As Goenkaji and Mataji travel across North America spreading their message of peace and harmonious living, through places like New York, Charlotte, Atlanta, Birmingham, Dallas, Salt Lake City, San Diego, Los Angeles, Fresno, San Francisco, Portland, Seattle, and up into Canada, we begin to sense the enormity of this historic endeavor.

The numbers continue to rise at the public talks along the way, reflecting the growing interest in Vipassana meditation as people take advantage of this unprecedented opportunity to come into contact with Goenkaji, Vipassana, and Dhamma. The message that he is communicating is the same message that he has been delivering for over 30 years. It is the same message that he delivered at the Millennium Peace Summit in August of 2000; that “Peace in the world cannot be achieved unless there is peace within individuals. Agitation and peace cannot co-exist. Through Vipassana meditation inner peace can be developed – a nonsectarian, scientific, results-oriented technique of self-observation and truth realization”.

When we consider the work involved in putting this tour together, all done with metta, in a spirit that speaks of love and gratitude for the messenger, for each other, and for the greater community, we experience an opening of the heart that is difficult to describe other than to wonder if this is what it is to experience loving compassion in a way which can not help but to flow out and affect the surrounding world. And that is the message of this tour… that is what is happening when we look around at those privileged enough to be here at this moment in time, at this time in the history of the world.

As this force gathers momentum, we instinctively know that it will surely contribute to a shift in mass consciousness, which will help guide humanity along a more humane and peaceful path. Truly, the clock of Vipassana is striking in North America.

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**Sangha Dana (open to all)**

*Saturday, 9:45 a.m. to 2:00 p.m., July 20*

**Cardinal Carter Academy, 36 Greenfield Ave., Toronto**

**The Event**

The Sangha Dana will start with the arrival of the monks and nuns from various traditions who will be received by Goenkaji and Mataji. There will be a small ceremony and lunch will be served to the monks, nuns and lay people.

After lunch everyone will assemble in the theatre to hear Goenkaji give a talk, after which the offering of Pirikara (gifts/requisites) to the monks and nuns takes place.

**About the Sangha Dana**

Throughout the centuries the Sangha has been an integral part of society. The relationship between the Sangha and the lay people has always been one of mutual support. The Sangha has preserved the Dhamma as a living tradition through 25 centuries, even risking their lives in some cases, to protect it for generations to come. They teach the
words of the Buddha to the lay people and also set an example as they maintain their Sila (morality) and practice Metta (loving kindness). They help the laity to create and maintain harmonious communities by teaching the Dhamma and encouraging them to practice it. In turn and with great gratitude, the laity supports the Sangha who have renounced worldly possessions, by providing them with the necessary requisites of life such as robes, toothbrushes, medicine, food, and shelter. This is their Dana (donation) to the Sangha.

The Sangha Dana is based on gratitude and giving. Gratitude by the lay people towards the monks and nuns who guide them in the Dhamma; by the monks and nuns towards the lay people who look after them; and by all participants towards the Dhamma which brings harmony to their lives. Giving is a wholesome quality that takes all in a direction away from ego and attachment.

DRESS
Please wear simple, unrevealing, light-colored clothing; please do not wear shorts. Men should wear a shirt and long pants. Women should preferably wear light-colored dresses or a blouse and skirt (knee length, at least) or dress pants. Please do not wear sleeveless dresses.

INTERACTING WITH MONKS AND NUNS
Please have a respectful regard for all of the monks and nuns, understanding that there is to be no physical contact, for example, shaking of hands. The proper way to greet monks and nuns is to greet them with hands folded, palms touching, while lowering your head a little in a polite bow. Address monks as “Bhante” and nuns as “sister”, not using their names.

One-day Course (for old students only)
Sunday 9:00 a.m. – 5:30 p.m., July 21, Toronto
Please register (if you haven’t already done so) using the enclosed form. Although the sitting starts at nine, please arrive at 8:30 a.m., as there will be a large number of meditators. The course will be led by assistant teachers and Goenkaji will be present to give Anapana, Vipassana, or Metta as his schedule and health allows. You will receive a confirmation letter with details about the sitting. There will be no Trust meeting after this sitting.

Public Talk (open to all)
Wednesday, 7:30 p.m. – 8:30 p.m., July 24
Alumni Theatre, Southam Hall, Carleton University, 1125 Colonel By Drive, Ottawa
Before the tour comes to Ottawa, old students are invited to join a one-day self-course on Tuesday, July 23 at the campsite where Goenkaji will be staying. A closed loop has been reserved at a campsite, which is surrounded by a forest very near to Ottawa. If you would like to come for the sitting or would like a campsite reserved for you, please contact Shawn Hayes at 613-624-5471 or email: shayes@primus.ca

Old students are also invited to a group sitting before the public talk from 5:30 to 6:30 p.m. at Carleton University.

A Centre for Ontario: Site Search Update
With Goenkaji’s encouragement for the establishment of a permanent Vipassana centre in southern Ontario, the search continues for an appropriate site within a two hour radius of Toronto. This would include the following areas: Cobourg-Lindsay-Peterborough to the east, Barrie-Orillia to the north, Guelph-Kitchener-Waterloo-Cambridge to the west, and Hamilton-St. Catharines to the south.

The Site Search Committee has been busy looking at various prospective places throughout southern Ontario. Once a site has been selected, researched and deemed suitable, it is forwarded to the Trust for deliberation.

The Trust submitted, for the second time, a conditional offer to purchase a country inn on 80 acres of land just north of Highway 401, near Cobourg. The place is operating as a restaurant and 14 room motel and is zoned Commercial/Recreational. Although the offer was accepted in April with a closing date of August, the Trust was unable to resolve several conditions with the owner and decided to withdraw from the negotiations and resume the search elsewhere.

If anyone knows of suitable properties for sale that could be used as a retreat centre, please contact Bob Wagester 705-760-2404 or bobwagester@sympatico.ca
Donations for the proposed centre may be sent to the Ontario Vipassana Foundation or by contacting Alan Nicholson 416-502-9264 or amberland4@hotmail.com.
The Ontario Vipassana Foundation (OVF) is a registered, non-profit, charitable organization that plans and organizes Vipassana courses in Ontario. Trustees are appointed annually by local Vipassana teachers to direct OVF’s activities. The trustees for 2002 are Ann Dixie (secretary), Neville Fernando, Richard Fisher (vice-president), Ron Graham, Malkanthi Jayasundera, Asoka Jayasundera, Alan Nicholson (treasurer), Beverley Owens, Mary Preston (president), Jignesh Upadhyaya, and Bob Wagester. The actual work is done by a number of committees, listed below, that report to the OVF, commonly known as the Trust. Old students are welcome to attend Trust meetings held usually on the third Sunday of the month after the all-day group sitting. Please note that as the Trust meeting starts with an hour of meditation, if one is attending only the meeting, please join the latter part of the sitting.

CHILDREN’S COURSE COMMITTEE
Susan Simpson (416-466-1276) or sujette_s@hotmail.com
Coordinates the preparations for children’s courses.

COURSE ORGANIZATION COMMITTEE
Tony Hill (905-278-9948) or tonyhill@axxent.ca
Coordinates the preparations for courses. Responsible for Day 0 set-up and Day 11 take down. Prepares course signs and materials. Finds suitable storage for course materials.

DHAMMA SERVICE COMMITTEE
Mary Preston (416-214-4904) or marpresto@idirect.com
Coordinates servers for courses. Refers interested volunteers to the appropriate committees depending on interest and need.

FINANCE COMMITTEE
Alan Nicholson (416-502-9264) or amberland4@hotmail.com
Responsible for managing the Trust’s finances, banking, and preparing financial reports.

GOENKAJI TOUR COMMITTEE
Nancy Rosen (416-322-1485) or nrosen@interlog.com
Responsible for organizing Goenkaji’s activities in Toronto from July 20-22.

INFORMATION AND PUBLICITY COMMITTEE
Mary Preston (416-214-4904) or marpresto@idirect.com

KITCHEN COMMITTEE
Beverley Owens (613-393-1170) or boens@hotmail.com
Orders food for courses. Orient staff in the kitchen. Develops menus. Prepares meals for Day 0. Takes stock of food at the end of course and finds suitable storage.

NEWSLETTER COMMITTEE
Alan Nicholson (416-502-9264) or amberland4@hotmail.com
Publishes and distributes the Ontario Newsletter. Distributes the International Newsletter.

REGISTRATION COMMITTEE
Richard Fisher (416-766-2927) or vipassana@sympatico.ca
Registers applicants to meditate or serve on courses. Co-ordinates rides to the courses.

SITE SEARCH COMMITTEE
Bob Wagester (705-760-2404) or bobwagester@sympatico.ca
Researches, investigates and visits sites for renting or purchasing. Prepares reports for evaluation at Trust Meetings.

The Ontario Vipassana Foundation now has a video lending library in operation. We have multiple copies of two videos that we are happy to loan out. The videos are ‘Doing Time Doing Vipassana’ and ‘Changing From Inside’. This is a great opportunity to share your experience in Dhamma with family, friends, or co-workers if they are interested.

To request a copy of a video, please contact Ann Dixie at 47 Franklin Ave, Toronto, Ontario, M2N 1B8, telephone 416-512-0292 or adixie0405@rogers.com. Ann will make sure that the video gets to you. You will be allowed to keep the video for a period of two weeks, at which time you will need to get the video back to Ann in person or by mail.

There are opportunities for all old students to participate and gain the wonderful benefit of giving Dhamma Service. Whether you volunteer to serve full-time or part-time on a 10-day course, a one-day course, or participate on a working committee of the Trust, we would be very happy to welcome you. Please contact Mary Preston at 416-214-4904 or e-mail at marpresto@idirect.com.
The Ontario Vipassana Foundation has set up a list/serve to assist Ontario meditators who have taken at least one 10 Day Course in the tradition of S.N. Goenka, in keeping informed about Vipassana activities in this province. If you are subscribed to this list/serve you will automatically be sent announcements from the OVF regarding its activities, minutes of Trust meetings, newsletters, and Vipassana related events in Ontario. This is a one-way list/serve and is set up to send announcements only. You can un-subscribe at any time.

To Subscribe: (this is a two step process)
You should send an (empty) email to:
announce-subscribe@on.ca.dhamma.org

Sometime after sending your message, you will receive a request for confirmation of your request. Simply hit “Reply” and then “Send”. A welcoming message will confirm that you are now on the list.

If you have problems subscribing or un-subscribing, send a message to the List Manager at:
announce-owner@on.ca.dhamma.org
If you use hotmail.com or yahoo.com then you have to hit “Reply”, then clear the To: field and copy the long confirmation address in the body of the message to the To: field and hit “Send”. If you get a welcoming message back then you are done. If you get an error message back then you need to try again. If this still doesn’t work, then you need to send an email to:
announce-owner@on.ca.dhamma.org
and ask for help.

GROUP SITTINGS
Group sittings are offered exclusively to old students who have completed at least one 10-day course with S.N. Goenka or one of his assistant teachers.

Any student interested in offering their residence as a place for weekly or all-day group sittings may request an application, to host group sittings, from Alan Nicholson at 416-502-9264 in Ontario. Certain criteria apply.

ONE-DAY GROUP SITTING
Sundays: August 18, September 15, November 17, December 15; 9:00 a.m. to 3:00 p.m.
Cham Shan Library, 2nd floor
1224 Lawrence Ave. West, Toronto
(North-west corner of Lawrence & Caledonia between Keele & Dufferin)
Parking: Enter off of Caledonia – follow signs
TTC: #52 Lawrence West bus – get off at Caledonia

Contact Alan Nicholson at (416) 502-9264 or amberland4@hotmail.com 3 days in advance to confirm your attendance. Lunch is provided.

WEEKLY GROUP SITTINGS
TORONTO – No sittings until further notice.

LONDON – Wednesdays from 7:00 p.m. – 8:00 p.m.
at the residence of Mr. and Mrs. Saparia, 59 Masonville Crescent (near Masonville Mall). Please confirm your attendance by calling 519-438-4966 or saparianm@aol.com

10-DAY ONTARIO VIPASSANA COURSES

October 15 – 26, 2002
October 26 – November 6, 2002

To register as a student or to offer your service (full or part-time) for courses in Ontario, please contact Richard Fisher by e-mail: vipassana@sympatico.ca or by telephone (416) 766-2927 between 3 and 9 p.m. Fax 416-766-2359
To register for the One-day course for old students (must have attended a 10-day course with S.N. Goenka or his assistant teachers), please fill out the registration form and mail to the Ontario Vipassana Foundation at the above address or fax to 416-502-9265.

First Name ____________________________ Last Name ____________________________________________
Address ____________________________________________________________________________________
City________________________________ Province___________ Postal code ___________________________
Email____________________________________ Phone Day ________________________________________
Phone Evening______________________________ Fax _____________________________________________
Gender________ Age__________ Date of Birth____________________________________________________
Do you understand English very well? _____ If no, please explain:
__________________________________________________________________________________________
__________________________________________________________________________________________
First course date___________________ Location________ Teachers ____________________________________
Most recent course date_____________ Location________ Teachers ____________________________________
Total number of full-time courses sat_________
10-day_______ Satipatthana_________ Special 10___________ Long ______________________________
Have you maintained your practice of Vipassana meditation since your last course? __________________________
Please give details of your practice (frequency, day sits, etc) ____________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
Have you practiced any other technique (other types of Vipassana, therapeutic or healing techniques) since
your last course?_______ If yes, please explain _____________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
If you have a car, are you willing to be contacted by other students who may need a ride to the sitting or
other events? ____________________________________________________________
MEDITATION NOW
Ontario Vipassana Foundation / 38 Cranbrooke Ave. / Toronto, Ontario M5M 1M4

Dhamma Service Form

If you would like to be involved and help prepare for this once in a lifetime visit by Goenkaji to Toronto please indicate below:

First Name ____________________________ Last Name ____________________________
Address ________________________________________________________________
City________________________ Province____________ Postal code __________________
Email________________________ Phone Day ________________________________
Phone Evening____________________ Fax _________________________________

☐ postering
☐ cooking during the Tour for 20 people
☐ event set-up and/or ushering, parking attendants
☐ shopping/errand running before and/or during the Tour
☐ loan of cell phone(s) July 18-23

Other areas of expertise or contacts that may help in spreading the word regarding Goenkaji’s visit:
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

May we all be inspired to play our own role in helping to make this tour a success.
May we all benefit from Goenkaji’s tour, and from our own efforts to grow in wisdom and purity.