



Gomde Lindholme Hall
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Dear Friends,

Today offers the best of summer weather and autumn cheer. The morning gave low lying mist and now the sky is a clear blue. The butterflies, bees and hornets sun themselves on the south walls of the Hall. The bird song is so strong and clear you could almost touch it. A pure realm given by Rinpoche right now, nowhere could be more beautiful and peaceful.



Lama Oser's visit to Gomde concluded on the 8th September. All the retreats and teachings went wonderfully, with both old and new students participating and enjoying Lama Oser's genuine care and insight; many were inspired and felt a real connectedness to the teaching and lineage.

Lama Oser's presence not only supported and helped all the students who turned up for the teachings but also supported Gomde's continuing development. He was a daily, personal reminder of the teachings helping us put into practice the teachings we may have heard many times, walking the walk rather than simply talking the talk. He led daily practice to enrich and benefit the land and all its inhabitants and create favourable circumstances for the Buddha's teachings to become established and flourish here. He increased our knowledge in respect of special practice days and we will now be marking some of these days on a monthly basis at Gomde including Guru Rinpoche day, Dakini day and Shakyamuni Buddha day.



Overall Lama Oser's visit was a tremendous success and clearly demonstrated the importance of our long term goal of having a resident lama here. We have invited Lama Oser here again for an extended visit next year and with Chökyi Nyima's blessing we hope this will become a reality.



Although we have had much to preoccupy us, with the help of trusty volunteers much has recently been accomplished:-

- significant areas of bracken have been successfully subjugated creating glades and paths. The 'battle of the bracken' will resume in 2012 when we hope to take more territory from this most tenacious of foes!
- The reseeded fire lagoon is now covered in new grasses and flowers
- the winter wood store is full! Wood from the land has been sustainably harvested, seasoned and split into logs for the new wood stove.
- The west porch has been sanded and stained



- The 'Field Maple' attic rooms are being upgraded to include an en suite shower room/ toilet and a south facing sky light
- wild and cultivated harvest of fruit and vegetables have been preserved- jam, chutney, freezing, stewing and storing are ongoing. Lama Oser made 'Ah Yoo' jam (sanskrit for long life) made from apple and elderberries gathered from Lindholme Island.

Our busy summer season has come to a close and with inspiration from the teachings of Chökyi Nyima Rinpoche and support from Lama Oser we begin to map out the new season at Gomde.

Gomde is coming up for its 2nd birthday – much has been achieved in the last 2 years and we recognise if we are to continue to grow well we need to do so in a sustainable way, not only for the land but also for our caretakers; we need to create a sustainable rhythm which has at its heart the very purpose of Gomde- the authentic practice of the Dharma.

Such a sustainable rhythm is part of *THE GARLAND OF SUSTAINABILITY* which we hope will nurture and protect Gomde, not only for current generations but many future generations; more of this in the next newsletter.

Important Components of the Rhythm of Sustainability

- Regular, daily group practice sessions morning and evening. Both sessions open to residents and non-residents as well as old and new practitioners. Morning practice: (Buddha Shakyamuni and Guru Rinpoche Sadhana) 7 to 8 am; Evening practice: (sitting meditation) 5.30 to 6.15 pm
- Scheduled group practice on special practice days – 10 am see the Google calendar.
- Monthly Saturday teaching days - lunch, recorded teaching and discussion. 15th October and 26th November 12.30 to 4.30pm
- Weekly retreat day at Gomde, Wednesday - please note closed to all visitors
- Periodic closure of Gomde to facilitate staff 'R R & R' (Retreat, Rest and Recuperation) 1st RRR: 30th September to 2nd October, inclusive. Gomde closed to all visitors.





Future Projects and Events

Woodland Work retreat 25th to 30th October

Working on the land, clearing scrub, harvesting wood, preparing for winter and, of course, cooking for the crew. All help gratefully received. Please contact national@gomde.org.uk

Winter Seminar

A retreat based on recorded teachings from Chökyi Nyima's regular winter seminar in Nepal. Proposed dates 27th December 2011 to 2nd January 2012.

Volunteer Opportunities

Those of you who have visited will know that we work hard year round to improve the facilities here at Gomde. Over the autumn and winter we will likely include the following:

- putting wood siding on the retreat hut (special focus on this 8-9th October)
- Moving the office and creating a laundry room- insulating, building stud walls, plastering, painting adding radiators
- Creating a lama room/ retreat room with en-suite facilities

Anyone who would like to help out contact us to make arrangements 01302 842503 or mail at national@gomde.org.uk

Wish List

Sharon Currie has agreed to help co-ordinate the wish list. Creating a regular up date of wishes and also letting you all know which wishes have been fulfilled. In the mean time...

- Outdoor benches- to go on the south terrace
- Storage cabinets and shelving for the Field maple attic rooms
- Radiator towel holders
- Free standing coat racks
- Free standing clothes rack
- Large storage jars
- Range cooker in good working order
- Car/van/ pick-up. Gomde needs its own transport, any road worthy, reliable form of transport considered.

We hope many of you will be able to visit Gomde in the coming months and look forward to welcoming you to the Rinpoche's pure land at Gomde, Lindholme Hall.



*Do not believe just because wise men say so
Do not believe just because it has always been that way
Do not believe because others may believe so
Examine and experience yourself*

The Buddha-Kalama Sutra

Team Gomde
September 2011