participation at all meetings, and may serve on the board of directors.

*Supporting members:* Individuals making regular monthly, quarterly, semi-annually or other contributions over and above the annual general membership fee. Same privileges as general members.

**Tax Receipts**

Tax receipts are issued annually for donations over \$10.00. If you would like a tax receipt please record your name and full mailing address on an envelope with your donation and put it in the appropriate donation box.

**Email List**

If you are not a member but would like to receive notices of events please record your name and email address and place it in the donation box.

**Mentoring**

Please check the bulletin board for the names of members who are available for giving support and mentoring to an individual's meditation practice.

## Dana

Dana is the Pali word for generosity and is considered one of the paramitas (perfections or virtues) to be cultivated and practiced, and which are instrumental in the freeing of the heart and mind. In this spirit, the Buddha's teachings are offered at no charge. Suggested donations are advertised for teachings (that are meant to minimally cover our logistical expenses) however we recognize that this may still be out of reach for some persons. If this is the case, please give whatever amount you are able, if any. As well, if one has the means to offer more than the suggested donation, we welcome it gratefully.

Traditionally, teachers of the Dharma (teachings of the Buddha) provide these teachings freely and receive offerings in return to sustain themselves and their communities. Many teachers live totally off donations while travelling extensively to teach. The suggested donation only covers expenses and does not include payment to the teachers. We encourage participants to express their gratitude for the teachings by providing Dana in the box marked "Donations to Teacher".

*Please make cheques payable to:* The Buddhist Place

Tax receipts will be issued at the end of the year for donations of \$10 or more when accompanied by your name and mailing address.

The gift of the Dharma surpasses all gifts.

## Suggestions & Comments

.....

.....

.....

.....

.....

.....

.....

.....

.....