



SHAMBHALA

Making Enlightened Society Possible

MILWAUKEE

JUNE 2015

NEWSLETTER

milwaukee.shambhala.org

MIDSUMMER DAY!

A COMMUNITY COOK- OUT & CELEBRATION!

Join us for this annual celebration

JUNE 20, 3-7pm

You are invited to a potluck cook-out in celebration of Midsummer Day, hosted by the Shambhala Meditation Center of Milwaukee at the home of Ms. Ann Weninger. Midsummer Day is an opportunity for families and friends in Shambhala to enjoy each other and the warmth of summer sun. In addition to sharing food, drink, music, and general merriment, a lhasang, the offering of juniper smoke to invite blessing and awakened energy, is traditional.

The Shambhala sangha celebrates the changes of the seasons. These are called Nyida Days, from the Tibetan words nyima ("sun") and dawa ("moon"). Nyida Days occur on or near the days of the equinoxes and solstices. Midsummer Day observes the summer solstice.

Nyida Days are regarded as community-building celebrations.

The festivities will start at 3pm and go until 7pm, rain or shine. Grilled food will be served at 5pm. A lhasang ceremony will take place at 3:30pm.

A gas grill and grilled chicken will be provided. Please bring a contribution to this shared feast!

Suggestions for what to bring:

- Something else for the grill
- Beverages to share
- Side dishes or dessert

Also kindly bring a folding chair, if you have one.



UPCOMING CLASSES...



An Evening of Contemplation

CONTENTMENT IN EVERYDAY LIFE

Wednesday, July 8

7 - 8:30pm

**With Steven Shippee, Director of Practice
& Education**

Please join us in this evening of community contemplation practice on the theme of “Contentment.” This special practice event is meant as a support and an invitation for all past CIEL participants to continue to contemplate this theme and deepen the practice introduced during the course.

During the evening, the contemplation will be reviewed first, then we will practice together. No registration required. Donation welcomed.

W

arrior in the World

June 27-28, Weekend

9am - 6pm

\$150 program; \$175 patron

With Debbie Zarate

Pre-requisite: Level 2 - Birth of the Warrior

Developing fearlessness by examining our habitual tendencies, we are willing to experience our life without relying on the cocoon. We begin to engage the world directly and extend the attitude of fearlessness to our activities.

This is the third of the five weekend workshops that include meditation training and practice, talks by senior instructors, personal interviews and group discussions. This course is the weekend companion to “Joy in Everyday Life.”

GENEROSITY POLICY

We have a generosity policy to make our offerings available to all who wish to participate. If the program price is an obstacle for you, please consider what works for you, and offer as much of the program fee as you can. For those who can offer more than the program price, we have a “patron price”. Your generosity in offering the patron price helps cover the costs for others who are not able to pay the full price.

SHAMBHALA MEDITATION CENTER OF MILWAUKEE

Statement of Purpose

The Shambhala Meditation Center of Milwaukee exists to provide opportunities for everyone who wishes to learn how to meditate and live more mindfully. We're here to provide an environment for those who want to deepen their practice and study on the Shambhala Buddhist path. Finally, we're here as a gathering place for those who aspire to a good human society so that together we can make the vision of a sane and kind world, Enlightened Society, a reality in Milwaukee and beyond.

Shambhala Vision, Leadership & Enlightened Society – Milwaukee-style!

By Leslie Shippee, Center Director



WHEN SAKYONG MIPHAM Rinpoche was in Chicago in May, he met briefly with the leadership of the midwest Shambhala centers who were there. He expressed his appreciation for the leadership arising throughout Shambhala. He also talked about the importance of leadership in our communities as we find ways to offer the Shambhala vision to the world around us. Pointing to the important ground that Chicago has laid in Chicago, the Sakyong invited all of us to expand that effort, to offer Shambhala vision in ways that would be most helpful within our own communities.

Shambhala vision & leadership – what do these mean in Milwaukee?

Shambhala vision refers to our recognition and proclamation that human nature is inherently, basically good. It's something that each one of us is capable of recognizing ourselves and, in so doing, we help the world. The activity of recognizing Shambhala vision is also referred to as building enlightened society. It is the essential purpose of a Shambhala Center. In Milwaukee, our statement of purpose reads in part: "... we're here as a gathering place for all who aspire to a good human society so that together we can make the vision of a sane and kind world, Enlightened Society, a reality ..."

To fulfill this purpose, we carry on programs, practice sessions, celebrations and other activities within our Center. These support and nourish our personal connection to Shambhala vision.

But perhaps more importantly, each of us carries a bit of our experience within the community into our life, thus making our own, unique expression of Enlightened Society. Perhaps we teach children, or conduct business, or fix what's broken, or give comfort to those in pain, or keep spaces clean and fresh, or care for ailing loved ones, or show kindness to those whom others despise, and so on, and so on. I believe that among all the wonderful beings in our Milwaukee sangha, there are many, many manifestations of enlightened society going on all the time. I believe it is time for us all to come together and share with each other what we are doing individually and what we aspire to – in our families, our communities, and in the world.

Leadership is a word with so many connotations. We may think of it as a person in charge – one who commands or one who inspires. We might think of it as that which goes first, that which is followed. In terms of our Shambhala Center, one way that I think of leadership is as the energy that connects our individual actions with our communal actions. One way that this looks is inviting and engaging people to take a role

in something going on. Interestingly, there are many in our community who do this – those who take on a particular leadership role as well as those who take on responsibility for a particular program or event. But the reality of leadership is even bigger than that. Just as following someone else's lead does not mean that we ourselves are not leaders, our acts of leading at the moment do not mean that we never follow. In this regard, any of us and all of us are leaders.

The Sakyong has committed himself to engaging and developing leaders throughout our Shambhala community. Among other changes, the appointment this February of a Kalapa Envoy for Leadership Training and Mentorship demonstrates this commitment. The Sakyong, the Acharyas, and others have been talking about these themes – leadership and bringing forth Shambhala vision – for a long while. I want to invite all Milwaukee Shambhalians to be part of the conversation. Over the summer, members of the governing council and others will host opportunities at our center for people to gather and talk about building enlightened society. As well, a discussion group for the DVD Proclaiming Enlightened Society, transmission of the lung for the Treatise on Enlightened Society, and other specific leadership development opportunities are in stages of planning and development.

Shambhala vision and leadership: they are intimately and inextricably connected. I am excited to think of the potential of the many leaders in our midst bringing Shambhala vision forth in Milwaukee. Please stay tuned for more!

Yours very warmly,
Leslie Shippee, Center Director

TUESDAY OPEN HOUSE

Tuesday OPEN HOUSE



June 2 - So What is Shambhala Anyway?

With Leslie Shippee, Center Director

In *The Shambhala Principle*, Sakyong Mipham Rinpoche writes, "...enlightened society is a place where we are brave enough to see – and be – just who we are, surrendering our fantasies of something better." Continuing our discussion of community in Shambhala, this month we will consider community in relation to building an enlightened society.

The open house discussion on the first Tuesday of each month is an opportunity for discussion with the Center Director and others about various aspects of the Shambhala Buddhist path and the Milwaukee Center.

June 9 - Turning Intention into Action

With Grace Jessen

We have found our way to this meditation practice, often with great enthusiasm and/or relief. Sometimes, however, difficulties and distractions arise, as well as obstructing circumstances. Are there ways to maintain that initial intention, or even broaden it, so our motivation is strengthened? This evening's discussion will explore the suggestions that our teachings offer with regard to these questions.

June 16 - The World Made of Stories

With Debbie Zarate

Join us for a discussion about how our inner stories both define and limit our experience, and also help us give meaning to the experience.

June 23 - Karma 101

With Steven Shippee

This discussion explores the teachings on karma, the Sanskrit word for action. We'll clear away common misunderstandings and get down to the good news about karma, which is about creating happiness for ourselves and others.

Tuesday, June 30, 7-8:30pm

A NIGHT OF Diversity & Soup Savoring

Upstairs Meditation Hall

Hosted by Napa Chayaworakul,
Tavita Martinez & Erica Woods

Please join us for a special Tuesday Night of Diversity and Soup Savouring! To celebrate the richness of Shambhala Milwaukee community, this event also honors the bravery and courage it takes for warriors of goodness to discover one genuine self while sharing the aspiration to create an enlightened society for all.

The night will begin with a brief sitting period and followed by a **group diversity exercise and soup savouring**. If you would like to bring a soup to share, please contact Napa Chayaworakul at siaoshai@hotmail.com.

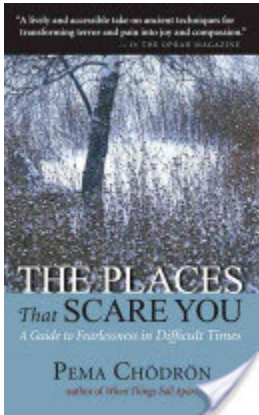
Articles on Diversity in Shambhala

- <http://shambhalatimes.org/2014/12/22/gender-identity-in-shambhala/>
- <http://shambhalatimes.org/2010/03/08/diversity-awareness-in-shambhala/>
- <http://shambhalatimes.org/tag/enlightened-society-celebrates-diversity/>

Shambhala Milwaukee Book Club

Starting Friday, July 17th at 7pm.

By Anne DeSellier



Three of us were inspired when hearing Leslie Shippee, director of the Center, discuss the Shambhala Milwaukee community and ask how could we expand it beyond the boundaries of the physical space. What better way than gathering with food and discussing a good book? From my experience, I found that when I read books and articles on the Shambhala principles, their richness is deepened when a discussion with supportive friends follows. The idea of this book club is to strengthen our fortitude of thought and actions as we discover the way of the warrior.

We invite you with open arms and open minds for our first discussion and potluck. We pre-selected the first book: *The Places that Scare You: A Guide to Fearlessness*

in Difficult Times, by Pema Chodron. We will gather for discussion and potluck at 4508 North Bartlett Ave, Shorewood. After the first meeting we will select the book, time and place as a group.

Looking forward to seeing you soon. — John Thompson, Dan Ferber and Anne DeSellier. For questions contact annedesellier.spsol@gmail.com or (414)308-3868.

WINDHORSE RETREAT WEEKEND

Renew, Revive, Rejuvenate

Weekend, June 26-28

Price: \$200

Perfect for Beginners!

Please join us for a weekend of meditation, contemplative walks, time to

yourself and much more. Frank Fischer will lead us on a journey to become more present in our daily lives. Register at windhorse.shambhala.org.

SIGN UP FOR NEWSLETTER

Get news on class offerings, community events, practice dates, members' articles and more. You can sign up right on our homepage or by emailing shambhalamke@gmail.com.

STAY CONNECTED

Check out our photos and get to know our community members sharing, celebrating and rejoicing at

[facebook](#)

SHAMBHALA Meditation Center of Milwaukee

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milwaukee.shambhala.org

WEEKLY MEDITATION

Every week our center welcomes everyone to meditate. These weekly practice and instruction sessions are free to participate and donation is appreciated.

Sitting Sessions

Tuesday 7-7:45pm

Wednesday 7-8pm

Saturday Cafe 9-10:30am

Sunday 9-11am

Meditation Instruction

Tuesday 7pm

Saturday 9am

Sunday 9am

BECOME A MEMBER

Membership in Shambhala is an expression of one's inspiration, curiosity and commitment to this path of awakening to basic goodness. Our center is a non-profit organization and is sustained 100% through recurring dues, donations and volunteer efforts.

Becoming a member supports both your practice and the activities of our Shambhala Center. To learn more about how to become a member, contact Paul Shinkle at membership@milwaukee.shambhala.org.

BE A VOLUNTEER

Put your practice in action by sharing your time and energy. Volunteers do all of the work of our Center. Giving of one's time, energy and talents enhances one's sense of belonging and is considered is an important form of practice. You can offer your talents and energy in ways you feel comfortable or challenge yourself by learning new and practical skills. Training is provided. To find out how you can help, contact Leslie Shippee at director@milwaukee.shambhala.org