



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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**SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (102)**

Should one recite a hundred verses comprising useless words, better is one single word of the Dhamma by learning which he is purified.

**MEDITATION RETREAT WITH VENERABLE PANADURE
CHANDARATANA THERO**

GOLD COAST BUDDHIST ASSOCIATION

Residential Meditation Retreat

13th April 2023 (Thursday) 7:00 PM to
16th April 2023 (Sunday) 1:00 PM
(3 Nights)

PCYC Bornhoffen,
3510 Nerang Murwillumbah Road,
Natural Bridge QLD 4211

Online Registration
www.bit.ly/gcbameditation2023

Registration
Opens – Now
Closes – 30th March 2023

Conduct by
Ven. Panadure Chandaratana Thero
The Deputy Abbot of the Mithrigala Nissarana Forest Monastery

Contacts: Sanjeewa – 0434 014 458 , Krishan- 0452 495 552

Gold Coast Buddhist Association - Residential Meditation Retreat – April 2023

Start Date	13 th April 2023 (Thursday) 3:00 PM (Program starts at 7:00 PM)
End Date	16 th April 2023 (Sunday) 1:00 PM (Program ends at 12:30 PM)
Duration	3 Days & 3 Nights
Venue	PCYC Bornhoffen Centre 3510 Nerang Murwillumbah Rd, Natural Bridge QLD 4211

Medium	Sinhala. Repeated in English is also available on request
Conduct by	Most Venerable Panadure Chandaratana Thero The Deputy Abbot of the Mithrigala Nissarana Forest Monastery
Accommodation	Male & female separated shared cabins & toilets, shared with 3 - 5 Yogis
Venue facilities	<ul style="list-style-type: none"> • The kitchen area has Fridge, Microwave, Toaster, Kettle, Cups, and plates with cutlery • Cushions and chairs are available in the hall • Parking available
Meals	<ul style="list-style-type: none"> • Breakfast and Morning / Evening tea - self-arranged • Lunch - will be provided by the donors. • Dinner - Not provided. • Tea - Provided by generous donors
Cost	AUD 150 per person for 3 nights
Donation	Any kind of donations are welcome and very much appreciated
Registration	<ul style="list-style-type: none"> • Opens – Now • Closes – 30th March 2023 • Registration is accepted on a first come first served basis
How to register	<ul style="list-style-type: none"> • Fill out the Registration Form online: https://bit.ly/gcbameditation2023
Bank Account	Transfer the deposit to the bank account below. <ul style="list-style-type: none"> • Bank: Commonwealth bank • Account Name: Gold Coast Buddhist Association Inc • BSB: 084447 • Account No: 786339283 • Please mention your first & last name with 'Retreat' as a reference
Note	Please let us know if you have any special requirements

LEARN THE DHAMMA, HOW TO TEACH THE DHAMMA AND HOW TO PRACTISE THE DHAMMA IN ONE PROGRAM

This continuing forum with a brief academic section, a considerable section in educational psychology, and a detailed section for practitioners in meditation has now been running for a few weeks. It is in ZOOM, every Saturday from 1.30 to 2.30 pm. It is easy to access.

Dhamma teachers, and meditation practitioners have all found the forum to be useful and beneficial in day-to-day life. Join early as the presentations are based on an approved progressive system. Please do not miss out.

Please send an email via infoqsa@gmail.com to say you are interested. Then you will receive the Zoom link to enter the forum.

If you are unable to attend you can ask for a copy of the scripts used in the presentations. When participants request, recordings are made and held for a few weeks in Dropbox.

NEW FREE E-BOOKS AVAILABLE

The following e-books are available for free distribution by the QSA and can be sent by email (PDF copy). Please send an email to infoqsa@gmail.com if you wish to receive these.

- 1 The Buddhist Way to Happiness (English)
- 2 The Buddhist Way to Happiness (Sinhala)
- 3 Practical Techniques of Teaching Buddhism to Youth
- 4 Basic Buddhist Psychology-second edition
- 5 Buddhist Chaplaincy
- 6 Q and A for students

DONATIONS TO QSA

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.

QSA CALENDAR FOR A FEW WEEKS IN FEBRUARY 2023

There will be no session on 4 February 2023, due to another event.

FEBRUARY

11 Saturday 1.30 to 2.30 pm Brisbane time

- 1 Death, momentary or continuous
- 2 Multiple feeders but single final channel
- 3 Simple calming meditations

18 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Arising and ceasing as a continuity
- 2 Trying to compare finite things with things at infinity
- 3 Social contracts and goodwill meditation for married couples

25 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Evil actions cause unbearable results
- 2 Supremacy of the mind
- 3 Social contracts and goodwill meditation for married couples

MARCH

Three sessions are planned for 4,11,18 of March.

**25 March Saturday 1.30 pm
AGM and MCM 53**

If you are interested in any of these programs, please send QSA an email via infoqsa@gmail.com We will then send you the entry link.

MINDFULNESS PROGRAMS CONDUCTED BY VENERABLE BRISBANE DHAMMA RAKKHITHA

Venerable Brisbane Dhamma Rakkhitha conducts two programs every month on topics related to mindfulness in English and Sinhalese. Details are as follows.

English Program

Wednesdays 6.30pm-9.30pm

At Forest Lake Temple Hall or virtually

Topic: 4 Foundations of Mindfulness Venerable

Zoom Link: <https://tinyurl.com/32n3xdbw>

Sinhala Program

Sunday 6.00am-10.30am

Virtually Only

Topic: Satipatthana

Zoom Link: <https://tinyurl.com/32n3xdbw>

Program Manager: Chathu Senarat

Email via infoqsa@gmail.com

BE A PART OF A WORTHY BUDDHIST CAUSE VACANCIES FOR VOLUNTEERS IN QSA

POSITION NUMBER 6.1

BOOK PRINTING AND DISTRIBUTION MANAGER

POSITION NUMBER 6.2

WRITER FOR THE QSA NEWSLETTER

POSITION NUMBER 6.3

WRITER FOR THE QSA DHAMMA MAGAZINE

POSITION NUMBER 1.2

MANAGER QSA GMAIL

POSITION NUMBER 1.1

HUMAN RELATIONS MANAGER

POSITION NUMBER 7.2

VIDEO PRODUCTION AND DISTRIBUTION MANAGER

POSITION NUMBER 1.2

DEVELOPMENT SPECIALIST FOR THE WEBSITE

POSITION NUMBER 1.3

Information Technology professional

If you are interested, please send us a brief email via infoqsa@gmail.com, for details

MANAGEMENT OF QSA

QSA is in its sixteenth year since inception in 2016. Committee meeting 52 was held in December 2022. The committee is supported by about 19 executives performing various functions such as financial management, chaplaincy services, education and publications.

There are advisors in a few divisions. The senate of the Siddhartha Institute of Buddhism, the Buddhist Chaplaincy Services Board, and the Buddhist Publications Advisory Board need special mention as they help the executives with advise.

There are about 60 Buddhist Chaplains working with QSA. A smaller group of Buddhist Counsellors also work with QSA. The total of volunteers now exceeds 100.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD JANUARY 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