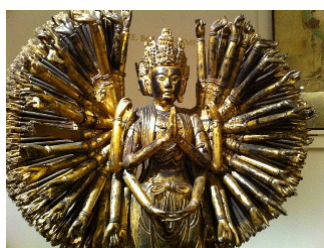


The Orchard Sangha Newsletter

Welcome to the latest issue of the Orchard Sangha newsletter. We hope you find much to enjoy. Here you will read about the fantastic response to the recent appeal, find information on practice and on Ad and Sonia's programme. Plus poetry, events and teachings.

Following the appeal, Sarah received an email from Chris Mazeika. Chris had been standing in front of a statue of Chenrezig, thinking of all the hands reaching out to support Sonia, and offers us the following:



In the Buddhist tradition honoured ones, revered teachers, are sheltered by a raised umbrella. We have been invited to raise the umbrella.

The offering of this gesture is a rare and profound opportunity in itself. According to this Pali verse from Buddhānussati honoured members of the Sangha are:

Ahuneyyo Pahuneyyo

- worthy of gifts, worthy of hospitality

Dakineyyo anjali karaniyo

- worthy of offerings, worthy of reverential salutation

Anuttaram punna khettaṃ lokassa ti

- an incomparable field of merit in the world

sabbe satta bhavantu sukhitatta

Contents	Page
Why kindness is good for you	1
Finance Group Report	2
Events at The Orchard	3
Practice Makes Perfect	4
A Collection of Teachings	5
The Bookshelf / Contact Details	6

Why Kindness is Good for You

I came across an article about why kindness is good for your health and I felt how appropriate to share this with the sangha who has shown and is showing extraordinary kindness to the Orchard and to Ad and myself.

The commitment from the sangha to continue to be supportive is deeply moving and deeply appreciated. As anyone who has been in a challenging situation of any kind knows how touching and strengthening a moment of kindness can be. Thank you all for your loving attention, may you too be well and happy.

Sonia.

Here is the extract from Dr David Hamilton author of the book *"Why kindness is good for you"*:

'Showing kindness is a win-win situation. Studies have found that it is an antidote for depression, is good for your heart and the immune system, can improve relationships and even help us live longer. Its basis is the production of morphine-like opiates in the frontal cortex of the brain. When kindness involves contact with the person you are helping, this boosts the production of a hormone known as oxytocin which in turn triggers the release of nitric oxide which dilates arteries.

It means that kindness can help protect us against cardiovascular condition.

A further benefit of showing kindness is that it can help stimulate the body's vagus nerve which, if it is working well, counters inflammation, a cause of faster aging and linked to many diseases including cancer and Alzheimer's.'

If you want to read more: "Why kindness is good for you" by Dr David R Hamilton, published by Hay House.

Report from the Orchard Finance Group

First of all, we would like to wish all of you a happy, peaceful and creative year ahead.

We have very good news, in that so far the response to our appeal for extra and ongoing funds to support a daily Attendant for Sonia has been heart-warmingly successful. Over £9000 has already been donated, in the form of standing orders and one-off donations, and money is still coming in.

We wish to thank each and every one of you so much for not only the practical help which will enable Sonia to continue with her teaching programme - but also the wonderful emotional support for Sonia and Ad, and the deep appreciation for their teaching that has been expressed in the many beautiful cards and messages that we have received. Many people have given, which makes the continuation of the Orchard as a meditation and teaching centre possible.

The need for support for Sonia's Attendant is ongoing, and it is our hope that we can continue to provide this for as long as it is needed.

Also, as we mentioned in the Appeal, we do envisage an eventual need for a second person to give support in the co-ordination of activities at The Orchard. Therefore we will update you all at the end of 2011, and hope that you are able to renew your standing orders and commitments of support in a year's time.

We (Sarah, Jo, Gini and Steve –and Steve's partner Sue) met last week to discuss the appeal and the allocation of the budget for the coming year. This is still supported by standing orders from Sangha members. (The donations for the support of the Attendant is in addition to these).

The budget for a monthly honorarium of £100 for a volunteer gardener, and the Bursary fund for £1000 (which was well used last year) will remain the same with the same conditions applying. It is open to all of Ad and Sonia's students, and is intended to help those who would like to attend a workshop, but who might otherwise find it difficult in these financially challenging times.

We offer one third of a workshop or retreat cost up to a maximum of £250 per person.

The applications should be made by email, please, to Gini at gini_wade@lineone.net. (there is an underscore between the words gini and wade) Assuming funding is available, and your application approved by Sonia and/or Ad, then it will be confirmed to you by email. The bursary will be deducted from the amount you pay, and given directly to your teacher, after it has been confirmed that you attended the workshop.

Finally, if there is anyone out there who by some chance did not receive a copy of our Appeal, and would like to give a donation, you could set up a monthly standing order with the Co-operative Bank directly onto the Orchard Sangha's bank account. The details are:

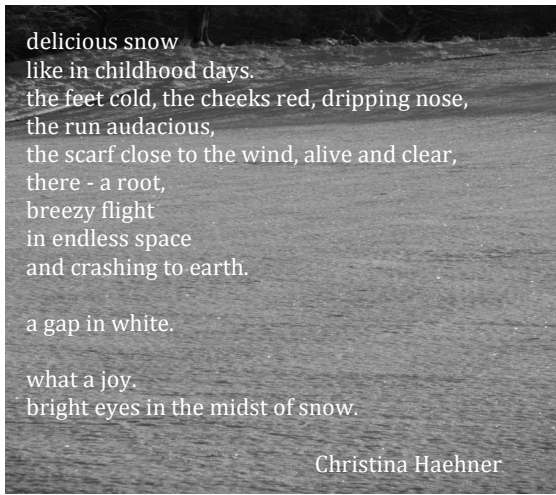
Sort Code: 08-92-99

Account Number: 65279449

Account Name: The Orchard Sangha

Or, you could send a donation by cheque made payable to the Orchard Sangha, and send it to Jo lee, 1, The Old Rectory, Tarrington, Herefordshire, HR1 4EU

Please contact Jo on joleehandy@gmail.com or by phone on 01432 890312 if you have any questions about any aspect of the appeal.



delicious snow
like in childhood days.
the feet cold, the cheeks red, dripping nose,
the run audacious,
the scarf close to the wind, alive and clear,
there - a root,
breezy flight
in endless space
and crashing to earth.

a gap in white.

what a joy.
bright eyes in the midst of snow.

Christina Haehner

Events at The Orchard Dharma Centre

Four Practice weekends on the Four Foundations of Mindfulness with Sonia Moriceau & Ad Brugman:

24 th (eve) – 27 th Feb.:	Mindfulness of the body
7 th (eve) – 10 th April:	Mindfulness of feelings
18 th (eve) – 21 st August:	Mindfulness of mind
27 th (eve) – 30 th October:	Mindfulness of mind objects

Events with Sonia:

17 th (eve) – 24 th March:	Insight retreat and the nine contemplations on death and impermanence.
5 th (eve) – 10 th May:	Relaxing in the experience as it is.
7 th (eve) – 12 th /15 th July:	Med. Buddha retreat

Events with Ad:

9 th (eve) – 12 th June:	Chenrezig - Compassionate involvement
9 th (eve) – 14 th August:	Summer retreat

Events elsewhere:

14 th (eve) – 19 th June:	The Path of Recollection and Opening the Heart with Sonia at Pegasus in Germany. Contact: schule@fuer-shiatsu.de
25 th (eve) – 31 st July:	Insight retreat and the nine contemplations on death and impermanence at Felsentor, Switzerland with Sonia Info: amarana.paeti@gmail.com Booking: info@felsentor.co www.felsentor.ch
2 nd – 9 th April:	Touching Stillness at Cortijo Romero, Spain with Ad
21 st – 22 nd May:	T'ai-Ji weekend in Glasgow with Ad
30 th Sept. – 2 nd /4 th October:	Holy Isle with Ad

Other Events at The Orchard

13 th – 15 th May:	Cultivating Authentic Dialogue with Sarah Hill (see below)
16 th July:	Healing Voice with Tim Jones

Cultivating authentic dialogue

Cultivating authentic dialogue with mindful presence can enable us to generate sensitive, compassionate and purposeful actions in our relationships with others. Come to this workshop if you would like to explore what happens when we interweave sincere generative conversation with silent meditation and loving kindness practices.

Cost £50 (Includes course fee and accommodation. Bring food to share and Dana for the teaching)

To book a place, contact Sarah Hill at: sarah.hill@dialogix.co.uk or 01452 741603

Practice Makes Perfect

Sangha dialogues

We will also be offering regular Sangha dialogue days throughout the year to provide a space to develop and apply the principles and practices of mindful dialogue. Dates for first half of 2011:

Monday 7th March 2011 and
Monday 4th July 2011

11.00 – 4.00 at The Orchard.

There is no cost.

Please bring food to share.



Daily Practice at The Orchard

Daily walking and sitting practice
at The Orchard
5pm - 6pm

Anyone is welcome to join the local sangha
in sharing the daily walking and sitting
practice.



Personal Practice Days

We are happy to announce a series of Personal Practice Days that will take place at The Orchard this season. The idea for these arose out of the Sangha dialogues as we talked together about the practice being such a fundamental means of support, not only for ourselves but for each other, for Ad and Sonia and for The Orchard. It is so easy to become entirely focused on 'doing' rather than 'being' and with this in mind we have created a dedicated space for practice on the following days.

28th January, 18th February, 11th March, 15th April, 20th May and 17th June.

Please join us if you can whether this is by coming to The Orchard or by giving yourself a day of practice where you are. The day will begin whenever you arrive. We shall follow the Retreatant's Daily Programme as a guide and will come together at 11.30 am and again at 5.00 pm for walking and sitting practices. These will be the times for group sharing and focus. If you would like a copy of the guide please contact - sarah.hill1@mac.com

These will be days of silent practice together.

Please bring food to share and dana for The Orchard.

When you arrive at The Orchard you may find 10 people or 3 people or 1 person practicing there - know that the door is open to you. We much hope to see you there or to hear that you are connecting in from home.



Teachings

A collection of teachings by Sonia:

Four booklets are now available.

The intention has been to present Sonia's words as she spoke to preserve the flavour and the spirit of her teaching.

1. *Loving Kindness, teachings 2004 – 2009*

The content includes the practice of loving-kindness, methods of generating and radiating loving-kindness, guided meditations, tonglen and opening the heart.

Review: Very inspirational. When reading, it was like sitting in the Zendo listening to Sonia talk. The text is clear and well explained; the student questions and Sonia's answers were very useful. It acted as a comprehensive review of Sonia's input. Let me say how wonderful the whole work is and how precious.

2. *Purification, teachings 2004 - 2010*

The content includes the practice of emptying, aligning the three centres, Vajrasattva practice and the Five Elements Mantra

Review: Marvellous, sufficiently concise and yet full enough to re-awaken the experience of being in the Zendo with Sonia.

3. *Medicine Buddha, teachings 2004 – 2010*

The content includes establishing blue in the body, the original face, Medicine Buddha practice and self healing.

Review: Very strong, very clear and powerful – direct transmission in the written word.

These booklets have 20 – 25 pages each on A4, in ringed copy. Cost £ 10 each plus postage (£1.50 within UK).

A fourth booklet is also now available:

4. *Motivation, teachings 2004 – 2010*

The content includes contemplation on interbeing, circle of support exercise, the four thoughts that turn the mind towards the Dharma and the nine contemplations on death.

This booklet has 15 pages. Cost £8

For ordering your copies of the booklets, **contact Sonia and Ad at The Orchard**

The booklets are also available on PDF format for downloading from Sonia's website – www.soniamoreiceau.org - for which a donation per booklet would be appreciated.

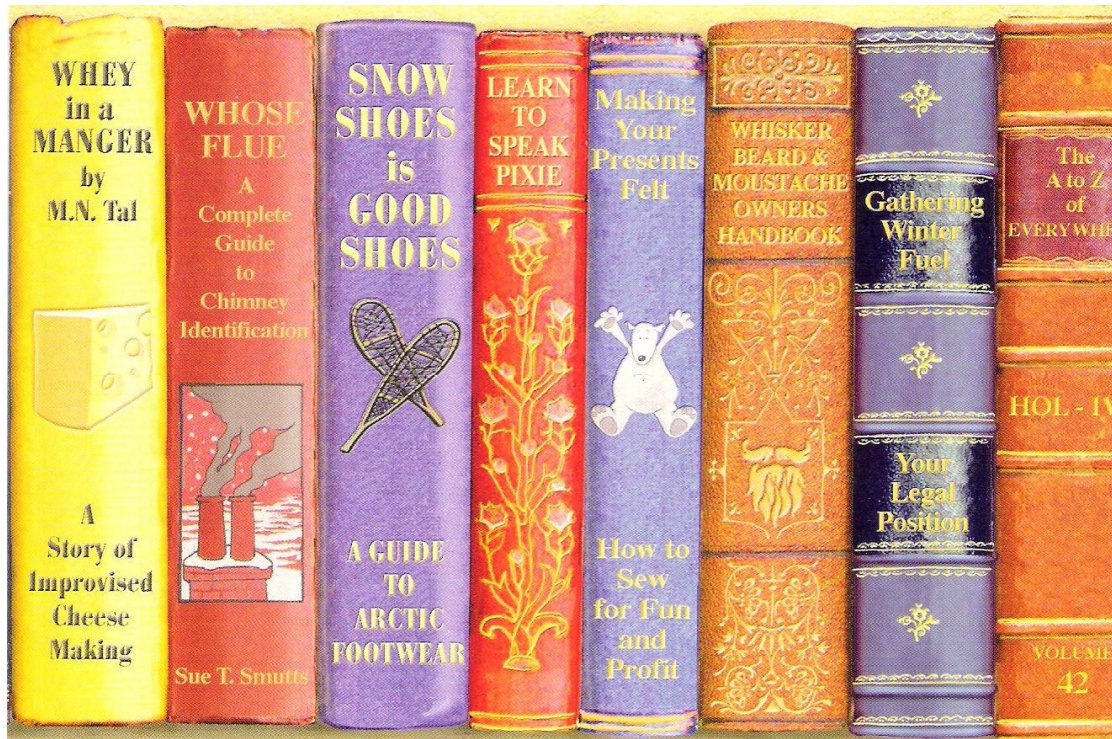
The download versions don't have the pictures and diagrams as shown in the hard copies.

*you,
there,
in an English winter, warm and cosy,
a shed filled with rotten apples, smelling
sweet and impermanent,
a teaching in a sun and shadow-painted
zendo,
huts with deep covered eyes,
human beings in process,
a little insect, alive and vibrant,
clear, pure air and a bright,
unbelievable blue sky,
how beautiful.
past moments
recollection
cause an open heart here and now
filled with gratitude
cause an overflow*

and a deep bow.

Christina Haehner

The Bookshelf



Card from Practical Action

A tongue-in-cheek look at what's on the Bookshelf. After reading Sonia's article on the front page it occurred to me that many of us will have read books that have inspired, encouraged, uplifted, informed or perhaps even provoked a life-change. With that in mind, I would love you to share one of your favourite books with us. Just email me – Sandra – at the address below saying which book – and why – will always be a favourite of yours. And if you would like to contribute a review of a book, then I would be delighted to receive it. I look forward to hearing from you.

Copy date for next issue: 15th May 2011

 [Contact Details](#) 

Offers of assistance - Gill - sangha@gn.apc.org or on 01981 241315

Healing Requests to Blue Healer Minds - Sarah on sarah.hill1@mac.com

Bursary Fund - Gini at gini_wade@lineone.net

Finance - Jo on joleehandy@googlemail.com or on 01432 890312

Newsletter - Sandra - for comments and contributions – at sygoodfellow@hotmail.com or on 013873 70787

Orchard Sangha Website – www.orchardsangha.com