

Langri Tangpa Centre Inc.

*A Teaching and Meditation
Centre in the Tibetan
Buddhist Tradition*

Annual Report
1 July 2017 to 30 June 2018



2018



Table of Contents

Association Information	3
About LTC - Who we are and what we do.....	4
Mission Statement.....	4
History of the Centre	5
The Five Pillars	5
Governance Statement.....	6
Membership.....	6
The Year in Review	7
Major Highlights.....	7
Program	7
Process.....	8
People	9
Place	10
With Thanks	11
Spiritual Program News	12
Major Events	12
New to the Program	12
Visiting Teachers	13
Annual Highlights	13
Regular Program.....	13
Community Events	14
Financial Performance.....	15
Summary Charts.....	16
Income Statement	17
Statement of Financial Position	17
Annual donations made on behalf of members	18
One-off donations for this financial year	18
Monks and Nuns	19
Sangha activities for this year	19
How You Can Help	20
Helping in Kind	20
Tax Deductible Donations	20
A Message of Thanks	20
Dedication.....	20





Association Information

ABN 49 770 532 185

Address and contact details

535 Old Cleveland Road
Camp Hill QLD 4152

ph: 07 3398 3310

e-mail: info@langritangpa.org.au
website: www.langritangpa.org.au

Founder

Lama Thubten Yeshe

Spiritual Director

Lama Zopa Rinpoche

Management Committee

Director
Secretary
Spiritual Program Co-ordinator
Treasurer
Elected Member
Elected Member
Elected Member

Jane Willis
Delma Dewar
Miffi Maxmillion
Sherryn West
Margaret Holtham (Ven. Lozang Lhagsam)
Julie Costello (Ven. Lozang Trin-lä)
Carolyn Mason

Bankers

ANZ
Business Banking Centre
1 / 324 Queen Street
Brisbane QLD 4000

Solicitors

Langenhan Lawyers
Level 21, Riverside Centre
123 Eagle Street
Brisbane QLD 4000

Auditor

David Hartmann FCA
Hartmann Auditors
Suite 9, 1990 Logan Road
Upper Mount Gravatt QLD 4122



Langri Tangpa Centre has current Public Liability insurance level of \$20 million.



About LTC - Who we are and what we do

Langri Tangpa Centre (LTC) is a Brisbane based not-for-profit Buddhist organisation established in 1982 by Inta McKimm and run entirely by volunteers. We are dedicated to the transmission of Tibetan Buddhism within a western context through the promotion of study and meditation, and the dissemination of pure Buddhist teachings, with a particular emphasis on those from Lama Tsong Khapa of the Gelug tradition.

We offer a range of courses designed for students of all levels, from the curious beginner to the more advanced Dharma practitioner. Many of our courses are designed to be of benefit to the wider community whether they be Buddhist or not. We promote a friendly and supportive environment and encourage constant and vigorous enquiry. We host a variety of Buddhist events and ceremonies and provide a venue for international and local travelling teachers (both lay and ordained). Furthermore, we offer a non-religious yoga program with regular daytime and evening classes, and operate a small shop for the benefit of our members and visitors.

Langri Tangpa Centre is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT), an international not-for-profit organisation devoted to the transmission of the Mahayana Buddhist tradition and values worldwide through teaching, meditation and community service.



LTC is affiliated with the
Foundation for the
Preservation of the
Mahayana Tradition (FPMT)

We take our spiritual guidance and protection from HH the 14th Dalai Lama, from Lama Zopa Rinpoche the Spiritual Director of the FPMT, and from the teachings of Lama Thubten Yeshe.

We have close ties with our FPMT sister centre

Chenrezig Institute (CI), in the Sunshine Coast hinterland, and regularly host visits from their Registered Geshe (a Buddhist monk or nun with an education degree equivalent to a university professor) and resident nuns for teachings and spiritual support.

LTC is an ATO-endorsed Charitable Institution incorporated in Queensland under the *Associations Incorporation Act 1981* (QLD). We also operate an ATO-endorsed School Building Fund with Deductible Gift Recipient (DGR) status and have been sanctioned as a community purpose organisation under the *Collections Act 1966* (QLD).

Mission Statement

Following the inspirational example of HH the Dalai Lama, Langri Tangpa Centre (an FPMT affiliate) is dedicated to serving others with kindness and wisdom, and to educating people in ways to reduce suffering and promote the development of a more kind, compassionate and peaceful human family. We achieve our mission by:



HH the
14th Dalai
Lama

1. Aiming to realise the vision and achieve the goals of our precious teachers Lama Thubten Yeshe (1935-84) and Lama Zopa Rinpoche (of the FPMT).
2. Personifying the teachings of our namesake the 11th century Buddhist master Geshe Langri Tangpa, by putting into practice his Eight Verses for Training the Mind.
3. Providing our members and the wider community with a safe, friendly, inclusive and supportive environment for the study and practice of Tibetan Buddhism (in particular the teachings of Je Tsong Khapa) and a forum for spiritual discussion.
4. Providing our members and visitors with the appropriate education and tools to overcome their suffering and become more caring, peaceful and happy members of society.
5. Abiding by and requiring all members and visitors to abide by the five Buddhist precepts while on LTC property; that is, to refrain from killing, stealing, lying, sexual misconduct and intoxicants.



History of the Centre



Lama Zopa
Rinpoche

Kyabje Lama Zopa Rinpoche: "The Dharma centre is an emergency rescue operation, like when police go in with sirens blaring, helicopters whirling—to rescue people in distress! Like that, the meditation centre plays a very important role in the emergency rescue of people, human beings."

Lama Thubten Yeshe (1935-84) and Lama Zopa Rinpoche founded the Centre in 1982. The name derives from Geshe Langri Tangpa, a great Kadampa master renowned for his practice of exchanging his happiness for the sufferings of others.



Lama Thubten
Yeshe

The Centre originally operated from the Newmarket home of Inta McKimm, an exceptionally kind and generous teacher with a passionate connection to the Dharma and her spiritual teachers. Inta single-handedly ran the Centre from her home for fifteen years until her death in 1997. Miffi Maxmillion (Inta's daughter) continued running the Centre from the Newmarket property until the Centre was relocated in June 2007 to a former Presbyterian church building in Camp Hill. Since this move LTC has continued to thrive and grow, offering an increasing range of Buddhist teachings, ceremonies and events designed to provide benefit all who attend the Centre.

Geshe Langri Tangpa (1054-1123), was a great Buddhist master and the author of the *Eight Verses of Thought Transformation*. One day, one of his close attendants told him, "The others call you *Langri Tangpa Gloomy-face*" to which he replied, "How could my face be bright and cheery when I think about all the suffering in the three worlds of samsara?" LTC strives to remove that suffering, so clearly discerned by Geshe Langri Tangpa, and offer help, happiness and hope to all who visit the Centre.



Geshe
Phuntsok
Tsultrim

We invite the resident Tibetan teacher from Chenrezig Institute, **Geshe Phuntsok Tsultrim**, to visit regularly and give teachings on core Buddhist texts. His kindness and humility put everyone at ease, and the LTC Sangha and students often share dinner together before the teachings.

The Five Pillars

In 2007 while Lama Zopa Rinpoche was on personal retreat he started jotting down many of his ideas and wishes for the future of the FPMT organisation. These notes became the extensive projects of Rinpoche's Vast Visions.

The Vast Visions incorporate the massive scope and desire to benefit sentient beings, and pose the question "what more can we do to help others, to make a difference in the world, to remove suffering and achieve happiness?"

The Five Pillars are a way of translating the Vast Visions into specific goals which our Centre can aspire to, so we can engage our community more broadly. LTC has incorporated the Five Pillars into the Centre as follows:

1. **Dharma:** The LTC curriculum ranges from entry level courses such as *How Buddhism Helps* and *Everyday Dharma*, to in-depth Buddhist study with the three-year *Discovering Buddhism* program, regular pujas and meditation practice.
2. **Universal Education:** Courses developed at LTC on balancing emotions include *Easy Habits for Happiness*, *Ancient Wisdom for the Modern World*, *Healing Anxiety and Depression*, and the *Four Meditations for Happiness*. FPMT courses include the *Art of Living and Dying Well*.
3. **Social/Community Service:** Our *Dharma Wheels Sutra Recitations* benefit sentient the environment and the beings within it. We welcome the Bhutanese, Nepalese and Tibetan communities to special pujas. We run information stalls at festivals such as Pride, and Festival of Tibet.
4. **Interfaith Activities:** Visiting school groups for Study of Religion, and invitations to our bi-annual Open Day. People of all faiths attend classes at LTC, and we hold an annual Christmas Community Puja.
5. **Revenue Generating Activities:** We hire our hall for five classes of yoga per week, to three of the teachers from the Radiant Light School of Yoga. Royalties from CD sales in our shop also generate income for our Centre, and we are the only FPMT centre to offer royalties to our teachers.

The LTC Management Committee is keen to continue supporting Rinpoche's Vast Visions, and incorporating the Five Pillars into the fabric of LTC.



Governance Statement

Langri Tangpa Centre is incorporated under the *Associations Incorporation Act (QLD) 1981*, and operates under the rules of incorporation adopted by the members. Under these rules, LTC's affairs are managed by the Management Committee (the Committee). This governance statement outlines how the Committee discharges that responsibility.

The Committee's primary role is to ensure LTC achieves its mission as outlined above. LTC is reliant on membership fees, donations, income from a small shop, grants, and most importantly its volunteers in providing an educational, safe and spiritually rewarding experience to its members and visitors.



The 2017/2018 LTC Management Committee family-tree

In relation to the use of income from Dharma items and activities the Committee's main motivation and intention is to make the Dharma available in order to benefit sentient beings. The Committee strives to avoid a mind-set of 'selling' the Dharma. To achieve this, the Committee makes every effort to comply with the FPMT's stated policy "*Guidelines for the Use of Income from Dharma Items*" which is based on advice given by Lama Zopa Rinpoche.

The Committee, which comprises the Director, Secretary, Spiritual Program Coordinator, Treasurer and at least one ordinary member, is elected each year at the Annual General Meeting. In fulfilling its role, the Committee meets at least nine times per year, the proceedings of each meeting are minuted.

The Committee is assisted by a number of sub-committees, formed as required to manage

Workplace Health and Safety, Risk Management, Grants, and Governance.

The Committee reports to members at the annual general meeting (AGM). At the AGM the annual report, which includes the audited financial report for the year just ended, is presented to the members.

Everyone who visits LTC while on the premises must comply with a code of conduct which is based on the five precepts, that is: not to kill, lie, steal, engage in sexual misconduct or take intoxicants (such as alcohol or cigarettes).

LTC has adopted the ethical and grievance policies published by the FPMT. The Committee, all members and volunteers are expected to comply with these policies which are provided to each Committee member upon election and are available to all members and volunteers from reception upon request. Committee members are expected to comply with relevant laws and professional codes of conduct (as applicable), and to act with integrity, compassion, fairness and honesty at all times when dealing with members, volunteers, the general public and others who are stakeholders in our mission. Class leaders must sign an FPMT Inc. Teacher's Agreement to abide with the ethical guidelines of the FPMT.



The LTC Management Committee at the end of 2017.
From left to right: Miffi Maxmillion, Sherryn West, Delma Dewar, Ven. Lozang Lhagsam, Carolyn Mason, Ven. Lozang Trin-la, Jane Willis.

Membership

Fully paid up members as at 30 June 2017: 142

Fully paid up members as at 30 June 2018: 131

Friends of LTC (Sangha & Online): 7



The Year in Review



Jane Willis (*Director*)

What an amazing past twelve months we have had at Langri Tangpa Centre (LTC). After my fifth year as Director I am excited to present the Annual Report for 2017/18.

First and foremost I would like to acknowledge the continued support of our wonderful volunteers, members, benefactors and the local community. Your kindness and generosity has assisted LTC to complete yet another successful year. Many new events and achievements occurred over the past twelve months and I would like to share some of the year's highlights with you.

Major Highlights

The Centre was a hive of activity mid-March 2018 in preparation for Rinpoche's retreat at the Great Stupa Bendigo during April and May. Many LTC members were able to attend the retreat, including five who attended all six weeks. LTC hired a caravan, and was able to host 16 people over the duration, offering an annex and cooking facilities. Due to the large number of LTC attendees there was a strong family feeling between our Dharma brothers and sisters as well as the strong connection with our wider FPMT Dharma family.



Volunteer thank-you dinner at LTC for looking after the Centre so well during the Bendigo retreat.

During the retreat I was incredibly fortunate to be invited to lunch with Rinpoche to provide an update about Centre happenings and receive advice about our program. Rinpoche showed

the aspect of being very happy with our activities, and remarked how we were a great example of bringing joy and laughter to all our Centre activities.



Miff Maxmillion and Jane Willis meeting with Lama Zopa Rinpoche during the Bendigo retreat.

During September 2017 LTC took to the streets with our new Bodhisattva Pride banner and joined the Brisbane LGBTIQ community annual Brisbane Pride Festival March and Fair Day in Newfarm Park. We added our presence along with various Christian groups, with an information stall in the park and welcomed the LGBTIQ community to visit LTC. There was much interest shown on the day, with many programs and free Lama Yeshe Wisdom Archive books given out during the day.



LTC's Bodhisattva Pride banner at our first attendance at the Brisbane Pride Festival rally in Brisbane.

Program

The highlight of our program has been an extended teaching series with touring FPMT teacher Geshe Tenzin Zopa. Over six months LTC was blessed with regular public talks and weekend teachings. Geshe-la's enthusiasm,

warmth and ability to explain Buddhist teachings has attracted a wide audience of new and familiar faces attending the teachings. This has been the first time we have been able to host on-going weekend teachings in this manner, and this unique event has been well attended and enthusiastically received throughout.

A monthly beginner's welcome, called Starting Point, was developed by LTC's Spiritual Program Coordinator, Miffi Maxmillion and added to the LTC Program. Starting Point, the first regular orientation for newcomers to the Centre, includes a presentation of the unique LTC story, an overview of our program, meditation, a guided tour, a welcome pack with a free book, and chai tea afterwards. Starting Point has proved to be most popular and well attended by many new visitors to LTC.



Our Sangha during one of the annual community pujas

Powerpoint presentations have been developed for each of our regular courses and are displayed on the smart TV in the gompa. Presentations are now also bundled into a student workbook along with summaries and self-reflection sheets, rounding out a comprehensive curriculum resource for our students. Our entry level short-courses have provided new students with a clear and accessible learning path of Buddhist teachings. These programs and student materials have proven to be most popular and continue to attract many new faces to LTC.

The LTC Gold Coast Outreach Buddhist Group was established in early 2017 by long-term LTC members Pearly Black and Jordan Zea. The

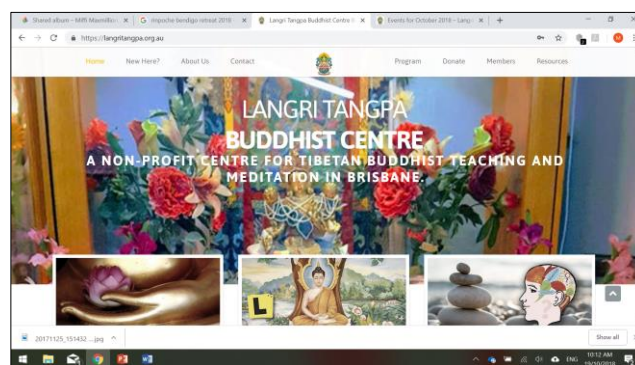
outreach group was founded to cater for LTC students living in the Gold Coast and Scenic Rim area. Several events have been held over the past 12 months, including visits and teachings from Geshe Tenzin Zopa and Ven. Robina Courtin.



LTC's resident western teacher, Eddie Peet, taking a few moments to study during the Bendigo retreat.

Process

The financial position for LTC for the financial year 2017/2018 is a net surplus of \$15,102. We have again produced a positive financial result which will be re-invested in both Dharma and maintenance projects currently underway at the Centre. Due to the ongoing generosity and kindness of our Wheel Turner members and other donations received we are on track to pay off our mortgage within six years! I would like to acknowledge the amazing work and thank our Treasurer, Sherryn West, for offering service and for her continuous energy, efforts and contributions during the past 12 months.



Homepage of the new LTC website

In addition to developing new courses and leading classes, Miffi spent six months building a new LTC website – a virtual mandala to mirror the LTC culture and curriculum. Officially launched in July 2017, we had our busiest ever winter, with much renewed interest in the usually quiet months. New functionality includes the



interactive calendar, ability to renew memberships online, and a secure donations page for pujas and projects. Miffi's countless hours of web building have not only enhanced the profile of the Centre, but also saved the Centre thousands of dollars in development costs. The LTC Website continues to be one of the primary pathways where people firstly find out about LTC.



Volunteers Helen Jones and Russell Williamson at the Festival of Tibet, accompanied by the sister of HH the Dalai Lama, who dropped by to say hello!

During 2017/2018 The LTC Management Committee continued to develop and maintain a comprehensive risk mitigation strategy, reflecting our commitment to not only look after the mind, but also the physical safety of our students and volunteers. A big thankyou to Delma Dewar and Carolyn Mason who have both spent many hours reading and researching world's best practice regarding not-for-profit organisations in order to benefit LTC.

The LTC volunteer induction process was streamlined during 2018, with an additional evening induction that has proven to strengthen community bonds amongst the students. Delma Dewar kindly collated a comprehensive Volunteer Information Pack which addresses both the practical and spiritual aspects of volunteering at LTC. Our many precious volunteers who were inducted during the past year assisted to keep LTC doors open during the 2018 retreat period.

LTC's Strategic Marketing and Communications team members, Carolyn Mason, Rosemary Lancaster and Laura Laasko, continued to manage the Centre's advertising of LTC programs and events. A recent review of the usage rates of our social media platforms confirmed that LTC has approximately 2600

Facebook followers and 86 YouTube Channel subscribers. Attendance numbers for entry level courses have increased significantly over the past 12 months due to the efforts of LTC Marketing and Communications team.

People

LTC now has another registered FPMT teacher! Carolyn Mason completed all her assessment requirements, including retreats and leading Nyung-Ne. We have the great fortune in adding her to our four already established registered FPMT teachers. Carolyn is now fully accredited to lead beginner level Buddhist classes in any FPMT centre. We feel most fortunate to have Carolyn in our Mandala of precious teachers at LTC.

Community events continue to flourish at LTC, with a new *Vegetarian Festival* hosted by Ven. Trin-la for World Animal Day, with cooking classes, how to help your pets in life and in death, and community prayers. The Vegetarian Festival forms part of LTC's commitment to animal welfare, and to acknowledge the great passion of our major benefactors Sherryl Delacour and George Palmer.



Congratulations to Carolyn Mason, our newly registered FPMT teacher.

Several new volunteers were inducted and trained to assist with keeping LTC operating during Rinpoche's retreat in early 2018. A special volunteer thank-you dinner was organised in order to recognise and thank the many volunteers who carried out the many tasks it takes to keep the Dharma wheel turning and the LTC doors open. The evening was well attended with much rejoicing about everyone's efforts during the retreat period. We conducted a short survey about their experiences in looking after the Centre, and the unanimous response regarding the highlight of their efforts was the warm community feeling experienced amongst all the volunteers during this time.



The quarterly FMPT-Q meetings continued in February 2018 with representatives from FPMT International Office, Peter Stickels, and Chenrezig Institute (CI). Representatives from Karuna and Cittamani Hospices also attended the meeting, which was held at CI. The idea of hosting quarterly meetings with our local sister centres and services was originally established at the FPMT-A national meeting at Hobart in October 2015. Our quarterly meetings continue to provide LTC, CI, Karuna and Cittamani Hospices with the opportunity to network, share ideas and promote each other's programs and services.



The LTC Mindful Families group, enthusiastically led by Demi Kehoe (centre back)

I would like to make mention and acknowledge the wonderful efforts of Demi Kehoe and Laura Laakso for their commitment running Family Dharma activities and the fortnightly Mother's Group. Your efforts have brought joy to many children and parents who have visited the Centre and your contribution to LTC is greatly appreciated.

In late March 2018, LTC was invited to participate in the inaugural African and Camp Hill Neighbour Day Festival held at the Camp Hill Bowls Club. A small group of LTC volunteers kindly assisted with our community stall on the day. Several festival attendees visited our information stall to discuss Dharma and our upcoming program.

During April 2018 we returned to the Powerhouse to host our annual display stall at the Festival of Tibet. Our team of volunteers looked after the stall and provided information and programs to people who visited our stall. The festival provided a wonderful opportunity to engage with the community and advertise our Centre and program. This year proved to be extraordinary with His Holiness Dalai Lama's sister Ama Jetsun Pema dropping by to visit our stall.

Place

During the January 2018 break a small group of volunteers led by Miffi gave the LTC Library a makeover which included the installation of a chandelier light offering, a ceiling mandala from Andy Weber with rainbow lights, many hand painted tsa-tsa's, and a portrait of His Holiness Dalai Lama. The new-look library has proved to be an extra welcoming space and a great talking point for visitors, members and tourists alike.



Christine Orellana who skillfully repainted our prayer wheel in the reception.

Several new holy objects were installed this year. Christine Orellana, one of the LTC volunteer artists, beautifully repainted and decorated the prayer wheel at reception, which was originally made 28 years ago by early Tibetan refugees to Brisbane. Peter Leach and Kelly Young installed a 'Holy House' (for storing sacred pictures no longer in use) and tsog offering in our back yard. Peter and Kelly also painted the original birdhouse, complete with gold top knot, and decorated both platforms with traditional Buddhist bunting which has contributed greatly to our garden beautification project.



Peter Leach demonstrating his firm grasp of mindfulness by hanging our nine chandelier offering cloud.



I would also like to acknowledge the efforts of our volunteer Peter Leach. In a stunning display of single-pointed mindfulness, Peter effortlessly installed the ten new chandeliers in our library, expertly manoeuvring the ladder amongst the crystals! Peter has devoted much time to the ongoing beautification and maintenance of our grounds. During the January 2017 break, Peter built a new timber fence along the west side of the property boundary and installed improved lighting along the Centre's driveway. A big thankyou to Peter for his continued kind efforts to keep the LTC grounds looking beautiful.

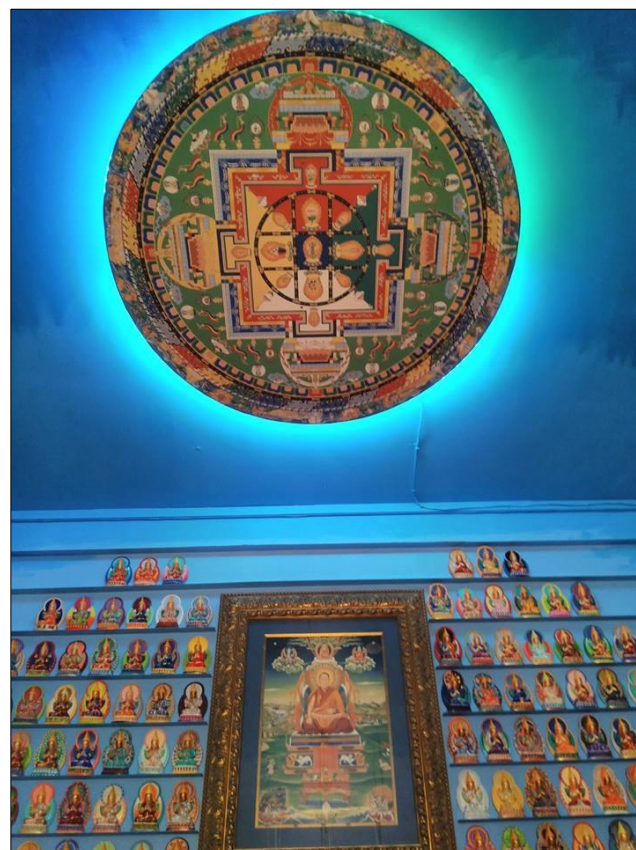
The LTC library catalogue continues to grow with many new titles financed from sales of books in our Dharma shop. A remarkable milestone was achieved in May 2018 thanks to the dedication of our wonderful library volunteers. Over 3,600 books have now been entered into the online cataloguing system, *Librarything*. I would like to make a special mention and thank our amazing volunteers Bron Travis, Anisha Dhungana, Meta Ransome and Lyndon Norton for all of their continued efforts with this project which greatly benefits many.



Miffi Maxmillion and Naomi Ura meeting with Lama Zopa Rinpoche at Brisbane airport. Rinpoche is blessing the crochet rug Miffi completed during the Bendigo retreat.

With Thanks

I would like to personally acknowledge the efforts of the LTC Management Committee who have offered service and contributed to the management and success of the Centre over the past twelve months: Delma Dewar (Secretary), Sherryn West (Treasurer), Miffi Maxmillion (SPC), Venerable Lhagsam (Elected Member), Venerable Trin-la (Elected Member) and Carolyn Mason (Elected Member). Their dedication, humour and boundless good-will has contributed to a most enjoyable and beneficial year at LTC.



The rainbow-light ceiling mandala and tsa-tsa wall in the LTC library. The original concept comes from Miffi Maxmillion, the mandala was painted by Andy Weber, and the tsa-tas by the monthly painting group. The mandala was printed onto a sticker by Ben Aitchison, and mounted onto the ceiling with help from Lyndon Norton and Eddie Peet, using an ingenious pulley system devised by Peter Leach.

On behalf of the LTC Management Committee I would like to say thank you to both Miffi and Eddie as our Registered Western Teachers and full time volunteers, for their ongoing commitment and endless energy in offering service to LTC.

Thank-you to our most precious Lama Zopa Rinpoche for keeping LTC in your prayers and for your ongoing advice to ensure we continue to flourish.

Thank you to all of our members, precious volunteers, benefactors and the community who attend our events, offer service and support our Centre.

May all sentient beings have the opportunity to meet the Dharma in this lifetime and may Langri Tangpa Centre continue to flourish and benefit all sentient beings all for eons and eons.

Kindest Regards,
Jane Willis



Spiritual Program News



Miffi Maxmillion (*Spiritual Program Co-ordinator*)

The year 2017/18 saw LTC deliver a diverse and vibrant spiritual program that was enthusiastically received by an audience of all ages, many nationalities, and both Buddhists and non-Buddhists alike.

Major Events

It has been three years since Lama Zopa Rinpoche last visited Australia, and in early 2018 many of our students were able to attend the national retreat with Rinpoche in Bendigo. Five LTC students attended the entire six-week event, which consisted of daily Guru Puja, teachings and karma yoga. During the retreat period 16 LTC students and their friends stayed in the LTC caravan (#DharmaVanLife) and annexe area, making the retreat a supportive, profound and sublimely joyous experience.



LTC students during the first week of the retreat with Lama Zopa Rinpoche at the Great Stupa in Bendigo.

The retreat teachings were a life-changing experience for all who attended, and the 20 or so associated students from LTC gained immeasurable appreciation and renewed energy for their practice. After the retreat, LTC held three evening tutorials in order to help students integrate the new teachings into their existing practice.

An enormous thanks go to the LTC class presenters who kept the LTC program going whilst I was away on retreat. Ven. Lozang Lhagsam lead both day and evenings classes, including

Integrating Discovering Buddhism and Buddhism in a Nutshell. Carolyn Mason led day and evening classes on the *Four Attitudes for Happiness*, and Linda McDonald led *Learn to Meditate*.

In July 2017, LTC began a new three-year cycle of *Discovering Buddhism* on Wednesday evenings, along with a student orientation. The classes are led by one of our resident western teachers, Eddie Peet. Each class has a comprehensive PowerPoint presentation, which helps students stay engaged throughout the class, and a revised student notebook.

New to the Program

The new monthly beginners' welcome, *Starting Point*, is our first regular orientation for newcomers to the Centre, and has been well attended with up to 20 people at a time. *Starting Point* includes the unique LTC story, program overview, guided meditation, and a tour of the Centre. Each attendee receives a welcome pack with a free book and a cup of chai tea afterwards.

From early 2018, bound workbooks have been developed for all the beginners and emotional balance courses, complete with summaries, PowerPoint slides, and self-reflection exercises. In addition, all LTC teacher's notes have been compiled (some numbering over a hundred pages), which has added to the extensive LTC-developed resources we continue to share among other FPMT centres.

New classes to the LTC program in 2018 included *How to Help Your Pets in Life and at Death*, a seminar developed with help from Ven. Trin-la for the Vegecarian Festival; a stand-alone class on *How to do Christmas for Buddhists*; and a tutorial in preparation for the *Lama Zopa Rinpoche Retreat*. Ven. Lozang Lhagsam also developed a new balancing emotions course, *Anger, Patience and Forgiveness*, which Venerable presented at LTC during the Bendigo retreat period.



A carpet of flowers at the completion of puja!



LTC held our first ever online classes in October 2017, hosted by USA centre Gonpo Ludup in California. I led a four week course on *Everyday Dharma for Daily Life*, and was asked to return to lead a one-off class on the *Three Higher Trainings for Dummies*.

Our ritual ceremonies have reached another level, with Protector Prayers being added to the program for the first time, complete with traditional cymbals and drum. Guru Puja is now offered as a short version in English so we can learn the meanings, and an epic version in Tibetan, using the traditional and very beautiful tunes to move the heart.

Visiting Teachers

Several touring FPMT registered teachers graced our Centre on a regular basis during 2017 and 2018. Geshe Tenzin Zopa taught in July, September and October. More than 100 people attended Geshe-la's public talks, and an average of 50 people attended each day of the weekend courses on *A Wise Heart for the Modern World*. Geshe-la made a strong connection with students with his enthusiastic teaching style and his kindness in sharing personal insights into the Buddhist path.



Geshe Tenzin Zopa teaching a weekend course at LTC.

Geshe Thubten Sherab made a short visit in February 2018, with two evening talks on the *Four Close Placements of Mindfulness*. LTC has since continued to use the meditations throughout the year within our wider program. Geshe Phuntsok Tsultrim continued his commentary on *Mind Training Like the Rays of the Sun* with eight teachings on Friday fortnights in 2017, and culminating in the *Refuge Ceremony* in December. Many thanks go to Geshe-la and his translator Ven. Lozang Kartson, for driving 100km from Chenrezig Institute and back again the same evening, to give us such encouraging teachings.

Annual Highlights

LTC celebrated *Buddha's Birthday* twice on one day, with a puja ceremony in the morning and one in the evening. Between 40-60 people attended each ceremony, including visitors from the Nepalese and Bhutanese community. The *Christmas Nyung-Ne* compassion retreat was also our biggest ever, with 18 people in total, with some living off-site. A special thank-you to the cooks Jaimee Treloar, Laura Laakso and Lyndon Norton for cooking up a feast – without you there would be no Nyung-Ne!



The 2017 Christmas Nyung-Ne participants on New Year's Day – our biggest group so far!

Our *Fire Purification Puja* in July 2017 attracted 54 people, our biggest ever, with both Buddhists and people from other religions (including Zoroastrian). The *All-night Tara Puja* in October 2017 was also well attended, with 18 people finishing with grace and enthusiasm at 5.30 am the next morning.

Regular Program

The *Balancing Emotions* series continues to be the most popular of our regular courses, being an entry level topic relevant to both Buddhists and non-Buddhists alike. Courses developed at LTC include: *Healing Anxiety and Depression*, *Habits for Happiness*, *Ancient Wisdom for Modern Life*, and *Becoming Your Best Self* (all developed by myself). Other courses included *Happiness Hacks* led by Ven. Drolkar, and we were also most fortunate to host guest speaker Corey Jackson, an accredited Cultivating Emotional Balance (CEB) instructor, who led a five week course on *Finding Balance in a Stressful World* in October 2017.

LTC holds two guided meditations a week, including *Vajrasattva Cleansing* with Ven. Lozang



Trin-la, *Sitting with the Buddha*, and Lama Yeshe's *OM AH HUM Cleansing Meditation*. The LTC nuns run the popular *Sunday Drop-in Meditation*, with a DVD and chai afterwards which continues to be well attended and a great way to start a Sunday morning.

Ven. Lozang Drolkar led several *Mindfulness Practice* afternoons and a four-week *Purification Course* at the end of 2017. LTC-developed beginners' courses held this year include *How Buddhism Helps*; the nine-week *Foundation Course*; and *Everyday Dharma for Daily Life*. Ven. Lozang Drolkar led a course she personally developed, *Eight Verses to Turn Your Life Around*, and Ven. Lozang Lhagsam led the FPMT *Art of Living and Dying Well*. A *Dharma Kit-bag* workshop was also held for the first time in two years. As well as the twice-weekly core program of *Discovering Buddhism*, the in-depth *Lamrim Chenmo* study group continues to flourish.

Community Events

The *Buddhist Mothers' Group* has resumed after a three-year break. This fortnightly class is based on the secular program, *16 Guidelines*, and facilitated by Laura Laakso. *Mindful Families* held family get-togethers in August 2017 and March 2018, as well as a newly revamped *Buddha Birthday* in June 2018. This was expertly led by Demi Kehoe and Ven. Lozang Drolkar, with a custom birthday cake prepared by Ven. Lozang Trin-la. Several children and parents attended the day and enjoyed all of the activities and a slice of the special birthday cake.



As our puja attendance continues to grow, so too does the amount of chai we offer!

The *Before I Die* seminar hosted by several LTC students in August 2017, focussed on information related to developing an Advance Health

Directive, incorporating Buddhist practice and wishes. Ven. Trin-la hosted a booked-out *Death Over Dinner*, sharing her two passions of cooking and hospice care! Visiting FPMT teacher Ven. Lozang Khadro and yoga instructor Annie McGee led a weekend *Yoga and Mindfulness* retreat in May 2018, which proved to be a wonderful combination caring for body and mind.



Dharma Wheels Sutra Recitation at Coochiemudlo Island, enjoying a sumptuous lunch, swim and sutra.

The thangka artist Andy Weber made his annual visit and led an arts workshop on the *Medicine Buddha Mantra Garland* in September 2017. *Tsa-tsa painting workshops* continue to attract new students, international visitors, and curious family members. The completed tsa-tsas decorating the library wall has become a talking point and an inspiration to visitors. LTC went on two Dharma Wheel road trips to Coochiemudlo Island and an LTC member's home on the Brisbane River which incorporated the *Sutra of Golden Light Recitation & Picnic* to bless the water, the environment, and all the beings in it.

Lama Zopa Rinpoche's Australian visit was undoubtedly the highlight of this year, and has re-invigorated and inspired both the LTC program and the many individual students who attended teachings and initiations throughout Australia. It is thanks to a hard-working and harmonious team of class presenters and volunteers, the LTC program flourished even during the seven weeks I was away on retreat in Bendigo.

The LTC core program of Buddhist teachings continues to meet the needs of students and visitors, and the emotional balance courses help to integrate these teachings into our daily life. Continuing high attendance at ritual pujas benefits both the community and the individual practitioners. May the coming year be as joyous and productive!

Warmest wishes, Miffi



Financial Performance



Sherryn West (Treasurer)

I rejoice in presenting the Treasurer's report this year. The financial activities for the year ending 30th June 2018,

LTC realised an operating surplus of \$15,102. A decrease from the previous year yet consistent with the expectations of the committee and the activities throughout the year.

Some of the major factors influencing this year's result are:

- Program income and teaching event income
- On average 60% of mortgage payments funded by members (Wheel Turners) through regular giving!
- The mortgage balance at 30th June 2018 was \$289,202!
- Each year, on the Day of Miracles we make financial offerings to support projects of FPMT and others projects at affiliated centres in Australia and overseas. We offer to each one of Lama Zopa Rinpoche's FPMT projects. The centre, on behalf of members also contributed offerings to Lama Zopa Rinpoche's Long Life in Bendigo.



Offerings to create mountains of merit, arranged at the live-streaming Long Life Puja for Lama Zopa Rinpoche.

The committee's expectations for the coming year are:

- Core program donations and shop sales are planned to be consistent with our regular program calendar and events.
- Membership fees to remain consistent;
- Core program, event and membership costs to remain at current levels in proportion income;
- Grant funding is not budgeted but much rejoicing to the grant received this year for the security screens.

Under the changes to the Associations Incorporated Act 1981 it is now a legal requirement for an association to make public details of its Public Liability Insurance. Langri Tangpa Centre has current Public Liability insurance. Level of liability is \$20 million.



Thank-you to our amazing family-tree of LTC volunteers, who ensure the centre runs smoothly to benefit all!

I thank the LTC Committee for their support, Stephanie, the LTC bookkeeper, and David Hartmann, the auditor. I am confident in the financial management of LTC and the financial reports accompanying my report.

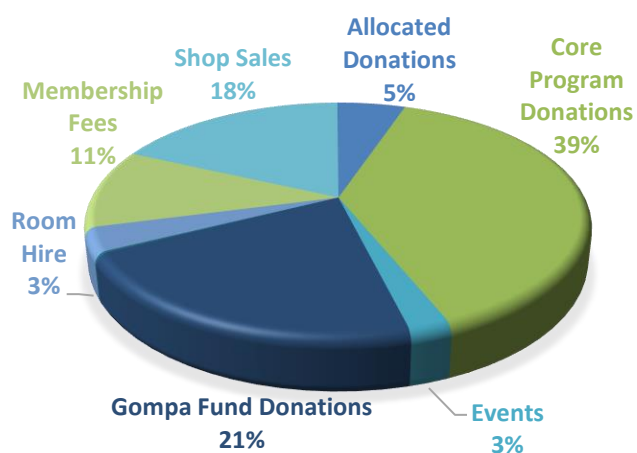
As I have said in previous reports I continue to be inspired by the generosity and dedication to the centre by our many volunteers, donors and supporters – Thank You!

Thank you!
Sherryn West

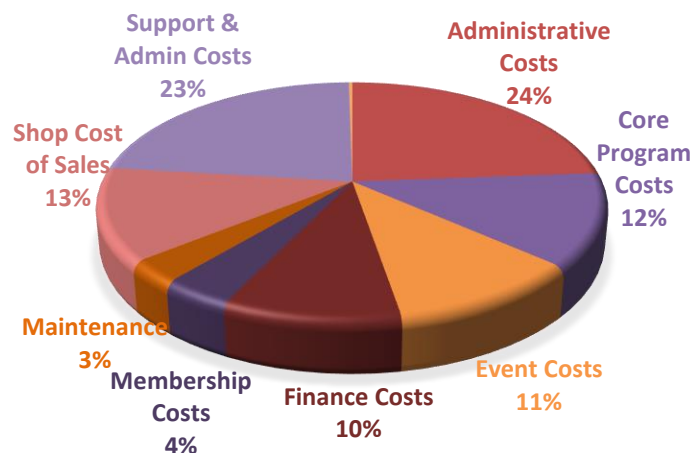


Summary Charts

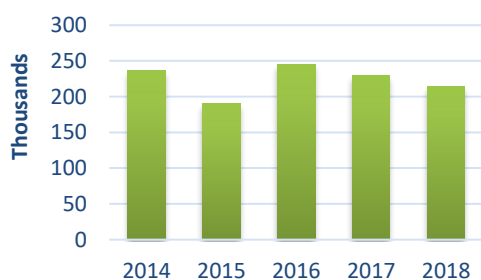
INCOME



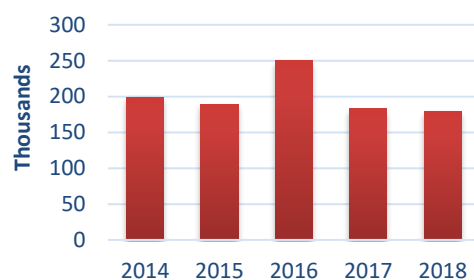
EXPENSES



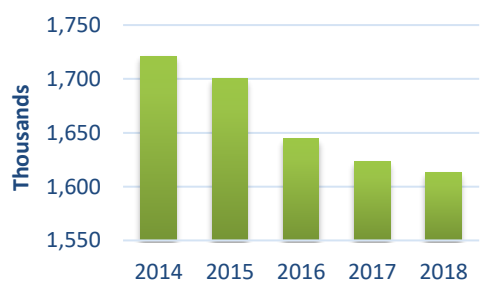
Operating Income



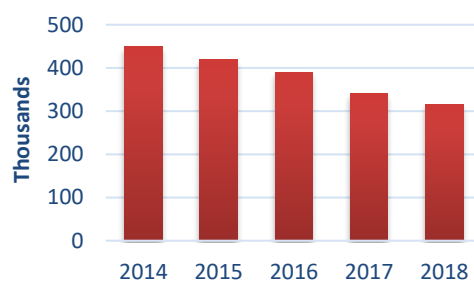
Operating Costs



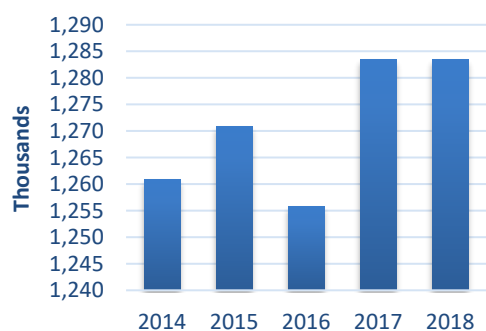
Assets



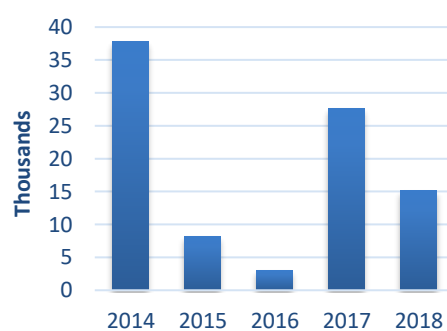
Liabilities



Total Funds



Operating Surplus





Income Statement

	2018	2017
Income		
Allocated Donations	11,155	7,615
Core Program Donations	82,808	87,624
Events	4,932	8,872
Gompa Fund Donations	45,670	46,817
Bank Interest	478	685
Membership Fees	23,486	20,409
Room Hire	7,064	8,056
Shop Sales	38,722	42,434
Other Income	131	654
Total Income	214,446	223,165
Less Costs		
Administrative Costs	42,784	44,441
Core Program Costs	22,726	27,283
Event Costs	19,473	15,686
Finance Costs	17,759	20,958
Membership Costs	7,112	12,145
Repairs & Maintenance	5,521	4,692
Shop Cost of Sales	22,761	23,943
Support Costs	41,009	33,242
Other Costs	472	291
Total Costs	179,617	182,681
Operating Surplus	34,828	40,484
Add Non-Operating Income		
Grants	0	2,000
Insurance Recoveries	250	5,979
Less Non-Operational Costs		
Depreciation	19,976	20,821
NET SURPLUS	15,102	27,642

Statement of Financial Position

	2018	2017
Assets		
Current Assets		
Cash & Cash Equivalents	128,901	118,496
Accounts Receivable	3,703	9,523
Stock on Hand	25,848	26,672
Accrued Income & Prepayments	809	0
Total Current Assets	159,261	154,691
Non-Current Assets		
Library	95,423	89,965
Plant and Equipment	8,383	10,275
Land & Buildings	1,350,225	1,368,309
Total Non-Current Assets	1,454,030	1,468,549
Total Assets	1,613,291	1,623,240
Liabilities		
Current Liabilities		
Accounts Payable	16,530	8,388
Credit Card Balance Owing	7,326	6,302
GST Payable / (Refundable)	(1,896)	(825)
Other Payables & Accrued Exps	3,601	3,445
Total Current Liabilities	25,561	17,310
Non-Current Liabilities		
Loan - Camp Hill Property	289,203	322,505
Total Liabilities	314,764	339,814
NET ASSETS	1,298,527	1,283,425
Accumulated Funds		
Reserves	246,355	246,355
Retained surplus	1,052,172	1,037,070
TOTAL FUNDS	1,298,527	1,283,425



LTC volunteers, supporters and nuns at the Brisbane Pride Festival, looking after our information stall in New Farm park, 2017



Mandala of Merit

LTC makes donations to every *single one* of Rinpoche's projects! These annual donations are made on behalf of Members each year. They are made on the auspicious Buddhist *Day of Miracles* to maximise the merits. In addition to our regular donations, members and visitors were extremely generous and made many one-off donations for specific projects and events during the year. Please join with me in rejoicing at this extensive mandala of merit!

Annual donations made on behalf of members

Long Life Puja for HH the Dalai Lama	\$108
Long Life Pujas for Lama Zopa Rinpoche	\$108
FPMT Puja Fund	\$108
Sera-Je Food Fund	\$108
Animal Liberation Sanctuary	\$108
International Merit Box Project	\$108
Prajnaparamita Project	\$108
FPMT Translations Fund	\$108
Centre Support Fund	\$108
Big Love Fund (supporting our lamas)	\$108
Education Fund	\$108
Preserving the Lineage Fund	\$108
Lama Zopa Rinpoche International Office	\$108
Lama Zopa Rinpoche Bodhicitta Fund	\$108
Lama Yeshe Sangha Fund (IMI)	\$240
Tara Puja Fund	\$108
Osel Support Fund	\$108
LTC Education Fund	\$108
LTC Sangha Offering - Ven. Lhagsam	\$108
FPMTA General Donation	\$108
Great Stupa of Universal Compassion - Bendigo	\$108
Liberation Prison Project - Australia	\$108
Garden of Enlightenment - Chenrezig Institute	\$108
Geshe Care at Chenrezig Institute	\$108
Festival of Light and Merit - Dharamsala	\$108
Maitreya Project	\$108
Nepal Earthquake Support Fund	\$108
Supporting Ordained Sangha Fund	\$108
Lama Tsong Khapa Teacher's Fund	\$108
Padmasambhava Project for Peace	\$108
Prayer Wheel Fund	\$108
Stupa Fund	\$108
Stupa to Minimise Harm from Elements	\$108
Scholarship Fund	\$108
Social Services Fund	\$108
Practice and Retreat Fund	\$108
Holy Objects Fund	\$108

One-off donations for this financial year

Lama Yeshe Wisdom Archive book donations	\$404
Fred Hollows Foundation	\$216
Pay-it-Forward LTC Membership	\$180
International Merit Box Project money boxes	\$2,402
Institute Vajra Yogini annual Nyung-Ne	\$108
Lama Zopa Rinpoche's Long Life Puja	\$1,080
Dharma Wheels donations to RSPCA	\$108

Monks and Nuns



Ven. Lozang Trin-lä
(Sangha Care)

What a very great privilege it is for me to be a member of Langri Tangpa Centre's Management Committee in the role of Sangha Care and Support.

This year I was very happy to be able to look after Geshe Sherab and Geshe Zopa again and to make delicious desserts for Geshe Tsultrim and Ven. Kartson throughout the year.

A highlight of the year was the *Sangha Soiree* LTC held for FPMT International Sangha day, with special guest Khensur Rinpoche, Geshe Tashi Tsering. Sangha from LTC, Karuna Hospice, Tashi Kangmar Shedrub Ling, and Chenrezig Institute enjoyed a sumptuous afternoon tea and enjoyed an intimate afternoon of conversation and company with Khensur Rinpoche.

The LTC Sangha are the ordained monks or nuns that are Full Members or Sangha Friends of Langri Tangpa Centre, who offer service to the centre on an ongoing basis no matter where they reside.



The wonderful Geshe Tsultrim, his translator Ven. Kartson, and LTC nuns Ven. Trin-la and Ven. Lhagsam.

There are many ways that LTC's Sangha support the centre and the community. The LTC Sangha who offered service this year were Ven. Lhagsam, Ven. Drolkar, Ven. Tongnyi, Ven. Gyaltsen, and myself. Profiles and contact details can be found on the Centre website.

This year our Sangha have:

- Led classes and pujas
- Run events such as *Mindful Families*, *Death Over Dinner*, the *Sangha Soiree* on International Sangha day, World Animal Day supper and movie, the livestreaming of Lama Zopa Rinpoche's Long Life Puja from Bendigo
- Provided spiritual counselling, face-to-face and by telephone
- Visited the elderly and those in hospital
- Been part of community events such as the Pride Festival and the Festival of Tibet
- Conduct funerals and blessing ceremonies

Through the great generosity of LTC members and friends, I was able to sit at the feet of my precious guru and attend two weeks of teachings with Lama Zopa Rinpoche in Bendigo.



KR Geshe Tashi Tsering, guest of honour at the *Sangha Soiree* celebrating the IMI International Sangha Day.

Rinpoche says that: "even giving one rupee or one cent to the Sangha has the benefit of being the most powerful purification. It is the quickest way to be free from the oceans of samsaric sufferings and the quickest way to achieve Buddhahood". Thank you so very much!

To end my report I would like to especially thank Ven. Lhagsam who looked after the centre for six weeks when many of us, including Miffi and Eddie, went to Bendigo for Lama Zopa Rinpoche's retreat. She did an absolutely wonderful job including coordinating the livestreaming of Lama Zopa Rinpoche's Long Life Puja from Bendigo. She is an inspiration to all, especially the other Sangha members, in everything she does.

Again this year the Sangha have joyfully offered service to LTC and its members and in return we have been greatly blessed.

--Trin-lä



How You Can Help

There are many ways to offer your assistance and support. LTC is run entirely by volunteers and can function only due to the generosity of our membership and others. LTC's mortgage is steadily reducing, thanks to regular donations by the LTC Wheel-Turners. The mortgage is our largest single outgoing at \$4,710 per month.

Helping in Kind

There are many other equally beneficial ways to help. These include:

- Showing kindness by welcoming new students and visitors to the Centre
- Volunteering at the Centre
- Regular (tax deductible) contributions into your member's *Gompa Tin*
- Donations in kind
- Writing an online Google review of your experience at LTC
- Sharing LTC posts on Facebook
- Leaving a bequest in your will
- Coming along to teachings, classes, pujas and other events.
- Putting our programs or flyers in local shops, libraries and notice-boards to help get us known in the community.

Tax Deductible Donations

We encourage all those who can to donate to our LTC Gompa Fund on a regular basis. All donations to the Gompa Fund are tax deductible. All contributions are used exclusively for the LTC property, to fund mortgage repayments, maintenance, repairs and improvements to the building.

- **Gompa Fund.** Any donation of \$2 and above to the LTC Gompa Fund is tax-deductible. You can donate at reception or into your Gompa Tins.
- **Wheel-Turner's Club.** Regular tax-deductible donations can be made securely online through the Givenow portal. Tax receipts are automatically generated both monthly and at the end of each financial year.
- **Mala Club.** This tier is for one-off donations to the Gompa Fund of \$1,000 or more.

One of the benefits of donating is that patrons have the opportunity to decorate a page in the commemorative album and dedicate the virtue of their generosity. This album serves as an inspiration for others, and as a form of thanks to our benefactors.

Donations to the Gompa Fund can be made via a secure online donation facility which can be accessed from our web site and also directly at www.givenow.com.au/langritangpa. For more information or any questions about how to go about this, please speak to our treasurer.

A Message of Thanks

With our deepest gratitude the Management Committee would like to thank the many people who have contributed so generously to the Centre over the past year. We would especially like to thank our amazing volunteers, our *Wheel Turners* and *Mala Club* members, and our precious Sangha who bless us so frequently with their gentle presence and wisdom.

Much appreciation to our amazing yoga team from the Radiant Light Yoga: Jill Shaw-Feather, Amanda Lynn, and Cindy Hartigan. Between them they lead five classes a week, offering a consistent program of extremely high quality, and being the reputedly the 'best yoga class in town!' Their financial contribution is also a much valued contribution to reducing our mortgage!



The yoga team who lead five classes a week at LTC, Jill Shaw-Feather, Cindy Hartigan and Amanda Lynn.

Dedication

May everyone who sees, hears, or thinks of this report be freed in that very second from all their suffering, diseases, neurosis, negative karmas and obscurations, and abide in the peerless happiness of full enlightenment forever. May all the Dharma wishes of HH the Dalai Lama, Lama Zopa Rinpoche, and all other precious teachers, be instantly fulfilled. May all practitioners everywhere continue joyfully in their practice.