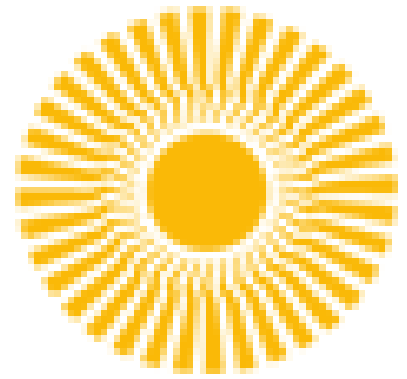


# Montpelier Shambhala Center

64 Main Street • Montpelier, VT • 05602

*Across from the fire station - 3rd floor*

[MontpelierShambhala@yahoo.com](mailto:MontpelierShambhala@yahoo.com)



## Weekly Sitting Meditations

Sundays 10 a.m. - 12 noon

Wednesdays 6 p.m. - 7 p.m.

Fridays 6 p.m. - 7 p.m.

## December, 2011 Newsletter

The Montpelier sangha held a very productive community meeting in mid-November to gather input into what types of programs should be offered in 2012. The MSC Council will hold its next meeting on Tuesday, December 13 at 5:15pm to review program suggestions and begin to map out a calendar of events for the first half of year.

### **MAKE AN ASPIRATION!**

Join the [100,000 Aspirations campaign](#)! A new online community committed to generate peace, non-aggression and compassion for the world and to support the [The Stupa That Conquers All Directions](#) at Karma Choling. Get involved by making an aspiration (written, picture or video) and visit their [facebook page](#). Stupas are sacred monuments to peace, tolerance and compassion that are at the heart of the Buddhist tradition.

### **Upcoming Programs at the Montpelier Shambhala Center**

**Sadhana of Mahamudra practice** on Wednesday, December 14 at 7pm.  
**Open to all.**

**Nyinthun -- Extended Meditation Practice Session** Sunday, December 18, 9am-12noon and 1-4pm. Join us for as much of the day as you can. For more information, call Robert at 223-5137.

**Level Three: Warrior in the World** – January 28 – 29, 2012

With Peter Fried. Price: \$100 sliding scale. Ask about our scholarship program, no one will be turned away for lack of funds. To register, email [camillainvt@gmail.com](mailto:camillainvt@gmail.com) or call Camilla at [802-793-1559](tel:802-793-1559).

**Level Four: Heart of Warriorsip** -- February 11 – 12, taught by Bill Brauer. Price: \$100 sliding scale. Ask about our scholarship program, no one will be turned away for lack of funds. Contact Felicia [feliciam@fcwcv.org](mailto:feliciam@fcwcv.org) or 595-1144 to register.

## **Other programs in the area:**

**Level One: Art of Being Human** – Fri. Jan. 13<sup>th</sup>: 7-9pm, Sat. Jan. 14<sup>th</sup>: 8:30am-6pm, Tues. Jan. 17<sup>th</sup>: 7-9pm **with Daniel Brown at Burlington Shambhala Center.** Price: \$105 (members \$95) No one will be turned away for financial reasons. Contact Myra Woodruff 735-5069 or [myrawoodruff@gmx.com](mailto:myrawoodruff@gmx.com).

**Level Five: Open Sky** Fri. Jan. 20<sup>th</sup>: 7:00-9:00pm, Sat Jan. 21<sup>st</sup>: 8:30am-6:pm, Sun. Jan. 22<sup>nd</sup>: 8:30am – 6pm **with Myra Woodruff at Burlington Shambhala Center.** Pre-requisite: Level 4. Price: \$105 (members \$95) Additional cost: \$15 for materials. Contact Myra Woodruff 735-5069 or [myrawoodruff@gmx.com](mailto:myrawoodruff@gmx.com).



### **Sangha Retreat May 22 - 27, 2012**

At Karne Choling with Sakyong Mipham Rinpoche. All members of the sangha are invited to gather, practice and connect with Sakyong Mipham Rinpoche. The retreat will focus on the sitting practice of meditation, and will include talks, guided meditation, contemplation practice, and shamatha yoga. Participation fills one week of the dathün requirement for Sutrayana Seminary.

## **Help Support the Montpelier Shambhala Center with a year-end donation.**

Membership is a way to express appreciation for what Shambhala provides and helps make it available to others. We rely on membership dues to pay our basic operating expenses, and to help support our scholarship fund which provides assistance to those in need who want to participate in one of our programs. We also view financial giving as part of our practice. We invite anyone interested in the Montpelier Shambhala Center (MSC) to consider becoming a member. Suggested Montpelier Shambhala Center dues are \$15-25 per month. Members are welcome to give more or less than these amounts as they feel inspired. To become a member, please complete our membership registration form (available on our website: <http://montpeliershambhala.org/>) and drop it off or mail it to us.



### **WHO WE ARE**

The Montpelier Shambhala Center is located at 64 Main Street, 3rd floor, in downtown Montpelier, Vermont, 05601. As part of the Shambhala international community of meditation and retreat centers we are dedicated to the practice and teaching of meditation, Shambhala Buddhism, the contemplative arts, and other practices grounded in mindfulness.

### **MEDITATION INSTRUCTION AVAILABLE**

Meditation Instruction is available free of charge to anyone. There are several trained meditation instructors available to help you with your meditation practice and to answer questions about Shambhala Buddhism. Please contact Robert at 223-5137 or Felicia at 955-1144 to inquire, or fill out a request card at the Center the next time you are there (on bulletin board inside the Center).