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Land of Joy

Buddhist Retreat Community



"The rest of the world's champions are not champions, just silly and childish, but you, the Sangha, are the real champions, the best champions, because to defeat and control delusions is the most difficult thing. You're doing that; you are the best champions."

- Lama Yeshe

As summer reaches its golden peak, we find ourselves in a season of abundance and reflection. August invites us to slow down, to savour the warmth of community, and to appreciate the simple moments that often hold the deepest wisdom.

This month, we celebrate the strength of our sangha and the unexpected joy that arises when we approach life with curiosity rather than certainty. Whether you're joining us for retreat, participating in our online events, or simply taking a moment to breathe deeply in your own practice, remember that every experience—from the profound to the playful—offers an opportunity for awakening.

May this August bring you peace, laughter, and the recognition that wisdom often comes disguised in the most ordinary moments.

A Message from Laura Watson, Chair of Land of Joy's Board of Trustees



With Deep Gratitude to Laura Watson

To our outgoing Chair of the Board, we want to express our heartfelt appreciation for her leadership during a pivotal time in Land of Joy's journey.

"As I step down from my role as Chair of Trustees at Land of Joy, I would like to thank you for the opportunity to serve this community. It has been a great honour." Laura reflected "I am grateful for every volunteer, trustee, donor and friend who has given their time, skills and kindness to strengthen Land of Joy...None of this would be possible without the collective efforts, generosity, and compassion of the community."

We are grateful Laura will continue to support and offer service at Land of Joy as a Trustee and Company Secretary.

Laura's tenure has been marked by wisdom, courage, and an unwavering commitment to our spiritual purpose. Under her guidance, we navigated

challenging post-COVID waters with grace, always keeping our Dharma heart at the centre of every decision. Her vision helped us welcome our beloved Tulku-la as Minister of Religion, strengthen our bonds with the FPMT family, and maintain the generous spirit that makes Land of Joy so special.

Thank you, Laura, for your dedication, your vision, and your generous heart. May your own path continue to be filled with the same joy and meaning you've helped create here.

We look forward to introducing you to our new Chair of Trustees, Paul Wells, in our next community newsletter.

The Supporting Sangha Fund: A Sacred 30-Days of Offering




"For the Dharma to flourish, monastics are not optional—they are essential!"

On July 28th, International Sangha Day, we launched a 30-day fundraising campaign to support the ordained practitioners who dedicate their lives to preserving and sharing the dharma.

With Phara Khenchen Rinpoche now residing at Land of Joy and visiting FPMT monastics regularly joining us for retreat, your generosity directly sustains the living dharma in our community.

Your offering helps provide:

 Daily meals for Rinpoche & visiting monastics (£4/day)

 Maintain and offer precious retreat facilities to offer to visiting sangha (£25/day)



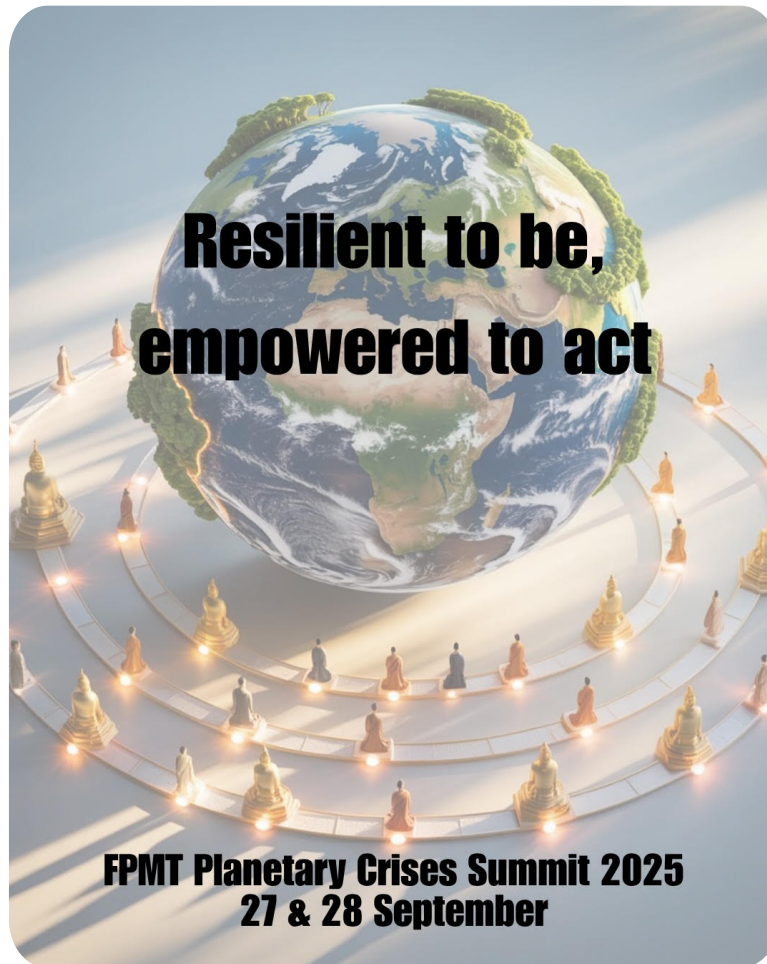
Sponsorship for visiting FPMT monks and nuns to complete solitary and group retreats at Land of Joy (£35/day)

Our Goal: £2,000 in 30 days

Every gift - whatever the size - creates ripples of benefit far beyond what we can measure.

Click Here to Learn More and Donate

**Planetary Crises Summit 2025 Buddhist
Wisdom for Global Challenges**



Where: At Land of Joy

Format: Hybrid - online teachings in the gompa at Land of Joy followed by local nature based activities

Facilitators: Various online & Paul Wielgus onsite

Attendance: Flexible with whole weekend or single day attendance.

"It is a crisis of mind," observes Serkong Tsenshab Rinpoche about our planetary challenges. "And we have the power of Dharma, which gives us the methods to develop the mind and work at the root of the problem."

This September 27-28, Land of Joy joins Buddhist centers across Europe for the FPMT Planetary Crises Summit 2025, exploring how ancient wisdom can guide us through modern challenges.

The Journey - Saturday: "Resilient to be" - cultivating inner strength to face

our troubled world with wisdom. **Sunday:** "Empowered to act" - discovering how communities become refuges for positive change.

Morning sessions connect us online with renowned teachers including Ven. Amy Miller, Andy Wistreich, and Paula Chichester. Afternoons bring teachings home through walking meditations in Land of Joy's countryside and woodlands.

Why Here? What makes this weekend distinctive is our commitment to learning from the Earth itself. Planetary healing begins with remembering our deep interconnection with the natural world which surrounds Land of Joy.

The weekend welcomes whole weekend or single day attendance. Whether exploring Buddhist climate responses or simply curious about meditation in nature, engage at your own pace.

[Registration will open on Wednesday](#)

Together, our community can become a beacon of light.



Help Guide a Buddhist Retreat Centre



We are looking for thoughtful community minded people to help shape the future of Land of Joy – a peaceful Buddhist retreat centre in Northumberland.

What You'll Gain:

- The opportunity to make a real difference in people's lives
- Experience in charity governance and management
- The chance to be part of a warm, supportive community

What We're Looking For:

- ❤️ A heart connection with our mission
- 👉 Commitment to quarterly meetings (remote or onsite)
- 🌱 Some space for development work between meetings where necessary.
- 🔧 Skills in charity law, land stewardship, general legal skills, or local links particularly useful
- 💡 A collaborative spirit

How to Apply:

If you would like to help guide Land of Joy into the future, we would love to hear from you! For an informal chat please email chair@landofjoy.co.uk and Secretary@landofjoy.co.uk.

Join us in creating a place of peace and transformation 🙏

Become a Trustee at Land of Joy

Growing Joy: What's Blooming






Upcoming Retreats

As the summer winds down, Ven Amy Miller will be sharing 'Another World is Possible: Green Tara Practice as a Path of Compassion in Action'. This beautiful practice explores a path of inner transformation by being present with our pain, fear, and aversion. It incorporates Lam Rim meditation along with the sadhana and mantra recitation of Green Tara. By opening our hearts in kindness to ourselves, the potential exists for our external reality to shift more beneficially as well.

We invite you to join us for "The Stages of the Path to Enlightenment", an immersive Lamrim retreat focused on "The Foundation of All Good Qualities" by Je Tsongkhapa. The retreat offers a unique opportunity to weave together meditation, contemplation, and discussion as we explore the graduated path to enlightenment. The practice components create a complete spiritual immersion that allows you to integrate the Dharma knowledge you've cultivated throughout the year into a cohesive, lived experience.




Land of Joy
Buddhist Retreat Centre


Another World is Possible: Green Tara Practice as a Path of Compassion in Action


Friday 29th August – Wednesday 3rd September

Onsite



With Ven Amy Miller






Land of Joy
Buddhist Retreat Centre


The Stages of the Path to Enlightenment

Thursday 11th – Sunday 14th September

Onsite



With Ven Mary Reavey



See the Entire 2025 Programme

Recent Retreats



Building Inner Strength with the 16 Guidelines

Through mindful walks in nature, interactive activities, and heartfelt discussions, we explored how embodied mindfulness and universal ethical values can serve as anchors in turbulent times. Drawing from positive psychology, neuroscience, and centuries-old Eastern wisdom, the retreat offered a holistic framework for personal and community transformation.

Participants left with renewed clarity about their choices and actions, enhanced capacity for reflection, and practical tools for building the inner strength that naturally improves our relationships with ourselves and others. Many shared how the weekend provided not just techniques, but a fresh perspective on finding meaning and purpose in daily life.

We're grateful to everyone who joined us for this experience and look forward to continuing this journey of compassionate growth together. 🙏



"Most enlightening and enjoyable...most excellent!"

"Very peaceful, quiet in natural spaces...there were lots of meditations and time to reflect."

"Just a thank you for a lovely retreat! The gardens are absolutely lovely! Never seen such a peaceful garden - I am hoping that I can come back again soon!"

Woodland Working Week: Hearts, Hands, and Forest Magic

Our recent Woodland Working Week brought together an incredible team of volunteers who transformed our sanctuary through mindful stewardship of the land.

Participants immersed themselves in the rhythm of forest life. Armed with tools, enthusiasm, and a positive attitude, our volunteers cleared pathways, managed undergrowth, and created space for new growth—both in the woodland and within themselves. The combination of meaningful physical work, shared meals, and evening activities created a perfect balance of service and spiritual nourishment.

Our woodlands are now more accessible and vibrant, ready to welcome future retreatants and wildlife alike. Perhaps more importantly, each volunteer carried home a deeper connection to nature and the joy that comes from selfless service.

Thank you to those who joined us in nurturing this sacred space. 🙏



🥕 "My intention today is to be a Broccoli!"



Sometimes our daily intentions get a little mixed up... but the heart's in the right place! 🍏 From identity crisis to embracing emptiness to reaching the Land of Joy - what a spiritual awakening! We love the mindful effort. ❤️

Practice doesn't have to be perfect to be beautiful 🙏

**A big thank you, as always, for your ongoing support of Land of Joy.
Please continue to visit us and support us in any way you can.**

We hope to see you soon!



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Founder and Spiritual Director, Lama Zopa Rinpoche

