



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

## Queensland Sangha Association Inc

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## SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA (87-88)

*The wise man, leaving the home of craving and having Nibbana as his goal, should give up dark states and cultivate pure, good ones. He should take great delight in solitude, detachment and in Nibbana, which an ordinary man finds no delight in. He should also give up sensual pleasures, and clinging to nothing, and purify himself of all mental impurities.*



## BOOK LAUNCH

### PRACTICAL TECHNIQUES OF TEACHING BUDDHISM TO YOUTH

This new 200-page book was launched on the 30<sup>th</sup> of October 2021 at the Sri Lanka Buddhist Monastery. The authors presented the first copy of the book to the Chief Monk of the Temple in a ceremony conducted by well-wishers. Dr. Sanka Wasalthilake spoke introducing and admiring the book. Tanuja Sarath-Chandra, one of the two authors spoke on certain aspects of the book that made it unique.

Many temples have experienced difficulties in teaching Buddhism to young people through the traditional methods of teaching in a classroom setting. QSA has been conducting research on this matter and is now promoting a whole range of novel techniques to win the hearts of youth and help them to live happy and successful lives.

If you would like to get more information or wish to receive a copy of the book by email, please send an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com). Your support is solicited for the success of this venture.

This is an entirely new approach to communication techniques to enable young people to enjoy and apply the teachings of the Buddha in day-to-day life.

It requires no formal examinations. Experiments, meditation, counselling, and group projects are the main basis of the techniques.

The new techniques are expected to usher in a new era of Dhamma teaching, capable of bringing about real and beneficial changes in the attitudes and behavior of young people.

The text is built on teachings found in the Theravada texts but are of universal value. It can be easily adapted for the use of Mahayana devotees.

Temples that are already conducting Dhamma Schools every week-end, can allocate a day of the month or a few hours every week to introduce the new techniques or teach them separately.

Details of a training course in Buddhist Counselling based on this book are given in another article in this newsletter (on page-5 *Training Course for Dhamma Counsellors*.)



*PHOTOGRAPH  
FROM THE BOOK LAUNCH*

*Venerable W. Dhammawasa  
Nayaka Thero, receiving the book  
from Rahubadde Sarath-Chandra.*

*The other author Tanuja Yasanga  
Sarath-Chandra is on the right.*



## BEN SHEPPARD

BUDDHIST CHAPLAIN AND  
LECTURER IN HOSPITAL CHAPLAINCY

### Editor's Note:

*While Ben belongs to the Assembly of Buddhist Chaplains of QSA, he is also a lecturer in the Buddhist Chaplaincy Education department of the Siddhartha Institute of Buddhism, the educational arm of QSA contributing in the Specialised Course in Hospital and End-of-Life course held recently.*

On a cold Japanese Winter morning in early December 2012, I sat alone in the entrance to Ryouzenji Temple, putting my boots on preparing to start the pilgrimage walk of the 1200km, 88 Temples route on Shikoku Island. As I tightened my boot laces, with not a soul in sight I questioned whether I should be doing this given my father had only passed away 3 weeks ago. Then an elderly Buddhist Nun appeared and sat next to me, kindly asking what my story was, and then sharing her own. It turns out, she wasn't always a Nun, but was moved to compassionate action when she watched the tragedy of the 1995 Kobe earthquake unfolding. She felt compelled to help and left her job in Tokyo to follow this calling and never looked back. Her story moved me and has influenced the path I've been on since. After mutually listening to each other's stories, we sat in silence, no more words were needed.

Like the Buddhist Nun I haven't always been a Monk, though the seeds of Buddhism touched my heart while reading a world religions textbook during my high school years. I've had many roles and changed careers several times, and I believe this helps add richness to my current role as a Pastoral Care worker in a Not-for-Profit Hospital when building rapport and connecting with patients, family, and staff. In 2020 a 4-month secondment opportunity provided the opportunity for me to experience the work of Pastoral Care firsthand, and then in June 2021 a vacancy opened the opportunity to transition permanently. The role focuses on the emotional, social, and spiritual wellbeing of patients and their families during their stay in hospital. It includes counselling, therapeutic listening and a human presence provided to those who are struggling through what can be a difficult, stressful and emotional time....very much the role of a Chaplain, but Hospital Ward based. The wards I cover include cancer care, palliative care, ICU and end of life, though I may be called on to work in other areas of the hospital.

I completed the qualifying program and registered as a Buddhist Chaplain with QSA in 2017, something that supported me in being offered the position I'm in now, and for this I'm very grateful. The last 15 years of my working life I've spent in corporate training and learning professions, and now use these skills in supporting the delivery of the Buddhist Chaplains in Hospitals and Hospice.

Qualifications and experience relevant to the Pastoral Care role include a Graduate Diploma in Ontological Coaching, Compassionate Listening training, Nonviolent Crisis Prevention Instructor for 8 years, Mindfulness Based Stress Reduction Therapy teacher, and Mental Health First Aid accredited. I also hold a Master's in Business Administration, Diploma in Training and Assessment, and am currently studying an Advanced Diploma of Neuroscience in Leadership. I'm an active Taichi practitioner and practice Shodo (Traditional Japanese Calligraphy).

I have been a member of the Openway Zen Sangha since 2013, a Soto Zen lineage established by Zen Master Daido Hogen Yamahata. I took lay ordination vows (Jukai) in 2015, and recently took Monastic vows (Shukke Tokudo) in 2021. My Dharma name is Ji-Bantetsu-Do, which translates to compassionate accompanying/supporting others in the penetration of the way.



## RESULTS OF THE GENERAL QUALIFYING COURSE IN BUDDHIST CHAPLAINCY HELD IN 2021



The ninth batch of this course was conducted in June-July 2021. Dr. Barbara Sullivan conducted the above course. Twelve persons have successfully completed the course.

- Eijo Doherty (Brisbane)
- Georgia Farrell (Brisbane)
- Lozang Gonpo (Brisbane)
- Donna Hammett (Yarraman, Queensland)
- Xian-Yu Hu (Brisbane)
- Kuruppu Arachchilage Krishan Randika Jayalath (Gold Coast, Queensland)
- Sheila Mackay (Brisbane)
- Sharon Parfait (Sydney)
- Chamath Piyabandu (Brisbane)
- Helene Rankin (Magnetic Island, Queensland)
- Scott Rose (Toormina, NSW)
- Tamara Tiffin (Green Pidgeon, NSW)

This course will next be offered on-line in September-November 2022. Please email Barbara Sullivan ([barbara.sullivan4005@gmail.com](mailto:barbara.sullivan4005@gmail.com)) if you wish to receive information and the exact dates for this course when they are available.

## PART RESULTS OF THE INTRODUCTION TO HOSPITAL AND END-OF-LIFE CHAPLAINCY COURSE HELD IN 2021

The following have completed the requirements of the above course conducted recently for Buddhist and Inter-Faith Chaplains. They are:

Jennifer Hassan

Shiranti Wimalaguna

Siew Lan Poh

Venerable Maharagama Kumara Kashyapa.

A few more are expected to reach completion soon.



## TRAINING COURSE FOR DHAMMA COUNSELLORS

EXPECTING TO TEACH BUDDHISM TO YOUTH

### USING THE NEW PRACTICAL TECHNIQUES



QSA will conduct a series of new training programs for Dhamma teachers to qualify as Buddhist Counsellors firstly to teach Dhamma to young people using the newly documented practical techniques, and secondly helping young people, to apply the Dhamma in day-to-day life with confidence.

The first program will run for a total of six hours on ZOOM. The program will run for 2 hours on three selected days, notified to registered participants. Hours and times can be adjusted to suit each temple.

To register your interest, please send an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com).

You need to be a Dhamma teacher in the Mahayana tradition or the Theravada Tradition. Monks and nuns of any tradition can register even though they might not be current teachers. A temple may nominate several participants in one email. Parents interested in teaching their children are welcome to join the programs. **The ZOOM codes to enter the training sessions will be sent to registered participants only.**

No fees are charged.

All course material is taken from a new book on the subject just published by the QSA initially in Australia (Please see *Book Launch* on page 2).

*Nominees from overseas will be considered.*

## A NEW BOOK ON THE BUDDHIST WAY TO HAPPINESS

QSA is in the process of publishing this 90-page book on the factors that lead to happiness. It is based on the Great Discourse on Blessings (Maha Mangala Sutta in Theravada). It seems that a parallel teaching is found in the Tibetan Mahayana texts and in Vietnamese Mahayana texts. Readers are invited to advise QSA on this matter. The initial issue will be as an electronic book. Printed copies will be made available soon after.

Readers may request for electronic or printed copies by sending an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com)



**SECOND EDITION OF  
DHAMMA TOPICS LISTING  
JUST RELEASED**

After one year of further development, the listing of Dhamma topics, to conduct sermons, lectures, and discussions of the Dhamma, has been updated and expanded. The new edition (edition 2) dated October 2021 was edited by Jayantha Maharage, of the QSA Buddhist Publications Division.

To obtain a copy please email [infoqsa@gmail.com](mailto:infoqsa@gmail.com).

**BUDDHIST FORUM 03 - PATH TO NIBBANA  
IN ENGLISH**

**Sessions on Aspects of Mindfulness  
Development Continuing**

This course is conducted by Venerable Brisbane Dhamma Rakkhita, a resident monk at the Sri Lanka Buddhist Monastery (Brisbane), 114 Considine Street, Ellen Grove, Brisbane, usually on every other Sunday at the monastery and on ZOOM from 2.00 p.m. for three hours.

The usual program is 45 minutes of Walking Meditation, 45 minutes of Sitting meditation and about 60 minutes for a talk on an aspect of mindfulness development. Meditation reports, questions and answers follow.

The program has continued for more than one year (about 27 sessions) and is continuing. For current details please send an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com). Your emails will be passed on to the organizer Chatu Senarat.

Records are kept for reference. These talks are very clear, and easy to understand.

The ZOOM entry codes are given below:

Use the link below or the Meeting ID and password.

Meeting ID: 831 3800 2308

Password 043871

<https://us02web.zoom.us/j/83138002308?pwd=L3hyWU5TS3V5eVhkS0orU3Q1d3luUT09>

The previous recordings from the discussion can be accessed here:

[https://youtube.com/playlist?list=PLiOuupX6UQZbRKQNHXq8\\_-wk13\\_uK30pl](https://youtube.com/playlist?list=PLiOuupX6UQZbRKQNHXq8_-wk13_uK30pl)

Venerable Dhamma Rakkhita conducts several other programs like this, at the temple in Ellen Grove. Please note that this program is in ENGLISH. No fees are charged from participants.





**BUDDHIST FORUM 04-REQUESTED TOPICS**  
**From the booklet on the Path to Nibbana**  
**SESSION 8 WAS HELD ON 21 NOVEMBER 2021**



This program is held once a month on ZOOM at a time and date set by the organiser. Only participants registered for the program (currently about 38 addresses) are informed of details and receive emails and documents.

A script, about ten pages for each day is posted to all participants and ideas exchanged for about three weeks. The scripts are published in the QSA Dhamma Magazine issued on the 15<sup>th</sup> of every month after the sessions.

The presentations have been made by Tanuja Yasanga Sarath-Chandra, Buddhist Chaplain and Jayantha Maharage. Discussions were led by Rahubadde Sarath-Chandra, Buddhist Chaplain. Venerable Brisbane Dhamma Rakkhita provided guidance. Many others have contributed.

The ZOOM record of the Forum can be made available to anyone interested, for a limited time.

To enter the forum please use the following link:

<https://us02web.zoom.us/j/6043658907>

For information on the session for the next month, please email QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com).

Topics covered in the first nine sessions are:

SESSION NUMBER	TOPIC DISCUSSED IN RECENT MONTHS
1	Right View (Samma Ditthi)
2	37 Factors of enlightenment (Part 1)
3	37 Factors of enlightenment (Part 2)
4	Obstacles to meditation and Dhamma Learning
5	Establishing Peace of Mind
6	Nine Facets of Unskilful mental states (Part 1)
7	Nine Facets of Unskilful Mental States (Part 2)
8	Elimination of unskilful mental states (Sabbasava Sutta)
9	The Noble Eight-Fold Path (Part 1)-Lanes 1 and 2



## POSITION OF REGISTRAR

### BUDDHIST CHAPLAINCY SERVICES BOARD

Expressions of interest are invited for the position of Registrar for the Buddhist Chaplaincy Services Board of the Queensland Sangha Association Inc.

The Registrar is responsible for overseeing administrative aspects of the registration of Buddhist Chaplains within the QSA. This includes checking that all registration requirements have been met for new applicants (see <https://www.sanghaqlld.org/index.php/services/buddhist-chaplaincy-services>), ensuring the register is up to date regarding the details of currently registered chaplains, and liaising with both the Chair of the Buddhist Chaplaincy Services Board and the President of the QSA.

Essential requirements for this position are: an ability to be meticulous in dealing with registration details, basic competency with on-line spreadsheets (or a willingness to learn), familiarity with the Queensland Blue Card system (or a willingness to learn), good relationship skills and the ability to work with a diverse group. Familiarity with chaplaincy work (or some training in chaplaincy) would also be advantageous – but is not essential.

This position requires a minimum commitment of 12 months. It is not, however, an onerous position and will usually involve no more than 1-2 hours a week. All the work can be completed from home via email, phone and zoom communication.

As all other positions in QSA, this is a volunteer position, and no salary or wages are paid. Approved expenses are reimbursed.

Applications for this position can be sent via email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com) before 15 December 2021.







## VACANCIES FOR VOLUNTEERS

Readers are invited to enquire about vacancies in the QSA organisation by emailing [infoqsa@gmail.com](mailto:infoqsa@gmail.com). There are positions vacant in the **Administration and Publications** divisions. QSA also needs an **IT specialist** interested in website development, to work with the current webmaster.

## VOLUNTEER POSITION OF COMMERCIAL MANAGER, QSA

QSA is planning to publish a few books mostly for free distribution first on the internet and then printing a limited number.

However, donations will be accepted to help meet printing and freight costs. This together with stock keeping and moving requires the assistance of a Commercial Manager to look after printing, stocks, and distribution. Costs incurred will be reimbursed regularly.

The duties envisaged include the following:

- 1 Handling email and other orders
- 2 Printing for stock
- 3 Moving and storage of stock
- 4 Posting books for orders
- 5 Co-ordinating with the treasurer for income and expenditure

The position is voluntary as in the whole of QSA, and no wages will be paid. Please email QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com) to indicate interest.

## MANAGEMENT COMMITTEE MEETING NUMBER 48

QSA is in its 15th year. The 48 th meeting of the committee of management will be held in December 2021.

The committee consists of four monks and three lay persons. It is supported by about fourteen executives responsible for various functions. The much larger groups of advisors, consultants, and lecturers need to be remembered for their silent contribution.

The senate of the Siddhartha Institute of Buddhism, the Buddhist Chaplaincy Services Board, and the Buddhist Publications Advisory Board need special mention.

*Acknowledgements:*

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This newsletter is issued by  
President of QSA, Reverend James Wilson

## Queensland Sangha Association Inc

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