



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

*As sweet as honey is an evil deed: so thinks the fool so long as it ripens not;
when it ripens, then he comes to grief.*

(Dhammapada stanza 69)

QUALIFYING COURSE IN BUDDHIST CHAPLAINCY **Sept/Oct 2020**

ONLINE COURSE IN BUDDHIST CHAPLAINCY – Sept/Oct 2020 **ON ZOOM**

This short *on line* course offers some basic training and skills in how to help and support others, from a Buddhist perspective. Helping others, embarking on the path of service, can be very satisfying - but also deeply challenging. Buddhist Chaplains in Queensland currently perform a wide range of volunteer work both inside and outside Buddhist communities. This includes: supporting people who are facing life difficulties (relationship problems, unemployment, bereavement, etc.); providing pastoral care in hospitals, hospices, prisons and universities; teaching Buddhism; teaching meditation skills and running meditation practice groups (for example in hospitals and workplaces); caring for children, the sick, the elderly and dying; supporting community members in times of conflict or natural disaster.

The topics to be covered in the course include: what it means from a Buddhist perspective to help or 'offer service' to others, the limits to helping, Buddhist beliefs and rituals (across all traditions), listening skills and effective communication, common mental health problem in the community, suicide prevention, and self-care for chaplains. The course does not assume any in-depth knowledge of Buddhism or any prior training in counselling. It is open to people from all Buddhist traditions and to anyone who is interested (and who has both a basic education and sufficient English language skills).

This course will run on-line (via Zoom) over five Sunday mornings (9am to 1pm) on the following dates: **13 September, 20 September, 27 September, 4 October, 25 October. Attendance at all five classes is a requirement.** The course is free although a donation to the Queensland Sangha Association (of any size) is requested for participants who are able to afford this. Students who complete this course may go on to be registered as Buddhist chaplains (see the QSA website for further details).

For the full information package about this course please email the course co-ordinator Dr Barbara Sullivan at barbara.sullivan4005@gmail.com

BUDDHIST FORUM (2) TAKING CONTROL OF MY MIND SESSION (3) 30 AUGUST 2020

Do we have control over our minds or does the mind take control of us? When the untrained mind takes control of a person, it can run amok. We then fail to achieve our goals.

Success and happiness in life depends on how well we are equipped to manage our minds. A person who does not have control of the mind can be knocked about, like a boat caught in a storm.

When do such situations occur? How do we manage the mind, when it is running all over?

Forum (2) Session (2) was held on 5 July 2020 on Zoom. And we discussed a set of this type of problem. Rahubadde Sarath-Chandra, author of “Buddhist Psychology-the building blocks”, and Tanuja Sarath-Chandra conducted the discussion.

Forum (2) Session (3) will be held on Sunday 30 August from 10.00 to 11.00 a.m. Click on the ZOOM link to join: <https://us02web.zoom.us/j/6043658907>

If you have questions regarding this session or other activities of the QSA, please email infoqsa@gmail.com

Topics planned for Session (3) are given below:

- 12 The mind dwells on embarrassing situations for too long
- 13 The mind tries to always focus on the self no matter what is around
- 14 The mind continuously and incessantly jumps from one thing to another (like a monkey)
- 15 The mind derives comfort by dwelling on unwholesome things
- 16 The mind is embroiled in confusion the whole time
- 17 The mind is tired and wants to sleep, after running around too much
- 18 The eyes try to see what is here but the mind dwells on what is there
- 19 The mind tries to do too many things at the same time
- 20 The mind enjoys having a pipe dream

THE FIFTH QUEENSLAND BUDDHIST CONVOCATION

The fifth Queensland Buddhist Convocation will be held at 2.30 p.m. on 28 Saturday in November 2020.

VACANCIES FOR VOLUNTEERS IN THE QUEENSLAND SANGHA ASSOCIATION INC

The following vacancies need to be filled as soon as possible:

- 1 Publications Officer (editing books)
- 2 Publications Officer (maintaining records and book stocks)
- 3 Sangha Welfare Officer
- 4 Manager Facebook Page
- 5 Manager Zoom Buddhist Forum
- 6 Tutor or consulting lecturer in Buddhism

Because of the urgency positions 3, 4 and 5 were filled temporarily.

All these positions (excepting number 6) will report to the Executive Secretary of QSA (Rahu Sarath-Chandra). Your interest and entrepreneurship would be valuable rather than any formal qualifications or experience. The positions do not involve a lot of work but are intended to help in smooth functioning.

If you are able to help with any of these positions, please email QSA via infoqsa@gmail.com, or telephone Rahu on 3278 9021.

QSA BUDDHIST FORUMS (ON ZOOM) INVITATION TO ALL TO CONTRIBUTE

At the committee meeting number 42 the question of Buddhist Forums on Zoom was discussed. It was decided to arrange a contract with ZOOM for QSA to run regular Dhamma Forums on Zoom.

Dhamma teachers of all traditions are invited to conduct lectures, discussions or short courses using this facility.

The idea of the forum is to promote Buddhist education in a non-sectarian way by providing an organised platform and guidance. Formal qualifications of forum leaders are not necessary but welcome. Informal training and study,

research and publications, success in practice, success in teaching would be necessary. Dissemination of academic information is expected but the emphasis is on promotion of spiritual practice.

Mostly, topics will be selected on interest shown. However, a teacher may wish to run a short course on the QSA Forum by arrangement with QSA.

To float the forum series a few topics are suggested below. Please suggest other topics as you see fit. The first forum was held to commemorate Buddha's birthday on 17 May 2020. The second has been planned for Sunday 7th of June.

Current suggestions for topics:

- 1 How the mind works (basic) and how you can take control of the mind
(Youth and Mature adults)

The first session was held on 7 June 2020. The second session was held on held on 5 July 2020 again on ZOOM. Topics to be discussed in Session 3 are given in the second page and will be held on Sunday 30 August 2020)

- 2 Can the Buddhist idea of Generosity work in a modern industrial and commercial world?
(young people between 20 to 30 years of age)
- 3 Selected stories from the Dhammapada
(children and adults)
- 4 Buddha's past births stories
(children and adults)
- 5 Illustrations of Kamma (in the past) and Results (in later births)
(preferably adults)
- 6 A set of similarities between Mahayana and Theravada, and some differences
(adults and secondary level students)
- 7 How to sleep peacefully
(preferably separate groups for children, adults and aged people)
- 8 The many aspects of Metta and Karuna useful to the practitioner
(children and adults)
- 9 Preliminaries for supporting Vipassana (Insight)

Please send your suggestions to QSA via the email address:

infoqsa@gmail.com

A UNIFIED BASIC COURSE ON BUDDHISM FOR AUSTRALIANS

QSA is planning to conduct a basic course in Buddhism encompassing all traditions of Buddhism established in Australia. The idea is to allow an enquirer to get a basic idea of Buddhism and come to know where each is practiced in Australia.

If you wish to participate in this project please ask for details by emailing infoqsa@gmail.com

**THE END OF THE 7 PAGE QSA NEWSLETTER FOR THE PERIOD AUGUST
2020**

Issued by the President of QSA, Reverend James Wilson

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

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