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## Save the Dates:

### **The International Peace Meditation and Yoga Retreat**

Is visiting Uganda and the Uganda Buddhist Centre in your top bucket list? Great news, Bhante Buddharakkhita is planning the very first International Peace Meditation and Yoga Retreat in April 2017. In the Buddha's teachings, meditation stands as the heart of spiritual enlightenment. Through meditation, we not only empower the mind to think positively, but also develop the ability to clearly see things in their ultimate reality. Alternating between yoga and meditation, you get to practice sitting, walking and stretching mindfully.

After the retreat, let's participate in Bhante's projects and explore the unique Ugandan culture together with other participants. This retreat is open for beginners in meditation as well as those who would like to deepen their practice and experience.

#### **What do you need to do?**

We tentatively plan the retreat starting from 10 April 2016, as the Uganda Buddhist Centre will host the International Buddhist Day on 8th April (you are very welcome to join this too). We, however, would love your feedback about this retreat. Please click the link below for further information and how to register your interest. Place is limited!

#### **Register:**

<http://simplegrowth.co/uganda-retreat/>

#### **Email us:**

[retreat.ugandabuddhistcentre@gmail.com](mailto:retreat.ugandabuddhistcentre@gmail.com)





*H.R.H. Apollo Sansa Kabumbuli receiving Ven. Adicca in Kooki Kingdom.*

### Ven. Adicca Visit to Kooki Kingdom

In many of our previous newsletters, we reported about H.R.H Apollo Sansa Kabumbuli, King of Kooki (Obwakamuswaga Bwa Kooki) in Buddhism and pledge to support the growth of Buddhism in Uganda. Early this year, the King donated 10 hectares of land on which the first Buddhist University in Africa is going to be erected. On 27<sup>th</sup> October 2016, the King generously invited Uganda Buddhist Centre (UBC) to his Kingdom, an act that has strengthened relationship between UBC and Kooki Kigndom. Ven Adicca and other delegates who represented UBC were warmly received in Kooki Kingdom.

The event was also attended by other religious leaders and held a discussion on the role of religious and spiritual leaders in building a peaceful and harmonious



*Ven. Adicca offering blessings to the King and other royal officials.*

society bound by love for one another. In his speech, Ven Adicca emphasized the value of interdependence amongst living beings and expounded on loving-kindness and Compassion as the key factors towards a harmonious society.

In memory of his visit to the Kingdom, Ven. Adicca planted a tree and stressed emphasis on the importance of planting trees in the changing climatic conditions. He was given a short tour around the kingdom and also opened the newly constructed office complex of the Kingdom; where he chanted to offer special blessings for success of the Kingdom in serving people.



**Ven. Adicca and H.R.H Apollo Sansa opening the new office complex of the Kingdom.**



**Ven. Adicca planting a tree at the palace in memory of his visit to the Kingdom.**



## UBPS Receives Scholastic items

In our attempt to preserve the spirit and values of the Uganda Buddhist Peace School (UBPS), we have continued to offer scholarships and scholastic materials to children. These children come from families with challenges to meet the requirements for their children to attend school. A number of these come from Bulega community and make up the UBPS (Dhamma School).

On the 15<sup>th</sup> of October Bhante Buddharakkhita donated scholastic materials including dozens of exercise books, pens and pencils to the UBPS. The materials were later in the day distributed by Ven. Adicca and Andrew Mukomazi among the children. The smiles of these children reminds us how grateful they are, and their keenness to learn.

We are so grateful to the Most Ven. Adicca who inculcates Buddhist values and meditation within the children every Saturday. We also thank our past and current volunteers who bring their skills and experience to support the growth of Peace School children in Dhamma and in their daily life. We invite every one of you to come and share your knowledge, skills, love and experiences with the UBPS children.

Our hope is to establish a fulltime primary school to reach out a reasonable number of children to provide them with education which will appeal to their hearts and mind, and also teach computer skills to children.



**Ven. Adicca distributing books and pens among the children.**



## Bhante Buddharakkhita Calls For More Empathy, Less Apathy at COP22 in Marrakech, Morocco

On the occasion of the 22<sup>nd</sup> UNFCCC Climate Conference COP22 in Marrakech, Morocco, the Global Peace Initiative of Women (GPIW) in collaboration with Dharma Drum Mountain Buddhist Association and support from the International Council for the Day of Vesak, (ICDV) invited a delegation of spiritual leaders to illustrate on the 'Inner Dimensions of Climate Change' in a Contemplative Retreat for Young Ecologists in Africa'.

This event organized at Green Zone at COP22 from November 11 – 16, 2016 was attended by spiritual leaders from different countries including Egypt, Uganda, USA and India.

Among the religious delegation was Ven. Bhante

Buddharakkhita, whose talk centered on inner reflections on the cause of climate change. Bhante emphasized that reducing carbon emissions will not give lasting solutions to climate change, but rather reducing 'greed, hatred and delusion emissions' – the root cause for climate crisis. If we are to live within the carrying capacity of nature, then we need 'more empathy' and 'less apathy'. He further illustrated that:

*"it is ignorance that prevents us from understanding our interdependence with all life and our relationship with Earth. It is this change in mindset that will help us address the ecological and climate crisis. More empathy and less apathy is needed so that we can feel what we are doing to Mother Earth."*



Bhante Buddharakkhita also led small sessions of meditation for inner reflections to young ecologists and called for change in our attitudes towards the ecosystem.

Among other speakers was Dena Merriam, the founding member of the Contemplative Alliance and founder of The Global Peace Initiative of Women and organizer of the religious delegation. She emphasized spiritual transformation for a positive shift in our social, economic and political needs.

In a nutshell, at the end of the conference, religious and spiritual leaders expressed their commitment to develop a stronger movement to fill the gaps in ethical and spiritual responsibility for ecology and called for addendum to Paris Agreement to help countries touch their climate goals.



**Bhante Buddharakkhita delivering a speech**



**Bhante Buddharakkhita with Dena Marriam, the Convener of GPIW at UN Climate Change Conference and other delegates posing in a photo outside the Green Zone.**



**Religious delegates at the UN Climate Change Conference.**

### Bhante In Singapore

For the many times I have listened to Bhante Buddharakkhita's talks, I have realized he has a unique and significant way of delivering a message. His uniqueness is clearly rooted in his ability to see things in many different angles – so is in the simple way he approaches his audience. This is why Bhante is so dear to many and people keep inviting him to share his knowledge on Dhamma in different countries around the world.

For the last three months, Bhante has been in the cycle of traveling back and forth in different countries. After his Dhamma activities in Australia, Oman, Myanmar and Morocco, Bhante immediately jumped on a plane for Singapore. This time the invitation came from the Buddhist Fellowship of Singapore, where he was invited to



lead meditation retreats and give an in-depth study of the suttas (Buddha's Discourses). Since his arrival in Singapore, Bhante has given Dhamma talks on different topics, and hundreds of people stand to benefit from his stay. He is expected to lead a Mindfulness and Vipassana meditation retreat from Nov 20 – Dec 03 and Dhamma talks on "Kamma and Common Misconceptions: Can I Change My Destiny?". May the Noble Triple Gem always protect you dear Bhante!

Gratitude to All Our Supporters

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful for your kind and generous donations.

UBC still needs your support:

- To maintain resident teachers/monastics
- To maintain the Temple
- To establish the African Buddhist School/College
- To run Buddhist activities
- To build accommodation facilities

How to donate:

1.By paypal:

Please follow the link below to make a secure donation online:

<http://ugandabuddhistcentre.com/site/donate/>

2. transfer

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Bank Account # 01178230007

Account Name: Uganda Buddhist Centre

Swift address: AFRI UG KA

Address:

Main Branch, Plot 45, Jinja Road.

P.O. Box 2750, Kampala, Uganda.

THE INTERMEDIARY / CORRESPONDENT BANK DETAILS

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