



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

The mind is difficult to control; swiftly and lightly it moves and lands wherever it pleases. It is good to tame the mind, for a well-tamed mind brings happiness.

The mind is very difficult to perceive; very delicate and subtle; it moves and lands wherever it pleases. The wise one should guard his mind, for a guarded mind brings happiness. (Dhammapada 35, 36)

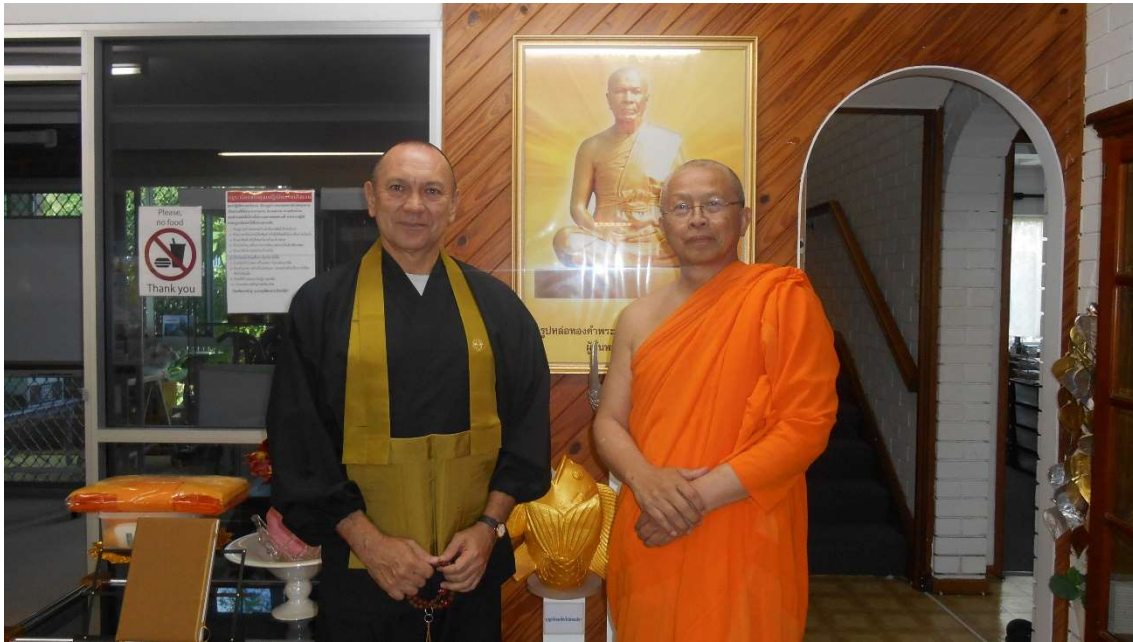
PRESIDENT VISITS BRISBANE MEDITATION CENTRE IN WOOLLOOWIN

Visiting the Wat Phra Dhammakaya Brisbane fills one with hope and inspiration. It is also known as the Brisbane Meditation Centre and is situated at 73 Lodge Rd, Woolloowin. On the day I visited, I was fortunate to have met with Ven Phrasudhammayanavithet, the abbot who oversees the Wat Phra centres in Australia and New Zealand. He is also the president of the Buddhist Federation of Australia. He was visiting the Brisbane Centre and after our meeting caught a flight to New Zealand. Speaking in fluent English, he told me of the Wat Phra Dhammakaya's aims towards peace and understanding throughout the world. To achieve this he and the other monks outlined for me some of the activities that they carry out. Paramount is education and they participate in courses in international universities as well as research and translate ancient Pali Buddhist texts. In particular, the texts unearthed in Bamiyan (Afghanistan).

Another activity requires the monks to go to several locations around Brisbane during the week to receive food as monks of old used to do. You can see them in Chinatown on Saturday mornings and Hawken Drive, St Lucia on Mondays. Further afield, they go to Strathpine on Fridays and Caloundra on Thursdays. They only receive non-perishable food as much of what they receive is in turn donated to Food Bank.

Also, the Centre provides Meditation classes every second and fourth Sunday but please contact them before coming. They plan to hold these classes in English later this year. They believe world peace and true happiness is achieved through inner peace. On the third Sunday of each month, they encourage compassion to all animals by releasing live animals such as crabs at Nudgee Beach. Moreover, the monks follow Buddhist principles and collaborate closely with local communities to generate peace and harmony.

For further information on the activities of the Wat Phra Dhammakaya Centre you can go to their Facebook page or email them at dharmakaya.brisbane@gmail.com
Their phone number is 3857 3431.



Reverend James Wilson, President of the Queensland Sangha Association Inc with Venerable Phrasudhammayanavithet and president of the Buddhist Federation of Australia

EDUCATION AND TRAINING COURSES

Workshop on Teaching Meditation for Teachers of Buddhism (SIB 007)

In this half day workshop the main theme was Mindfulness. A number of methods of encouraging children to learn and practice mindfulness were discussed and demonstrated with the guidance of the four speakers, Venerable Miao-Lai of the Chung Tian Temple, Mr. Rahu Sarath-Chandra, Mr. Tanuja Sarath-Chandra and Mr. Thakshila Wijesooriya.



Venerable Miao Lai, a nun from the Chung Tian Temple speaking at the workshop on methods of teaching meditation to children with special reference to mindfulness

Course on Teaching Meditation for Buddhist Chaplains (SIB 006)

This course is primarily for Buddhist chaplains but anyone who is interested is welcome to attend.

The course will begin by exploring the types of meditation emphasized in the main traditions of Buddhism so that chaplains are aware of both commonalities and differences. It will then explore the ways that meditation might be used as part of chaplaincy - that is, while helping and offering service to others, particularly in times of need. Buddhist chaplains perform a variety of work in the community including: supporting people who are facing life difficulties (relationship problems, family conflict, bereavement, unemployment and work stress, etc.); advising and guiding school children and university students; caring for the sick, elderly and dying; visiting in hospitals, hospices and prisons; teaching basic meditation skills and running meditation practice groups (for example in universities and workplaces); supporting communities in times of conflict or natural disaster.

In all of these activities the ability to identify and teach suitable meditation skills can be of immense benefit.

The course will run on a discussion basis - with a sharing of knowledge and practical experience.

The course convener is Dr. Barbara Sullivan.

Email QSA on infoqsa@gmail.com for enrolments.

Qualifying Course in Buddhist Chaplaincy (SIB 001-Delivery 6)

Delivery 6 of this course has begun. The remaining dates are as follows:

Sunday May 13

Sunday May 20

Sunday June 3

The first two sessions were held on March 4 and 11. Special arrangements have been made in regard to three participants from Cairns and Innisfail.

BUDDHIST CHAPLAINCY FOR YOUTH ABOVE 10 YEARS

Venerable Pannasobhana residing at the Sri Lanka Buddhist Monastery in Ellen Grove conducts regular youth chaplaincy programs for children. It is in English. The idea is help young people to cope with common problems they experience. If you are interested please contact Venerable Pannasobhana via his email. pannasobhana@gmail.com

The second program was held on 11 March 2018 from 2.30 to 4.30 p.m. Dr. Francis Suraweera conducted a session in Reiki. Erin Lorimer conducted a session in Yoga. The event was held at the Sri Lanka Monastery in Ellen Grove. About 80 children were present.

The next session will be in May.

CONSULTING A BUDDHIST CHAPLAIN

If you wish to contact a Buddhist Chaplain you are welcome to email QSA using the email address infoqsa@gmail.com

A MONK NEEDS TRANSPORT ONCE A WEEK ON FRIDAYS BETWEEN FOREST LAKE AND JINDALEE

A monk from Forest Lake is teaching Buddhism under RI in Jindalee State School from 9.00 am to 9.30 am. He needs transport from Forest Lake to Jindalee and back every Friday (if a school day).

If you are unable to help every week you may select days on which you can afford to help. Please email infoqsa@gmail.com

QUEENSLAND SANGHA ASSOCIATION INC (QSA)

The Annual General Meeting for 2018 was held at the Chung Tian temple on Underwood Road in Priestdale on 1 April 2018. The new committee is as follows:

President	Reverend James Wilson
Vice President	Venerable Miao Lai
Secretary	Venerable S. Sugathasara
Treasurer	Venerable Dr. B. Pannasobhana
Committee members	Venerable C. Chanhorm
	Venerable Lozang Tseten

The new committee had its 37th meeting immediately thereafter.

ANNUAL GENERAL MEETING OF BESS INC

The Annual General meeting of BESS (Buddhist Education Services for Schools Inc) was held on Saturday 31 March 2018, at the public library in Sunnybank Hills.

The following committee was elected:

President	Venerable Lozang Tseten
Vice President	Mr. David Pullen
Secretary	Ms. Petra Depalo
Treasurer	Ms. Serene Loy
Committee members	Mr. Tanuja Yasanga Sarath-Chandra
	Ms. Lyna Chen
	Ms. Michelle Wang
	Ms. Lynette Wakerley

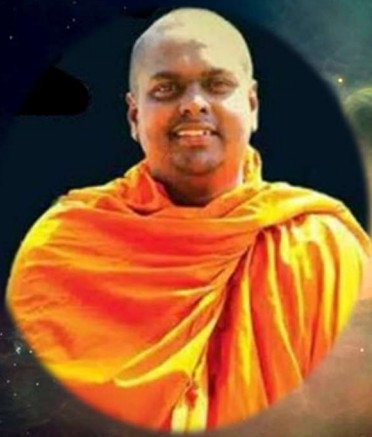
Two members of the Sangha, Reverend James Wilson (Jodoshu Temple) and Venerable Miao Lai (Chung Tian Temple) were requested to function as advisers to the committee. Mr. Rahubadde Sarath-Chandra was requested to function as lay adviser.

VENERABLE T. ANANDASIRI CONDUCTS A Q AND A SESSION IN ENGLISH

This monk from Sri Lanka has been on educational tours in 2016 and 2017. He will be here in May 2018 again. His program includes an English language session devoted to Questions and Answers from participants. His focus will be on suggesting answers to questions encompassing problems experienced in day to day life.

The monk is well known as a teacher of Buddhist Psychology and Philosophy (Abhidhamma) in Sri Lanka.

Details are in the brochure below. A telephone contact for more information is given in the brochure:



**ASK A QUESTION
UNDERSTAND THE MIND
CHANGE YOUR ATTITUDE
END THE SUFFERING
Q & A SESSION**

with **Rev Tittagalle Anandasiri Thero**

At Sri Lanka Buddhist Monastery, 114 Considine St, Ellen Grove QLD

Saturday 19th May 2018 from 9.00 am to 11.30 am

Rev Tittagalle Anandasiri is a wonderful teacher whose compassion and warmth reflect the Theravada style of profound experiential understanding of the Illusion of the Physical Reality. He is the chief abbot of Meth Bo Sewena International Vipassana Meditation Centre in Sri Lanka.

We would like to welcome him this year on his third visit to Australia and to benefit again from his natural skill in teaching about the "Universal Truth".

All Are Welcome to the above Philosophical Discussion conducted in English | 04 0143 1567

VESAK ILLUMINATIONS

The Vesak month is coming. During May 2018 many temples will organize illuminations and various religious activities at the temples or at other venues.

QSA has received information that illuminations will be organized by the following Temples:

Sri Lanka Temple

114 Considine Street, Ellen Grove, Brisbane, QLD 4077

Dates: Saturday 5 May 2018

Telephone 3879-3244

Illuminations commence in the evening of 5 May Saturday. Sri Lankan food is available in the food stall on Saturday. Devotional songs, Buddha Puja, sermons and chantings, Vesak Lanterns and displays will be some of the events for the day.

Sunday will be a 8-Precepts day and lights will be on in the evening.

Queensland Buddhist Vihara

108 Eric Street, Goodna, QLD 4300

Telephone 3818-8806

Illuminations commence in the evening of 5 May Saturday. Devotional songs, Buddha Puja, sermons and chantings, Vesak Lanterns and displays will be some of the events for the day.

Lankan food is available in the food stall on Saturday.

Sunday will be a Precepts day and lights will be on in the evening.

A Vesak cultural show will be held with support from the Brisbane City Council, on Saturday 26 May. It will be at the Acacia Ridge State School at 6.00 p.m.

CHUNG TIAN TEMPLE PIESTDALE

As before the biggest celebration of Vesak is organized by the Chung Tian Temple in Priestdale. The Buddha's Birthday in May will be held in Southbank, Brisbane. There will major illuminations and a three- day program with fireworks at 7.30 p.m. on Sunday.

Dates: Friday 4 May, Saturday 5 May and Sunday 6 May 2018
Hours are 9.00 a.m. to 9.00 p.m.

Consensus and Openness form the theme this year.

International food markets are open till 9.00 p.m. each day.

For detailed information and updates please ring 07-3841-3511 or visit the website:

www.buddhabirthdayfestival.com.au

In the past years more than 100,000 people have participated in this beautiful festival.

RESEARCH PROGAM ON THE SELF IDEA

In early June 2018 the Siddhartha Institute of Buddhism (the educational arm of QSA) plans to launch a research program in Theravada Budhism. The first research topic will be the SELF IDEA (Sakkaya Ditthi) which is important in regard to the attainment of enlightenment at the first stage. The process will

involve identifying discourses of the Buddha directly related to the topic. These will be studied in detail and the areas of practice necessary in this connection will be identified. A follow up program is also envisaged.

For practical reasons not many can join the program. Please contact the organizer via infoqsa@gmail.com to indicate interest.

END OF THE 11-PAGE QSA NEWSLETTER FOR APRIL 2018

Issued by the president of QSA, Reverend James Wilson

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TO A FRIEND WHO IS LIKELY TO BENEFIT**

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