



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

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## ***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA***

*As from a heap of flowers many a garland is made, even so many good deeds should be done by one subject to birth and death.*

*(Dhammapada stanza 53)*

In the story given to illustrate this teaching the ten admonitions given to Visakha on her marriage, and part of her life story are given. Visakha was the leading female supporter of the Buddha and she had attained the first stage of enlightenment. Her life was full of good deeds.

## **DEVELOPMENT OF MINDFULNESS PROGRAM SESSION 1 (SIB-008)**

**This program commences at 2.30 pm on Sunday 7 April 2019 in the meditation hall of the Sri Lanka Buddhist Monastery, 114 Considine Street, Ellen Grove, Queensland 4078.**

**In session 1 there will be an introduction, sitting meditation, walking meditation and a question and answer period. In subsequent sessions there will be a short talk on selected aspects of meditation with particular reference to mindfulness.**

**There is no need for registration. Please walk in at the assigned time. This first session will be led by the Chief Monk, Sri Lanka Buddhist Monastery, Venerable Wattegama Dhammawasa Maha Thero.**

**Venerable Dhammawasa is also the chief monk for many other Buddhist Monasteries, and is the Chief monk of the Up-Country Amarapura Nikaya for the Central Province of Sri Lanka. He was the first president of the Queensland Sangha Association Inc. He explains the Dhamma in very simple and practical terms.**

## **INTERNET COURSE IN BUDDHISM** **(Course SIB-007)**

This is an on-going course. You can join it at any time and leave it when you want. For more details please enquire by emailing [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## **DHAMMA RESEARCH PROGRAMS FOR 2019**

Course refence -SIB 006)

### **NEXT SESSION OF THE PROGRAM**

The next session (number 4 of SIB 6) of this program will be held on Sunday 28April 2019 from 2.30 to 4.30 p.m. You are welcome to attend. The topic for discussion will be “Samadhi as a factor in the Buddhist Path to enlightenment”. As before the lead role will be played by Dr. Sanka Wasalthilake. He will quote the Discourses in which the Buddha explained Wisdom as a part of the path to enlightenment. (Originally this session was planned for 31 March but had to be postponed.)

## **BODHISATVA CARIYA EDUCATIONAL PROGRAM**

QSA is considering the possibility of conducting an educational program on the Bodhisatva Way in the hope of benefitting those who wish to have a happy and successful life rendering compassionate services to all and performing good deeds.

The contents are likely to include teachings found in both Mahayana and Theravada. At its present stage of development, the course will include three streams:

A. The perfections developed by a Bodhisatva (in Theravada and Mahayana)

B. Compassionate services to the community based on the four divine abodes (Loving kindness, Compassion, Appreciative Joy and Equanimity)

C. Self-Development for Happiness and Success in life in the modern world while observing Buddhist principles.

**Readers are invited to make comments and suggestions for the development of this program tentatively numbered as SIB-009.**

## **QUALIFYING COURSE IN BUDDHIST CHAPLAINCY – 2019**

**Course reference SIB 001- Delivery 7**

This course is for anyone who performs helping work – as a volunteer - inside Buddhist communities or in the Australian or international community. This helping work may involve: caring for children and families; supporting people who are facing life difficulties (relationship problems, unemployment, bereavement etc.); teaching Buddhism to school children; caring for the sick, elderly and dying; providing pastoral care in universities, hospitals, hospices and prisons; teaching basic meditation skills and running meditation practice groups (for example in hospitals and workplaces); supporting community members in times of conflict or natural disaster.

Helping others can be very satisfying but also challenging. This course aims to provide some basic tools to guide and support those who are involved in helping work. The topics to be covered in the course include: theory and practice of Buddhism (all traditions), what it means from a Buddhist perspective to help or 'offer service' to others, the limits to helping, basic counselling skills (especially listening skills and effective communication), common mental health problems encountered in the community, suicide prevention, and self-care for chaplains.

There are 20 hours of tuition in total in this course. Classes will be held on the following FIVE dates:

- Sunday May 5
- Sunday May 12
- Sunday May 19
- Sunday June 2
- Sunday June 9

All classes will run from 9am to 1pm at the University of Queensland, St Lucia campus. Students are required to attend all of these classes, to participate in the discussion and the skill building exercises, to complete assigned reading, and to complete two written assignments (a short report on a temple visit and a take- home exam).

There are no fees for this course; all tuition and reading material is provided free of charge by the QSA. Students who successfully complete the course may be eligible to apply to the QSA for registration as Buddhist chaplains.

#### Admission Requirements for the Qualifying Course in Buddhist Chaplaincy

1. completion of high school or equivalent, or a higher qualification.  
However, students who have a good basic education and life experience in helping work are also welcome to apply.
2. good proficiency in written and spoken English.

For further information about this course – or an application form – please contact Dr Barbara Sullivan by email [barbara.sullivan4005@gmail.com](mailto:barbara.sullivan4005@gmail.com).

**The information pack for this course for 2019 is in the QSA website [www.sanghaqlld.org](http://www.sanghaqlld.org) Please see in the list of documents in the Educational Services section of the website under Services.**

**Registrations for this course have commenced. Please obtain a place now.**

## **AREA BUDDHIST CO-ORDINATORS**

Bayside Brisbane	Gail Bell
Cairns	Dhammika Pereira-Marland
Charlottesville	David Pullen
Gold Coast	Dr. Mark Chappell

Initially any co-ordinator can be contacted vis the QSA email address [infoqsa@gmail.com](mailto:infoqsa@gmail.com). They can help with information on Buddhism, Buddhist institutions and visiting teachers. Some of them are Buddhist Chaplains and in any event they can put you in contact with a Buddhist Chaplain.

Currently there is a need for an Area Co-ordinator for the area surrounding Caboolture north of Brisbane.

## **ARNO HESS APPOINTED AS A LECTURER IN THE SIDDHARTHA INSTITUTE OF BUDDHISM**

Mr. Arno Hess, Buddhist Chaplain registered with QSA and a post-graduate diploma holder in Buddhism from the Nan Tien Institute has just been appointed a lecturer in the Siddhartha Institute of Buddhism, the educational division of the Queensland Sangha Association Inc.

Initially he will help SIB as a consultant to the Tutors conducting the internet course on Practical Buddhism (SIB-008). He will also render general help in academic matters of the Siddhartha Institute.

Arno will form part of the small currently active academic team of SIB including Dr. Barbara Sullivan, Dr. Sanka Wasalthilake, and another, supported by a registrar and a deputy registrar.

## **NEW VIETNAMESE BUDDHIST TEMPLE COMING UP IN BELLBIRD PARK, IPSWICH**

The Buddhist Temple Development division of the Queensland Sangha Association Inc has offered help to a group of Vietnamese nuns engaged in setting up a new temple in Bellbird Park, Ipswich.

The nuns have been working hard to organize the development application. The contribution made by QSA so far has been basic consultancy connected to the temple development application.

Mr. Wasantha Ranasinghe is helping as a consultant.

## FILM SHOW TO RAISE FUNDS FOR BESS



Please join us for a one-off screening of Walk With Me, a moving and wonderful film about one of the most influential spiritual leaders of our time, Zen Master Thich Nhat Hanh.

This invitation is warmly extended to all members of the Brisbane Buddhist community and their families and friends. Light refreshments will be provided afterwards.

This is a fund-raising effort on behalf of Buddhist Education Services in Schools (BESS) to support our work in sharing Dharma with the next generation of Buddhists in our government schools in Queensland.

**6:30 pm Wednesday 1 May 2019**

Dendy Cinemas Coorparoo  
Coorparoo Square  
Cnr Old Cleveland and Cavendish Rds.  
Coorparoo QLD

**Tickets:** \$25 General / \$18 Concession / free Ordained Sangha

Purchase tickets at [www.trybooking.com/BAZSG](http://www.trybooking.com/BAZSG)

Contact: [BESS.fundraising@gmail.com](mailto:BESS.fundraising@gmail.com)



## **REPORT ON SESSION 4 OF THE DHAMMA RESEARCH PROGRAM**

**This is expected in the newsletter for May 2019.**

**END OF THE 9 PAGE QSA NEWSLETTER FOR APRIL 2019**

**Issued by the president of QSA, Reverend James Wilson**

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TO A FRIEND WHO IS LIKELY TO BENEFIT**

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