



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

Published by the Queensland Sangha Association Inc

An incorporated association of Buddhist monks and nuns in Queensland, Australia. Est. 2007

108 Eric Street, Goodna, Queensland 4300 [ABN 56 506 052 172]

QSA WEBSITE www.sanghaqlld.org

EMAIL ADDRESS infoqsa@gmail.com

1 July 2019

CONTENTS

PAGE	DESCRIPTION
2	Short sayings of the Buddha (Dhammapada stanza 57)
2	Development of Mindfulness (SIB-008)-program session 3
2	Worldly applications of Mindfulness-a compilation proposed
2	Internet educational course in Buddhism (Course SIB-007)
3	Dhamma Research Program-session 4 continued (SIB 006)-July 2019
3	Report on session 4 SAMADH I of the Dhamma research program SIB-006
3	Mindfulness teacher from Sri Lanka visits Australia

SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

Mara finds not the path of those who are virtuous, careful in living, and freed by right knowledge.

(Dhammapada stanza 57)

**DEVELOPMENT OF MINDFULNESS
PROGRAM SESSION 3
(SIB-008)**

This program commenced in April and this is the third session. It will be held from 2.30 to 4.30 p.m. on Sunday 21 July 2019 in the meditation hall of the Sri Lanka Buddhist Monastery, 114 Considine Street, Ellen Grove, Queensland 4078.

The curriculum is available for anyone interested under Educational Services-documents in the website of QSA www.sanghaqld.org or you can ask for it by emailing infoqsa@gmail.com

Spiritual applications of mindfulness is given in a separate document on that subject coded as SIB-010.

Discussions will cover the material in both documents as necessary.

WORLDLY APPLICATIONS OF MINDFULNESS

QSA is attempting to compile a list of worldly applications of Mindfulness to serve as an initial motivation for individuals who are not sure how useful mindfulness is. It is hoped that as a result the value of spiritual applications too would interest everyone.

Worldly applications could be very simple and brief but the importance of these is that they are quite common and can cause significant and troublesome consequences.

Your ideas can be sent to infoqsa@gmail.com

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 A tutor will guide you throughout. No fees are charged.

REPORT ON THE DHAMMA RESEARCH PROGRAM SESSION 4

Session 4 on SAMADHI was held on Sunday 26 May 2019, from 9.30 a.m. at the Sri Lanka Temple, 114 Considine Street, Ellen Grove, QLD 4078. The discussion will continue on the next assigned day.

SRI LANKAN MINDFULNESS TEACHER VISITS AUSTRALIA

We were fortunate here in Brisbane to have two retreats conducted by the scholar monk Bhante Venerable Dhammarakkhita, who visited Australia from the Siyane Vipassana Meditation Centre Kanduboda in Sri Lanka, earlier this year.



Some of the participants in one of the seven day retreats. Centre - Venerable Dhammarakkhita, left of centre - Sister Tri Hang, right of centre - Sister Sama.

The Ven. Bhante has vast knowledge about Theravada Buddhism from the basics to the more profound Abidhamma (Ven. Monk holds a PhD in Buddhist studies). He has been trained in several traditions of Vipassana practice, including Vipassana according to SN Goenka, and in Mahasi Sayadaw style 'noting' practice.

He taught mostly in English but also recited suttas in Pali and sometimes spoke Sinhalese to assist the Sri Lankan students. Participants in the course commented that he was able to bring his vast knowledge and experience to each of them, providing wonderful dhamma talks and also very practical teachings and one-on-one advice to suit different students in his daily individual interviews. He gave us a great deal of time, care and energy. Students described him as incredibly knowledgeable, down-to-earth, practical,

humorous, and a great story-teller. We all enjoyed his visit very much and were each able to develop our practice of mindfulness and vipassana.



Students and monastics sit in meditation at the Linh Son Temple on 7-day retreat in May.

While Bhante was in Australia, he also visited Sydney and Melbourne. Student Jaye Gamage took Bhante on a trip to Bodhi Tree Forest Monastery near Lismore where they spent the day with Venerable Pannyavaro. Students Chris Jones and Jack Wicks took Bhante and Meheni Suketha on a day trip to Mt Glorious which we all enjoyed a great deal.



Meheni Suketha and Venerable Dhammarakkhita at Mt. Glorious in May

We are enormously grateful to Bhante for making the trip to Australia to teach us, and to all those who helped to make the retreats a great experience for all concerned.

Sadu, sadu, sadu!

Jack Wicks and Jaye Gamage,

END OF THE 6 PAGE QSA NEWSLETTER FOR JULY 2019

Issued by the president of QSA, Reverend James Wilson

**YOU ARE WELCOME TO FORWARD THIS NEWSLETTER
TO A FRIEND WHO IS LIKELY TO BENEFIT**

**THIS NEWSLETTER IS NOT FOR PUBLIC CIRCULATION BUT FOR THE INFORMATION OF
MEMBERS OF QSA, SUPPORTERS AND FRIENDS. PAST COPIES OF THE NEWSLETTER ARE
PLACED IN THE CURRENT PAGE OF THE QSA WEBSITE www.sanghaqlld.org**

If you do not want to receive this newsletter please advise QSA via infoqsa@gmail.com

If you want a friend to see this newsletter please let us know