



# KSDH Buddhist News

Volume 15

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*A Newsletter of the Kagyu Samye Dzong Harare Community*

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Dear friends of KSDH,

Another year has come and gone, and we are all now well into the first month of 2014. On behalf of the KSDH community, we would like to wish you a year of spiritual and mindful growth, increasing wisdom and much compassion toward yourself and others.

2013 was both an exciting and challenging year for KSDH. Our Sunday morning meditation practice has become a regular event with many of us leading the teachings on a wide range of topics. We were fortunate to have Rob Nairn's wonderful energy at our centre for some time during his sabbatical year; we increased the number of mindfulness courses on offer working with the Mindfulness Institute; and also held a number of other spiritual, social (and fund raising!) events. Also important is that we had the privilege to learn from some remarkable visiting teachers, including Ken and Katia Holmes, Donal Creedon, Charley Morley and Melanie Polittanski.

As this newsletter outlines below, there is more to follow in the coming year.

But 2013 also brought the untimely death of the founder of our Tibetan Buddhist Centre, the Venerable Choje Akong Tulku Rinpoche. Rinpoche not only made sure that we received spiritual teachings, but also focused on helping set up our charitable operations under the Rokpa Support Network. He was a huge inspiration both to us and to many others around the world. We attach here a letter sent by his brother and Abbot of Samye Ling in Scotland, Lama Yeshe Rinpoche:

*"I would like to thank you all from the bottom of my heart for all the care and concern you have shown since the passing of my brother, Choje Akong Tulku Rinpoche. I have been extremely touched and deeply moved to see how many lives he has touched on so many different levels. As all of you know, his wish was for us to unite and work positively for the interest of humanity and of course not to forget his guidance and dharma instructions.*

*Akong Rinpoche set very high standards for his dharma centres. As part of his mandala we must never forget this and work with determination to ensure that his vision is continued and upheld to the very best of our abilities. The responsibility for the future reputation and standards of our dharma centres now falls on us.*

*With very best wishes, Lama Yeshe Losal Rinpoche"*

We will continue to aspire to achieve Rinpoche's vision of a better and kinder world for all beings. Looking forward to seeing you at our centre in the coming year,

From the KSDH Management Committee

## In this issue:

- **Visiting Teachers 2014** – many excellent teachings and retreats
  - **Marijke's Valentine's Day Brunch** – Sunday 16<sup>th</sup> February 10.30 - 12.30noon
  - **Lama Tsonдру** – 3-day retreat at Susurumba and public talk in Harare, 6<sup>th</sup> – 12<sup>th</sup> March 2014
  - **Book of Remembrance for Akong Tulku Rinpoche**
  - **Who is on the KSDH Management Committee? Do you want to join us?**
  - **The Rokpa Centre Garden (Quendon Rd)** – a thank you and a plea
  - **List of regular events at KSDH and contact details**
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## VISITING TEACHERS CALENDAR - 2014

KSDH plans to host the following visitors in Zimbabwe in the coming year. We will include details on each of these events in forthcoming newsletters.

<b>Lama Tsonдру</b>	6 <sup>th</sup> – 11 <sup>th</sup> March	6 <sup>th</sup> – 9 <sup>th</sup> : 3-day retreat in Susurumba, Nyanga 10 <sup>th</sup> March: Public Talk 11 <sup>th</sup> March: Refuge Ceremony See details below
<b>Charlie Morley</b>	To be announced	Charlie will be back again to deepen our experiences and understanding of lucid dreaming
<b>Rob Nairn</b>	September/October	3 <sup>rd</sup> -12 <sup>th</sup> October: Insight Retreat, Susurumba, Nyanga
<b>Ken Holmes</b>	2 <sup>nd</sup> half November	Weekend teachings at Ernies Lane; retreat at Susurumba

We also refer you to the Tara Rokpa Centre (TRC) website ([www.tararokpacentre.co.za/](http://www.tararokpacentre.co.za/)) in which you will find information about the wonderful retreats being offered there in the coming year. TRC is a peaceful retreat centre situated in a wooded valley on 280 hectares of land in Groot Marico, South Africa. Members of KSDH will be travelling to TRC in March to participate in a purification practice called the Ngungne Practice. Later in May, Donal Creedon will be leading a 2 week retreat on Cutting through Illusion. If you are interested in joining us in going to one or both of these retreats, please contact our office at tel: 304202 (mornings only) or email [zimsheehans@gmail.com](mailto:zimsheehans@gmail.com)

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**MARIJKE'S  
VALENTINE'S  
DAY BRUNCH**

**Don't miss this delicious  
vegetarian brunch!**

**Date: Sunday 16 February**

**Time: 10.30am – 12.30noon**

**Venue: KSDH, 7a Ernies Lane, Monavale**

**Tickets: \$15 (all proceeds to charity)**

Seating is limited and for ticket holders only

Tickets are available from:

Marijke (0772-283260),

Gemma (0772-248615),

Kala (0777-851179),

Mia (0772-345086) or

Sabina (KSDH office, 304202, mornings only)

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**LAMA TSONDRU with ANI ZOPA**

**3-day retreat, public talk and refuge ceremony  
6<sup>th</sup> – 12<sup>th</sup> March 2014**

We are privileged to welcome Lama Tsondru to Zimbabwe again in March 2014.

**Ven. Lama Tsondru**, guides the Spanish Kagyu centers and retreats in Spain. In 2000, she became one of the first western women to become a lama when Akong Rinpoche gave her this title, widely praising her qualities. Lama Tsondru received monastic ordination in 1985, and has received teachings from many renowned teachers, including the Karmarpa and Akong Rinpoche. Whilst in Zimbabwe Lama Tsondru's down-to-earth and accessible teachings will include:

**RETREAT:**  
**The Four Foundations of Mindfulness**  
**Thursday, 6<sup>th</sup> – Sunday, 9th March, Susurumba, Nyanga.**

*Mindfulness is being present with what is happening whilst it is happening, without preference.* The theme of the retreat is: Mindfulness of Body, Feelings, Mind and Teachings. Mindfulness can help us see what is going on within our minds which we are often unaware of but which drive much of our behaviour and unhappiness. Others who have been on mindfulness retreats have seen the benefits:

*“Enormously beneficial and I returned to my life with much more clarity.”*

*“Time away from my full life where all I needed to do was to be in touch with myself.”*

*“To be surrounded by such beautiful nature which I was able to soak up and nourish my soul.”*

*“I particularly benefited from the noble silence. And the walks were a wonderful bonus.”*

Cost: \$95 shared accommodation, Camping \$70

To book for the retreat, please contact the KSDH Office (phone no. 304202 weekday mornings only) or email [rokpa@zol.co.zw](mailto:rokpa@zol.co.zw)

**PUBLIC TALK:**  
**Topic: The Meaning of Life**  
**Monday, 10<sup>th</sup> March, 5.15pm for 5.30pm start,**  
**KSDH Temple, 7a Ernie’s Lane, Monavale**

All humans seek happiness in their lives, generally devoting most of their lives in trying to achieve this goal through the material world and relationships. However, most people seem to experience an increasing range of difficulties, stresses, anxieties and fears. Are we possibly looking for happiness in the wrong areas? Lama Tsondru will examine these issues and pose some areas where deeper, more meaningful happiness can be found in our lives. Cost: \$5

**REFUGE CEREMONY:**  
**Tuesday 11 March, 4pm Talk on Refuge; 5pm Refuge Ceremony**  
**Kagyü Samye Dzong Harare Temple, 7a Ernie’s Lane, Monavale**

Lama Tsondru will give a Refuge Ceremony for those wanting to make the Buddhist path their spiritual path. For those wanting to do this, prior notification to Dave Sheehan 0772 317424 is needed. No charge.

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# BOOK OF REMEMBRANCE TO COMMEMORATE THE LIFE OF CHOJE AKONG TULKU RINPOCHE

## A Letter from Ani Rinchen Khandro

In the wake of the untimely passing of our precious teacher Choje Akong Tulku Rinpoche I have been asked by Choje Lama Yeshe Losal Rinpoche to compile personal remembrances from those people whose lives he touched. This will become a beautiful 'Book of Remembrance Commemorating the Life of Choje Akong Tulku Rinpoche'. Hence I am contacting Dharma Centres and individuals who knew Rinpoche, to request contributions.

Your contribution can be short and sweet, which would be so typical of Rinpoche, or it might be an anecdote, a poem, a teaching or piece of advice from Rinpoche. Photographs are also welcome. Rinpoche touched the lives of so many people in a multitude of ways showing great wisdom, compassion, humour and endless skillful means. By sharing some of these meaningful experiences with each other we may come to a deeper understanding of the vast scope of Rinpoche's boundless qualities and activities, and perhaps of each other and ourselves. At least, that is the aim!

Please email your contributions to me by the end of April 2014 at [info@edinburgh.samye.org](mailto:info@edinburgh.samye.org) and mark your email Akong Rinpoche Remembrance.

Warmest wishes,  
Ani Rinchen Khandro

**Please contribute your thoughts to this commemorative book – it will help show our appreciation for Rinpoche who brought the dharma to Africa.**

## WHO IS ON THE KSDH MANAGEMENT COMMITTEE?

There have been a number of requests over the last month or so for us to confirm who is on the KSDH management committee. Based on elections at the last KSDH AGM in June 2013, the following people are actively involved in the committee:

SUB COMMITTEE	LEAD PERSON	CONTACT INFO
Chairperson	Vivienne Kernohan	vkernohan@gmail.com
Administration	Rosemary Beck	marel@mweb.co.zw
Finance	Tom Soper	tom@umaxlife.co.zw
Communication	Barbara Kaim; Barbara Vitoria	zimbarbs@gmail.com
Sangha Development	Bravo Nyamudoka	bravonya@gmail.com
Visiting Teachers	Dave Sheehan	zimsheehans@gmail.com
Fundraising	Marijke Legerstee	marijke@zol.co.zw
Environment	Dorothy Wakeling	piumosso@zol.co.zw
Quendon Rd Liaison	Rosemary Beck	marel@mweb.co.zw
Ernie's Lane Liaison	Jane Soper	janesoper67@gmail.com

If you want to read the minutes of the AGM, please contact our office. And, please contact us if any of you would like to join one of these sub committees. Our doors are always open.

## THE ROKA CENTRE GARDEN

Finally, **A VERY BIG THANK YOU** to our wonderful and dedicated gardener, Maia Chenux-Repond, who has been the leading force in designing and caring for our tranquil garden at Quendon Road for over 15 years. She is the person responsible for the beautiful water garden, for the upkeep of the many trees and flowers and the design of the various pathways, as well as all the routine gardening tasks. Maia is stepping down from this role, so if anyone out there would like to follow in her capable footsteps, please let us know.

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### Regular Events

Unless otherwise mentioned, these events take place at either the Kagyu Samye Dzung Harare Temple (7a Ernies Lane, Monavale) or at Rokpa Centre Shrine Room (34 Quendon Road, Mabelreign, opposite the Italian Club).

Day	Event/Practice	Time	Venue
Monday	Meditation followed by soup and socializing	5.30pm – 6.10pm	Quendon Road
Tuesday	Amitabha and Dorje Sempa Yoga (Angie)	4.00pm – 5.15pm 5.30pm – 6.30pm	Quendon Road Quendon Road
Wednesday	Green Tara	7.00am – 8.15am	Quendon Road
Friday	Chenrezig	5.30pm – 6.10pm	Quendon Road
Saturday	Yoga (Roger or Pippa)	7.30am – 9.00am	Quendon Road
Sunday morning	Meditation, followed by a presentation of a Dharma topic, discussion and tea	9.00 – 11.00pm	Ernie's Lane (KSDH)

### Contact Details

KSDH Office	Sabina Nkonde Gomo	304 202
MC Chairperson	Vivienne Kernohan	332 836
Monday meditation	Debra Chimuka	0772 336 017
Pujas/Buddhist prayers	Maia C. Repond	303 591
Yoga	Angela Neighbour	740 580
Sunday Meditation and Dharma talk	Bravo Nyamudoka	0772 908 535

For issues to be included in the next **Newsletter** send your mail to Sabina Gomo: [rokpa@zol.co.zw](mailto:rokpa@zol.co.zw) or Barbara Kaim: [zimbarbs@gmail.com](mailto:zimbarbs@gmail.com)  
Note that the KSDH office is only open in the mornings 8am - 1pm, Monday - Friday