



SHAMBHALA HALIFAX BANNER

○ ○ ○ ○ ○ ○ Halifax Shambhala Centre • Volume XXVIII Issue 06 • January-February 2015 ○ ○ ○ ○ ○ ○

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**submission deadline for
next issue: february 10th**



JOIN US FOR SHAMBHALA DAY ON FEBRUARY 19th *YEAR OF THE WOOD SHEEP*

Shambhala Day marks the beginning of the new year, and is the most important holiday of the Shambhala mandala. Based on the traditional Tibetan new year's celebration of Losar, the day is calculated astrologically according to the Tibetan lunar calendar.

Shambhala Day is a time for us to express the wealth and richness of our spiritual and cultural heritage through feasting, conviviality, and elegance. Sakyong Mipham Rinpoche will address the worldwide Shambhala Community from the McInnes Room via a live online broadcast with centres and groups in more than 25 countries around the world. Festivities are being planned and will be announced in January.

FAMOUS BLUE CUSHION

by Rhiannon Wells

Adapted from Famous Blue Raincoat, by Leonard Cohen



It's four in the morning, the end of December
I'm writing you now just to see if you're reading
Halifax is cold, but I like where I'm living
There's practice on Tower Road all through the weekend.
I hear that they're building, some kind of new kitchen, in the heart of the centre
We're all trying to help out, I hope you're keeping your eye on the project.

Yes, and Jeff came by with a flyer for Sunday
He said that the teachers were great
That class that you wanted to take
Did you ever sign up?

Ah, the last time we saw you you looked so much younger
Your famous blue cushion was torn back in Boulder
You'd been to the centre to sit every session
And you came home without any confusion

And you tasted Shambhala on a Wednesday evening
And when you came back, you couldn't stop cleaning.

Well I see you there with thoughts on your mind
Let me know what you find
Well I hear my phone ring --

I'll send you an email.

And what can I tell you my sangha, my warriors
What can I possibly say?
I know that I need you, I know I can serve you
I'm glad when I know you're okay.

If you ever come by here, for the staff or for me
We're ready to see you, if our schedules are free.

Yes, and thanks, for the trouble you took to help out
We couldn't do it without you, so we never tried.

And Jeff came by with a flyer for Sunday
He said that the teachers were great
That class that you wanted to take --

Sincerely, R. Wells

THE NORTH END MEDITATION SPACE TURNS THREE

Thank you to all of those who have helped to make our North End satellite a reality. It's hard to believe that three years have passed already. We would like to invite everyone to continue to come and enjoy our North End offerings, and encourage any input, ideas, or volunteer energy!

At the Creative Crossing building
Studio 2 (next to Local Source)
Enter 5781 Charles Street, Halifax

northendmeditation.org

Every Monday, 7:30-8:30pm
guided meditation & tea social

Every Tuesday, 7:30-9pm
Tuesday event & tea social

Every Wednesday, 12:15-1:15pm

All events are open to the public;
donations are welcome.

Tuesdays in the North End

We've launched our Tuesday series including "Halifax on Fire" and "Arts Classique" which has been met with much enthusiasm. Laura Burke shared her wisdom on mental health and Basia Solarz enlightened us on transformative mediation. Sam West and Phillippe Inacio-Goetch graced us with a Kyudo "Arts Classique." Liz Richardson mesmerized with embodied speech and performance.

FOR DATES TBA, please check northendmeditation.org/tuesdays/

Who's coming in 2015?

We're excited that in the new year we'll have some wonderful events including:

- Movement Workshops with Hung-Yeh Peisinger and Sarah Cox
- Calligraphy with David Cox and Liza Matthews
- Social Innovation with Marguerite Drescher
- Somatic Training with Danielle Bezaire
- Music with Jeff Torbert

And some great "Talk Classiques" with Acharya Noel McLellan, Jeanne Riordan, Joe Litven, and more!

HALIFAX ON FIRE



Do you get excited by the idea of shifting our global paradigm to create a better world? Do you get equally overwhelmed by the personal and communal challenges that arise in striving to make change?

Come hear from local Haligonians radio-show style to explore how they join the mindfulness practice of meditation with various themes such as environmental sustainability, mental health, families, arts, gender, money, self-care, technology, education, work, politics, etc.

TALK CLASSIQUE



In the mood for a good, classic dharma talk to inspire your practice and life?

For our "Talk Classique" Shambhala teachers will give an introduction to meditation, followed by a good, old-fashioned, heartfelt talk on the dharma of various themes. Questions and discussion are encouraged. For the new and old alike!

Every Tuesday night will include:

- A basic introduction to mindfulness training
- An interactive presentation or workshop on the theme of the week
- Opportunities to connect with others engaged in those themes

ARTS CLASSIQUE



This series will be presenting contemplative arts in an hands-on, workshop-style evening. Come out of your concepts and get your feet wet, your senses perked, and your body moving. Brief meditation instruction will be followed by a demonstration and interactive presentation, be it kyudo, calligraphy, movement, or others (have an idea? Email us at northendmeditation@gmail.com)

TASTE OF SHAMBHALA

Join us for the first soup of the New Year on January 7



TASTE OF SHAMBHALA will continue in 2015, as an enriching weekly event that attracts and welcomes many new people to our Centre. Everyone is welcome to join us at our Wednesday night community suppers for food, conversation and meditation. You may come and leave at any point of the evening.

I would like to express my heartfelt appreciation for several reliable volunteers who provided this meal throughout the autumn. Norris Eddy has cooked a delicious soup nearly every week for the last year and a half! In addition, Wes Howie and Alec Munro have hosted the event regularly and often, and acted as helpful trainers for new hosts. These gentlemen deserve much thanks for their dedication. I also

very much appreciate all the other members who have hosted and helped to clean-up the supper.

We still have a significant need for volunteers to help create these weekly occasions. Please consider joining us for an evening of hosting or cooking. We serve a simple, fresh meal (soup, bread, butter and cheese) from 6:00-6:50 pm. Meditation instruction and practice, along with teachings and discussion, take place from 7-8:30 pm. \$5 suggested donation for the supper.

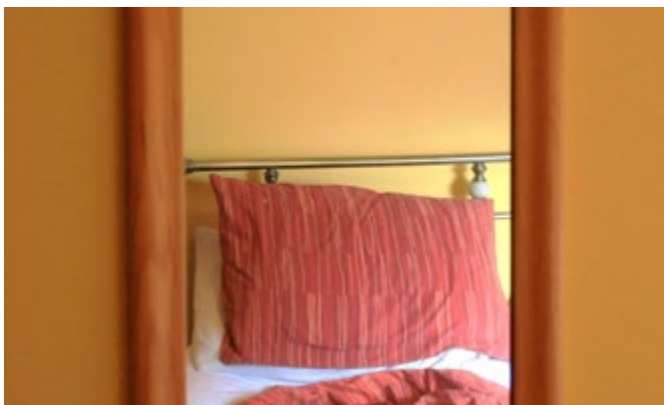
Please contact the front desk to ask about ways you might contribute (hsc.shambhala@gmail.com), and watch the Sunspot for a weekly sign-up sheet.

LET'S HAVE A CONVERSATION: CO-CREATING A CULTURE OF NO-MISTAKE

Sun, February 22, 2015, 2pm - 5pm

WINTER COMMUNITY GATHERING

All are welcome to participate in sharing good food, conversation, and meditation. The gathering is sponsored by HSC's Societal Health & Well-Being Committee.



GRIEF SUPPORT GROUP

January 15 & February 19, 5-6:30pm

A DROP-IN GRIEF support group for practitioners who have experienced the death of a loved one takes place the 3rd Thursday of every month from 5-6:30 in the Garuda Room. Participants share their stories, learn about the journey of grief, and practice together in a caring and confidential environment. All are welcome.

For further information, contact Jacquie Bell at jacquie.bell@gmail.com.

A SPECIAL FILM SHOWING OF "THE WISDOM TO SURVIVE"

Friday, February 6, 7pm

LONG-TIME SHAMBHALA sangha member and teacher John Ankele co-directed the film "The Wisdom to Survive: Climate Change, Capitalism and Community". On Friday, February 6, the Halifax Shambhala Centre will offer a special showing and discussion at 7 pm. Much thanks to the St. Margaret's Bay Shambhala Centre for purchasing the rights to this film and co-hosting this evening.

THE WISDOM TO SURVIVE accepts the consensus of scientists that climate change has already arrived, and asks, what is keeping us from action? The film explores how unlimited growth and greed are destroying the life support system of the planet, the social fabric of the society, and the lives of billions of people.

Will we have the wisdom to survive? The film features thought leaders and activists in the realms of science, economics, and spirituality discussing how we can evolve and take action in the face of climate disruption. They urge us to open ourselves to the beauty that surrounds us and get to work on ensuring it thrives.



Curious? For more information, check out <http://olddogdocumentaries.org/shop/the-wisdom-to-survive/>

and <http://shambhalanetwork.org/groups/int-notice-open/forum/topic/climate-change-film-to-screen-wisdom-to-survive-1/#post-32200>

After the screening we will provide opportunity for group discussion and exploration related to this film. Entry by donation. Please bring a friend and join us!

SAVE THE DATE: MILAREPA DAY MARCH 7TH



MILAREPA DAY CELEBRATES the enlightenment and life example of Milarepa. The celebration involves a full day of practice, which includes chanting the Milarepa sadhana and reading the songs of the lineage teachers

in The Rain of Wisdom. The day is open to the public and begins with opening the Milarepa Sadhana and ends with closing it. Thus silence throughout the day is encouraged.

Participants can take part in any section of the day they desire. Please take careful note that you can enter the Main Shrine Room **only** at the following times, in order not to disrupt the practice:

*Before 9am;
Between 11am and 11:15am;
Between 12:30pm and 2pm;
Between 3:30pm and 3:45pm;
Between 6pm and 7pm.*

If people have a copy of the Rain of Wisdom book, they should bring it. The Shambhala Centre has a few copies to lend to those who do not have a copy. By reading the dohas and stories in the Rain of Wisdom we connect to the powerful Kagyu lineage of devotion, courage, and insight. It is a delightful one-day marathon.

Lunch break from 12:30 to 2pm. Dinner from 6 to 7pm.



WEEKDAY MEDITATION

Mon. to Sat. 7-8:15am

(All are welcome to stay at 8am for the daily morning chants, 10-15min or so.)

Mon. to Fri.: 9-10am, 5-6 pm

(All are welcome to stay at 8am for the daily morning chants, 10-15min or so.)

We always welcome trained Guides, ADs and MIs, as well as meditators with a solid experience of meditation, to be umdze (timekeeper). If you are inspired to contribute to the community of meditators, please contact Robert Halpern for details: halpernrobert@hotmail.com or 902-405-2697.

Free of charge. Your generosity is what makes this possible.

SUNDAY MEDITATION

Sundays, 9am-noon

Sunday morning practice is a golden opportunity to practice meditation in a strong container with a range of newer and more experienced practitioners, and it is a great place to meet with your meditation instructor. Free of charge. Donations welcomed!

The second Sunday of every month includes Maitri bhavana, a meditation practice to benefit the seriously ill, that will take place every second Sunday—Names and illnesses of friends and relatives may be written on the sheet posted in the Main Shrine Room.

LEAVETAKINGS

Dear Halifax Shambhala Community,

Working at the front desk at the Halifax Shambhala Centre has been such a pleasure, and I will miss working with all the staff and getting to see so many of you on a regular basis at the desk. My decision for leaving my post comes with needing some space and time to figure out what I'll be doing next after resigning from the Nalanda Translation Committee. I plan to return to Halifax after staffing dathun and Enlightened Society Assembly (ie insert Vermont winter for Haligonian winter), and I look forward to seeing you all in the New Shambhala Year, be it at the centre, at the North End Meditation Space (where I'll continue to volunteer), or perhaps in a tiny house on a

trailer! Special thanks to Rhiannon Wells and Carolyn Mandelker for giving me the opportunity to exercise my social and techy tendencies for a good cause.

With love,
Jessie Litven

Dear Halifax Shambhalians,

In January the Bihari clan is moving to Ottawa. Come and visit us for a skate along the canal, or to tiptoe together through the tulips!

With love,
Aaron Bihari

WAY OF SHAMBHALA

OPEN TO PEOPLE of any spiritual tradition, the Way of Shambhala is designed for the modern world and is suitable for both beginning and experienced meditators alike. It provides a strong foundation in mindfulness-awareness meditation, wisdom teachings, contemplative arts and physical disciplines rooted in the ancient traditions of Shambhala and Tibetan Buddhism.

The Way of Shambhala consists of a series of classes and weekend

programs and explores the Shambhala vision of basic goodness and enlightened society. The practice of meditation is presented as a means to cultivate fearlessness, confidence, openness, and gentleness toward ourselves, each other and our world.

The courses are interactive and communal, and create a learning environment where the teachings are intimate and relevant. Participants train in meditation,

and use inquiry, dialogue and contemplative arts to integrate the teachings.

Please view the Way of Shambhala section of our website for the current 2015 schedule.

Questions and offers to serve as staff can be directed to Sophie Leger, Way of Shambhala Program Manager, at 902-420-1118 x134, or at wos.shambhala@shambhala.org

SHAMBHALA TRAINING LEVEL I WEEKEND RETREAT

with Shastri Mary Campbell; Friday, Jan. 16, 7 - 9pm & Saturday, Jan. 17, 8:30am - 6pm

Tuition: \$110 • Patron: \$130 (Generosity policy applies)

In Shambhala Training Level One, the ancient wisdom of Shambhala comes alive in our daily existence. This first level presents the view that the world is sacred and basic goodness is our birthright. This is basic human wisdom that doesn't belong to any one culture or religious tradition - though it can be found in many of them throughout history. All humans can discover this goodness of human life and radiate

that goodness into the world for the peace and sanity of others.

The first in a series of trainings, Level One includes instruction on meditation, talks by the Director, group dialogues, individual conversations with experienced instructors, and a concluding celebration.

Open to everyone. No pre-requisite.



MEDITATION IN EVERYDAY LIFE

with Shastri Mary Campbell; Five Thursdays 7-9 pm; January 22-29 & February 5-12-26

Tuition: \$130 • Patron: \$150 (Generosity policy applies)



An introductory course perfect for beginners, Meditation in Everyday Life presents the Shambhala teachings on basic goodness and explores how the stability and wisdom cultivated through mindfulness-awareness meditation can improve the quality of our daily

life and expand to benefit the world around us.

Each class includes meditation and/or contemplation, some social element, a presentation, and time for a discussion of how the material relates to our personal life.

RIGDEN: UNCONDITIONAL CONFIDENCE

with Acharya Noel McLellan; January 23-25, 2015

Tuition: \$225 • Patron: \$275 (Generosity policy applies)

THE CONTENTMENT, JOY, fearlessness and wisdom of the Way of Shambhala culminate in unconditional confidence. This weekend workshop introduces the teachings of enlightened leadership. With the great problems now facing human society, it seems increasingly important to find simple ways to bring compassionate and strong leadership to the world, even in small ways. This weekend emphasizes genuine confidence and steadfastness in facing the world's challenges.



Rigden: Unconditional Confidence is not just another weekend retreat program. This program is led by an Acharya in the Shambhala tradition and introduces further principles of warriorship. This is also the point on the path when one takes the Shambhala Vow, which is offered at the conclusion of the weekend.

Prerequisite: Shambhala Training Levels I-V and all of the "Everyday Life" courses (Contentment, Joy, Fearlessness, and Wisdom) or completion of The Sacred Path.

SHAMBHALA TRAINING LEVEL III WEEKEND RETREAT

with Molly Deshong; Jan 30-31 & Feb 1; Friday 7-9 pm; Saturday & Sunday 8:30-6 pm

Tuition: \$150 • Patron: \$175 (Generosity policy applies)



In *Shambhala Training Level III* we work in a deliberate way. We make an effort to bring the mindfulness and awareness cultivated during our meditation practice into all aspects of our daily life. When we become awake to our sense perceptions, we can venture into the world with confidence and vulnerability that is fearless, gentle, and alive.

The warrior in the world leaves the stuffiness of the cocoon to explore the world with direct perception. This can be the beginning of a life-long love affair with the phenomenal world, one not based on the reference points of hope and fear or gain and loss. Along this journey we develop genuine confidence, humor, and personal dignity.

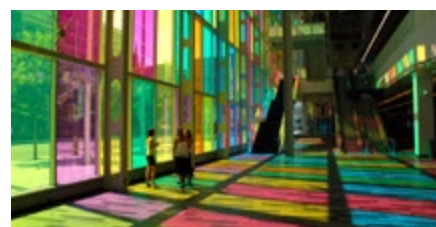
WHO AM I? THE BASIC GOODNESS OF BEING HUMAN

with Shastri Benoît Côté; six Mondays, 7-9 pm; February 9th–March 16th

Tuition: \$130 • Patron: \$150 (Generosity policy applies)

Part one of the Basic Goodness series, this course asks the question "Who am I?" and explores the sense of self. It includes teachings on basic goodness, selflessness, the arising of ego and cocoon, buddha-nature, and the confidence of warriorship.

Pre-requisites: Shambhala Training Level 1, or Meditation in Everyday Life, or Contentment in Everyday Life.



LOOKING AHEAD

SHAMBHALA TRAINING LEVEL II WEEKEND RETREAT

February 27–March 1

CONTENTMENT IN EVERYDAY LIFE

March 5th–April 2nd

HOW CAN I HELP? THE BASIC GOOD- NESS OF SOCIETY

April 13th–May 18th

JOY IN EVERYDAY LIFE

April 23rd–May 21st

SACRED PATH PROGRAMS

GREAT EASTERN SUN

February 27–March 1, 2015

WINDHORSE

March 27-29, 2015

DRALA

April 17-19, 2015

MEEK, PERKY, OUTRAGEOUS AND INSCRUTABLE

May 22-24, 2015



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CONSTANTINOPOLE**

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PROGRAMS & PRACTICES WITH PREREQUISITES

LIGHT, DARKNESS, DREAM AND COLOR

*Jan. 20 ; with Ashe Acharya John Rockwell
\$20 (patron price \$30) open to all tantrikas*

Every morning we wake up to the sun and work in the full light and colors of day. Every night we fall asleep and lay still in darkness. And then we may dream vividly. How do we view light, darkness, and the rainbow of color? What is the heart of our mysterious and bright awareness? This evening will be an experiential exploration and storytelling of our human relationship to light, darkness, color, and the nature of mind. Open to all graduates of Vajradhatu Vajrayana Seminary or Sacred World Assembly.

SHAMBHALA SADHANA WEEKEND (THE BOULDER TALKS)

Feb. 6-8; \$75 (patron price \$90)

This Shambhala Sadhana Retreat will include DVD talks that the Sakyong gave in Boulder, Colorado in 2013, as well as practice, discussion, and contemplation. This material is only available within the context of a retreat at a shambhala centre.

KURUKULLA INTENSIVE

with Walker Blaine

Feb. 14; \$60 (patron price \$75)

Shambhala Kurukulla practitioners are warmly invited to attend this Winter's Kurukulla practice intensive at Halifax Shambhala Centre, February 14th. The retreat will include all aspects of the sadhana and concentrate on feast practice specifically dedicated to the growth of the Centre and community in and around Halifax.

Prerequisites: To attend this program you have received the Kurukulla empowerment and practice from Sakyong Mipham Rinpoche.

Walker Blaine is Master of Liturgies to Sakyong Mipham Rinpoche. Walker has studied and practiced the dharma in Shambhala for 30 years. In addition to being a student of the Sakyong, he has studied intensively with Khenpo Tsültrim Gyamtso Rinpoche. Walker's ebook, *The Great River of Blessings* an account of the Rinchen

Terdzö received by the Sakyong Mipham Rinpoche in the winter of 2008-2009, can be downloaded at the Sakyong Foundation. His two CDs of Buddhist music can be sampled on iTunes and at <http://www.highlandeyes.com>. Walker lives with his wife Patricia in Halifax, Nova Scotia.

KAGYÜ MAHAMUDRA COURSE

Alternate Thursday evenings 7–9pm; led by the Dorje Loppön Lodrö Dorje and other senior teachers.

Tuition: \$10 per week

Jan. 8, 22 Feb. 5

A companion class to the bi-monthly online. Offered in accordance with the Sakyong's request to Acharya Mermelstein and the Dorje Loppön Lodrö Dorje to support and nurture vajrayana students in Shambhala, including but not limited to those who may not be engaged in the Scorpion Seal program.

The course covers the first three years of Khenpo Tsültrim Gyatso's cycle of teachings on *The Ocean of Definitive Meaning*, the Ninth Karmapa's exposition of Mahamudra Vipashyana, presented at Kar-me-Chöling between 1991 and 1994. Open to all Shambhala Tantrikas who have received the lung and participated in the Mahamudra Shamatha Series.

SADHAKA PITH INSTRUCTIONS

The text material used is from Kagyu and Nyingma sources. All Shambhala sadhakas are welcome. Sitting 7-7:30pm, followed by periods of contemplation and discussion from 7:30-9pm. The format accommodates participation on a drop-in basis. Contact the Coordinator for current information and to be added to the email list of those who are interested in weekly updates.

Please note: The class meets on Thursdays, interspersed with the Kagyü Mahamudra Course, check the HSC calendar or contact Deborah. This gathering has been mentored and led by Andy Karr and Scott Wellenbach for 20 years. Costs are met by participants' donations according to ability and inspiration.

Deborah Jones, Coordinator 902-475-3112, email: deborahjs@ns.sympatico.ca

\$5 suggested donation.

NGÖNDRO & WERMA PRACTICE INTENSIVE WEEKENDS

January 10-11, February 7-8

A two-day intensive practice and study program for all Ngöndro and Werma practitioners. We create a retreat environment, in accord with Shambhala International's guidelines for Vajrayana Group Practice Intensives, with silence practice until teatime in the afternoon. Participants are encouraged to bring their lunch and eat at the Centre.

Any intensive that doesn't have at least 2 participants to the full weekend (and thus doesn't meet the "group" aspect of the guidelines) will be cancelled on the Monday preceding the intensive.

ASHE MAHAMUDRA

Starting in January, Ashe Acharya John Rockwell & Acharya Susan Chapman will trade off talks on Ashe Mahamudra via Shambhala Online.

Ashe Mahamudra Talks

January 31	Ashe Acharya John Rockwell
February 22	Acharya Susan Chapman
March 29	Ashe Acharya John Rockwell
April 26	Acharya Susan Chapman
May 17	Ashe Acharya John Rockwell
June 13	Acharya Susan Chapman

SHAMBHALA ONLINE

Jan 17 - Kagyu Mahamudra

Feb 21 - Vajrayogini

FEAST OFFERINGS

JANUARY

4 Chakrasamvara

11 Kurukulla

18 Vajrayogini

25 Sun of Wisdom

27 Werma

30 Shambhala Sadhana

FEBRUARY

1 Chakrasamvara

8 Vajrakilaya

15 Vajrayogini

20 Shambhala Sadhana

22 Padmasambhava

24 Werma

REGULAR PRACTICES

KURUKULLA

Fridays 9-10:30 am

SHAMBHALA SADHANA

Wednesdays 5-6 pm

WERMA (ALL TYPES WELCOME)

Wednesdays 9-10 am

SADHANA OF MAHAMUDRA

Jan. 4 & 20 Feb. 3



DARTMOUTH SHAMBHALA MEDITATION GROUP

North Woodside Community Centre
230 Pleasant Street, Dartmouth

info@dartmouth-shambhala.ca
www.dartmouth-shambhala.org

Tuesday evening Open House and Meditation Every Tuesday, 7-9:15 pm. Everyone is welcome! Sitting meditation 7 - 7:50 pm - Tea Discussion/ Talk/Program 8 - 9:15 pm Meditation instruction available. Suggested donation \$7 per evening Cost should not be a factor in any program, please pay what you can if this is a concern.

Tuesdays 7-9:15 pm, we welcome anyone interested in learning how to meditate or already have a regular practice to join us for meditation, tea social, followed by a talk or discussion on topics of Shambhala Buddhism and applications of meditation in daily life.
<http://dartmouth.shambhala.org>.

Continuing throughout the year we offer diverse programs and special practice and study events offered by visiting teachers. See our calendar page for what is happening:

<http://dartmouth.shambhala.org/monthly-calendar/>

ST. MARGARETS BAY SHAMBHALA CENTRE

13495 Peggy's Cove Road, Upper Tantallon
bay.shambhala.org • smbssc@chebucto.ns.ca

*Ongoing/open to all:
Meditation Plus!*

Wednesdays 7pm - 9pm.

Meditation practice plus tea, a short talk and Discussion. Meditation Instruction at 7pm.

Supper at Shambhala

1st Wed of each month

(serving from 5:45 - 6:45 pm)

Soup plus pot luck and donations.

Bring family, friends and neighbours.

Community Meditation Practice
Sundays 9:30am - noon

Contact Bruce at 876-8880 or
bruce.wauchope@nspower.ca



CELEBRATING THE INIMITABLE ROBERT BURNS

Saturday, January 24th, 2015



THE NEW CALEDONIA SOCIETY of the Shambhala Community is proud to announce the Robert Burns Celebration. This year it will be held at the **Great Hall at the Cathedral Church of All Saints, 1330 Martello Street, Halifax**. The cost for the evening's activities is \$35 plus a cash bar. The event will include the piping in of the haggis, the toast to the haggis, highland dancers' presentation, traditional toasts, music by Definitely Not the Choir, and Scottish country dancing. Please email Jim Torbert at jtorbert@eastlink.ca if you plan on attending. We can accommodate up to 80 people and will be inviting the public.

CALLING ALL DEKYONGS!

WE ARE EXTREMELY PLEASED to announce that we have a new Chair of the Dekyong Council. Ms. Mimi McLorie has generously offered to take on the role and is enthusiastic about recharging the delek system. Mimi will take her Dekyong oath during the Shambhala Day festivities, but she is ready to meet with anyone interested in taking a leadership role in their local neighbourhood, and anyone who already is holding a Dekyong seat. Mimi McLorie has been a member of the Halifax Shambhala community for 32 years and

has served in The Kalapa Courts since joining the community. Mimi currently serves The Kalapa Potrang Court Halifax as a Shobdo.

Delek, which means “good happiness” in Tibetan, is the name for a neighbourhood group of Shambhala community members and friends. For more information about deleks, please view our webpage here:

<http://halifax.shambhala.org/community/deleks-neighbourhood-groups/>



Our new Dekyong chair wants to host a dinner party in your honor

Contact Mimi at

phone: 902.8612043 (leave your name and delek)

email: mmclorie@bellalaint.net

COME ALONG AND SING ALONG!

Always wanted to learn the Shambhala Anthem?

The DEFINITELY NOT THE CHOIR (DNTC) singing group has generously offered to teach the four part harmony to anyone who wants to learn.

When: Sunday, February 15th at 4 p.m.

Where: 6009 Inglis, the home of Diana & Jim Torbert

The lyrics to the Shambhala Anthem were written by the Vidyadhara Chögyam Trungpa Rinpoche. Composer, Peter Lieberman, an early student of Shambhala wrote a beautiful four part harmony for the anthem. If time allows, we'll also learn some other "classic" Shambhala songs, in honour of Shambhala Day (Tibetan New Year) coming up on February 19th.



HALIFAX SHAMBHALA CENTRE STAFF & VOLUNTEERS

Executive Director

Rhiannon Wells

halifax.shambhala.director@gmail.com

x 130

Director of Path and Culture

Jeff Scott

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Bob Hastey

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Way of Shambhala

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Sophie Leger

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Community and Culture Administrator

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x134

Communications and Marketing

Alex Meade

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x 120

Reception

Michelle McPherson

reception@shambhala.org x 110

Dinah Brown

drbrown@shambhala.org x 110

Building Caretaker

Fhinn Timmons

hsc.caretaker@gmail.com x130

Societal Health & Wellbeing

Contact: Jacquie Bell or Tara Nauss

Feast Coordinator

Frederic Villemure

frederic.villemure11@gmail.com

Shrine Masters

Dewi Roberts and Sandra Selva

Membership Coordinator

Kerstin Martin

membership@shambhala.org

Daily Sitting Coordinator

Robert Halpern

Chair, Dekyong Council

Open volunteer position

Regimental Commander, Gesar Arm

Joseph Pratt

Building Security

Pam Johnson

Website

Chris Morel

Rickey Pannel

Kalapa Ikebana Group

Contact:

June Crow

Liza Matthews

GOVERNING COUNCIL

<http://halifax.shambhala.org/organization.php>

Executive Director (Council Chair): Rhiannon Wells

Director of Path & Culture: Jeff Scott

Comptroller: Bob Hastey

Chagdzo: Michael Nuschke

Kasung / Desung: Meg Vigerstad

Open Volunteer Positions:

- Families & Youth Coordinator
- Outreach Coordinator
- Volunteer Mentor
- Audio/Recording Coordinator
- Visiting Teacher Manager
- Culture & Decorum
- Hospitality

If you are interested in any of these positions, please contact Rhiannon Wells at halifax.shambhala.director@gmail.com

Halifax Shastris

Mary Campbell and Benoît Côté

Atlantic Regional Shastris

Alice Haspray, Christine Sloan, Veit Weber

Generosity Policy

The Halifax Shambhala Centre is a non-profit organization supported by program fees, donations and the energy of many volunteers. While our programs have suggested fees needed to support the Centre, if

that is an obstacle, you may pay as much as you are able to pay.

There are many opportunities for volunteers to help make our activities, programs and resources available to the community. See <http://halifax.shambhala.org/get-involved/volunteering-how-to-help/>

on the Halifax Shambhala Centre homepage.

No-Scent Policy

The Halifax Shambhala Centre is scent-free. Please refrain from wearing scented products.