

Langri Tangpa Centre Inc.

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

Annual Report
1 July 2019 to 30 June 2020



2020

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Association Information

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Founder

Lama Thubten Yeshe

Spiritual Director

Lama Zopa Rinpoche

Management Committee

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

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

Bankers

ANZ
Business Banking Centre
146 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 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 Kadam 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 tea and biscuits together after 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 the FPMT Inc. Ethical Policy to ensure their actions are in accord with the ethical guidelines of the FPMT.



The LTC Management Committee for 2019-20.
Back (L to R): Delma Dewar, Sherryn West, Mark Pearce, Miffi Maxmillion
Front (L to R): Ven. Lozang Trin-la, Maureen McIntyre, Carolyn Mason,

Membership

Fully paid up members as at 30 June 2019: 148
Fully paid up members as at 30 June 2020: 121
Friends of LTC (Sangha & Online): 7

COVID-Safe Plan

LTC is committed to implementing the Industry COVID Safe Plan for Places of Worship in Queensland. As this is a living document, we will comply with any updated changes to restrictions and health directives. Adherence to the Plan will help ensure physical distancing and good hygiene are complied with and transmission opportunities are effectively minimised for the safety of all attendees and the broader community.

The Year in Review



Maureen McIntyre
(Director)

I rejoice in presenting our Annual Report for 2019/2020. With the ongoing support, dedication and generosity of our volunteers, members, benefactors and the local community, Langri Tangpa Centre has yet again had a remarkable year.

To say the first part of 2020 has been memorable for all of us, is an understatement. Experiencing a worldwide pandemic made many of us think about our life and how precious it is. During these challenging COVID times of constant uncertainty and change in the world, the LTC committee put into place strategies that allowed the Dharma community of Langri Tangpa Centre to continue and flourish.

Miffi Maxmillion, in her role as both Spiritual Program Coordinator and also webmaster, singlehandedly brought the entire program online, so that our students' studies could continue uninterrupted. Miffi installed a new ticketing system, hosted every single online zoom class (as well as leading many of the classes and pujas), and then edited them for our sound file archive and youtube channel.

With the limitations of life under lockdown so painfully apparent, we were fortunate to have His Holiness the Dalai Lama confer the Avalokiteshvara initiation via livestream, and receive regular online teachings on Thought Transformation from Geshe Tenzin Zopa to support us.

We are excited to congratulate and welcome yet another ordained LTC student, Venerable Lozang Gonpo (Gideon).

In November we had eight people and three nuns from LTC attend Guru Bhuntsok in Adelaide. We gave offerings to His Holiness Dalai Lama and Lama Zopa Rinpoche thrones and to all the Geshes and Sangha present. We all greatly enjoyed the lively and entertaining debate put on by the Geshes.

Program

We have been blessed with teachings from Geshe Tenzin Zopa, Geshe Phuntsok Tsultrim, and with lectures from guest speakers Corey Jackson, Glen Svensson and Andy Webber. Geshe Zopa's first online Lojong teaching was attended by 179 people from Australia, Singapore, Indonesia, Malaysia, Israel, Finland, USA and Russia!

During our December pujas and retreats, we made many prayers for all the people and animals who suffered in the devastating bush fires. The heartfelt dedications were truly inspiring. During COVID we have been donating our puja offerings to the homeless and disadvantaged.



LTC students and Sangha attending Guru Bhuntsok held at Buddha House in Adelaide

An immense thank you must be given to Miffi for the tremendous amount of work that she has done to transition LTC to online classes from April. Miffi spent the months during lockdown working 60-80-hour weeks so that LTC could not only weather the COVID upheaval, but in fact flourish in these new circumstances, bringing our program online a full 3 years earlier than originally planned! We have even received fan mail from our online students!

Process

Due to continued strong financial management and community generosity, we have produced another positive financial result for the 2019/2020 financial year, with a net surplus of \$28,644.65. Due to the uncertainty with the COVID pandemic we chose to suspend the mortgage repayments for six months. This now means that we are on track to pay out the mortgage in four and a half years, thanks in large to the donations of our precious Wheel-turners and Mala Club members. LTC students have been very generous, donating to the *pay it forward* and *sponsor a class* causes. 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.



Volunteer book frenzy! Great excitement as our volunteers select a Sheryl Delacour Book Surprise thanks.

The 2019 Geshe Sherab tour was cancelled due to visa denial, so the committee spearheaded a protest and organised support from senior immigration lawyers to support FPMTA's case with the Immigration Department after Geshe Sherab's visa was denied. We now have a good working relationship with the QLD Community Liaison Officer for Department of Home Affairs and we don't envisage any future problems for touring international geshees. I'd like to thank you all again for your support by sending the protest letter to your Federal MPs and Senators.

We continued our quarterly FPMT-Q meetings, with Peter Stickels from National Office and representatives from Chenrezig Institute, Karuna and Cittamani Hospices in 2019, however they have temporarily ceased in 2020 due to the COVID pandemic. The 2019 FPMTA national meeting was held at Chenrezig Institute with 4 representatives from LTC! In 2020 the first of the online FPMTA National meetings were held separately for directors and SPCs due to COVID.

I participated in meetings chaired by Dr Brian Adams with representatives of the Interfaith Community, Department of the Premier and Cabinet and Queensland Health to develop an Industry COVID Safe Plan for Places of Worship in Queensland. The plan was approved in June and our LTC committee has worked tirelessly to develop and implement COVID-safe best practice. As this is a living document, we are constantly in contact with Queensland Government departments to ensure that we operate in compliance with the updated changes to restrictions.

We have implemented COVID cleaning after each class, social distancing markings and furniture arrangement, secure contact tracing, compulsory hand sanitization and mask wearing during pujas to name just a few. All our class and reception volunteers have undergone COVID-Safe training with our Volunteer Co-ordinator, Delma Dewar and use check lists to ensure that jobs are completed. An online booking system is now used to help ensure maximum safe capacity is not exceeded and clearly displayed information on COVID-19 symptoms, physical distancing, and hygiene requirements can be found on our website and within the centre.

We have joined Volunteers Queensland and purchased VIRA software to help with volunteer management. This will enable us to effectively manage the extra volunteer support required during the COVID pandemic and beyond. I would like to thank Delma Dewar for the extraordinary work that she has done as volunteer coordinator (as well as being secretary), in the planning and volunteer training to enable LTC to reopen.

We have developed and signed the historic "Geshe Agreement" with Chenrezig Institute (CI) for Geshe Tsultrim and other CI resident geshees to teach at LTC.



Helen Holland supervising the Lama Tsong Khapa Day painting workshop, calm and engrossing.

A big thank you needs to be given to Carolyn Mason for reviewing and updating our strategic plan, in consultation with the committee and all those who participated in the members forum. Work has also continued on developing, reviewing or approving numerous policies such as the LTC Copyright policy, Social Media policy, Retreat Sponsorship Guideline and Application Form, and providing feedback to FPMT on their draft *FPMT Registered Teacher Policy — New Centres and Programs* and *FPMT Registered Teacher Policy — Complaints and the remedial process* policies. Also thank you to Mark Pearce

for developing a comprehensive digital media discussion paper.

People

In 2019 the LTC management committee personally sponsored Eddie to attend the first part of Alan Wallace's *The Four Immeasurables* course and LTC sponsored him for the second part of the course. LTC sponsored Miffi to attend Guru Bhumtsok in Adelaide in November 2019 and Eddie to attend Glen Svenson's *Mindfulness, Selflessness & Compassion* retreat in February 2020 at Chenrezig Institute. Maria also did her own personal retreat in our retreat room.

Ven. Trin-la has had another busy year in her role as Sangha Support. Pre-COVID, she hosted two very successful *Death Over Dinner* evenings which were fully booked and had people on the waiting list. She hosted a *Sangha Soiree* at for International Sangha Day in August and regular sangha lunches at LTC.

We have been very fortunate again to have Sampath Samaranayake and his family generously provide delicious meals for Geshe Tsultrim, the sangha and our volunteers on numerous occasions. Sampath provided a sumptuous feast for the volunteers' dinner with Geshe Zopa in July.



Diana Secuya with Ven. Charles, having just completed 108 Nyung-Ne retreat in France.

Congratulations to LTC member Diana Secuya who completed the 108 Nyung-Ne retreat in France. The 8-month strenuous retreat was on the buddha of compassion, Chenrezig, where she abstained from speaking, eating, or drinking anything on every second day. Diana was one of only four people to complete the full eight months of retreat, with the added challenge of threatened closure as COVID struck and getting home just before the borders closed in Australia. We are so honoured to count one of our own members as a 108 Nyung-Ne veteran – this is a significant achievement in the Dharma world

and a great blessing for the entire LTC community.

Our talented resident artist, Helene Holland, continued to lead and encourage our monthly tsa-tsa painting workshop. Helene painted the two snow lion statues in our entrance foyer and helped the Torma Team prepare offerings for our inspiring pujas.



George Palmer with Ven. Trin-la. We rejoice in his immeasurable contribution to LTC.

Suzie and Mark Cooper and Peter O'Connell have continued to look after our gardens and grounds to keep them tidy, clean and inviting. A Working Bee organised by Delma Dewar was held in February, with seven people enjoying sorting Dharma materials and eager to help again.

During the COVID lockdown Venerable Lhagsam temporarily moved into LTC to support Miffi with the program. Carolyn Mason kindly did the puja shopping, and I delivered the weekly grocery shopping to help them keep body and mind together!

Finally, I'd like to acknowledge the passing away of our major benefactor, George Palmer. It was with his and Sheryl Delacour's great generosity that LTC could secure a loan to purchase the building that we are now in. Their immeasurable kindness and contribution towards LTC have benefit so many people in so many different ways. George's generosity has allowed us to continue our work to educate people in ways to reduce suffering and promote the development of a more kind, compassionate and peaceful human family. I'd like you all to join with me in rejoicing in all his wonderful efforts for LTC, as well as his work in the health service management and policy in Australia, and his unwavering commitment to animal welfare.

Place

Feasibility studies were carried out on solar panels, an additional bathroom including shower downstairs for Nyung-Ne retreats and a lift to reception. It was decided that the solar panel project would be reinvestigated in 2021 and that we would apply for an appropriate grant. The additional bathroom and lift were currently not feasible. Miffi has designed a new pattern for the cracked large stained-glass window at the street end of the gompa and it is hoped that work will commence on it in 2021.

LTC commissioned Denise Griffin to fashion a life-sized statue of Lama Yeshe for the altar and work has begun on the reusable mould so that we can offer it to other FPMT centres to use. Planning was also commenced for the Shakyamuni statue consecration, however due to COVID this has been put on hold.

A big thank you to our library team who have now catalogued 3,720 items! We were fortunate to be awarded a FPMT Merit Box grant for a street library. Helene has painted it and it will be installed in the latter half of 2020. We have received many donated books which will be used to stock the street library. A Lord Mayor's Community Fund grant was also awarded for a gas stove with an electric oven, just in time for the Christmas Nyung-Ne retreat. A new web camera was purchased to improve the video quality of our online teachings, and an extra duress alarm button for the retreat room.



Miffi Maxmillion leading a zoom class online, that later becomes part of our ever-growing video archive.

Plumbing rectifications were carried out on a pipe on the left-hand side of the building and the downstairs toilet. More plumbing work will be carried out in the latter part of 2020 to rectify the ongoing legacy of drainage issues. The under-building storage areas were tidied up by Suzie, Mark and Maureen.

I'd also like to acknowledge and thank Miffi for the tremendous amount of effort that she had quickly and efficiently put into making LTC COVID-safe:- Furniture was rearranged for social distancing, distance markings taped on the floors, signage updated, contact-free drop-offs arranged for library books, hand sanitizer and masks made readily available, just to mention a few. Not only that, but somehow in between all her researching online delivery and ticketing programs, sound file editing and uploading, Miffi found the energy during COVID to lead many of the weekly classes, and develop several new courses directly addressing the coronavirus crisis. No wonder she worked 60-80-hour weeks!

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), and Ven. Trin-la, Carolyn Mason and Mark Pearce (Elected Members). 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!

On behalf of the LTC Management Committee I would like to say thank you to both Miffi and Eddie as our FPMT Registered Western Teachers and full-time LTC volunteers. The effort that you have put into developing such wonderful courses has made our studies easier and more interesting. We are eternally grateful for all the work that you have done especially during COVID, and for dedicating your lives to LTC and for your commitment in offering service to the Dharma. You are both truly inspirational.

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 appreciating the enormous effort of everyone during these COVID times, especially as we enter the online world. May the next twelve months bring as many silver linings and may our centre and Dharma family continue to grow and benefit all sentient beings.

Warmest Regards,
Maureen

Spiritual Program



Miffi Maxmillion (*Spiritual Program Co-ordinator*)

The program at LTC has flourished over the past year, largely due to the necessity of going online. As the silver lining in the cloud of COVID, we have been able to enjoy many more teachings from our holy gurus, develop our own video archive, and reach many more students now freed from the tyranny of distance.

Highlights and Special Events

In 2019 we celebrated the 600th Anniversary of Lama Tsong Khapa with a *Wisdom Retreat*, art afternoon, and epic Guru Puja in the evening. We used the exquisite tunes from Rinpoche, accompanied by drum and cymbals, and had a lavishly beautiful altar overflowing with offerings. For months beforehand we painted 200 Lama Tsong Khapa tsa-tsas to be presented to visitors on the day. Helene Holland led many of the tsa-tsa painting afternoons, and co-ordinated the detailed painting of the faces of the statues. Ven. Sherab 'offered gold' by painting three layers of gold on each – thus accumulating 600 painted tsa-tsas, one for each year of the anniversary!



Pilgrimage in a day! Eight different altars set up around the gumpa, stories, slides and sutras.

For the first time we held an *Extensive Medicine Buddha Puja*, with Geshe Tsultrim as guest of honour. Requested at short notice by Jordan Zea, it came together in four days, had over forty people attend, and lasted almost four hours! Geshe Tsultrim continued his monthly

teachings on *Mind Training Like the Rays of the Sun*, with four afternoons in 2019 followed by the annual Refuge Ceremony in December 2019.

A highlight was the *Virtual Pilgrimage*, the last major event before COVID, which I ended up leading five times on one day! We set up altars in sections of the gumpa to represent the eight places of Buddhist pilgrimage. We viewed photos of each site from ancient times up to the present day, read a sutra at each place, and marvelled at each the stage of the Buddha's life celebrated there.



Nyung-Ne Christmas retreat for world peace and harmony, four days of strenuous compassion meditation!

The conclusion of 2019 was a festival of practice, with our annual All-night Tara Puja, a Shakyamuni Buddha puja on Christmas Eve, and a four day Nyung-ne retreat to bring in the new year. In Early 2020 we held a special puja for the fires – both the extensive fires throughout Australia and the nearly 2 billion creatures that perished, as well as a catastrophic triple murder suicide fire that happened just streets away from our centre here in Camp Hill.

Benefits From COVID

When the global pandemic hit, LTC went into lockdown along with the rest of Australia. The teachings we were so looking forward to with Lama Zopa Rinpoche in Bendigo were cancelled. Eddie went into retreat, Ven. Lhagsam moved to LTC to help with the program, and I went into overdrive building an online program, a net of light to keep us all connected.

I put a lot of effort into developing courses specifically to help our LTC community deal with the ongoing ramifications of COVID. *Practices to Protect* was a series of weekly guided

meditations from HH the Dalai Lama, Lama Zopa Rinpoche, and Khadro-la, to help deal with contagion both inner and outer. LTC sponsored \$1,080 for a commentary from Geshe Zopa on Singhanada practice. I collated the detailed information from Geshe Zopa's teaching to produce a series of graded meditations using his instructions. I also increased the *Vajrasattva Purification* evenings from monthly to leading a weekly online session.

Due to COVID, instead of our usual Nyung-Ne, the Easter retreat was an online compassion meditation, using the *Dalai Lama Guru Yoga*. Each day's session was well attended by both lay people and sangha, with daily dedications and prayers made for our gurus and for global health and harmony. People were generous, with over \$1,000 in donations made towards offerings during the retreat.

Saka Dawa was unique. An early morning Precepts Ceremony with screenshare and preliminary prayers lead by me, and the actual vows recited online with Lama Zopa Rinpoche with great gusto and enthusiasm. The ceremony is now in *Practice Along* to be used on any precepts day. We topped off this auspicious day with an online Shakyamuni Puja, also well-attended.



Zoom meetings keeping the committee and the Centre connected with a net of light (and fibre optics).

For all our online pujas, I have developed detailed screenshares to help with visualisation and keep our attendees engaged and focussed. Despite the distance, the zoom events felt intimate and friendly, and I was moved by the many heartfelt dedications given by everyone attending. *Dharma in Pyjamas* was a series of 10 short teachings on hot topics from a Dharma perspective. Developed during the beginning of COVID, these are now on our Youtube channel and binge-watched by our students!

I've added many more pages to the website, including community videos, practice along meditations and pujas, links for notes for all the courses, detailed instructions on how to join our classes online, and helpful links to the broader Buddhist community.



Emptiness on the beach! Eddie Peet, our Discovering Buddhism tutor, enjoying sunrise and dependent arising!

New to the Program

Homegrown singing sensation Pearly Black led a voice workshop for us, to help puja leaders project and sustain their voice. This encouraged us immensely with vocal skills and confidence. Based on this I developed a workshop tailored especially for leading pujas, as westerners in how to find the tune, keep your voice, and effectively lead others. The focus of this workshop was integrating the body speech and mind, with the spiritual subtlety of OM AH HUM, and mastering the specific duties of ritual master and concert master.

In the latter half of 2019 I expanded the *Healing Anxiety and Depression* course into a series of six afternoon workshops held once a month.

Visiting Teachers

Corey Jackson taught the full *Cultivating Emotional Balance* (CEB) course at LTC for the first time, as a 4 week *Overcoming Burnout and Fatigue* course (March 2020) and several workshops: *Relax and Take Control* (August 2019), *Collaborative Relationships* (October 2019), *The Empathy Dilemma* (November 2019), and *Corona Composure* (May 2020). I would like to make a huge thank-you to Corey for sharing his expertise in using zoom and automated ticketing systems - without his example we wouldn't have been able to do it!

Geshe Tenzin Zopa visited us in July 2019, giving two public talks on *Dharma for your Pets*, and *Departure Wisdom*. From May 2020, Mother's Day (all mother sentient beings' day) Geshe Zopa began his weekly teachings on *Thought*

Transformation. As the FPMT-Australia touring Geshe, this virtual tour has been the cherry on top to end the week, and we hold an informal watch party afterwards to discuss the teachings and muse on bringing them into everyday life.

Glen Svensson gave a public talk in person at LTC in early 2020, the first time in many years that he has been able to fit us into his busy international schedule. Andy Weber led his annual arts workshop on Prajnaparamita in September 2019, and our local Buddhist artists took the opportunity to catch up, compare work, and share encouragement.

Regular Courses

2020 started strong with a huge turnout for our orientation classes, with over 40 people at each event. Eddie Peet led a short in-depth course on the Heart Sutra in early 2020, and continued leading the in-depth Discovering Buddhism units: *Wisdom of Emptiness*, *Establishing a Daily Practice*, and *Samsara and Nirvana* (2019), and *Mind and It's Potential* and *How to Develop Bodhicitta* (2020). These last two courses have now become a resource in our video archive. I led *Introduction to Tantra* (October 2019), the Discovering Buddhism I specialise in leading.



After our annual All-night Tara Puja, 14 happy, slightly bleary-eyed, participants at 6 am net morning!

I led the beginner's courses *Foundation Course* (October 2019), *How Buddhism Helps* (June 2020), *Three Higher Trainings for Dummies* (June 2020), *Christmas for Buddhists*, hosted *Tibetan Game of Rebirth* evenings, and regular meditations on *Sitting with the Buddha*, *OM AH HUM Cleansing* from Lama Yeshe.

The courses I developed based on Buddhist psychology continue to be popular, with *Becoming Your Best Self* (July and December 2019), *Habits for Happiness* (July 2019, February and April 2020), *Ancient Wisdom for Modern Life* (October 2019), *Healing Anxiety and Depression*

(February and May 2020). Since going online, several of these courses have become part of our video archive.

As COVID took hold, Ven. Lhagsam played a crucial role in our program continuing online, leading many short courses. In 2019 she led *Art of Living and Dying Well* (August), and *Anger, Patience and Forgiveness* (September). As COVID hit she took up the reins to lead Sunday meditations, *Buddhism in a Nutshell* (March 2020), *Mindfulness Meditations* (April 2020), *Healing Meditations* (June 2020), and *Essence of the Buddhist Path* afternoon workshops (June 2020).



Ven. Lozang Lhagsam, with auspicious objects in our gumpa, the only 'in-person' audience for many months.

Ven. Tseten also led some Sunday meditations, both in person and online, and she and Demi Kehoe led several *Family Dharma* events, effortlessly bring the children's get-togethers online and keeping everyone engaged in the activities and online stories. Carolyn Mason led *From Theory to Practice: Integrating Discovering Buddhism* (March 2020). Linda McDonald returned to expertly lead the short course *Learn to Meditate* (October 2019) as she has done each year.

In Conclusion

This year has been a huge effort, seen an enormous amount of change, and brought extensive benefits to our Buddhist community. While some people have not been able to adjust to an online world, many have embraced this opportunity and enjoyed a virtual festival of Dharma. Amid the challenge of COVID, our students entered a 'corona retreat', and were able to turn difficult circumstance into the path to enlightenment.

Warmest wishes,
Miffi

Financial Performance



Sherryn West (*Treasurer*)

The year 2020 will for the most part be known as the COVID-19 year - the year of the pandemic; the year of lockdown; the year of isolation. It has been a year that impacted many individuals, families, business and community organisations. Langri Tangpa Centre was not exempt from the impacts. That being said the financial year was up until late March 2020, business as usual.

Financial highlights up until then were:

- Core program donations averaged \$17,506 per month
- Wheel Turners averaged donations of \$2,796 per month
- A Merit Box grant of \$435 was received for the Street Library
- Gold Prayer books were printed thanks to a \$500 donation
- A Brisbane City Council Lord Mayor's Suburban Initiative Grant of \$1760 was received for a new kitchen stove.
- We made financial offerings to support projects of FPMT and others projects at affiliated centres in Australia and overseas at the beginning of March on the Day of Miracles
- A bequest of \$6000 was received
- A generous overseas donor donated \$14,500 AUD to various projects including the Lama Yeshe Statue, Merit Box, Puja for the Animals, and Sangha Funds.
- We made a deposit of \$3880 to Denise Griffin, the artist designing and making our Lama Yeshe statue

In late March 2020, following the Public Health directives, Langri Tangpa Centre closed to members and visitors for the safety and wellbeing of all, including our precious Sangha and resident teachers – Miffi and Eddie. Miffi created our online presence with Zoom and Eventbrite - leading the way not just for LTC but for all Australian FPMT centres!

The Management Committee meet regularly on zoom to keep forecasting and reviewing LTC's cashflow and cash position. The FPMT Australia

levy was also generously cancelled for the 2020 financial year. The Mortgage payments of \$4710.06 were put on hold from April 2020 for six months. This extended the loan term and will increase repayments when they recommence in October 2020.

Financial highlights from April to June were:

- Income from online classes (meditations, pujas and courses) averaged \$6,497
- Wheel Turners and donations \$3,502
- Cultivating Emotional Balance (CEB) online event \$10,386
- The mortgage balance as at 30th June, 2020 was \$213,221.

As a result, the financial activities for the year realised an operating surplus of \$28,639. This was a great result considering the circumstances.

Thank you to all the members, donors and supporters who give regularly, who kept giving and to the new members, donors and supporters who embraced the virtual teachings and events online - thank you.

I thank the LTC Committee for their support, Stephanie, the LTC bookkeeper, and David Hartmann, the auditor. I extend enormous amounts of gratitude to our volunteer committee and volunteers throughout the 2019-2020 year.

I am confident in the financial management of LTC and the financial reports accompanying my report. The LTC Committee will continue to review and monitor the financial position into the next year and ensure the activities continue - virtually and/or in-person!

Sherryn West
Treasurer

Note: 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.



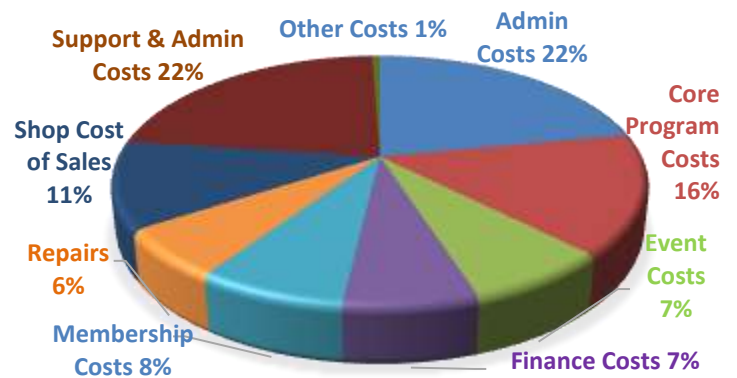


Summary Charts

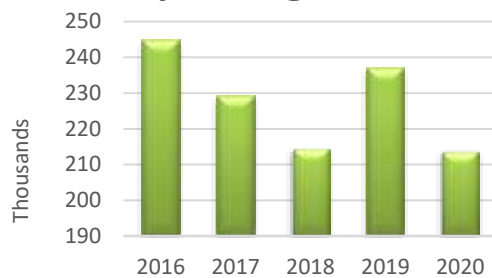
INCOME



EXPENSES



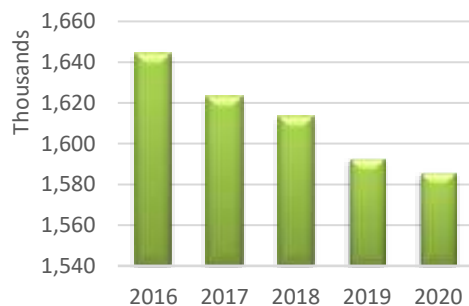
Operating Income



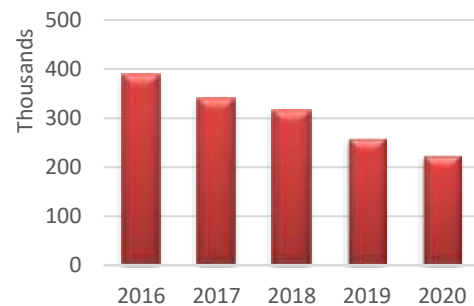
Operating Costs



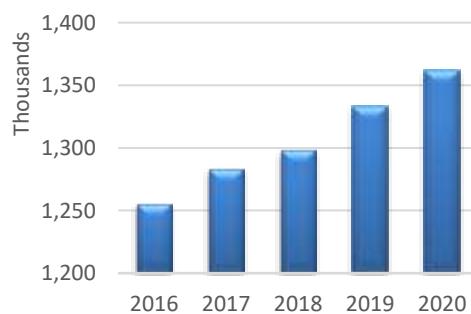
Assets



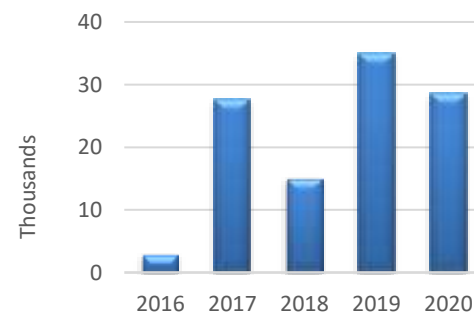
Liabilities



Total Funds



Operating Surplus



Income Statement

	2020	2019
Income		
Allocated Donations	19,401	13,853
Core Program Donations	92,241	82,107
Events	12,123	27,583
Gompa Fund Donations	40,271	42,792
Bank Interest	144	385
Membership Fees	17,111	19,379
Room Hire	3,974	5,804
Shop Sales	28,034	42,883
Other Income	500	2,024
Total Income	213,800	236,810
Less Costs		
Administrative Costs	36,919	41,037
Core Program Costs	26,114	30,405
Event Costs	12,455	17,071
Finance Costs	11,542	14,598
Membership Costs	12,810	19,826
Repairs & Maintenance	10,529	7,870
Shop Cost of Sales	18,881	23,692
Support Costs	37,587	27,878
Other Costs	945	0
Total Costs	167,782	182,378
Operating Surplus	46,018	54,433
Add Non-Operating Income		
Grants	2,195	0
Insurance Recoveries	0	0
Less Non-Operational Costs		
Depreciation	19,574	19,492
NET SURPLUS	28,639	34,941

Statement of Financial Position

	2020	2019
Assets		
Current Assets		
Cash & Cash Equivalents	124,320	118,110
Accounts Receivable	6,264	5,212
Stock on Hand	28,430	29,898
Accrued Income & Prepayments	0	0
Total Current Assets	159,013	153,220
Non-Current Assets		
Library	105,962	100,542
Plant and Equipment	6,749	6,975
Land & Buildings	1,314,056	1,332,140
Total Non-Current Assets	1,426,766	1,439,658
Total Assets	1,585,779	1,592,878
Liabilities		
Current Liabilities		
Accounts Payable	2,375	6,616
Credit Crd Balance Owing	6,429	9,318
GST Payable/Refundable	(1,084)	(3,194)
Other Payables & Accrued Expenses	2,730	3,348
Total Current Liabilities	10,451	16,090
Non-Current Liabilities		
Loan - Camp Hill Property	213,221	243,320
Total Liabilities	223,672	259,410
NET ASSETS	1,362,107	1,333,468
Accumulated Funds		
Reserves	246,355	246,355
Retained surplus	1,115,752	1,087,113
TOTAL FUNDS	1,362,107	1,333,468



A tsa-tsa panorama! A table laden with just some of the 200 hand-painted statues prepared for the Lama Tsong Khapa anniversary, blessed by Geshe Tsultrim, and offered to every visitor on the day.

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!

On behalf of all members we donated to (\$108 USD each)

Long Life Puja for His Holiness the Dalai Lama

Long Life Puja for Lama Zopa Rinpoche

All of Lama Zopa Rinpoche's projects:

FPMT Puja Fund

Sera Je Food Fund

Animal Liberation Fund

International Merit Box Project

Prajnaparamita Project

Translations Fund

Centre Support Fund

Education Fund

Preserving the Lineage Fund

Lama Zopa Rinpoche Intl Office

Animal Liberation Sanctuary

Lama Yeshe Sangha Fund (IMI)

Lama Yeshe Wisdom Archive

Lama Zopa Rinpoche Bodhichitta Fund

Lama Tsongkhapa Teachers Fund

Padmasambhava Project for Peace

Prayer Wheel Fund

Stupa Fund

Stupa to Minimize Harm from the Elements

Scholarship Fund

Social Service Fund

Practice & Retreat Fund

Holy Objects Fund

Supporting Ordained Sangha Fund

Supporting our Lamas Fund

Nepal Earthquake Fund

Tara Puja Fund

Osel Support Fund

Maitreya Project

One-off donations we made this financial year (\$108 AUD each)

LTC Education Fund

FPMT Australia

Great Stupa of Universal Compassion

Liberation Prison Project - Australia

Chenrezig Garden of Enlightenment

Geshe Care at Chenrezig

Festival of Light and Merit (FLAM)

Nyung Nye France Institute Vajra yogini

Environmental Defense Fund

Professional development and special events sponsored by LTC

Compassionate Care for the Dying **\$233**

Heart of Wisdom retreat **\$2,489** (net cost after refunds due to COVID cancellation)

Diana Secuya 108 Nyung Nyes France **\$216**

Buddha Statue for HH Dalai Lama **\$1,080 (USD)**

Hospice of Mother Tara Bunbury **\$135**

Guru Bhurstok Adelaide **\$400**

LZR Long Life Puja Singapore **\$108**

Honorariums offered to presenters for courses and public talks

Andy Weber **\$1,000**

Geshe Tsultrim **\$130**

Corey Jackson **\$9,127**

Glenn Svenson **\$400**

Offerings made to Australia touring Geshe Tenzin Zopa

Donations from Geshe Zopa's Teachings **\$1,480**

LTC sponsored Singhanada commentary **\$1,080**

Thank you for your generosity! We received donations from

Wheel Turners' mortgage contribution **\$40,271**

Sponsor a class/pay it forward **\$2,079**

Sponsor a puja (in addition to specific puja) **\$248**

General donations **\$9,474**

Sutras for the Dear Animals **\$3,000**

Lama Yeshe Statue Fund **\$7,600**

Buddha consecration Fund **\$55**

Sangha Fund **\$5,336**

Retreat sponsor **\$540**

Resident western teachers fund **\$926**

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.

Supporting monks and nuns is one of the highest priorities for the FPMT organization. As Lama Zopa Rinpoche has said, "The value of Sangha is more than the whole sky filled with wish-granting jewels."

One of the important parts of my role is to take care of visiting sangha, making sure that they are well looked after and have everything they need. Sadly, due to COVID19, in the 2019/2020 financial year we only hosted Geshe Zopa once and Geshe Tsultrim and Ven. Kartson 3 times.

During the year, even when the centre has been closed LTC Sangha have been meeting for lunch every two months so that we can catch up and support each other where needed. I wish to thank Sampath and his family for generously offering the Sangha lunch on many occasions.

As always, even though there have been many obstacles, this year has brought a stream of blessings to LTC and its members, not the least the Sangha, whose role it is to joyfully offer service.

Offering Service

Some of the many of the ways the Sangha have offered service this year:

- Committing to leading the Sunday meditations – in the Gompa throughout 2019, and online in 2020
- Leading in-person and online classes and pujas; the on-line meditations led by Ven. Lhagsam and Ven. Tseten are now on Langri Tangpa Centre's YouTube channel
- Helping as ritual attendants during epic Guru Pujas
- Ven. Trin-lä hosted and cooked for two evenings of *Death over Dinner*
- Ven. Trin-lä co-led *How to Help Your Pets Get Enlightened* with Miffi
- A 'Sangha Soiree' was held to celebrate International Sangha Day

- Ven. Trin-lä, Ven. Tseten and Ven. Drolkar attended Guru Bhumtsok in Adelaide, to offer long life prayers for Lama Zopa Rinpoche and HH Dalai Lama
- Ven. Sherab painted 200 Lama Tsong Khapa tsa-tsas (statues) for the 600th anniversary of Lama Tsong Khapa



A Sangha get-together hosted by Ven. Trin-lä at Langri Tangpa Centre, to celebrate International Sangha Day.

Ven. Lhagsam has been staying in Brisbane this year and has been assisting Miffi in many ways, including helping with the online pujas and leading classes.

Ven. Lhagsam, Ven. Trin-lä, Ven. Tseten and Ven. Gyaltsen have not only offered service through LTC but also through other centres and with other projects. Ven. Lhagsam and Ven. Trin-lä attended the PCQ Palliative Care Queensland Awards Dinner where Ven Lhagsam was invited to lead a short reflection during the memorial session.

Many of the Sangha have carried out funerals and memorials, provided spiritual care, done house blessings and baby blessings, and have been interviewed by school and university students. Of special note was the memorial service of LTC member Jade Ireland, conducted by Ven. Ven. Trin-lä in August 2019.

Langri Tangpa Centre monks and nuns, the Sangha, are always available to help the centre, its members and the wider community, but we couldn't do it without the invaluable support of the LTC Management Committee and the many wonderful students, volunteers and visitors who walk through our doors.

With sincere thanks,
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.

Offering Service

Offering your time and efforts to others to help the guru and create mountains of merit:

- Showing kindness by welcoming new students and visitors to the Centre
- Volunteering at the Centre
- Donations in kind
- Writing an online Google review about us
- Sharing LTC posts on Facebook
- Coming to pujas requested by Rinpoche
- Putting our flyers in local shops, libraries and noticeboards to help get us known in the community.

Donate to Our Causes and Projects

There are many equally beneficial ways to help:

- Regular (tax deductible) contributions into your member's *Gompa Tin*
- Leaving a bequest in your will
- Pay it forward membership
- Sponsor a class or puja
- Geshe Zopa living expenses
- LTC causes and projects

Tax Deductible Donations

We encourage all those who can to donate to our LTC Gompa Fund on a regular basis. These donations 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. 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. They offer a regular program of extremely high quality, and are 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.

