# **Buddha Meditation Center**



# Mahamevnawa Buddhist Monastery Winnipeg

Annual Report 2020

## Message from the Head Monk and the Board of Directors

Due to the pandemic, 2020 became a challenging year for us to continue with our regular meditation programs. Although our activities were significantly affected since April 2020, we managed to continue with our meditation programs remotely.

We are grateful to the Monks who conduct meditation programs at the Monastery. All the programs offered by the monastery are free of charge. We believe that the spiritual development gained thought our meditation programs helped the community in Winnipeg (adults, youth and children) to overcome any mental challenges or additional stress created by the pandemic.

We are thankful to our donors, volunteers, members, University students and the local community who supported us throughout the year. Finally, we are also thankful to the Monks who conduct the programs free of charge (as per the Buddhist practice) while residing in our facility.

## **Highlights**

- Monthly one-day retreats at the Dalnavert Museum Winnipeg
- Meditation Programs for adults
- · Meditation Programs at University of Manitoba
- Chanting Programs Local Communities
- Meals for Homeless People
- Children's Meditation Program
- Pastoral visits to correctional centers
- Meditation Hall Renovation Project
- Support Winnipeg Communities

# **Meditation Retreat – Dalnavert Museum Winnipeg**

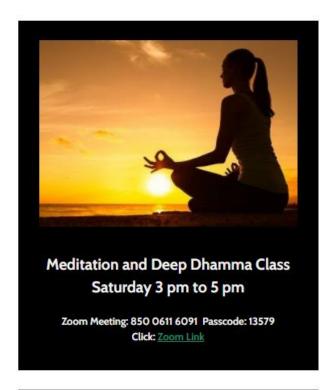


Since 2016, we continue to offer monthly meditation retreat programs at downtown Winnipeg. This is a full day meditation program offered free of charge. Lunch and snacks are offered free of charge to all participants. The number of programs conducted in 2020 were limited due to the on going covid conditions.

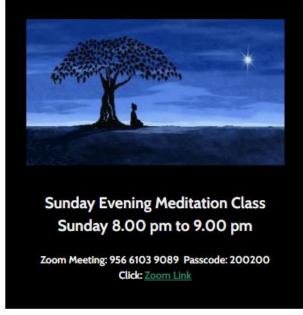


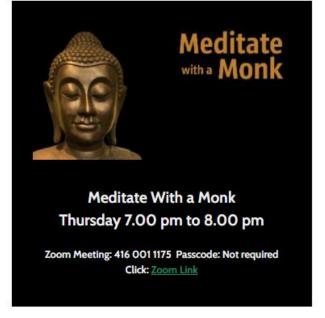
# **Meditation Programs for Adults**

We continue to offer weekly meditation programs during the pandemic. Our facility was kept open to the public where possible, following the Manitoba public health guidelines.









# **Meditation Programs at University of Manitoba**



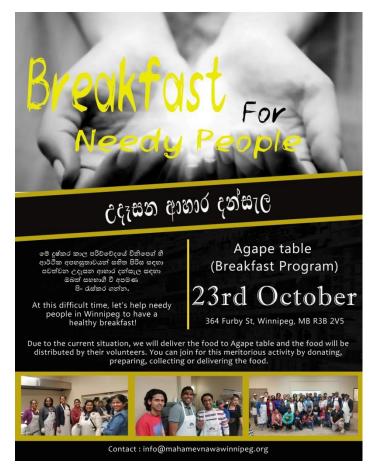
North Meets South: Truth, Healing, and Relations-Building is a program offered by Community Service-Learning that provides University of Manitoba students with monthly excursions, events and intercultural workshops to learn about our community, cultures and roles in reconciliation at the University of Manitoba found to be attractive among students. Monastery offer by-weekly meditation programs at the University of Manitoba.

# **Chanting Program – Local Communities**

Local communities demand chanting programs from time to time. Monks from the monastery visits local communities.



# **Meals for Homeless People**



We extend our services to other charities and communities. Continuous support from our volunteers helped us to continue the free meal program at "AGAPE TABLE".

Special thanks to the volunteers who helped in coordinating this event with community support. The local community donated food and provided transportation to make this event a success.

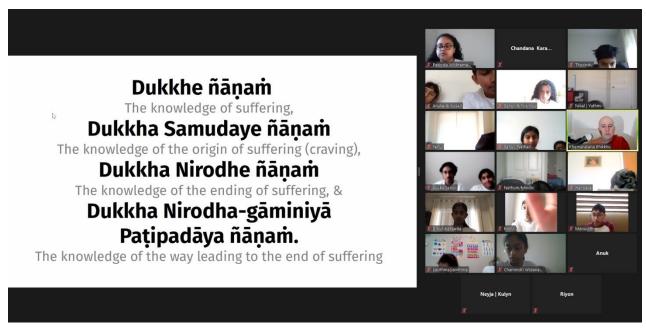
We organized two such events during 2020. We are looking forward to extending our support to other charitable organizations in coming years.





## **Children's Meditation Program**

Children's Meditation program provides younger members of the community with a rare opportunity to learn the teachings of the Buddha, practice meditation, cultivate good human qualities, be compassionate and spread loving kindness.



Activities at this program help youngsters not only to lay a solid foundation for spiritual development but also to become respectable citizens of the society.

## **Pastoral Visits to Correctional Centers**

Monks of Monastery provide blessings and spiritual advice for members of the congregation and takes care of the needs of elderly devotees by visiting retirement villages, nursing homes and hospitals to help relieve their mental and physical concerns through counselling, preaching Dhamma and meditation practices. Monks also provide pre-marital advice and blessings for couples, blessings for pregnant mothers, counselling for youth, adults and families as and when requested at the Monastery and at devotee homes.

# **Meditation Hall Renovation Project**



The design has been completed and development permits have been granted in Nov 2020, subjected to the completion by Nov 2023. This development includes meditation hall with disability access, additional parking and firefighter water tank. We have received a grant from the Provincial Government in April 2020. Construction work will be started in 2021.



# **Support - Winnipeg Communities**

We are grateful to the following community representatives who supported us with the meditation hall development project. Their support helped us in getting the Provincial funding approvals and the City of Winnipeg Zoning approvals. We are looking forward to work with them closely to support the local community.

• Terry Duguid – Member of Parliament



• Janice Morley-Lecomte – Member of Legislative Assembly



• Markus Chambers - City Councillor



We are also grateful to the members, non-members, University students, individuals in the community who supported us in various ways listed below.

### **Fundraising**

We have launched few fundraising programs aiming to cover some design and development costs associated with the meditation hall renovation project. Director board worked with volunteers to identify various funding opportunities. This will continue for the next few years.

#### Volunteering

There were several volunteering opportunities to support meditation programs, snow cleaning, gardening, etc. We are grateful to our volunteers who supported us in these activities. This helps us to reduce maintenance expenses significantly.



#### **Activities Related to Meditation Hall Development & Zoning**

We had several review discussions and meetings with the architect and the officers at the planning/zoning department, City of Winnipeg. Several volunteers worked with the Board of Directors to complete some of the research and review work required for zoning/plan approval for the renovation project.

#### **Grant Applications and Proposals**

In addition to the fundraising activities, we have submitted few proposals and grant applications to support the renovation project. Several members and volunteers supported us in various ways such as collecting supporting documents, reviewing proposals, searching for different funding sources, etc. We are grateful to everyone who helped us with these activities.

# **Charity Information and Financial Reports**

Visit our website for more details.

http://www.mahamevnawawinnipeg.org/charity-information.html

# Message from the Founder



I welcome you all to Mahamewnawa with thoughts of good will. Within our Dhamma service we have no restrictions with regard to race, cast, language, colour or religion. The truth revealed by Gautama Buddha is open to everyone. If you are wise to understand that truth, then that truth is for you and for your own good and protection. Therefore, let us gather around that truth, the righteous Dhamma. Let us learn it, understand it and live accordingly. Let us share this splendid gift of Dhamma with everyone. That is our noble duty. May you all be blessed by the Buddha, the noble Dhamma and

Sangha, good noble friends in Dhamma and all deities!"

Ven. Kiribathogda Gnanananda

## **Contact Information**

## **Buddha Meditation Centre - Mahamevnawa Buddhist Monastery Winnipeg Inc**

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