

Hi, just a reminder that you're receiving this email because you have expressed an interest in Kurukulla Center. Don't forget to add thisweek@kurukulla.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



This Week at Kurukulla Center

November 18 - November 24, 2013



Quick Links

- [About Us](#)
- [Programs](#)
- [Calendar](#)
- [Audio Teachings](#)
- [Stupa Project](#)
- [Contact Us](#)
- [eNews Archive](#)

We need your support!

DONATE

With over \$8,000 of monthly expenses, we need your continued support. Please consider making a one-time donation, becoming a member, or increasing your membership.

Thank you for all you do to support our center and the Dharma!

From the Center

Dear Kurukulla Center,



His Holiness The Dalai Lama with Geshe Tsulga in 2002, when Geshe Tsulga requested His Holiness' visit to Kurukulla Center in 2003, via FPMT [Mandala Magazine](#)

Remembering Geshe Tsulga

This week we remember our beloved teacher, Geshe Tsulga, who was our resident teacher for 17 years until his passing on November 21, 2010. Our gratitude is inexpressible for his being a perfect example of practicing and embodying the Buddha's teachings, and for his devotion to His Holiness the Dalai Lama. Please consider honoring his extraordinary legacy with extra acts of compassion, kindness, and wisdom, dedicated to being guided by perfectly qualified Mahayana spiritual masters now and in life after life. To commemorate his passing,



Kurukulla Center is affiliated with the FPMT. If you would like to receive the FPMT's monthly newsletter, please [subscribe here](#).



In affiliation with the [Lama Yeshe Wisdom Archive](#).



[Follow us on Facebook!](#)



[Follow us on Twitter](#)



[Watch Video Archives of our Classes!](#)

we will gather to perform Guru Puja on Wednesday, November 20th. Geshe Tenley's discussion of *The Wheel of Sharp Weapons* will resume the following Wednesday. Please contact [Sarah](#) if you would like to contribute an offering to the puja.

Upcoming Visiting Teacher: Ven. Robina Courtin



Kurukulla Center is once again honored and delighted to have Ven. Robina Courtin visit our Center for teachings this Winter! Ven. Robina is scheduled to arrive the evening of December 20th, departing on January 8th. We are working her teaching schedule and will update our calendar soon with details.

Read [a brief biography of Ven. Robina](#) and [visit her website](#) for additional information about this powerful teacher of our FPMT family!

Weekly Update from the Spiritual Program Team

We're spreading the Dharma through our programs! Here's what's happening!

Children's Program

Last week, we made an [announcement](#) about the Children's Program, and have already started to hear from members who are interested in helping out! If you think that you might be interested in enrolling your child in the program, we would love to hear your feedback on how you might like the program to look. We will be sending out an online survey soon, and paper copies will be available at the Center. Your thoughts and opinions are welcome. Contact Sharon and Anna at childrensprogram@kurukulla.org and let us know how you would like to be involved.

Hospitality & Food Program

This week, we would like to let you know about the soon-to-be-created Hospitality & Food Program -- we're just getting started and need your help! In particular, if you like to welcome new visitors, greet the regulars, prepare the tea table for after the teaching, or just offer your time and talents preparing or serving food, this team is for you!. Of course, if there are other ways you would like to give time or resources to the Hospitality & Food Team, please do let us know - there's always room to get involved! Contact our Spiritual Program Coordinator, [Erika](#), to let us know how you would like to contribute.

Winter Clothing and Food Drive

Winter will soon be upon us and many people in our own neighborhoods will require warm clothing and hearty food to stay safe and healthy. At the suggestion of one of our kind-hearted students, Kurukulla Center will once again hold a Hat, Mitten, & Scarf Drive for a local shelter in Malden. We also will continue to collect your contributions of food. Boxes are set up at the Center to receive your generous donations. There is great need in our community, so please consider donating warm clothing and hearty food and dedicate your generosity to all beings to be free of suffering.

Reiki Level III Master Class

The Reiki Plus More series culminates with the third level Reiki Master/Teacher class taught by Reiki Master Teacher Pat Venter.* Master Degree Reiki attunes the student to healing on the spiritual level and to complete mastery of the Reiki energies. This is an advanced, interactive class for students who have completed Reiki Levels I and II. In it, students will practice and demonstrate (where applicable) Reiki concepts and theory. Students are taught how to utilize relevant symbols, how to pass attunements to others, and how to teach Reiki, including Design/Theory to facilitate/teach a class. Reiki is a hands-on healing art that originated from the east. The class will be held at the Center on Saturday, December 7 (9 am to 5 pm), Sunday, December 8 (2 pm to 5 pm), and Saturday, January 11, 2014 (9 am to 5 pm).

Requirement: Must have completed Reiki Plus More, featuring Reiki Levels I and II
Donation: \$70.00 to benefit Kurukulla Center
Contact: Pat Venter at (617) 298-8576

*Unfortunately, Barbara Melanson, who usually assists Pat Venter in the Reiki Plus More class, is tending to an urgent family matter and is unable to participate at this time. Please keep Barbara and her family in your prayers.

Live Stream

Finally, if you are out of town and wondering about how to stay up-to-date with the teachings, or if you are busy and unable to attend, check out our livestream, which is posted on the [Kurukulla homepage](#). And please do ask questions! Submit them via email or Facebook message before the teaching, or comment on our livestream comments section during the actual teaching. We'll submit your question to Geshe Tenley during the class - just as we did last Wednesday! It's so exciting to see how our global Kurukulla community is coming together to learn, study, and spread the Dharma!

Dharma Thought

Dr. Nick Ribush explains that by spreading the Dharma and showing kindness and compassion to others, we present a visible alternative to the greed, materialism, and competition we see around us:

Modern society exhibits a tendency towards competitiveness, greed, materialism and aggression. As Buddhist householders, we need to counter these tendencies, at least in ourselves, thereby offering a positive example to our children and anybody else we come into contact with. We must keep our precepts and meditate daily to maintain our calm. We also need to develop a good heart, and show kindness to and have compassion for others. Furthermore, we need to uphold the Dharma and make it more available to all. We need to support our Dharma center and the Sangha. In addition, we should be less materialistic and try to live simply, using only what we need for basic shelter, food, clothing and so forth to take care of ourselves physically. We should be content with less, and whatever extra we have, should share it others.



- Dr. Nick Ribush, from [Eastern Horizon](#), January-April, 2003, a publication of the [Young Buddhist Association of Malaysia](#).

Please Donate!

There's always something amazing happening at our Center. Please consider supporting it today with your [time](#), your [talents](#), and your [financial resources](#). Thank you!

Any Questions?

If you have any questions about anything related to Kurukulla Center or to Buddhism in general, please email our Spiritual Program Coordinator, [Erika](#), or our [general questions box](#). We truly look forward to hearing from you!

Many Thanks-

Wendy, Kim, and Anna
Spiritual Program Team

Please continue to check the [homepage](#) and [calendar](#) for last minute updates as they develop!

Calendar of Events

Monday, November 18

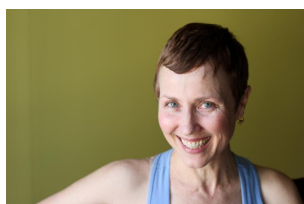


[Introductory Series: Meditation 101](#) with **Sean González**

7:00 pm - 8:30 pm

In this 4-week course you will learn the purpose and benefit of meditation, the differences between meditation and relaxation, the two main types of meditation and how to set up an effective meditation practice. You will also be guided through basic Buddhist meditation techniques that can be used by anyone to create more peace and happiness in daily life.

Tuesday, November 19



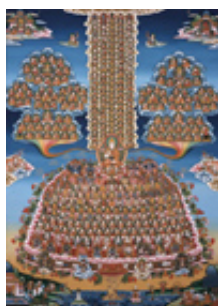
[Yoga & Meditation](#) with **Wendy Cook**

7:00 pm - 8:45 pm

This mixed-level yoga class begins with setting intention and breathing techniques, followed by a therapeutic joint freeing series, standing and balancing postures, and other postures such as back and belly strengtheners and hip openers. The last twenty minutes are spent in guided meditation, using techniques such as breath awareness, visualization, and contemplating themes to enhance our inner good qualities.

No prior yoga or meditation experience necessary. Please wear comfortable, fitted, modest clothing. You may bring a sticky mat if you have one but it is not required. All welcome.

Wednesday, November 20



[Lama Chopa \(Guru Puja\)](#), in honor of **Geshe Tsulga**

7:00 pm - 9:00 pm

The word puja means "to please" and has the connotation to please through offerings and practice. The Guru Puja lays the whole path to enlightenment on our mindstream, connects us more strongly to our teachers, allows us to accumulate skies of merit and purifies eons of negative karma. We chant the first 2/3rds of this puja in Tibetan and the last 1/3 we recite in English.

You are encouraged to bring offerings of some sort, food, unscented tea lights, flowers, etc, as a way of earning merit. By making donations at, or sponsoring, a specific puja, you are strengthening and empowering the merit you receive in relationship to that puja, in this case the merit we receive by celebrating our gurus and the immeasurable benefit they have offered all sentient beings through their teachings. All welcome.

Thursday, November 21



[Anniversary of Geshe Tsulga's Passing](#)

Today is the third anniversary of the passing of our beloved founding resident teacher, Venerable Geshe Tsulga. Consider honoring Geshela's legacy with extra practices of kindness, wisdom and compassion. You can dedicate virtuous practices done today to always being guided by perfectly qualified Mahayana spiritual masters in life after life. As well, reflect on Geshela's great kindnesses over the 17 years that he devoted his life to establishing pure dharma practice in America. Rejoice!

Sunday, November 24



[Lha Bab Duchen](#) or Buddha's Descent from Tushita

On Nov. 24, we celebrate Lha Bab Duchen, the anniversary of the Buddha's descent from Tushita, the heavenly realm, to earth. Buddha Shakyamuni ascended to The Heaven of Thirty-Three in order to give teachings to benefit the gods in the desire realms, to repay the kindness of his mother by liberating her from Samsara, and to benefit the Arya Beings as well. This is considered to be one of the great deeds of the Buddha among eight great deeds. As a Buddha Holy Day, this is a very auspicious day for practice, since the karmic effects of actions undertaken on this day are multiplied one hundred million times, according to Lama Zopa, citing the Vinaya text, *The Treasure of Quotations and Logic*.

It is part of our Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day, including taking the 8 Mahayana precepts and reading the *Golden Light Sutra*.

Image courtesy [Bhutan Journals](#)



Kurukulla Center for Tibetan Buddhist Studies

**68 Magoun Avenue
Medford, MA 02155
617.624.0177
www.kurukulla.org**

Contact Info

For further information, please contact us at Info@Kurukulla.org, or visit our website at www.Kurukulla.org.

Thoughts or suggestions regarding the newsletter please email to ThisWeek@Kurukulla.org

May all sentient beings have happiness and its causes!

[Forward email](#)



Try it FREE today.

This email was sent to program@kurukulla.org by thisweek@kurukulla.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Kurukulla Center | 68 Magoun Avenue | Medford | MA | 02155