



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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HAPPY NEW YEAR

*SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (101)*

**Better than a thousand verses, comprising useless words, is
one single beneficial verse by hearing which, one is calmed.**

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

This continuing forum with a brief academic section, a considerable section for teachers of Buddhism, 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 2023

JANUARY

7 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Danger of continuing enmities
- 2 Learning to teach by assessing another
- 3 Guided meditation-the attributes of the Buddha

14 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Psychic power of commitment
- 2 Leading from the simple to the difficult
- 3 Guided meditation-the attributes of enlightenment

21 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Psychic power of research and investigation

- 2 Avoiding the enunciation of definitions
- 3 Guided Meditation- Labelling of types of consciousness

28 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Coping with ups and downs of life
- 2 Many ways to solve a problem
- 3 Meditation on light (as an object)

FEBRUARY

4 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

- 1 Momentary death or continuous death?
- 2 Multiple feeders but a single river
- 3 Guided meditation-calming techniques

11 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 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

POSITION NUMBER 6.1

BOOK PRINTING AND DISTRIBUTION MANAGER

QSA needs the services of a volunteer to manage the printing of books, Maintaining stocks and distribution of printed books. It is not always a busy position. Familiarity with computers is all that is required. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 6.2

WOULD YOU LIKE TO JOIN THE EDITORIAL TEAM OF THE QSA NEWSLETTER?

The present writer of the QSA Newsletter wishes to retire. QSA would like to take in a new person to the editorial team. Would you like to try your hand? Please send an email to QSA via infoqsa@gmail.com

POSITION NUMBER 1.1

HUMAN RELATIONS MANAGER

The work done by QSA is supported by about 100 or more volunteers belonging to various professions and trades including monks and nuns. Someone familiar with people management is required to develop human relations practices, maintain and implement them. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 7.2

VIDEO PRODUCTION AND DISTRIBUTION MANAGER

A person with training and skills in the production of video clips and distribution of video clips is required by the education and publications divisions of QSA. A skilled volunteer will add great value to a knowledge base built up by QSA over the last ten years. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 1.2

DEVELOPMENT SPECIALIST FOR THE WEBSITE

The webmaster has requested for a volunteer development specialist. A new educational section needs to be made attractive to enquirers. Information needs to be presented to render it pleasant and palatable to the public. A quick wade through has to be exhibited. Training, reliability and experience are required. **Please email interest via infoqsa@gmail.com**

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 18 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 DECEMBER 2022
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*