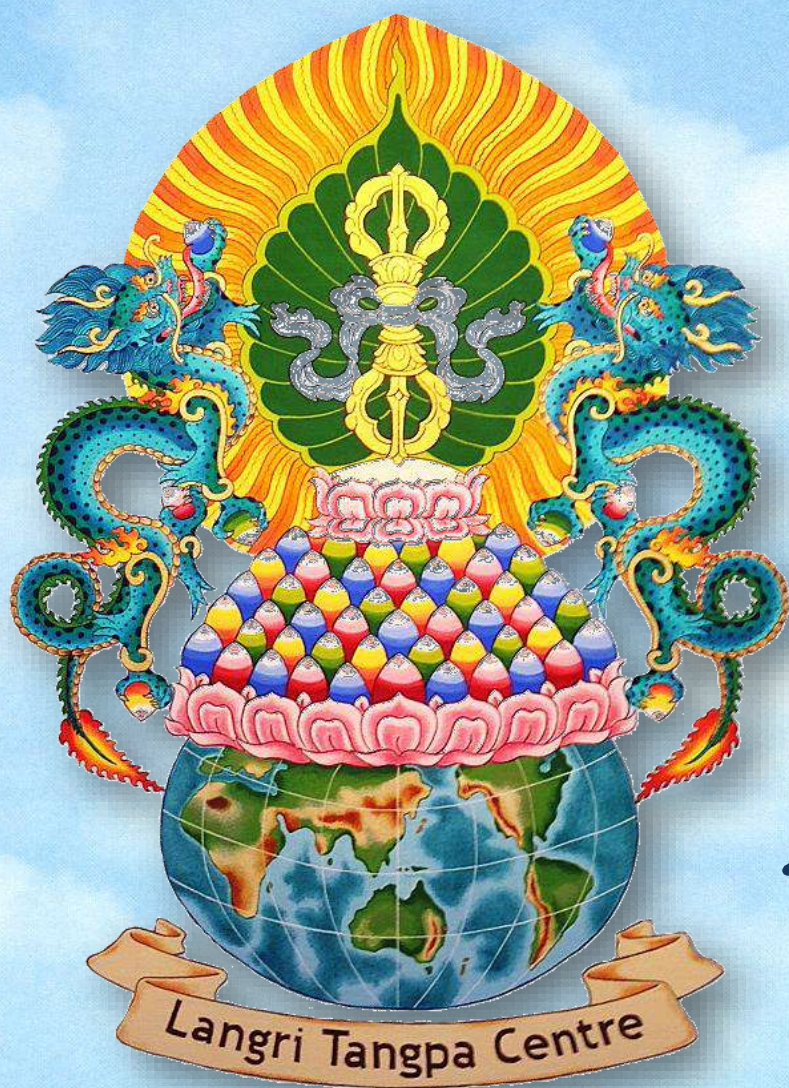


# Langri Tangpa Centre Inc.

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

**Annual Report**  
1 July 2018 to 30 June 2019



# 2019





# Table of Contents

<b>Association Information .....</b>	<b>3</b>
<b>About LTC - Who we are and what we do.....</b>	<b>4</b>
<b>The Year in Review .....</b>	<b>7</b>
Program .....	7
Process.....	8
People .....	8
Place .....	10
<b>Spiritual Program News .....</b>	<b>11</b>
Major Events.....	11
New to the Program .....	11
Visiting Teachers .....	11
Annual Highlights.....	12
Regular Program .....	12
Community Events .....	13
<b>Financial Performance.....</b>	<b>14</b>
Summary Charts .....	15
Annual donations made on behalf of members .....	17
One-off donations for this financial year .....	17
Professional development and special events .....	17
Honorariums for courses and public talks.....	17
<b>Monks and Nuns .....</b>	<b>18</b>
<b>How You Can Help .....</b>	<b>19</b>
<b>A Message of Thanks .....</b>	<b>19</b>
<b>Dedication .....</b>	<b>19</b>





## Association Information

ABN 49 770 532 185

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e-mail: [info@langritangpa.org.au](mailto:info@langritangpa.org.au)  
website: [www.langritangpa.org.au](http://www.langritangpa.org.au)

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### Founder

Lama Thubten Yeshe

### Spiritual Director

Lama Zopa Rinpoche

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### Management Committee

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

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

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### Bankers

ANZ  
Business Banking Centre  
146 Queen Street  
Brisbane QLD 4000

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### Solicitors

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

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### 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 we 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 meditations.
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.

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 for 2018-19.  
Back row (L to R): Delma Dewar, Ven. Lozang Trin-la, Ven. Lozang Lhagsam  
Front Row (L to R): Sherryn West, Maureen McIntyre, Carolyn Mason, Miffi Maxmillion

## Membership

Fully paid up members as at 30 June 2018: 131  
Fully paid up members as at 30 June 2019: 148  
Friends of LTC (Sangha & Online): 9



## The Year in Review



**Maureen McIntyre**  
(Director)

After my first most amazing year as the new Director of Langri Tangpa Centre (LTC), I rejoice in presenting our Annual Report for 2018/2019. With the ongoing support, dedication and generosity of our volunteers, members, benefactors and the local community, LTC has yet again had another remarkable year.

We have been fortunate to receive many inspiring teachings from Geshe Tenzin Zopa, who won the prestigious *Global Peace Leadership and Excellence Award* in February this year. We celebrated this wonderful achievement on his birthday with a volunteer's dinner and cake.

Miffi has obviously been slipping something into our chai, as we have had two LTC students ordain this year! We congratulate and welcome Ven. Chödzom (Ollie) and Ven. Drolkar (Cheryl). We are inspired by their devotion and commitment to the Dharma.



Concert held at LTC for the *Anywhere Festival*. Leah Cotterell, Pearly Black and Narelle McCoy with Jaimee Clarke accompanying on guitar.

Pearly Black, Leah Cotterell and Narelle McCoy put on a lively performance at their sold-out concert *The Bardo, Epicurus and the Banshee* held at LTC in May 2019 as part of the *Anywhere*

*Festival*. They contemplated the ultimate subject – death – by sharing three visions of the good death, ranging from the ethics of care to Irish keening and the sense that death is not the end. The concert brought many new faces to LTC, as well as the return of friends and supporters throughout the years in Brisbane.

### Program

The highlight of our program has been the extended teaching series with touring FPMT teacher Geshe Tenzin Zopa. We were blessed to have him give a total of five public talks and seven teachings over February and April/May. This has allowed our students to establish a firm connection with Geshe-la and a greater understanding of the significance of the tantrayana path, tsog offerings, and protector prayers. We were also blessed with teachings from Geshe Phuntok Tsultrim, Ven. Robina Courtin, and with workshops from guest speakers Corey Jackson and Andy Webber.



Rosemary Lancaster, volunteer communications, at the sutra recitation at Coochiemudlo Island, with day visitor Sherman the parrot.

Geshe Zopa visited our Gold Coast Outreach Group in February. On our way into the venue we found a dead parrot on the path. He stopped immediately to bury the bird with his own bare hands and led prayers over the "birdysattva". He then led an inspiring exposition on compassion. The group were so moved by this, that they then held fortnightly meetings to study Geshe Zopa's commentary on *The Foundation of All Good Qualities*, facilitated by Jordan Zea. Pearly Black also led recitations of the 21 Tara Praises.

We held many Auspicious Day pujas, where we saw an increase in attendance not only from LTC students, but also from other Buddhist centres and from other countries such as Bhutan and Nepal!





## Process

Due to continued strong financial management and community generosity, we have produced another positive financial result for the 2018/2019 financial year, with a net surplus of \$34,941. We are on track to pay out the mortgage in just under five years, thanks in large to the donations of our precious *Wheel-turners* and *Mala Club* members.



Sampath and family at the offered lunch where they cooked a feast for over 30 people, with Geshe Tsaltrim.

The LTC Management Committee completed the development and implementation of a comprehensive risk mitigation strategy, and we now have a *Mental Health First Aid Kit*. This allows us to not only look after the physical safety of our students and volunteers, but also their minds. As a result of this strategy, we have bought a duress alarm system for the centre and caretakers. Miffi and Carolyn Mason have been working hard on developing a complete register of all LTC-developed courses and Delma Dewar has been diligently reassessing our policies and procedures.

As Spiritual Program Co-ordinator, Miffi is the ideal person to lead *Starting Point* on the first Saturday afternoon of each month. This is a beginner's welcome and orientation to the centre. It includes a guided tour, short meditation, information session about the program and the centre, chai tea afterwards and a free *Lama Yeshe Wisdom Archive* book to take home. This helps new people to feel comfortable and ascertain which program area will suit them the best. It has been so successful, that we have decided to replace our Open Day with it.

Ven. Trin-la attended the *QLD Atlas of Religions Forum*, which is a 4-year research project by four academics and three PhD students. It will result in a multi-layered website being developed which

shows how different religions started in Brisbane. Ven. Trin-la volunteered to be part of the volunteer reference group.

## People

In July 2018 we celebrated the birthday of HH the Dalai Lama with a short movie and vegetarian super. We also greatly enjoyed singing his long-life prayer and dedications over the birthday cake!

LTC hosted a *Sangha Soiree* in which Ven. Trin-la organised and baked a high tea for *International Sangha Day* in August. Her culinary skills delighted all who attended, and it was a wonderful chance for the western sangha to catch up with each other. Ven. Trin-la has done an outstanding job in her role as Sangha Support and Geshe Care.



Brisbane Pride Festival march, with Miffi Maxmillion, LTC students and our Bodhisattva Pride banner.

September saw LTC taking to the streets again with our *Bodhisattva Pride* banner and joining the Brisbane LGBTQI community's annual *Brisbane Pride Festival March and Fair Day*.

We continue to induct new volunteers which allows for the smooth running of LTC, particularly for when Miffi and Eddie are away. In February we had a delicious volunteer thank-you dinner with Geshe Tenzin Zopa, which was generously



provided by Sampath Samaranayake and his family. The evening was enjoyed by all and many commented on the warm “family peeling” experienced amongst all the volunteers. Sampath also provided a lunch for Geshe Tsultrim and the sangha. Ven. Trin-la hosted another very successful evening, *Death Over Dinner* which was fully booked.



Gardening team Mark and Susie Cooper, with the newly installed blessing banner and QLD gekkos.

Once again, LTC had a display stall at the *Festival of Tibet* in the Brisbane Powerhouse during April 2019. Our wonderful team of volunteers provided information and programs to all who visited. The festival was a great opportunity to engage with the community and advertise our centre and programs. We offered three full boxes of *Lama Yeshe Wisdom Archive* books which people gratefully received.

We continued our quarterly FPMT-Q meetings, with Peter Stickels from National Office and representatives from Chenrezig Institute, Karuna and Cittamani Hospices. These meetings provide an opportunity to network, share ideas, promote our programs and support each other. Jane Willis (previous LTC Director) is now on the FPMT-A Board of Directors, so we are delighted to be able to continue to work closely with her.



Biggest tsa-tsa painting workshop ever, with two extra tables set up, and a group of visitors from Mongolia.

Our students have been actively involved in providing our program. We had Helene Holland leading the monthly tsa-tsa painting, which brings in many new people – both young and old. Delma and Dianna led *Nyung-Ne* sessions at LTC, Carolyn, Linda, Christina and Gideon led sessions at the Chenrezig Institute *Nyung-Ne* retreat. Helen and Russel joined the *Nyung-Ne* in spirit, doing theirs at home, and Laura-laa did a four-day retreat in the retreat room onsite for members.



Helene Holland, who leads the tsa-tsa painting workshops, preparing tormas with intricate marzipan decorations for puja.

Finally, I'd like to acknowledge Ven. Lhagsam, who has been a Buddhist nun since 2000 and began working in palliative care in 1994. She supported patients and their families in her palliative care work at Cittamani and Karuna Hospices regularly. Ven. Lhagsam has been LTC's longest serving committee member and will now be standing down. Her work and dedication to LTC and the Dharma has been truly inspiring. I'd like you all to join with me in rejoicing in all her wonderful, joyous efforts over all these years.





## Place

We would like to give a huge thank you to Bron Travis, library catalogue queen and her team of helpers, who have catalogued 3,582 books! Miffi created more space with new library shelving, and the old shelving was donated to Chenrezig Institute, enabling their library to benefit too. The beautification of the library has continued, with Miffi making table "altar vignettes" to inspire all.



Happy retreatants at the completion of the Christmas Nyung-Ne 2019.

Many repairs and improvements have been made to the centre during the holidays. These include new entrance stairs, rear landing, door sills, lattice and bamboo fencing – including high-vis anti-slip on stairs. There is a new private Dzambhala garden, with fountain, pond and flowers. The Geshe/retreat room porch has been beautified with artificial turf, plants, cushions, a mirror (signifying emptiness) and the Buddha statue repainted by Laura. Helene painted two snow lions and the eight auspicious symbols which will be installed later this year at the front of our gompa. We also have a new Puja drum and cymbals. Thanks to Laura Laakso for playing the drum, so now our pujas rock the centre! Finally, the NBN has been connected successfully and we enjoy good speeds.

## With Thanks

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

I would like to acknowledge the continued efforts of the LTC Management Committee: Delma Dewar (Secretary), Sherryn West (Treasurer), Miffi Maxmillion (SPC), Ven. Lhagsam (Elected Member), Ven. Trin-la (Elected Member) and Carolyn Mason (Elected Member). Your

contribution to the management and success of the Centre over the past 12 months is greatly appreciated. You are an amazing, supportive and caring team! I also make a special mention of appreciation to Jane Willis, the previous Director (2013 to 2018) for her leadership and contribution to LTC during her five-year term and her continuing involvement in the Centre.

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. The effort that you put into developing such wonderful courses and PowerPoints, certainly makes our studies easier and more interesting. We are forever grateful for your ongoing commitment and endless energy in offering service. You are both truly inspirational.



The private Dzambhla garden created by Miffi and Susie, that is a fully netted kitty wonderland to protect Bekandze the centre cat, with the offering fountain.

Thank you to all our amazing volunteers, members, benefactors and the wider community who attend our events, offer service and support our Centre. Please join me in rejoicing in the past twelve months at LTC. May we have another amazing twelve months and may our centre and Dharma family continue to grow and benefit all sentient beings.

Warmest Regards,  
Maureen



## Spiritual Program News

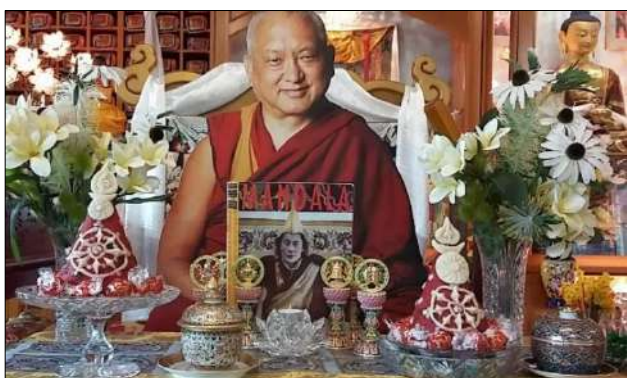


**Miffi Maxmillion** (*Spiritual Program Co-ordinator*)

This has been a year of consolidation. We have been future-proofing the core program, collating all the teachers notes into annotated resources for future teachers. A sister centre, Vajrayana Institute in Sydney, is already using two of my courses. We are also offering comprehensive student booklets with summaries, PowerPoints and reflection sheets. Our pujas have become more coherent and very inspiring, as we add in traditional music and tunes, and become familiar with the meaning of the visualisations when doing them in English.

### Major Events

We joined the international Tibetan community in offering special pujas for HH the Dalai Lama's health. In April 2019 we held three impromptu pujas with *tsog* offerings, at *Vajrasattva Cleansing Meditation*, *Tara Puja*, and *Guru Puja*. Many people attended, and those who couldn't donated online – in fact we had so many donations we couldn't keep up!



Tormas for Guru Puja prepared by LTC students in the traditional manner, after attending the SPC workshop.

The third national SPC training, organised by FPMT-A was hosted by our sister centre in Bunbury, Tara Meditation Centre. Myself and Laura Laakso attended, with help from LTC and FPMT-A. The training was unique, with hours of hands-on tuition in areas of ritual, pujas, and *torma* making. We received this personally from Geshe Zopa, who received it from his late master, Geshe Lama

Konchog. Travelling five and a half thousand kilometres was a drop of effort compared to the benefit we received!

### New to the Program

Eddie Peet developed a presentation on the *Heart of Wisdom Sutra*, to excellent feedback from students both new and advanced. Eddie led this over six sessions for both the morning and evening groups. Students received a workbook with PowerPoints of the course.

We now have on-going monthly afternoon workshops on *Healing Anxiety and Depression*, that run as a six month block, to cater for the weekend students who cannot otherwise make it to this ever-popular course.



Ven. Robina Courtin during her teaching visit, with long-term students of over 30 years Miffi Maxmillion (SPC) and Pearly Black (Gold Coast Outreach Discussion Group).

After the Bendigo retreat with Lama Zopa Rinpoche earlier in the year, I developed two *Tantra Kit-bag* workshops, led in both 2018 and 2019. The workshops were well received and cleared up many queries.

*Guru Puja* is now delineated into two distinct ceremonies. One is an epic version in Tibetan, with all the ritual musical instruments and traditional tunes. The other, a much shorter version, is all in English, with a chance to deepen our understanding of the meaning. Both approaches offer unique benefits for students from both LTC and other Buddhist centres.

### Visiting Teachers

Ven. Robina Courtin toured in July 2018, giving standing-room-only talks on *Anxiety and the Modern Age*, and *The Way through Depression*, with weekend teachings on *Keeping Sanity in Difficult Times*. We had ninety people on Saturday and fifty on Sunday. Ven. Robina was also guest





of honour at our *First Wheel-Turning Day* sutra recitation.

Geshe Zopa made an extensive visit in February 2019, giving public talks on *Making Life Meaningful, Buddhism and Resilience*, and the *Power of Meditation*. He also led two pujas with explanations on the *Meaning of Protector Prayers*, and the *Meaning of Tsog* for Losar, Tibetan New year. Geshe-la said this Losar was one of the most meaningful he has had. The tour ended with weekend teachings on the *Heart Sutra*, with all participants receiving a copy of Geshe-la's book on the same topic. Geshe Zopa returned again in April 2019, giving public talks on *Passing on With a Peaceful Heart*, and *Equanimity in a Fractured World*. This was followed by in-depth weekend teachings on *Establishing a Tantric Practice*.



Geshe Phuntsok Tsultrim with translator Ven. Kartson, during the monthly Sunday afternoon teachings.

Geshe Tsultrim continued fortnightly teachings on *Mind Training Like the Rays of the Sun* in August and September 2018. Geshe-la attended a community dinner at the first teaching which was a great success, with over fifty guests. In March and April, we changed to one Sunday afternoon a month, making it more accessible for people to attend. An LTC visitor from Sri-Lanka, Sampath, offered lunch for Geshe-la and thirty others before teachings.

### Annual Highlights

The *All-night Tara Puja* in August 2018 was well attended with over forty people for the first session, and nine dedicated students completing the entire event at 5.30 am the next morning.

We had two residential *Nyung-Ne Retreats* this year. The Christmas 2018 retreat had a total of thirteen full attendees, plus Naomi sitting in once

a day. Helen and Russell did their own retreat at home and joined us for breakfast at the end. For the Easter 2019 we booked an Airbnb within walking distance so we could fit everyone in!

We held the long version (six hours!) *Rebirth Game of Liberation* in June 2018 – a perfect evening of Dharma, dinner, desert and deliverance!

*Lama Tsong Khapa Day*, in December 2018, was the best one yet, with over ninety people visiting the centre from 9 am and 9 pm. We had over forty people join the morning *Wisdom Retreat*, sixteen at *Tsa-tsa Painting* where we read all the prayers Lama Zopa Rinpoche recommended, and forty-five for *Guru Puja* in the evening.

### Regular Program

Our core program of *Discovering Buddhism* is led twice a week by Eddie Peet, with eight units being taught this financial year over both day and evening classes. Beginner's courses include several rounds of the *Foundation Course*, *How Buddhism Helps*, and *Everyday Dharma*, led by myself, and several weeks of *Buddhism for Beginners* led by Ven. Lhagsam.

I also led several weekly *Balancing Emotions* courses throughout the year, including *Healing Anxiety and Depression*, *Habits for Happiness*, *Ancient Wisdom for Modern Life*, and *Becoming Your Best Self*. Ven. Lhagsam led a short course on *Kindness in Difficult Times*, and Carolyn Mason led *Four Attitudes for Happiness*.



Eddie Peet and thangka painter Andy Weber off to GoMA for yet more art after the Tibetan art course.

We invited Corey Jackson, an accredited Cultivating Emotional Balance (CEB) instructor, to lead afternoon workshops integrating Buddhism and neuroscience. These included *A Buddhist Approach to Mental Health*, in November 2018,



with forty people attending. Corey also led *Mindfulness and Creativity* over two afternoons in April 2019, and *Resources for Resilience* over two afternoons in May 2019.

Weekly meditations include a *Healing Meditation*, *Sitting with the Buddha*, and *OM AH HUM* meditations led by myself, and the monthly *Vajrasattva Cleansing* led by Ven. Trin-la. The LTC nuns continued to lead the regular Sunday drop-in meditations, and the social time with chai tea together afterwards was much enjoyed by all. Ven. Drolkar led a series of afternoon workshops: *Meditations for Well-being*, *Mindfulness Practice*, and *Rewire Your Brain for Happiness* in 2018.

### Community Events

*Orientation and Starting Point* had exceptional attendance at the start of 2019, with over thirty people attending each welcome class, and people coming from as far as the Gold Coast. We even received fan mail about the presentation!

*Mindful Families* met four times, led by Demi Kehoe who prepared the classes and materials and then led the presentations. Topics included *Appreciating Nature* in September 2018, a family picnic in the park in November, *The Power of Words* in March 2019, and a *Buddha's Birthday Celebration* in June.



Laura Laakso joyously practicing on the newly-arrived traditional puja drum.

We held *Sutra and Swim* road trips to Coochiemudlo in October and the Gold Coast in December. One recitation had a surprise visit from the parrot "Sherman", who had run away from home, and was spotted by friends in our post on Facebook! All proceeds on the day went to rescue parrots!



Mindful Families during the Buddha's Birthday celebrations, decorating the offering elephant laden with goodies. Christina Smerdon (L) and Demi Kehoe (R)

Ven. Trin-la hosted several community dinners, including a dinner and movie night for HH the Dalai Lama's birthday in July 2018, a vegetarian dinner for World Animal Day in October 2019, and a fully-booked *Death over Dinner* in June 2019.

*Christmas for Buddhists* once again received excellent feedback, with participants noticing a positive change in family dynamics, and enjoying the festive season for the first time in years!

Andy Weber made his annual visit in September 2018, to lead an art workshop on Guru Rinpoche.

### Summary

The regular program is strong, offering both in-depth and entry level Buddhist courses, and the balancing emotions program continues to be the most well-attended by both Buddhists and the non-religious. Pujas have been steadily growing in popularity as students learn the rituals. Art activities such as the monthly *Tsa-tsa Painting Workshop* are a skilful means to introduce people to the Dharma, with the finished results displayed in the library, continue to surprise and inspire visitors from all backgrounds.

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 2019, saw LTC realise an operating surplus of \$34,941. This exceeded the Committee's expectations as planned for the year. Donations, event income, and shop sales were all greater than budgeted. Expenditure was planned and budgeted, resulting in income being greater than expenditure for the year.

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

- The practice of generosity of members and visitors
- Shop items and book stock were kept up to date by volunteers
- Teaching event income
- On average 64% of mortgage payments funded by members (Wheel Turners) through regular giving!
- The mortgage balance at 30th June 2019 was \$243,320!
- Each year, on the Day of Miracles we make financial offerings to support projects of FPMT and other projects at affiliated centres in Australia and overseas.

The Management 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. Consideration is given to the upcoming retreat by Lama Zopa Rinpoche in Bendigo in April 2020.
- Membership fees to remain consistent
- Core program, event and membership costs to remain at current levels in proportion income

Under the changes to the Associations Incorporation 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.

Throughout the year the practice of generosity is offered in three ways.

1. The Mandala of Merit of allocated funds
2. Honorariums offered at the completion of each regular course
3. We also try to be generous to all our visiting teachers and guest speakers.

I thank the LTC Committee for their support, Stephanie the LTC bookkeeper, and David Hartmann the auditor. I also thank our shop volunteers, Rachael and Lyndon, for keeping the shelves of Langri Tangpa Centre's shop well stocked with the many desires and interests of our members, students and visitors. 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!

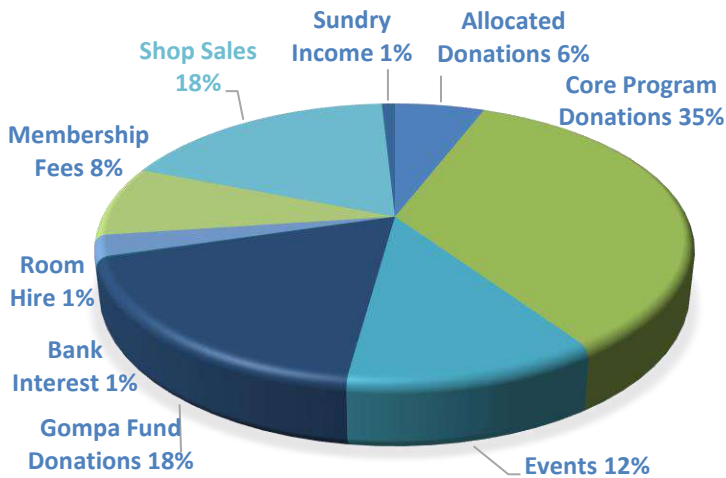


Geshe Tenzin Zopa, one of our regular visiting FPMT teachers, in India accepting the prestigious Global Peace Leadership and Excellence Award.

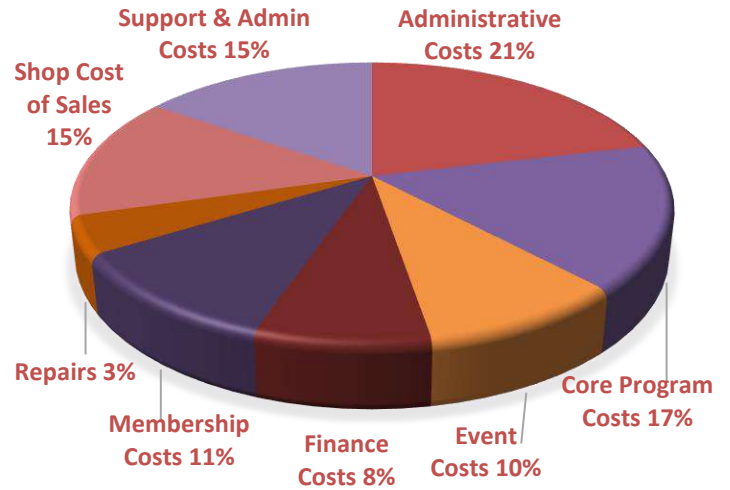


## Summary Charts

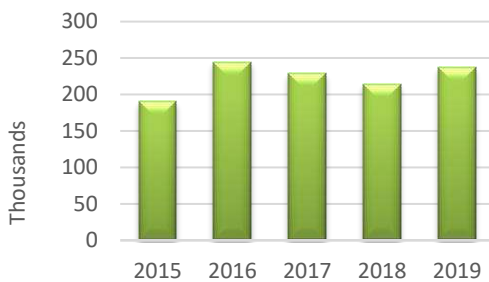
### INCOME



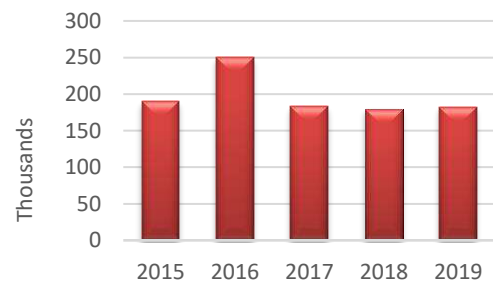
### EXPENSES



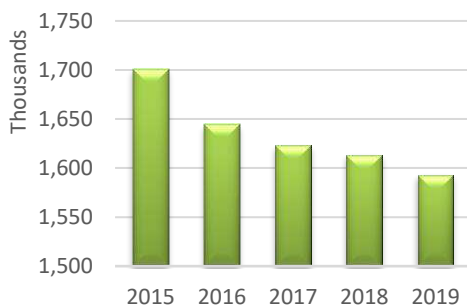
### Operating Income



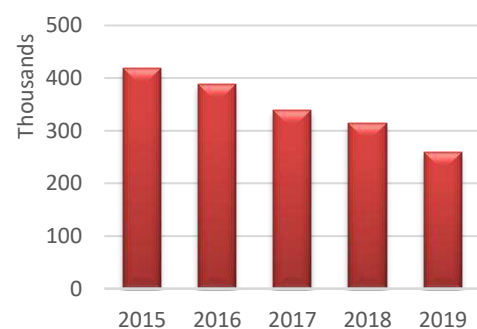
### Operating Costs



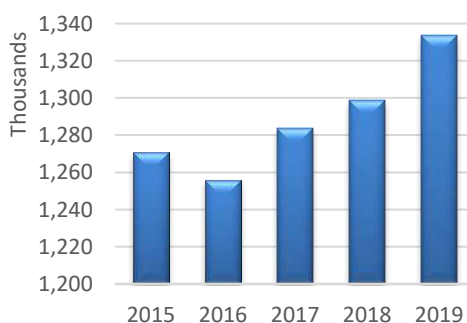
### Assets



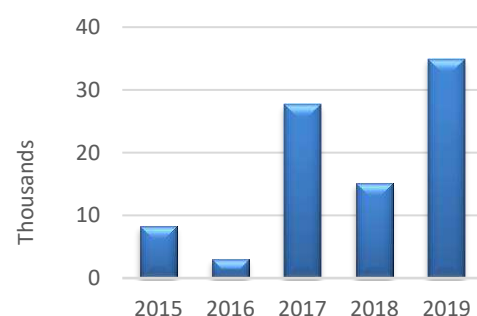
### Liabilities



### Total Funds



### Operating Surplus







## Income Statement

	2019	2018
<b>Income</b>		
Allocated Donations	13,853	11,155
Core Program Donations	82,107	82,807
Events	27,583	4,932
Gompa Fund Donations	42,792	45,670
Bank Interest	385	478
Membership Fees	19,379	23,486
Room Hire	5,804	7,064
Shop Sales	42,883	38,722
Other Income	2,024	131
<b>Total Income</b>	<b>236,810</b>	<b>214,445</b>
<b>Less Costs</b>		
Administrative Costs	41,037	42,785
Core Program Costs	30,405	22,726
Event Costs	17,071	19,473
Finance Costs	14,598	17,759
Membership Costs	19,826	7,112
Repairs & Maintenance	7,870	5,521
Shop Cost of Sales	23,692	22,761
Support Costs	27,878	41,008
Other Costs	0	472
<b>Total Costs</b>	<b>182,378</b>	<b>179,617</b>
<b>Operating Surplus</b>	<b>54,433</b>	<b>34,828</b>
<b>Add Non-Operating Income</b>		
Grants	0	0
Insurance Recoveries	0	250
<b>Less Non-Operational Costs</b>		
Depreciation	19,492	19,976
<b>NET SURPLUS</b>	<b>34,941</b>	<b>15,102</b>

## Statement of Financial Position

	2019	2018
<b>Assets</b>		
<b>Current Assets</b>		
Cash & Cash Equivalents	118,110	128,901
Accounts Receivable	5,212	3,703
Stock on Hand	29,898	25,848
Accrued Income & Prepayments	0	809
<b>Total Current Assets</b>	<b>153,220</b>	<b>159,261</b>
<b>Non-Current Assets</b>		
Library	100,542	95,423
Plant and Equipment	6,975	8,383
Land & Buildings	1,332,140	1,350,225
<b>Total Non-Current Assets</b>	<b>1,439,658</b>	<b>1,454,030</b>
<b>Total Assets</b>	<b>1,592,878</b>	<b>1,613,291</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Accounts Payable	6,616	16,530
Credit Card Balance Owing	9,318	7,326
GST Payable / (Refundable)	(3,194)	(1,896)
Other Payables & Accrued Exps	3,348	3,601
<b>Total Current Liabilities</b>	<b>16,090</b>	<b>25,561</b>
<b>Non-Current Liabilities</b>		
Loan - Camp Hill Property	243,320	289,203
<b>Total Liabilities</b>	<b>259,410</b>	<b>314,764</b>
<b>NET ASSETS</b>	<b>1,333,468</b>	<b>1,298,527</b>
<b>Accumulated Funds</b>		
Reserves	246,355	246,355
Retained surplus	1,087,113	1,052,172
<b>TOTAL FUNDS</b>	<b>1,333,468</b>	<b>1,298,527</b>



Tormas (ritual offering cakes) made by students during the SPC Training Workshop in Bunbury with Geshe Zopa.



### **Mandala of Merit**

Langri Tangpa Centre 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**

HH Dalai Lama Long Life Puja	\$108	Scholarship Fund	\$108
Lama Zopa Rinpoche Long Life Puja	\$108	Social Service Fund	\$108
FTMT Puja Fund	\$108	Practice and Retreat Fund	\$108
Sera Je Food Fund	\$108	Holy Objects Fund	\$108
Animal Liberation Fund	\$108	Supporting Ordained Sangha Fund	\$108
International Merit Box Project	\$108	Supporting our Lamas Fund	\$108
Prajnaparamita Project	\$108	Nepal Earthquake Fund	\$108
Translations Fund, FPMT	\$108	Tara Puja Fund	\$108
Centre Support Fund	\$108	Ven Lhagsam	\$108
Education Fund	\$108	Osel Support Fund	\$108
Preserving the Lineage Fund	\$108	Maitreya Project	\$108
Lama Zopa Rinpoche International Office	\$108	LTC Education Fund (ANZ)	\$108
Animal Liberation Sanctuary	\$108	FPMTA - General donation	\$108
Lama Yeshe Sangha Fund (IMI)	\$240	Great Stupa of Universal Compassion	\$324
Lama Zopa Rinpoche Bodhichitta Fund	\$108	Liberation Prison Project Australia	\$108
Lama Tsongkhapa Teachers Fund	\$108	Garden of Enlightenment	\$108
Padmasambhava Project for Peace	\$108	Geshe Care at Chenrezig Institute	\$108
Prayer Wheel Fund	\$108	Festival of Light and Merit (FLAM)	\$108
Stupa Fund	\$108	Nyung-Ne France Institut Vajrayogini	\$108
Stupa Minimize Harm from the Elements	\$108		

### **One-off donations for this financial year**

Lama Yeshe Wisdom Archive book donations	\$414
International Merit Box Project money boxes	\$2,402
Lama Zopa Rinpoche's Long Life Puja	\$1,080
RSPCA	\$108
Fred Hollows Foundation	\$216
<i>Pay it Forward</i> Membership x1	\$180

### **Professional development and special events**

Subsidised two nuns to Rinpoche's Long Life Puja in Singapore	\$2,160
Eddie Peet sponsored to do Glen Svenssen's Course at CI	\$150
Miffi Maxmillion sponsored to attend SPC Training in Bunbury	\$928
Miffi Maxmillion and Maureen McIntyre Guru Bhumsok in Hobart	\$556
Offerings made to Sangha at pujas	\$655

### **Honorariums for courses and public talks**

Offered at the completion of a regular course	\$8,680
Offered to FPMT visiting teachers & to guest speakers	\$15,885



## Monks and Nuns



**Ven. Lozang Trin-lä**  
(Sangha Care)

In *Advice for Monks and Nuns* Lama Yeshe said: "If the Sangha cannot work for the benefit of others, then what's it all about?"

Working to benefit others is what my role of Sangha Care and Support on Langri Tangpa Centre's Management Committee is all about. It is a great honour to work with the other members of the Management Committee with the motivation to benefit the Centre today and into the future, and to support the Sangha and all of the LTC community.

This year I was very happy to be able to look after Geshe Zopa several times and to welcome Geshe Tsultrim and Ven. Kartson, as well as Ven. Robina.

LTC's Sangha have been able to lead every Sunday morning meditation and support the centre and the community in many ways including leading classes, coordinating and taking part in centre events, taking part in community events, providing spiritual counselling face-to-face and by telephone, and by conducting blessing ceremonies and funerals.



Long Life Puja in Singapore for Lama Zopa Rinpoche, with Ven. Trin-la and Ven. Lhagsam seated below the large thangka in the middle.



Newly ordained LTC students, Ven. Lozang Chodzom and Ven. Lozang Drolkar.

As there are many challenges to being a nun in the west LTC's Sangha support each other by phone and through meeting once a month for lunch.

This year, through the great generosity of LTC members and friends Ven. Lhagsam and I were able to attend the Long Life Puja for Lama Zopa Rinpoche in Singapore and to make an offering to him on behalf of the Centre. The donations you make to the LTC Sangha fund are used to help the nuns get to Rinpoche's teachings - thank you so very much!



Sangha Soiree high-tea for International Sangha Day.

Ven. Lhagsam has been, and continues to be a role model and inspiration for me and I thank her sincerely for tirelessly working for the benefit of others. Again this year the Sangha have joyfully offered service to LTC and its members and in return we have been greatly blessed.

Yours in the Dharma,  
Ven. 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 noticeboards 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 directly at [www.givenow.com.au/langritangpa](http://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 four 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.