



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

Published by the Queensland Sangha Association Inc

An incorporated association of Buddhist monks and nuns in Queensland, Australia. Est. 2007

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31 DECEMBER 2021

NUMBER 102

CONTENTS

PAGE	DESCRIPTION
1	Short sayings of the Buddha (Dhammapada stanza 89)
2	Training program for Buddhist Counsellors-dates announced
3	Fortnightly Buddhist Forum 03-Path to Nibbana, Sessions continuing
4	Buddhist Forum 04 Session 8 on Clearing Unwholesome Mental States Completed. Next date will be notified to registered participants.
5	A New book on The Buddhist Way to Happiness (based on the Great Discourse on Blessings) about to be released
6	Vacancies for volunteers in QSA IT Specialist, Commercial Manager, editors
7	Tamara Tiffin appointed as Registrar to the Buddhist Chaplaincy Services Board
7	Krishan Jayalath appointed as Deputy Secretary of QSA
7	QSA Committee meeting number 48

***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (89)***

Those with mind well developed in the factors of enlightenment and who have rid themselves of all craving, rejoice in their abandonment of grasping. Such persons with all moral defilements eradicated, and powerful with the light of Sainthood, have realised Nibbana in this world.

**TRAINING COURSE FOR DHAMMA COUNSELLORS
EXPECTING TO TEACH BUDDHISM TO YOUTH
USING THE NEW PRACTICAL TECHNIQUES**

QSA will conduct a series of new training programs for Dhamma teachers to qualify as Buddhist Counsellors firstly to teach Dhamma to young people using the newly documented practical techniques, and secondly helping young people, to apply the Dhamma in day-to-day life with confidence and purpose.

The first program will run for a total of six hours on ZOOM. The program will run for 2 hours on three selected days, as follows:

Saturday 12 February 1.00 pm to 3.00 pm

Saturday 19 February 1.00 pm to 3.00 pm

Saturday 26 February 1.00 pm to 3.00 pm

To register your interest, please send an email to infoqsa@gmail.com. You need to be a Dhamma teacher in the Mahayana tradition or the Theravada Tradition. Monks and nuns of any tradition can register even though they might not be current teachers. A temple may nominate several participants in one email. Parents interested in teaching their children are welcome to join the programs.

The ZOOM link to enter the training sessions is as follows:

<https://us02web.zoom.us/j/6043658907>

No fees are charged.

All course material is taken from a new book on the subject just published by the QSA initially in Australia. Each participant will receive a copy of the book after registration.

Nominees from overseas will be welcome.

**BUDDHIST FORUM (3)- PATH TO NIBBANA
IN ENGLISH
SESSIONS ON ASPECTS OF MINDFULNESS DEVELOPMENT
CONTINUING**

This course is conducted by Venerable Brisbane Dhamma Rakkhita, a resident monk at the Sri Lanka Buddhist Monastery (Brisbane), 114 Considine Street, Ellen Grove, Brisbane, usually on every other Sunday at the monastery and on ZOOM from 2.00 p.m. for three hours.

The usual program is 45 minutes of Walking Meditation, 45 minutes of Sitting meditation and about 60 minutes for a talk on an aspect of mindfulness development. Meditation reports, questions and answers follow.

The program has continued for more than one year (about 27 sessions) and is continuing. For current details please send an email to infoqsa@gmail.com. Your emails will be passed on to the organizer Chatu Senarat.

Records are kept for reference. These talks are very clear, and easy to understand.

The ZOOM entry codes are given below:

Use the link below or the Meeting ID and password.

Meeting ID: 831 3800 2308

Password 043871

<https://us02web.zoom.us/j/83138002308?pwd=L3hyWU5TS3V5eVhkS0orU3Q1d3luUT09>

The previous recordings from the discussion can be accessed here:

https://youtube.com/playlist?list=PLiOuupX6UQZbRKQNHXq8-wk13_uK30pl

Venerable Dhamma Rakkhita conducts several other programs like this, at the temple in Ellen Grove. Please note that this program is in ENGLISH.

No fees are charged from participants.

BUDDHIST FORUM 04-REQUESTED TOPICS
From the booklet on the Path to Nibbana
SESSION 8 WAS HELD ON 21 NOVEMBER 2021

This program is held once a month on ZOOM at a time and date set by the organiser. Only participants registered for the program (currently about 38 addresses) are informed of details and receive emails and documents.

A script, about ten pages for each day is posted to all participants and ideas exchanged for about three weeks. The scripts are published in the QSA Dhamma Magazine issued on the 15th of every month after the sessions.

The presentations have been made by Tanuja Yasanga Sarath-Chandra, Buddhist Chaplain and Jayantha Maharage. Discussions were led by Rahubadde Sarath-Chandra, Buddhist Chaplain. Venerable Brisbane Dhamma Rakkhita provided guidance. Many others have contributed.

The ZOOM record of the Forum can be made available to anyone interested, for a limited time.

To enter the forum please use the following link:

<https://us02web.zoom.us/j/6043658907>

For information on the session for the next month, please email QSA via infoqsa@gmail.com.

Topics covered in the first nine sessions are:

SESSION NUMBER	TOPIC DISCUSED IN RECENT MONTHS
1	Right View (Samma Ditthi)
2	37 Factors of enlightenment (Part 1)
3	37 Factors of enlightenment (Part 2)
4	Obstacles to meditation and Dhamma Learning
5	Establishing Peace of Mind
6	Nine Facets of Unskilful mental states (Part 1)
7	Nine Facets of Unskilful Mental States (Part 2)
8	Elimination of unskilful mental states (Sabbasava Sutta)
9	The Noble Eight-Fold Path (Part 1)-Lanes 1 and 2

There was no session in December 2021.

A NEW BOOK ON THE BUDDHIST WAY TO HAPPINESS

QSA is in the process of publishing this 90-page book on the factors that lead to happiness. It is based on the Great Discourse on Blessings (Maha Mangala Sutta in Theravada). It seems that a parallel teaching uageis found in the Tibetan Mahayana texts and in Vietnamese Mahayana texts. Readers are invited to advise QSA on this matter. The initial issue will be as an electronic book. Editing is nearly complete.

The book has been translated into Sinhala, the main language spoken in Sri Lanka.

Readers may request for electronic or printed copies by sending an email to infoqsa@gmail.com

POSITION OF REGISTRAR BUDDHIST CHAPLAINCY SERVICES BOARD

This position was filled in December 2021. Tamara Tiffin was appointed to the position in December 2021. She will belong to the group of general executives of QSA.

POSITION OF GENERAL EXECUTIVE

Another position of general executive in QSA was filled in December 2021 with Mr. Krishan Jayalath consenting to join the executive organisation of QSA. Initially he will function as Deputy Secretary.

OTHER VACANCIES FOR VOLUNTEERS

Readers are invited to enquire about vacancies in the QSA organisation by emailing infoqsa@gmail.com. There are positions vacant in the Administration and Publications divisions.

QSA also needs an IT specialist intested in website development, to work with the current webmaster.

MANAGEMENT COMMITTEE MEETING NUMBER 48

QSA is in its 15th year. The 48 th meeting of the committee of management was held in December 2021.

The committee consists of four monks and three lay persons. It is supported by about fourteen executives responsible for various functions. The much larger groups of advisors, consultants, and lecturers need to be remembered for their silent contribution.

The senate of the Siddhartha Institute of Buddhism, the Buddhist Chaplaincy Services Board, and the Buddhist Publications Advisory Board need special mention.

**THE END OF THE 7 PAGE QSA NEWSLETTER FOR THE PERIOD DECEMBER
2021**

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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