

***"The person of little learning
Grows old like an ox:
The flesh increases,
But the insight does not"***

***The Buddha
Dhp 152***

News from Vimutti Buddhist Monastery

**The Auckland Buddhist Vihara
Vihara Makeover
May 1, 2:00-6:00pm
29 Harris Rd., Mt. Wellington**

The property that is now the Auckland Buddhist Vihara was purchased in the early 1980's by the Auckland Theravada Buddhist Association, making it one of the first Buddhist centres in the Auckland area. An old and simple house was renovated to serve as a residence for visiting Sangha and as a meeting place for the Buddhist community. A workshop was converted into a meditation hall, and carefully chosen trees were planted. 30 years later the trees have benefited greatly from age while the buildings have not. Although the facilities have served adequately, the Vihara has much more potential to offer as a place to inspire and support Dhamma practice. With this in mind we have decided to embark on a total makeover. The first step would be to remove unneeded or unsightly items, give the buildings a good clean, and tidy up what remains.

How you can Help

We plan to hold the Good Kamma Day working bee at the Vihara on May 1, instead of at Vimutti Monastery on May 8. Ajahn Chandako will be there to lead the cleanup. If you can spare an hour or more of your time, this is the type of help we will need:

- **a few strong people to move furniture**
- **people for cleaning and sorting kitchen cupboards**
- **someone to clean the garden shed and organise the tools inside**
- **a few people with hammers and other tools for demolishing unwanted cupboards and furniture**
- **many people with buckets and clean rags or sponges to wipe down all surfaces**

These items would be helpful to have:

- **An electric hot water jug**
- **New phones**

There will be a few free chairs, cupboards and bookcases available, but you need to come early before they are disposed of.

Open Day

Open Day will not be held this month and there will not be a monk for the evening talk.

Planting and landscaping at Vimutti Monastery

In May we hope to begin this year's planting. We plan to focus on native New Zealand trees, so if anyone has seedlings or trees that they would like to have planted at Vimutti, please feel free to bring them to the monastery. We will be planting hillsides, stream banks and wetlands, so any plants appropriate for these conditions would be appreciated. For example:

**Karamu
Toetoe**

Carex varieties
Sedges
Rushes
Tussock
Flax varieties
Kahikatea
Raupo
Jointed twig rush
Marsh club rush
Umbrella spike
Swamp Maire

Upcoming Events

For Vimutti Buddhist Monastery and the Auckland
Theravada Buddhist Association

Friday, April 23, 6:00 pm

Dhamma talk, Ajahn Chandako

Auckland University Buddhist Society

**Venue: Graham Hill Lecture Theatre, Level 12,
Auckland Hospital Support Building, Park Road,
Grafton (take lift bank C).**

Saturday, May 1, 2:00-6:00pm

Good Kamma Day, our monthly working bee

**The Auckland Buddhist Vihara, 29 Harris Rd., Mt.
Wellington**

Friday, May 7, 6:00 pm

Dhamma talk, Ajahn Chandako

Auckland University Buddhist Society

**Venue: Graham Hill Lecture Theatre, Level 12,
Auckland Hospital Support Building, Park Road,
Grafton (take lift bank C.)**

Sunday, May 9, 7:30 pm

Dhamma talk, Ajahn Chandako

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

Sunday May 16, all day and evening

Wesak Celebration

Dhamma Talk, Ajahn Chandako

The Auckland Buddhist Vihara, 29 Harris Road, Mt. Wellington

Friday, May 21, 6:00 pm

Dhamma talk, Ajahn Chandako

Auckland University Buddhist Society

Venue: Graham Hill Lecture Theatre, Level 12, Auckland Hospital Support Building, Park Road, Grafton (take lift bank C).

Sunday, May 30, 10:30 am

Open Day, an opportunity to meet the ATBA community

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

Every Sunday 10:00-11:00am (except Open Day)

Chi Kung lessons with Venerable Chang Shean

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

This meditation in movement is an outstanding way to relieve stress, balance energy and develop mindfulness.

Sister Chang Shean is a Taiwanese Bhikkhuni who offers these lessons freely on a donation basis. All proceeds go to the ATBA.

Every Sunday 3:00-4:30pm

Dhamma School

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

Give your children a good start in life with the ATBA Dhamma School. Available for any child or teenager from the ages of 5-18. Contact Benita 09 520-1392 or Wajira 09 273-8241

Every Sunday, 7:30 pm

**Meditation, chanting and listening to a Dhamma talk
The Auckland Buddhist Vihara, 29 Harris Rd., Mt.
Wellington**

Useful items to donate to the Monastery:

Plumbing skills

A matching pair of wooden A4 sized picture frames

External paint (brown, black or white primer).

Partially used cans are good.

Anumodana

We wish to express our gratitude and appreciation to:

**Amy and Gae for donating outdoor benches, chairs
and tables from Thailand**

Sopa, Amporn, Suda and Nuk for offering water

John and Mei for donating timber and building advice

Edward for making clotheslines

Rasindra for offering technical advice

Pushpa for donating suttas in Pali and English

Victoria for donating a laptop

Freddie and Sumana for offering a cell phone

Vinitha for offering sleeping mats and sewing covers

Trevor and Pornjuta for making benches

**By the power of the Buddha, Dhamma and
Sangha, may this offering be a cause for you to
realise the freedom and peace of Nibbana.**

Download the ATBA Chanting

[ATBA Chanting](#)

[The Buddha's Words on Loving-kindness, the Metta Sutta
chant](#)

vimutti [Pali]:

Release, liberation; freedom from the fabrications and conventions of the mind. The suttas distinguish between two kinds of release. Wisdom-release (*pañña-vimutti*) describes the fully enlightened mind of a Buddha or an Arahant. Awareness-release (*ceto-vimutti*) is used to describe either the unbounded but temporary liberation of mind in deep samadhi (*jhana*) or the supramundane state of samadhi in the completely purified mind of a Buddha or an Arahant.

For complete information on Vimutti Buddhist Monastery and the ATBA, including maps, please see our website

www.vimutti.org.nz

**We wish you all much benefit
and happiness from practicing
meditation and leading a good
life.**