



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (105)***

DHAMMAPADA STANZA 106

Though month after month, with a thousand sacrifices, one makes an offering for a 100 years, yet, only for a moment, one honours a saint who has perfected himself, that is far better.

**DOMESTIC VIOLENCE
CAN WE CONTRIBUTE TO RESOLVING THIS NATIONAL
PROBLEM?**

Domestic violence is a major social problem in Australia. It might be so in other countries, we do not know. The problem causes much damage to individuals, children and elderly people. It is also possible that it has an adverse effect on the economy.

Are solutions possible? As Buddhists can we offer solutions?

QSA has set up a task force to work out a solution acceptable to Buddhists and non-Buddhists equally. Production of a resource book and presenting an educational program have been entrusted to the group.

If you like to have more information on this project, please send an email to **infoqsa@gmail.com**

People with expertise in the subject, people with related talents, and people who wish to benefit from this project are equally welcome to enquire and to participate.

NEW FREE E-BOOKS AVAILABLE

PRINTED BOOKS (available in some temples)

- 1 Buddhist Chaplaincy, 182 Pages in size A4
- 2 Buddhist Psychology-the building blocks, First edition, 168 pages in size A5

ELECTRONIC BOOKS (that can be emailed on request)

- 1 The Buddhist Way to Happiness (English) (Maha Mangala Sutta) , 85 pages a4
- 2 The Buddhist Way to Happiness (Sinhala) (Maha Mangala Sutta), 91 pages A4
- 3 Practical Techniques of Teaching Buddhism to Youth, 185 pages A4
- 4 Basic Buddhist Psychology-second revised edition, 152 pages A5
- 5 Buddhist Chaplaincy, 182 pages A4
- 6 Q and A for students in years 11 and 12, 55 pages A4

ELECTRONIC BOOKS (that are partly in website sanghaqlld.org or can be emailed on request)

- 1 Lessons Bank 1, on selected Discourses, 130 Pages A4
- 2 Lessons Bank 2, on Meditation, 50 pages A4
- 3 Lessons Bank 3, on Buddha Dhamma, 105 pages A4
- 4 Lessons Bank 4, on Buddhist Psychology and Philosophy, 58 pages A4
- 5 Lessons Bank 5, on Dhamma Practice, 48 pages A4

Alphabetical Index to all 5 lesson banks (not on website yet)

Curriculum related to the lesson banks, (not on website yet)

Booklet on Teaching Techniques suggested (not on website yet)

Please email Queensland Sangha Association via email infoqsa@gmail.com

DONATIONS TO QSA

The recent special donation of \$ 250 from a monk is greatly appreciated.

QSA runs on donations. Donations can be made through our bank account.

Heritage Bank

BSB: 638-070

Account number: 11592818

Account Name: Queensland Sangha Association

Please use your name as the payment reference and send an email with the payment details and your name to infoqsa@gmail.com

DHAMMA QUERIES ZOOM CHANNEL

Our ZOOM link will be active every Saturday from 2.30 pm Brisbane time. Anyone may make comments or raise questions on a one-to-one basis with a senior Dhamma counsellor free of charge. Book your time by sending an email via infoqsa@gmail.com

The ZOOM link will be sent to you in reply. If you like, in the email itself, you can make your comment or raise the question briefly; we can discuss details later.

PRACTICE FORMULAE SUGGESTED FOR BUDDHIST COUNSELLORS

A Buddhist Counsellor needs to learn the Dhamma and practice the Dhamma. The practice can be according to the methods advocated in each tradition. In general, the practice will align with the practice of a Bodhisatta (Bodhisatva) as understood in one's tradition. For example, the ideas are different in Chinese Mahayana, Tibetan Mahayana, and in Theravada.

For the month of May, we can lay emphasis on goodwill (Metta) meditation or loving kindness meditation, in any form.

When this meditation is practised regularly, the benefits will be apparent. It is worth noting the benefits that accrue. Noting this way adds to your confidence. This confidence itself is beneficial.

Anyone not familiar with goodwill meditation may contact a Buddhist Counsellor in QSA for guidance or consult a monk or nun in your temple.

BUDDHIST COUNSELLORS' DIVISION ESTABLISHED

The eighth division of QSA was established on 25 March 2023. It is for coordinating the work of all Buddhist Counsellors working with QSA. An advisory Board will help organise the division.

If you seek training as a Buddhist Counsellor, you are encouraged to send an email to QSA via **infoqsa@gmail.com**
The training is in ZOOM, and it is simple.

If you seek to register as a Buddhist Counsellor, you can use the form below.

Queensland Sangha Association Inc (QSA)

ASSEMBLY OF BUDDHIST COUNSELLORS (ABC)

BASIS OF RECOGNITION

1 This form is intended to help QSA to recognise Buddhist Counsellors. QSA looks for the following attributes in Buddhist Counsellors:

- 1 Belief in the possibility of worldly success and happiness*
- 2 Belief in the possibility of spiritual success and happiness*
- 3 Commitment to endeavour for success and happiness*
- 4 Progressing in that endeavour*
- 5 Interest in helping another to progress*
- 6 Commitment to the Bodhisatta (Bodhisatva) ideal*

REQUIREMENTS

2 A Buddhist Counsellor needs to be familiar with one of the traditions of Buddhism. Name of tradition, sub-tradition etc:

3 Please indicate briefly, the sources or means by which you gained familiarity with Buddhism and allied subjects, including study courses and qualifications obtained. Add separate page if necessary.

4 Buddhist Counsellors registered with QSA need to be also admitted as members of QSA. If you consent to become a member of QSA, please write your name below in confirmation. Ignore if you are already a member of QSA.

- 5 Name (with title)*
- 6 Member Number (QSA to fill, if you know)*
- 7 Buddhist Counsellor Number (QSA to fill)*

MANAGEMENT OF QSA

QSA is in its sixteenth year since inception in 2006. Committee meeting 53 was held in March 2023. The committee is supported by about 19 executives performing various functions such as financial management, chaplaincy services, education and publications. There are many other helpers too.

There are advisors in a few divisions. The Buddhist Chaplaincy Services Board, Buddhist Counsellors Co-ordination Board, and the Buddhist Publications Advisory Board need special mention as they help the executives with advise.

A group of Buddhist Chaplains is working with QSA. A smaller group of Buddhist Counsellors also work with QSA. The total of volunteers now exceeds 100.

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AN ADVERTISEMENT OF A FILM SHOW ORGANISED BY

BESS

APPEARS IN THE NEXT PAGE



TEACHING HAPPINESS

It may seem that the only way to find true, lasting happiness in this life is through a romantic relationship, a career, or living in the best city in the world. Ugyen is sure his future happiness lies in Australia, a rich country where he will find fame, fortune and happiness with his musical talents. However, he is forced to teach for a year in an isolated village in his native Bhutan, where he is sure his talents will be wasted.

We follow the journey of Ugyen through the beautiful countryside of Bhutan to the village deep in the mountains and watch as he slowly realises that this is his ideal place. Lunana skillfully reveals universal truths, Dharma, about happiness and self-realisation, and how using our individual strengths for the benefit of all is the most rewarding happiness of all.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD APRIL 2023
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*