

Langri Tangpa Centre Inc.

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

Annual Report
1 July 2020 to 30 June 2021



2021

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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

Laura Laakso
Delma Dewar
Miffi Maxmillion
Sherryn West
Julie Costello (Ven. Lozang Trin-lä)
Carolyn Mason

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

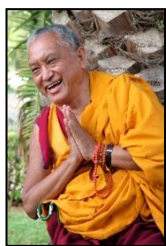
Following the inspirational example of HH the Dalai Lama, Langri Tangpa Centre (an FPMT affiliate) is dedicated to serving others with kindness and wisdom, and to educating people in ways to reduce suffering and promote the development of a more kind, compassionate and peaceful human family. We achieve 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 *Sutra Recitations* benefit 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, invitations to Open Days, and attending local multi-faith events. People of all faiths attend classes at LTC, and we hold an annual Christmas Community Puja.
5. **Revenue Generating Activities:** We hire out our hall for weekly yoga classes run by teachers from the Radiant Light School of Yoga. Students donate to the LTC Sangha Fund on holy days, to pay-it-forward memberships and other projects and causes.

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

To help maintain and foster a supportive environment for Buddhist practice, the LTC management committee and all registered teachers have committed to carefully observing and abiding by the ethical and grievance

policies published by the FPMT. Each of LTC's class leaders have signed the FPMT's Ethical Policy to ensure their actions are in accord with FPMT's ethical guidelines. The committee and registered teachers have all completed the FPMT's "Protecting from Abuse" training.

A fundamental responsibility of each person in a position of authority within the FPMT network, (including each committee member, member and volunteer) is to uphold an environment that is safe, respectful, and in accordance with the Dharma. Accordingly, the Committee, members, and volunteers agree to abide by these policies, which are provided to each Committee member upon election and are readily available to all members and volunteers on our website and from reception upon request.

Furthermore, 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.



The LTC Management Committee for 2020-21.
(L to R): Carolyn Mason, Delma Dewar, Ven. Lozang Trin-la, Sherryn West, Laura Laakso, Miffi Maxmillion

Membership

Fully paid-up members as at 30 June 2020: 121

Fully paid-up members as at 30 June 2021: 105

COVID-Safe Plan

LTC is committed to implementing and updating our COVID-safe Plan in accordance with Queensland 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 of the broader community.

The Year in Review



Laura Laakso
(Director)

Welcome, dear one, to our Annual Report.

While this time last year pushed us towards classes and events that were exclusively held online, this year has seen us become more accustomed to living in a new kind of normal. We've dubbed it the tale of two worlds: the virtual and the physical.

Although we were busy delighting in the chance to offer classes and pujas in-person again, we soon realised we'd also had the great fortune to connect with an entirely new virtual Dharma community. With this exciting opportunity to share the Dharma even more widely, we began offering both online and in-person options for most of our classes and events.



Three Shop Ladies and a Social Distancing Lion! Pauline Whiteman, Debra Glavac, and Beverley Sanders welcome visitors every Sunday with smiles and warmth.

Volunteer Bodhisattvas Serving Others

While all of this may sound effortless, it was made to appear this way through the remarkable kindness and generosity of our precious volunteers. Each of these wonderful people has contributed in a very real way to us all remaining connected with our practice. Please join me in rejoicing in the virtue of their merits and expressing sincere gratitude for anyone who has ever even thought about offering service to the Dharma in this way.



HH the Dalai Lama, embodiment of compassion, makes it literal by getting vaccinated, in Dharmashala, India.

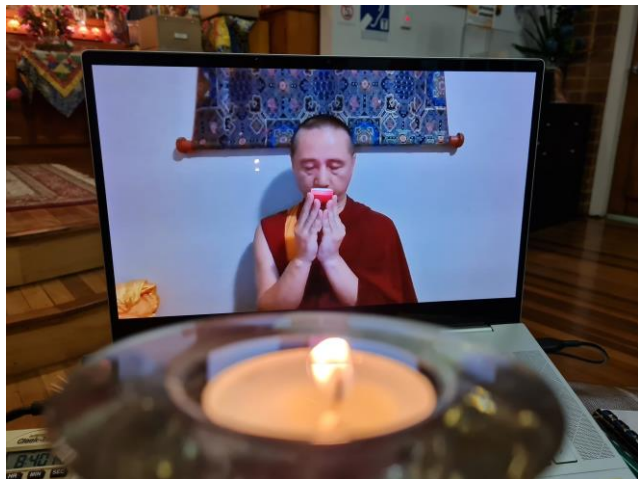
Without volunteers (such as ushers and shop volunteers), we simply could not offer in-person classes. They are the final and most crucial ingredient, enabling LTC to flourish as a centre. We thank you so very much. In May 2021 we got the chance to extend our heartfelt thanks in person to our precious volunteers over a lovely afternoon tea in mild autumn weather.

Amongst all of this celebration it would also be remiss of us not to recognise the great fortune of being able to offer any classes or events in-person during a time when many FPMT centres around the world remain impacted by global events, only operating in an online capacity.

Embodying Our Bodhisattva Attitude

With the view of taking on our universal responsibility to protect one another from harm, the LTC management committee and volunteers have embraced adhering to Queensland Health directives and dedicatedly following our CoVid-safe Plan. Following the heartfelt advice of our precious teachers, we got vaccinated to protect the most vulnerable among our students, visitors and broader community. Doing this has allowed us to

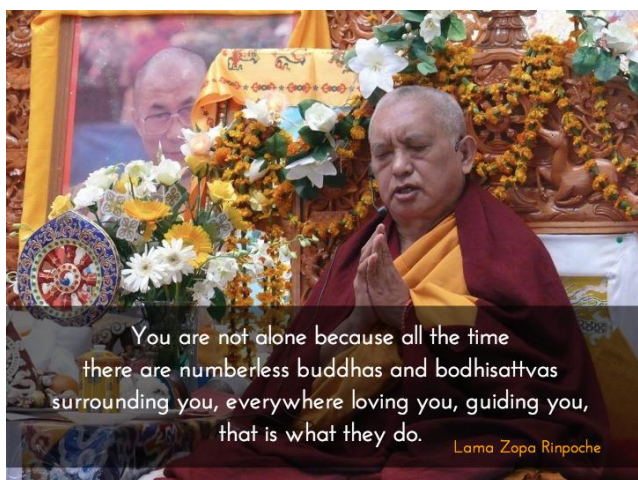
connect more meaningfully with you all and offer more events and classes to you in the safest way possible. Thank you for allowing us to practice generosity through offering protection to you.



Geshe Tenzin Zopa leading prayers for the Kopan monks and nuns in Nepal. Those in the gumpa for the live-streaming each held a tea-light offering, as many joined online around the world.

Requesting Our Teachers to Remain

Continuing the theme of connections, maintaining our pure connection to our spiritual friend is the most important of them all. We have been particularly fortunate to receive teachings from lineage holders here in Australia, but this year we faced significant issues in relation to retaining the visa status of some of our resident FPMT teachers in Australia. It was with happy hearts that we received news that these obstacles had been lifted and our teachers are able to remain here with us, including Geshe Tsultrim from Chenrezig Institute and Geshe Rabten from Atisha Centre in Bendigo.



FPMT Spiritual Director, Kyabje Zopa Rinpoche, has led over 100 teachings on transforming problem from the FPMT home monastery Kopan, during the pandemic.

In our online worlds, we experienced the inconceivably great fortune to continue watching teachings from His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche, Khandro Lhamo Tseringma, Geshe Thubten Sherab, Geshe Tenzin Zopa, Venerable Robina Courtin, and Glen Svensson.

Supported by Sangha

LTC's venerable Sangha were of course busier than ever. Venerable Trin-la graciously represented LTC at several events such as the Festival of Tibet, to which our very own shop volunteer and book-orderer Lyndon won tickets to attend. Venerable Trin-la also offered a well-received and particularly engaging presentation at a multi-faith event held at the local Mubarak Mosque. All of this while tirelessly giving of herself as both our centre manager and shop manager throughout 2021, and regularly leading guided meditations!



Alison Lulham and Ven. Lozang Trin-la working busily and with great jotous effort behind the scenes, to insure the smooth and continued running of LTC.

Venerable Trin-la was supported in the shop by Beverly Sanders, Debra Glavac, and Pauline Whiteman, who delighted everyone that visited reception with their warm and sparkling energy. Further cause for rejoicing came when Alison Lulham kindly offered support with memberships, rostering, admin and reception support.

Speaking of the shop, Miffi spent some of her time in lockdown crocheting up a storm. Some of her creations found their way into our shop to the delight of many, but best of all we were able to offer "one for the nun" which gave us all an opportunity to practice generosity towards our precious Sangha, sponsoring 12 warm winter shawls for nuns around Australia.



Ven. Trin-la and other speakers at the inter-faith peace event hosted by the Mubarak Mosque.



Committee member and grant-writer extra-ordinaire Carolyn Mason, re-stocking our newly installed little street library.

Stronger Foundations

Holding it all together was the physical structure of LTC, which like our bodies was subject to ageing and in need of attention. To keep our building strong, tremendous amounts of plumbing works were carried out under the guidance of our inimitable former Director, Maureen McIntyre. The task was huge, as LTC's physical structure was at risk of washing away with Queensland's abundant tropical rainfalls.



Major works to make water run uphill, just before the major rains!

The plumbing of this lovely old building needed a serious overhaul, and that is exactly what Maureen, along with our stellar team of volunteers, accomplished. With the wonders of modern engineering, our storm water now flows *uphill* and away from nearby residences. Together they laid down the groundworks for a solid, stable foundation for LTC and for the Dharma - and spread unexpected joy in the community, causing our neighbours to reach out in gratitude.

Many of you may also have experienced the joy of the miniature street-library replica of our centre, lovingly painted and decorated by talented artist, Helene Holland, complete with tiny chandelier light offering inside. I've watched with great delight as many passers-by stop to admire the teeny tiny LTC and pick up one of the freely-offered Dharma books. I highly recommend you check it out the next time you're in the neighbourhood!



Helene Holland painted the street library with well-known LTC scenes and recognisable icons, including Eddie in the library!

Celebrating You!

I invite you to join us in celebrating the year that has been, and each of you who provided the opportunity for LTC to continue to flourish, sharing Buddha's teachings 2,600 years on. We, the management committee, are SO fortunate to be able to share this connection with you. May all our connections with the Dharma be unbreakable and propel each and every single being into immediate enlightenment, just by virtue of us having rejoiced in the year that was, and looking forward to the year that will be.

Warmest regards,
Laura

Spiritual Program



Miffi Maxmillion (*Spiritual Program Co-ordinator*)

Welcome to the mandalas - outer, inner, secret, and... virtual! The outer mandala has seen us gradually open up for in-person classes and enjoy the ambience of the gompa. The inner mandala is nurtured as our students flourish even under difficult conditions. The secret mandala is all the transformative behind-the-scenes work that our volunteers put in to keep the centre open. And the virtual mandala is our wonderful web of light, the zoom pixels that connect us across distances to practice together right in each other's loungerooms.

My energy this year has been equally spent on developing new courses and screenshares, re-doing the website to reflect our growing practice-along videos, and leading or hosting hybrid classes in the gompa.



Annual Easter retreat this year was on White Tara Long Life practice. Even though it was online only, we still made an altar complete with beautiful white offerings.

Leading class in the gompa and simultaneously online on zoom takes a lot of concentration and a lot of tech: 2 laptops, 1 camera, 1 external mic, 1 phone for the chat, 2 sets of slides running simultaneously, 2 headsets, 1 television display and 1 gompa sound system complete with hearing loop!



Miffi Maxmillion set up for the all-night New Year's Eve online Tara Puja that lasted 12 hours. Mandala set, influencer light, coffee....

Shining Spiritual Highlights

On New Year's Eve we held our first ever continuous *Online All-night Tara Puja*. At just over twelve hours, this is the longest event I have ever led. It was both inspiring and exhausting, and also undoubtably the highlight of the year! Special guests Geshe Tenzin Zopa taught on White Tara, and Ven. Robina Courtin taught on Green Tara, and both led us in a meditation. The puja itself was held over four sessions, with complex screenshares of the Twenty-one Taras, mandalas and mantra animations. 98 people attended throughout the evening, with 28 holding out until the final session at 6 am!

Along the same lines, for the first time we held hybrid *Extensive Pujas* of both Tara and Medicine Buddha. Over two Saturdays in October 2020, we prayed and praised, enjoyed elaborate screenshares and dedications. Beautiful artwork of each Tara helped the visualisations, and we recited each Tara's mantra to dispel obstacles.

In a series of *Singhanada Sundays*, we put Geshe Zopa's extensive commentary into practice, utilising the three activities to karmically protect from disease and disaster. We are very grateful for these unique teachings, and for the detailed instructions on how to perform the rituals.

The impromptu online teaching from Khandro-la Rinpoche in June 2021 was attended by many LTC students. Over 2,000 people logged on, and we had to scramble to get in! Who can forget the image of Khandro-la Rinpoche, shimmering into being from the Dharmakaya blue background? Her personal and uniquely insightful teachings were the perfect way to finish the term.



A new implement for puja? The set-up for leading both online and in person: bell, dorje, damaru... mouse!

What's New in the Program?

We have two new community videos from events held in July 2020. Our annual *Meet the Sangha* to celebrate First Wheel-turning day was held as an online forum this year. I also interviewed Diana Secuya about her experience doing the 108 Nyung-ne's in France, and her miraculous and nail-biting return to Australia during the beginning of the COVID pandemic. Their unique stories can be enjoyed on our website and Youtube channel.

I developed two new practice-along videos. *Lama Tsong Khapa Guru Yoga Online Retreat* to develop wisdom, and four guided meditations on *White Tara for Long Life* held as an online retreat over Easter 2021. Each session is different, with detailed art and animated mantras.

I produced another 10 episodes of *Dharma in Pyjamas*, taking the total to 20 teachings on current issues from a Dharma perspective. Topics range from crochet to save the world, visualisation and optical illusions, making a meal last a lifetime, to where the wild things are, a discussion about protectors. Many episodes have over 100 views on youtube.

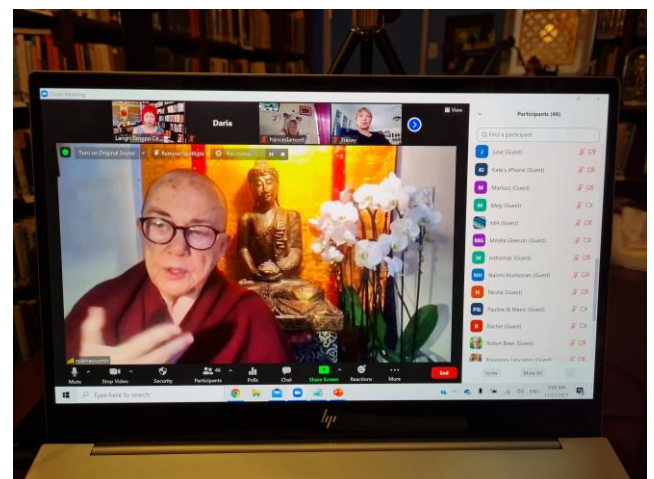
In early 2021 my newly re-vamped *Dharma Toolkit: Demystifying Tibetan Buddhist Ritual*, became an illustrated lecture series that I led online as an outreach event at Thubten Norbu Ling, the FPMT centre in Santa Fe, USA. I also led several *Vajrasattva Express Meditations* for them, all of which are on Youtube. This outreach timeslot means LTC can continue to offer daytime classes both locally and in the USA.

After a six-month break, we welcomed back the in-depth study group in early 2021. Eddie Peet launched a new series on *The Six Perfections*, resuming the Lamrim Chenmo as a fortnightly study group held exclusively online. Eddie also developed a 3-session *Intensive on the Diamond Cutter Sutra*, which is a very welcome addition to our program, since this sutra is one that Rinpoche requested we do often to ensure the continued flourishing of our centre.

Ven. Trin-la held a monthly series of discussions in the first half of 2021, *Teaching, Cake and Conversation*, with a selections of video teachings and informal discussion held over afternoon tea.

Online Blessings from Visiting Teachers

The second half of 2020 saw a veritable Glen Svensson festival! As international travel was curtailed, LTC was able to jump at the opportunity to host an extended series of teachings with Glen. During 2020, Glen led a total of 19 classes, twice a week online, on a *Shamatha Practice - Mindfulness of Breathing*, *Shamatha Practice - Observing Mind*, and *Compassion Practice - Four Immeasurables*. These were well attended, with over 30 people signing up for the full package each time.



Ven. Robina Courtin shared her Dharma insight and worldly experience in a series of engaging and revelatory online teachings.

Ven. Robina Courtin led a series of three Saturdays online in August 2020 on *Living With Uncertainty*, teaching on how to live with a courageous heart, free of fear. In March Ven. Robina gave three teachings on *When We Work On Our Minds We Can Handle Anything*, elucidating the Buddhist expertise with the mind and its phenomenal potential. As ever, her presentation was exciting, inspiring, and immediate – and right there in our own lounge room! Everyone put their questions into the chat and I was able to ask on their behalf, a lot like a regular podcast.

We were so fortunate to host Geshe Tenzin Zopa online in June 2021, who gave a commentary on *The Four Immeasurables*. Attended by students from other FPMT centres around Australia, we were able to ask questions and offer a khata online together at the end.

Geshe Tenzin Zopa continues to lead Sunday afternoon *Thought Transformation Teachings* live on Youtube, hosted by FPMT Australia, with only one week's break in the whole year! Geshe-la engagingly weaves together his insights about current events and his profound teachings on thought transformation. Geshe-la also led prayers for the Kopan monks and nuns, including Geshe Sherab, in two live youtube events that we broadcast live in our gompa.



Eddie Peet working on *Discovering Buddhism* classes, alternately distracted and assisted by the LTC cats Sharipu and Bekandze.

Core Program Strength

Eddie Peet, one of our registered FPMT teachers, reinvigorated the *Discovering Buddhism* program, leading courses online from the 'Dharma Den' (his library) and hybrid classes in the gompa. Even though the tech set-up is complex, being able to swap between online or

in-person as circumstance dictates means that our study program has been consistent, and our student numbers have been strong. Eddie led six *Discovering Buddhism* units: *How to Meditate*, *Transforming Problems into Happiness*, *Presenting the Path*, *The Spiritual Teacher*, *The Wisdom of Emptiness*, and *Death and Rebirth*.

It is a credit to our centre that we can allow Eddie the time to develop our in-depth program. His many hours of mind-bending thought and extensive research greatly enrich our core program development. Eddie led a total of 76 new or re-vamped classes over the year.



Social-distancing whilst enjoying the teachings from Khandro-la Rinpoche, with Ven. Gyaltsen, Ven. Trin-la and Ven. Lhagsam.

As a registered FPMT teacher, I led the final *Discovering Buddhism* unit *Introduction to Tantra*, as well regular Buddhism for beginner's courses *Everyday Dharma for Daily Life*, *How Buddhism Helps*, and *Pocket Dharma: The Three Higher Trainings For Dummies* as an outreach course in Santa-Fe. Due to being online only, I was able to lead a double-length *Foundation Course*, spanning 20 classes, which is set to become a rich video resource for beginners in the future. I also led several meet-and-greet events, and the balancing emotions courses *Becoming Your Best Self* (twice), *Ancient Wisdom for Modern Life*, and *Healing Anxiety and Depression*.

In 2021 our regular Tara and Medicine Buddha pujas went from online-only to hybrid events in the gompa. This required many volunteers and much organisation to keep everyone COVID-safe. In June we even held two epic guru pujas live in the gompa.

In all, I led 123 classes and 51 pujas this year, including the 12 hour Tara Puja. In addition I also zoom-hosted 76 classes and 29 special events.

The LTC nuns led all our in-person meditations throughout 2020, while our courses remained

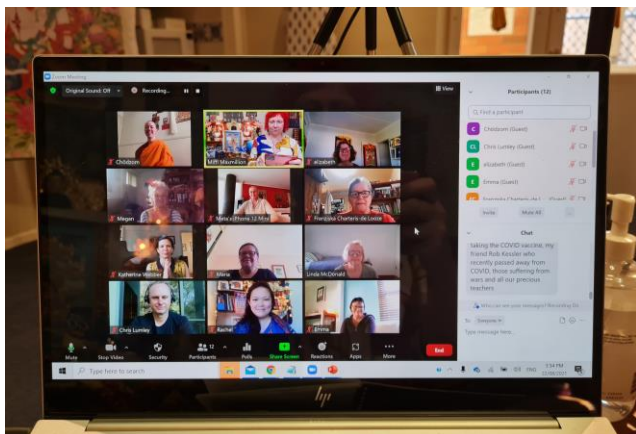
online only. Meeting in-person twice a week in the gompa drew in an entire new cohort of students and volunteers. The Sunday morning meditations continue to be a bumper day and a great welcome for beginners! This year Ven. Trin-la led 38 in-person guided meditations, 5 discussions and 2 pujas.

Vajrasattva Cleansing Meditation was held fortnightly, led by Ven. Trin-la in-person and myself online. There are several practice-along videos of this meditation now on Youtube, with over 1,000 views!

Ven. Lhagsam, a registered FPMT teacher, led the 3-week *Art of Living and Dying Well* course online in November 2020. This is now a video resource for our members. Ven. Lhagsam also led 32 guided meditations, travelling from Chenrezig Institute to lead them in-person at our centre.

Helene Holland and Katherine Webber led our first *Buddhist Art Afternoon* back, in December 2020, and since then they have hosted 6 of these monthly workshops to enthusiastic groups capped at 20 people. LTC invested in, and Helene expertly organised, individual painting kits for each table complete with colour-coded paints and extra hand sanitiser.

Carolyn Mason, our fourth registered FPMT teacher, led 11 classes over several courses: *From Theory to Practice* which is an introduction to Discovering Buddhism, and *Meditations for Peace and Calm: Meeting the Challenge of Our Time*, on the four immeasurables. Participants mentioned that even though some courses were online only, they appreciated the immediacy of the material, and how wonderful it was to have Carolyn right 'there at the kitchen table'.



Online puja dedications, embracing and protecting the world with our virtual net of light.

Linda McDonald led the annual *Learn to Meditate* course over 4 evenings, and people blossomed under her kind and calm guidance.

Demi Kehoe led the *Mindful Families* afternoons, alternating between online and in-person activities. Ably assisted by Ven. Tseten, they continue to offer a high standard of secular ethics and foundational Dharma to children and their parents.



Khando-la Rinpoche shimmering out of the dharmakaya blue to teach an impromptu online audience of over two thousand people.

In Conclusion

In addition to co-ordinating the spiritual program, I have spent many hours each week developing the website, building and then troubleshooting our booking system, and editing soundfiles and video of all our courses and pujas. It seems a lot for just one person, but I have been well supported in these virtual endeavours by the many volunteers running things on the ground, keeping the outer mandala flourishing!

Despite the challenges of our time, and actually because of the challenges, our program has flourished over the year. Our courses are available on youtube, in our online archive, and as 'practice-along' videos. As COVID restrictions have lifted we have been able to offer more unique community events, and the nuns have brought their calming presence to the in-person meditations. This has all been possible thanks to a strong team of volunteers and teachers, sharing their time, insights and enthusiasm for the benefit of all. Thank you!

Warmest wishes,
Miffi

Financial Performance



Sherryn West (*Treasurer*)

I have pleasure in reporting the financial position of Langri Tangpa Centre Inc for the year ended 30th June, 2021. It is always inspiring and heart-warming to witness the generosity of others. In a time of need, your thirst for the Dharma was equally reflected in your donations for class and financial contributions to the centre.

This was especially so for a year of operating activities that was in a substantial way impacted by the COVID-19 pandemic. LTC continued to operate both in-person when there were no lockdowns, and online throughout the year, and to Miffi's credit mostly both simultaneously! This year also saw some familiar FPMT registered teachers return – Venerable Robina Courtin and Geshe Sherab, albeit online.

The Management Committee meet regularly both in person and on zoom to keep forecasting and reviewing LTC's cashflow and cash position. The FPMT Australia levy was also generously reduced for the 2021 financial year.

The mortgage payments recommenced in October 2020, after taking up the bank's offer to put the repayments on hold for six months. The interest rate was also fixed for the next couple of years.

LTC was successful in receiving three grants this financial year. Thank you to Carolyn for your grant writing skills.

- \$4,160 received from the Community Benefit Gambling Fund to purchase a new photocopier
- \$1,312 received from the International Merit Box grant for the gold gilding of the Lama Yeshe Statue.
- \$1,000 received from the Brisbane City Council's Lord Mayor's Suburban Initiative Fund towards a new laptop for online teachings and events.

Financial Highlights for the Year

- \$10,677 offered to support all of Lama Zopa Rinpoche's projects of FPMT and others projects at affiliated centres in Australia and overseas were made on the Day of Miracles.
- Offerings were made to the artist producing the Lama Yeshe statue.
- Wheel Turners averaged donations of \$3,432 per month
- The mortgage balance as at 30th June, 2021 was \$185,042!

The decision was also made to undertake some urgent and major drainage work with the guidance and knowledge of the outgoing director, Maureen McIntyre. The Committee saw this as investment in the infrastructure of Langri Tangpa Centre to ensure good foundations of the physical building, and thus a stable foundation for the work of the mind.

As a result of the continued support and generosity of all our students both online and in-person, the financial activities for the year realised an operating surplus of \$43,310. This was a great result considering the global challenges facing us all. Thank you to all the members, donors and supporters who give regularly and who kept giving, and to the new members, donors and supporters who offered generously and 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, to the shop volunteers and all the LTC volunteers throughout the 2020-2021 year.

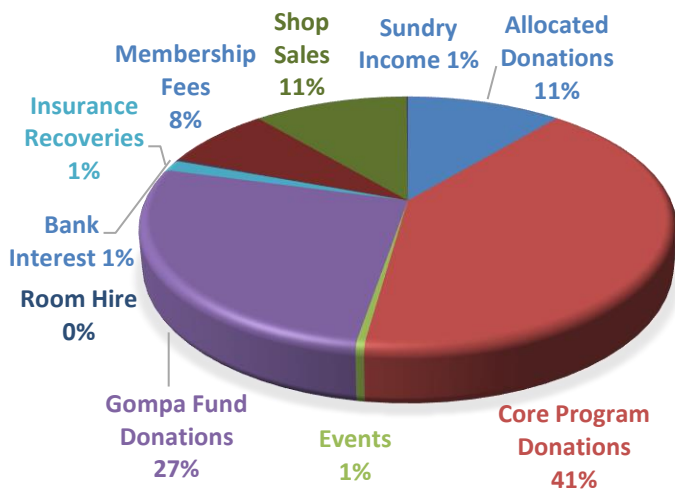
I am confident in the financial management of LTC and the financial reports accompanying my report. The LTC Committee will continue to review and monitor the financial position into the next financial year and ensure the activities continue - virtually and/or in-person!

Sherryn West
Treasurer

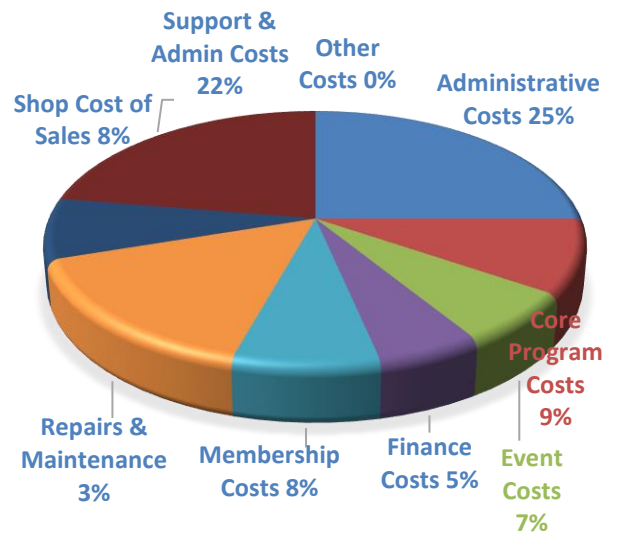
Note: Under the changes to the Associations Incorporated Act 1981 it is now a legal requirement for an association to make public details of its Public Liability Insurance. Langri Tangpa Centre has current Public Liability insurance. Level of liability is \$20 million.

Summary Charts

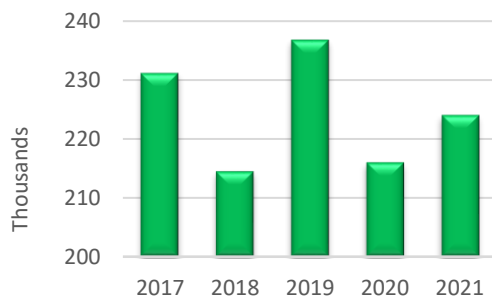
INCOME



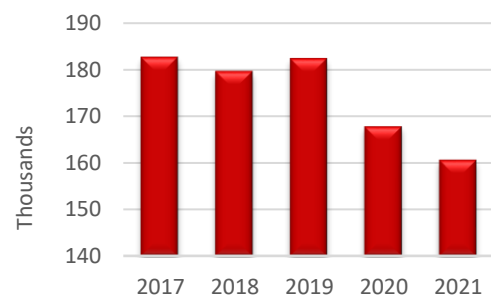
EXPENSES



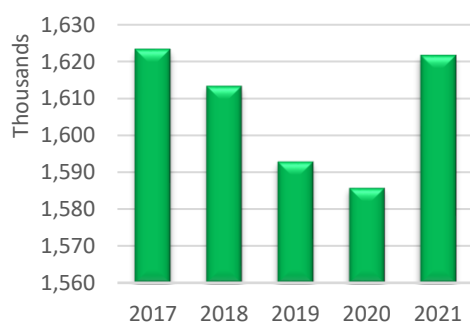
Operating Income



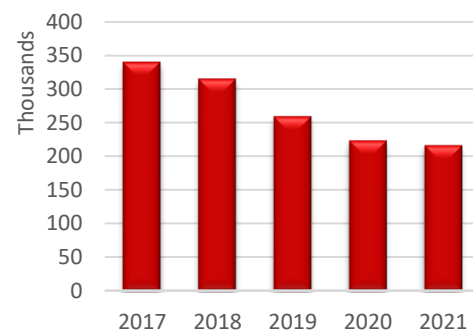
Operating Costs



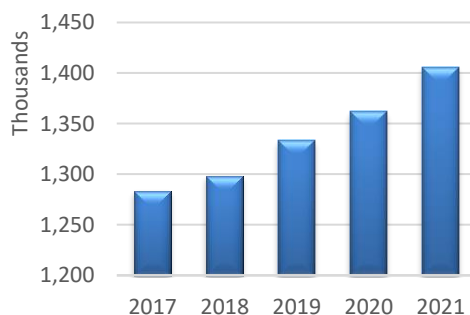
Assets



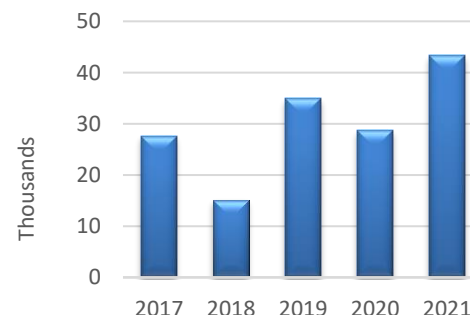
Liabilities



Total Funds



Operating Surplus



Income Statement

	2021	2020
Income		
Allocated Donations	24,173	19,401
Core Program Donations	89,457	92,241
Events	957	12,123
Gompa Fund Donations	57,769	40,271
Bank Interest	46	144
Membership Fees	17,475	17,111
Room Hire	370	3,974
Shop Sales	24,115	28,034
Other Income	197	500
Total Income	214,560	213,800
Less Costs		
Administrative Costs	40,154	36,919
Core Program Costs	15,225	26,114
Event Costs	10,691	12,455
Finance Costs	8,839	11,542
Membership Costs	12,402	12,810
Repairs & Maintenance	24,975	10,529
Shop Cost of Sales	12,410	18,881
Support Costs	35,969	37,587
Other Costs	0	945
Total Costs	160,665	167,782
Operating Surplus	53,895	46,018
Add Non-Operating Income		
Grants	6,473	2,195
Insurance Recoveries	3,000	0
Less Non-Operational Costs		
Depreciation	20,058	19,574
NET SURPLUS	43,310	28,639

Statement of Financial Position

	2021	2020
Assets		
Current Assets		
Cash & Cash Equivalents	173,416	124,320
Accounts Receivable	10,960	6,264
Stock on Hand	22,208	28,430
Accrued Income & Prepayments	0	0
Total Current Assets	206,585	159,013
Non-Current Assets		
Library	106,589	105,962
Plant and Equipment	12,479	6,749
Land & Buildings	1,295,971	1,314,056
Total Non-Current Assets	1,415,039	1,426,766
Total Assets	1,621,624	1,585,779
Liabilities		
Current Liabilities		
Accounts Payable	23,446	2,375
Credit Card Balance Owing	6,899	6,429
GST Payable / (Refundable)	(2,189)	(1,084)
Other Payables & Accrued Expenses	3,009	2,730
Total Current Liabilities	31,165	10,451
Non-Current Liabilities		
Loan - Camp Hill Property	185,042	213,221
Total Liabilities	216,207	223,672
NET ASSETS	1,405,417	1,362,107
Accumulated Funds		
Reserves	246,355	246,355
Retained surplus	1,159,062	1,115,752
TOTAL FUNDS	1,405,417	1,362,107



Appropriately-spaced sangha at puja: Ven. Trin-la, Ven. Lhagsam, Ven. Tseten and Ven. Gyaltsen. LTC makes a small donation to every sangha member at pujas, to create merit on behalf of all LTC members.

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

Festival of Light and Merit

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

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-ne France Institute Vajra yogini

LTC Education Fund

Professional development and special projects sponsored by LTC

Special Long Life Puja for Rinpoche **USD \$108**

Assist Kopan with medical expenses **\$625**

Denise Griffin Lama Yeshe statue **\$1,1063**

Liberation Prison Project Australia **\$108**

Chenrezig Institute Nalanda Masters Garden **\$108**

Annual Tara Puja Saka Dawa **USD \$108**

Honorariums offered to presenters for courses and public talks

Venerable Robina Courtin **\$4,500**

Geshe Sherab **\$2,100**

Glenn Svenson **\$4,200**

LTC regular program presenters **\$4,718**

Offerings made to Australia-based teaching Geshes

Geshe Tenzin Zopa **\$4,925** (for health care and general living expenses)

Thank you for your generosity! We received donations for:

Wheel-turners' mortgage contribution **\$57,769**

Sponsor a class/pay it forward **\$797**

Sponsor a puja **\$1,133**

Lama Yeshe statue fund **\$606**

Sangha fund **\$918**

Retreat sponsorship **\$1,250**

Western teachers fund **\$654**

General donations **\$20,356**

Monks and Nuns



Ven. Lozang Trin-lä
(Sangha Care)

What a very great privilege it has been for me to be a member of Langri Tangpa Centre's Management Committee in the role of Sangha Care and Support for the last 6 years.

Care and Support

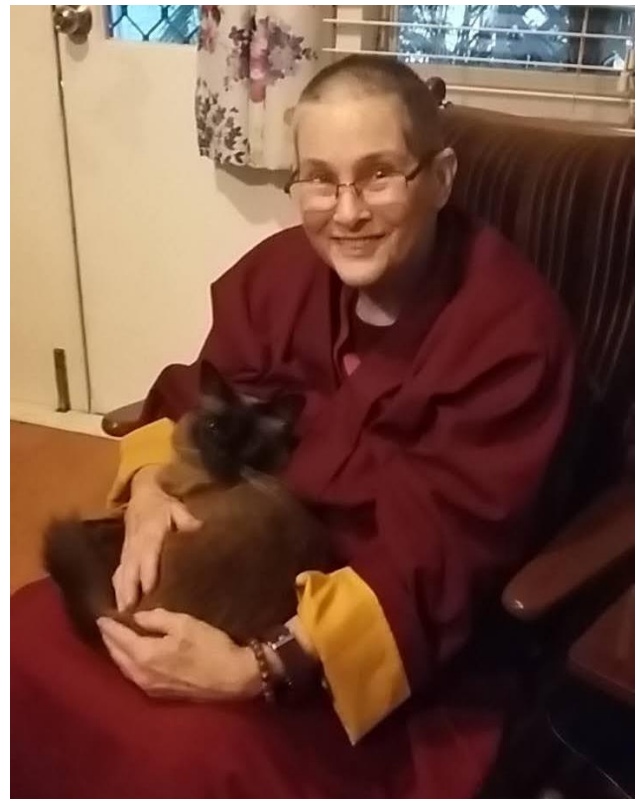
Supporting monks and nuns is one of the highest priorities for the FPMT organization. Lama Yeshe set up the International Mahayana Institute in 1973 after he had started to ordain Westerners studying at Kopan, to support them to live and work in the world as monastics, and to support them to follow the Vinaya rules that monastics must abide by.



Medicine Buddha puja offerings, once blessed, are offered to a community pantry. Out with chocolates, in with peanut butter!

His Holiness the Dalai Lama said in a talk he gave in 2001, "Buddha himself commented that: "Wherever there are these basic Vinaya practices, then I can rest and relax".

LTC supports the Sangha in many ways, one of which is the LTC Sangha fund. This fund exists to help LTC Sangha cover the transport and accommodation costs of retreats, purchase Dharma books, get their car serviced, or help meet unexpected medical bills in the event that they are unable to meet these costs themselves.



Ven. Lhagsam, FPMT registered teacher, meditation and course leader, and protector of cats and of LTC during holidays.

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, this year we have not hosted any visiting teachers. During the year LTC Sangha have been meeting for lunch every couple of 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.

Offering Service

Even though I was not looking after visiting teachers there were still ways I could offer service to the community, one of which was giving a speech on 'Unity Among Nations' at the inaugural Religious Founders Day event at the Ahmadiyya Muslim Community.

Also, Ven. Lhagsam and I took the chance to upskill this year by completing the FPMT 'Protecting from Abuse' training, and I, along with the Beverley, Debra and Pauline completed Mental Health First Aid training.

Even though there have been 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. Some of the many ways the Sangha have offered service and played a part in the community this year include:

- Leading the Sunday and Thursday night meditations
- Leading in-person and online classes
- Leading and taking part in pujas
- Taking part in the weekly IMI Thangtong Gyalpo Prayerathon
- Ven. Lhagsam looking after the centre when Miffi and Eddie have been away
- Ven. Lhagsam, Ven. Trin-lä, Ven. Tseten and Ven. Gyaltzen have not only offered service through LTC but also through other centres and with other projects
- Ven. Tseten and Ven. Trin-lä taking part in the Mindful Families Buddha Birthday celebration
- Ven. Trin-lä assisting Miffi with Starting Point beginner's welcome
- Ven. Trin-lä acting as Centre Manager and Shop Manager
- Ven. Trin-lä attended the opening of our Street Library by our local State MP



Ven. Tseten with crochet by Miffi as part of the sponsored "And One For The Nun" series of shawls, with special dedications. In all, 12 shawls made their way to nuns around Australia.

- Ven. Trin-lä took part in a wedding in the Gompa, offering a blessing to the happy couple
- The Sangha have carried out funerals and memorials, provided spiritual care, done time of death prayers, carried out house blessings and baby blessings, taken part in interfaith and multifaith events and have been interviewed by school and university students.



The altar for our annual Christmas Eve community puja. One of the few pujas in 2020 that we were able to hold in-person.

Langri Tangpa Sangha members are able to help the centre, its members or the wider community, thanks to the invaluable support of the Management Committee and the many wonderful students, volunteers and visitors who walk through our doors.

With sincere thanks,
Lozang 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 \$4,606 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
- Becoming an usher for class
- Volunteering for LTC projects
- 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.

Making Donations

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
- The many 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. 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 weekly classes 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.

