

## **IPSWICH BUDDHIST CENTRE**

### **Tuesday evenings at the Ipswich Buddhist Centre New Foundation Buddhist Study – A year long course Starting in January 2022**

For the last 3 years, every week on a Tuesday we have been running a year long study course looking at a wide variety of Buddhist topics. This course gives a great foundation for Buddhist practice and for those interested in leading a Buddhist life.

This course builds on our successful Level1 and Level2 Buddhism courses. Giving those who have completed those courses an opportunity to learn more about Buddhism and take their practise further. There are also a number of members of the Mitra Sangha who have completed the Mitra study course or have not had the opportunity for Mitra study, who would welcome being able to do study in this way. Further, we have those that have been regularly attending another class at the Centre and would benefit from a more structured learning environment.

So on Tuesday evenings we will be providing a way of studying the first year of the four year mitra study course. This course is available to Mitras and those considering becoming a Mitra and gives a very good understanding of Buddhism and



Triratna teachings. The course requires participants to study the material provided at home before each class and bring along any questions or points for discussion. The 'home-work' usually involves reading about 4 pages of text and spending some time reflecting on that material. There may also be further reading or exploration of the study subject that could be completed if you have time.

The course is made up of 6 modules and each module takes approximately 6 weeks to complete. Although depending on the interests and abilities of those attending some modules may take longer to complete. The modules may be interspersed with other complementary activities on a Tuesday evening such as Mitra ceremonies and visiting speakers. Thus the 6 modules will be spread throughout the year. People are welcome to attend any of the 6 modules, but most benefit will be gained by attending the modules sequentially and completing all six modules. It is intended to run the 6 modules every year whilst required.

Please note that people attending will be asked to commit to come along for the whole of a module. Also because of the preparatory work required by those attending, people cannot just drop-in to an evening.



### Who should attend?

The Mitra study course, as its name suggests, is intended for those that have become a Mitra and wish to take their understanding of Triratna and Buddhism deeper. However, the first year of the 4 year Mitra study programme, is also available to those who have completed the Level1 and Level2 Buddhism courses, or have been coming along to the Centre for some time. If you are not sure whether you meet that criteria then please do get in touch to discuss your individual

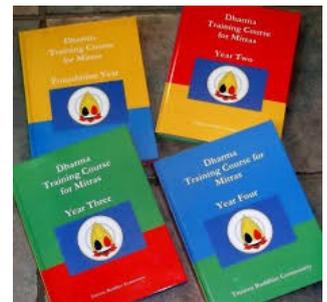
situation.

The course will be led by Order Members from the Centre who have many years experience of leading study groups. The first module will be led by Swadipa.

The study will usually run from 7pm until 9pm and will be held at the Centre. The course is provided free on a Dana basis, but we do ask that people attending, wherever possible, take out a regular monthly donation to the Centre.

The topics covered in each 6 week module:

- Module1: Going for Refuge to the Three Jewels (Part 1)
- Module2: Going for Refuge to the Three Jewels (Part 2)
- Module3: Ethics
- Module4: Meditation
- Module5: Wisdom
- Module6: Buddhism and Triratna, Devotional Practice



The mitra study course material that we will be using is available for free online at <https://thebuddhistcentre.com/mitra/>; although a donation to freeBuddhistAudio will help to keep the material available to all.

You can also purchase a printed version at <http://www.lulu.com/shop/triratna-buddhist-community/dharma-training-course-year-one/paperback/product-23103955.html>

The first Tuesday evening will be holding an Introductory evening where you can find out more about the Dharma evening, the study course and what is required of you. The first module then begins the following week.

If you are interested in attending the new dharma night or have questions about it, then please get in touch by emailing [chairman@ipswichbuddhistcentre.org.uk](mailto:chairman@ipswichbuddhistcentre.org.uk)



If you think you are not quite ready for the Dharma Night study then you will be pleased to know that our popular Level 1 and level 2 Buddhism course will be running again during 2022. More information about this entry level course can be obtained from [enquiries@ipswichbuddhistcentre.org.uk](mailto:enquiries@ipswichbuddhistcentre.org.uk)

