

Buddha Meditation Center



*Mahamevnawa Buddhist Monastery Winnipeg*

**Annual Report**

**2020**

MAY ALL BEINGS BE HAPPY !

## **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 through 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.



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## 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 and Deep Dhamma Class Saturday 3 pm to 5 pm**

Zoom Meeting: 850 0611 6091 Passcode: 13579  
Click: [Zoom Link](#)



### **Live Dhamma Talk & Interactive Q&A Session Saturday 7.30 pm to 8.30 pm**

Zoom Meeting: 416 001 1175 Passcode: Not required  
Click: [Zoom Link](#)



### **Sunday Evening Meditation Class Sunday 8.00 pm to 9.00 pm**

Zoom Meeting: 956 6103 9089 Passcode: 200200  
Click: [Zoom Link](#)



### **Meditate with a Monk**

### **Meditate With a Monk Thursday 7.00 pm to 8.00 pm**

Zoom Meeting: 416 001 1175 Passcode: Not required  
Click: [Zoom Link](#)



## 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



# Breakfast For Needy People


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At this difficult time, let's help needy people in Winnipeg to have a healthy breakfast!

Agape table  
(Breakfast Program)  
**23rd October**  
364 Furby St, Winnipeg, MB R3B 2V5

Due to the current situation, we will deliver the food to Agape table and the food will be distributed by their volunteers. You can join for this meritorious activity by donating, preparing, collecting or delivering the food.



Contact : [info@mahamevnawawinnipeg.org](mailto:info@mahamevnawawinnipeg.org)

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.



AGAPE TABLE



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## 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.

**Dukkhe ñāṇaṃ**  
The knowledge of suffering,  
**Dukkha Samudaye ñāṇaṃ**  
The knowledge of the origin of suffering (craving),  
**Dukkha Nirodhe ñāṇaṃ**  
The knowledge of the ending of suffering, &  
**Dukkha Nirodha-gāminiyaṃ**  
**Paṭipadāya ñāṇaṃ.**  
The knowledge of the way leading to the end of suffering

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.



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## 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 Mahamevnawa 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

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