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Southend-on-Sea Chelmsford
Maldon South Woodham Ferrers
Rochford & Rayleigh Castle Point



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TRANSFORMING SELF, TRANSFORMING WORLD

June 2018

This month is BAM



Buddhist Action Month

The theme for BAM 2018 is Transforming Self, Transforming World.



Mokshini

As always, the theme for BAM is inspired by contemporary issues, and this year's emphasis invites us to stop and look at the big picture.

It is becoming evident that our society urgently needs a new story, a new myth to live by. As an example. **George Monbiot** puts it very well [in a recent interview](#) when he outlines the need for a psycho-spiritual approach that is thoroughly meaningful and that may well help transform our world.

"We have lived with a politics that is built around the mistaken assumption that we are selfish and greedy; politics we call neoliberalism, a politics that says – not only are we selfish and greedy, but we ought to be! It is a good thing because we can use it to accumulate as much money as possible and that wealth will then trickle down to reach everyone."

"But what if this view is not true?! What if it turns out that altruism and empathy are in fact humanity's dominant characteristics, but are constantly thwarted by the very negative and disturbing environment in which we live. Then altruism and empathy is what we ought to build on."

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We suggest [Padmasambhava](#) as the bodhisattva we evoke during BAM - calling his powers of transformation to our aid, and offering up our practice and our vision of a different way to live by.

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Buddhist Action Month was initiated by the Network of Buddhist Organisations in 2012 and invites practicing buddhists and other spiritual practitioners to take the month of June to take the Dharma into the world, in solidarity with others. By orientating our energy and attention towards important issues that usually overwhelm us, we may transform our habits and thereby transform the world around us, for the benefit of all beings.

With respect to "transforming world", BAM 2018 invites us to dedicate some time in June towards reflecting on the world we wish to inhabit. What is your personal Buddhafield? Can you describe it in detail? What alternatives do you envision as replacement to the status quo? Describe the world you want your (grand-) children to inherit. Let's use June to envision, with fierce courage, the world we want to inhabit. If each of us takes time out to reflect on this, ideally in a group or with a buddy, we can collate these at the close of BAM into a collective narrative." (Christine Thurig, coordinator of BAM) . Read more on the Buddhistcentre.com [BAM page](#).



So How can we help at MEBC?

Just contribute to the [crowd funder](#) (see the details on the [back page](#)) and share it widely. All funds collected will help finance our exciting projects

[#BAM4therefugees](#)

[#BAM4ethicalliving](#)

[#BAM4thehomeless](#)

[#BAM4savingtheearth](#)

[#BAM4FreePlastic](#)

Read on the following pages 🍌🍌🍌



Backpacks issued by Care4Calais

#BAM4therefugees

The refugees crisis has not gone away

We, at MEBC can help provide direct aid to refugees living in the worst conditions across Northern Europe who do not have access to the bare necessities



How can we really help?

One of the best ways we can help them is to provide ready-made packs that they can easily carry full of the key essential things they need

Join the [Crowdfunder](#) (see the details on the [back page](#)) and help us buy the needed goods listed here.

You can also fill in a small dark-colored backpack with the same items and give it to David.

What can we do for the refugees?

#Packs4Calais

Join our [crowdfunder](#) & help buy the following goods

You can also bring us an already filled in backpack

Suggested contents:

- **High energy, health snacks**
 - Dried fruit
 - Nuts
 - Cereal bars
 - Tinned fish (ring pull top)
- **Toiletries that are useful for people sleeping rough**
 - Spray deodorant
 - Wet wipes
 - Toothbrush and toothpaste
- **They don't get to change their clothes, help them feel fresh**
 - Pair of socks
 - New boxer shorts**
 - Tee shirts**
 - Joggings bottoms (with cuff bottoms because of the mud)**
- **A small bottle of water**
- **Why not add a personal touch, something you think of yourself?**

** for things that are different sizes, it helps us if you can either colour code the packs or attach a label to say if the pack is for a small, medium or large person. Please note there are more small and medium refugees in France. A common ratio would be 45S, 40M, 15L



#Packs4Calais

How can we help those in need?

Join our crowd-funder & help buy the following goods

You can also collect the items below and bring them to MEBC, we will then take them to the foodbank for you

Food Items now required

Jams

- Tins of Meat
- Sponge Puddings
- Snacks – choc/other
- Tea bags – 40 and 80
- Coffee – small/medium
- Packets of Mash Potato

Toiletries

- Ladies deodorants
- Washing up liquid
- Washing liquid (small)
- Shampoo ladies/gents
- Nappies all sizes esp. 1/3

Our local foodbank
New Life Church
Clements Green Lane
South Woodham Ferrers
Chelmsford
CM3 5JP



#BAM4thehomeless

Dozens of people are living in the streets of Essex.



How can we help?

Some of your contribution to the [Crowd-funder](#) ([back page](#)) will go directly to [CHESS Chelmsford](#).

*CHESS is only able to continue their work with the Homeless because people like you understand that Homelessness is a community issue that requires a **community response**!*

This local charity is at the moment finishing the refurbishment of their night shelter in Chelmsford and they are in dire need of funding.



What else can we do within MEBC to contribute to BAM this month?

#PlasticfreeShopping:

Sunday 24th June from 12-3pm

Join us in a #plasticfree campaign

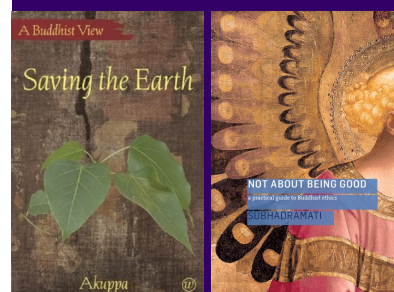


- make sure you bring re-usable bags, containers and jars with you.
- Meet at MEBC anytime between 12 and 3
- We will go and do our shopping (just a few items or our weekly one, if you want to fit that one in then) at the local Supermarket in the town centre
- once all paid, we will come back to the centre and transfer our plastic-packed items into our own containers.
- We will then fill our trolley with the wasted plastic
- Then time for a selfie showing that plastic waste & our filled up containers.
- All that plastic will then of course be recycled



#Good-Reads4BAM

Saving the earth, a Buddhist perspective, by Akuppa



Not About Being Good: A Practical Guide to Buddhist Ethics, by Subhadramati

Life With Full Attention: A Practical Course in Mindfulness, by Maitreyabandhu



Buddhism: Tools for Living Your Life, by Vajragupta

What else can we do within MEBC to contribute to BAM this month?



Ethical bank account: Why not **switch your bank account** to a more ethical bank like this one: *"We only lend our customer's money to businesses and organisations bringing about positive social, environmental and cultural change. And we list everyone we lend to on our website, so you can see the impact for your-self..."* See more of **Triodos Bank's pledge** here: <https://www.triodos.co.uk/en/personal/current-account-registration/>



Triodos Bank

Ethical shopping: Why not try to be **more ethical when you shop** and know how to select more ethical products



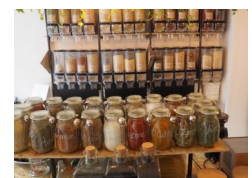
- Why not shop at an **ethical shop** like Ethicalsuperstore.com in June and see what ethical products are really worth?
- Why not subscribe for £29.95 per year to **ethical consumer** magazine which will help you shop more ethically? <https://www.ethicalconsumer.org/signup.aspx?subscribe=1>
- Why not borrow one of the past issues of ethical consumer from our bookshop and see what true ethical living is really about?



Make your Own #PlasticFree shopping: Why not join us in a **#plasticfree campaign?**

Next time you go shopping:

- make sure you take re-usable bags, containers and jars with you.
- Do your shopping as usual
- once all paid, transfer your plastic-packed items into your own containers.
- Fill your trolley with the wasted plastic
- Take a selfie showing that plastic waste & your filled up containers. Remember to recycle the plastic
- Send your selfies to marketing@mid-essex-buddhist-centre.org.uk



What else can we do within MEBC to contribute to BAM this month?

STREET STALL

Sunday 24th June from 12:3pm

AT THE TIME OF PRINTING, WE ARE STILL FINALISING THE ORGANISATION, we will confirm the arrangements closer to the day.

- Bring any items which could sell for £2 on Saturday 16th June, Wednesday 20th June or Sunday 24th June to the centre (clothes, shoes, accessories..)



- We will sell those on a stall outside the centre on the Sunday for £2 per item.

- Tea, Cake and Social... of course

- Some items will remain for sale until the week after.



Lama's PYJAMAS
CHARITY SHOP FOR THE LONDON BUDDHIST CENTRE



All left over clothes will be donated to the London Buddhist Centre Lama's Pyjamas.

The London Buddhist Centre is part of interfaith Charity Shop at Selfridges



How do I contribute to this fundraiser?
#BAM4thhomeless #BAM4therefugees



Backpacks issued by Care4Calais

It cannot be simpler:

PLEASE DONATE ONLINE

either scan this QR Code



Or go to our **MyDonate** link here

<https://mydonate.bt.com/events/bam2018>

Contact Us

Give us a call



For more information about **BAM** this June or if you want to include an activity in our **BAM** programme

Call/Text David on

07446 169476

marketing@mid-essex-buddhist-centre.org.uk

For more information about **other MEBC** related activities

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