



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

One should not pry into the faults of others, into things done and left undone by others. One should rather consider what by oneself is done and left undone.

DHAMMA RESEARCH PROGRAMS FOR 2019

Course reference -SIB 006)

NEXT PROGRAM AND REPORT ON SESSION 2 HELD ON 13 JANUARY 2019

The next session (number 3 of SIB 6) of this program will be held on Sunday 24 February 2019 from 2.30 to 4.30 p.m. (The original plan was to hold it on 10 February) You are welcome to attend. The topic for discussion will be “The Buddhist Path to Enlightenment: with special reference to Moral Conduct”.

Individuals have different views as to what type of practice, or indeed what exact practice leads to Enlightenment. Moral Conduct (Sila) is reckoned as one such practice. How does moral conduct contribute in the path to enlightenment. One specific question is does moral conduct help in softening the self-idea so that the first fetter is overcome to attain stream winning (Sotapatti Magga). This and related questions will be pursued in third session. This type of discussion is rarely available and no one should miss this opportunity

Prospective participants are requested to indicate their interest by sending an email via infoqsa@gmail.com. Please quote the course reference which is **SIB 006**.

Dr. Sanka Wasalthilake will lead the session. Sanka’s lecture will be based on discourses in the Collection of Discourses in the Pali Tripitaka.

For the benefit of those who could not attend session 2 held in January, a brief report on session 2 is given below.

DHAMMA RESEARCH PROGRAM-SESSION 2 HELD 13 JANUARY 2019-BRIEF REPORT

The Dhamma Research program session 2 was held as planned on Sunday 13 January 2019 at the Sri Lanka Buddhist Monastery on Considine Street, Ellen Grove, Brisbane 4078.

Dr. Sanka Wasalthilake presented a lecture on the Self View (Sakkaya Ditthi) based on the Sutta Pitaka (Collection of Discourses). This was followed by questions mostly seeking clarifications and a discussion ensued.

DHAMMA DISCUSSED

One of the questions was what practical methods were recommended to soften the self-idea. The practice of Virtues (Sila) was examined as one method. The development of mindfulness was examined as another. The inter relation of the two methods also drew the interest of participants. Sanka pointed out that the wisdom relating to the three features of existence, namely Impermanence, unsatisfactoriness and the no-soul concepts directly leads to the reduction of the identity view or self-idea.

Such wisdom can be developed by observation and contemplation of the three features of existence as well as the clear understanding of these features.

Mindfulness was a key to this type of mental development. Sanka clarified that although mindfulness was a popular idea in the modern world, most people think of mindfulness as a general idea ignoring the concept of spiritual mindfulness. In spiritual mindfulness one's focus is on the current happenings in the mind. The latter helps to reduce unwholesome cittas (consciousness) and tends to promote wholesome and skilful cittas. This leads to spiritual attainments.

The self-idea is one of the three fetters to attaining Sotapatti (Stream Winning) and hence it gets utmost attention in the Dhamma. The reduction of any of the ten fetters to attaining enlightenment is beneficial but the key to a break through is in Sakkayaditthi.

Brief references were also made to the many Wrong Views that obstruct progress such as the 60 views mentioned in the Brahmajala Sutta.

The session being the first one for 2019 was presided by Champa Rajapake. Reverend James Wilson the President of the Sangha Association Inc welcomed those present. Most Venerable Wattegama Dhammawasa the former president and Chief Monk for Australia gave a short talk about the Queensland Sangha Association and its work record. Rahubadde Sarath-Chandra outlined the process adopted in the Dhamma Research Programs. He emphasised the need to keep in mind the ultimate aim being enlightenment and that all studies in the program are aligned with the Path towards enlightenment. Asking questions or discussing matters purely for interest, information or curiosity was discouraged. The following references were mentioned for the benefit of further reading.

REFERENCES

PRIMARY

1. Dīgha Nikaya\ Brahmajāla sutta 1

2. Majjhima nikāya\ Cūḷavedalla sutta 44
3. Saṃyutta nikāya 24 \Diṭṭhisamyutta 1-18
4. Cittavagga 41\Dutiyaisidatta sutta 2
5. Abhidhamma Piṭaka\Vibhaṅgappakarana

SECONDARY

1. The Connected Discourses of the Buddha- A Translation of Saṃyutta nikāya By Bhikkhu Bodhi (Introductory Pages 839-852)

A GUIDE TO PRACTICAL BUDDHISM

Course reference SIB 007

This course is new. It is meant to help people who wish to get an idea of Buddhism starting from basics. It is also very useful in the practice of Buddhism starting from very simple practices.

Because the course is available via internet you do not have to attend lectures. Once you register as a student a tutor will be assigned to you to guide you through the course. The course is based on a book titled A GUIDE TO PRACTICAL BUDDHISM which is available on the internet.

In the website of the Queensland Sangha Association www.sanghaql.org please see under resources. This book is there to read.

QUALIFYING COURSE IN BUDDHIST CHAPLAINCY – 2019

Course reference SIB 001- Delivery 7

This course is for anyone who performs helping work – as a volunteer - inside Buddhist communities or in the Australian or international community. This helping work may involve: caring for children and families; supporting people who are facing life difficulties (relationship problems, unemployment, bereavement etc.); teaching Buddhism to school children; caring for the sick, elderly and dying; providing pastoral care in universities, hospitals, hospices and prisons; teaching basic meditation skills and running meditation practice groups (for example in hospitals and workplaces); supporting community members in times of conflict or natural disaster.

Helping others can be very satisfying but also challenging. This course aims to provide some basic tools to guide and support those who are involved in helping work. The topics to be covered in the course include: theory and practice of Buddhism (all traditions), what it means from a Buddhist perspective to help or 'offer service' to others, the limits to helping, basic counselling skills (especially listening skills and effective communication), common mental health problems encountered in the community, suicide prevention, and self-care for chaplains.

There are 20 hours of tuition in total in this course. Classes will be held on the following FIVE dates:

- Sunday May 5
- Sunday May 12
- Sunday May 19
- Sunday June 2
- Sunday June 9

All classes will run from 9am to 1pm at the University of Queensland, St Lucia campus. Students are required to attend all of these classes, to participate in the discussion and the skill building exercises, to complete assigned reading, and to complete two written assignments (a short report on a temple visit and a take-home exam).

There are no fees for this course; all tuition and reading material is provided free of charge by the QSA. Students who successfully complete the course may be eligible to apply to the QSA for registration as Buddhist chaplains.

Admission Requirements for the Qualifying Course in Buddhist Chaplaincy

1. completion of high school or equivalent, or a higher qualification.
However, students who have a good basic education and life experience in helping work are also welcome to apply.
2. good proficiency in written and spoken English.

For further information about this course – or an application form – please contact Dr Barbara Sullivan by email barbara.sullivan4005@gmail.com.

The information pack for this course for 2019 is in the QSA website www.sanghaql.org Please see in the list of documents in the Educational Services section of the website under Services.

AREA BUDDHIST CO-ORDINATORS

Bayside Brisbane	Gail Bell
Cairns	Dhammika Pereira-Marland
Charlottesville	David Pullen
Gold Coast	Dr. Mark Chappell

Initially any co-ordinator can be contacted via the QSA email address infoqsa@gmail.com. They can help with information on Buddhism, Buddhist institutions and visiting teachers. Some of them are Buddhist Chaplains and in any event they can put you in contact with a Buddhist Chaplain.

Currently there is a need for an Area Co-ordinator for the area surrounding Caboolture north of Brisbane.

QSA NEEDS TWO COURSE REGISTRARS

QSA needs two course registrars. One course is conducted in the Sri Lanka Buddhist Monastery in Ellen Grove, Brisbane. The registrar needs to be available on course days, expected to be 12 per year. A duty list is available for anyone interested.

Another course registrar is required to conduct a correspondence course in Buddhism. For this position no travelling is involved. The registrar can work from home using email.

For both positions the executive secretary of QSA is available to help the new registrars to get into the respective positions.

There is no salary or wages for either position. Please indicate your interest via QSA email address infoqsa@gmail.com

QSA NEEDS ONE OR MORE CONSULTING LECTURERS IN BUDDHISM AND A FEW TUTORS IN BUDDHISM

A lecturer preferably needs to have a Ph.D. relating to Buddhism or a Masters' Degree in Buddhism or higher or similar qualifications. Senior monks or nuns may have equivalent suitability. The work can be done from home or temple. Please send an initial email showing interest.

The consulting lecturer will be consulted by tutors when necessary. They are not required to take classes.

Expressions of interest are invited from those who might feel that they can help as tutors. A qualified lecturer will be available for Tutors to consult. There is no need for a tutor to have a formal qualification such as a degree in Buddhism, but the tutor would draw from lengthy and reliable experience in relation to the Dhamma in any tradition.

The first tutor is already at work. He can give an idea of the intended work load. A tutor can take as many students as he or she can supervise.

END OF THE 8 PAGE QSA NEWSLETTER FOR FEBRUARY 2019

Issued by the secretary of QSA, Venerable S. Sugathasara

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TO A FRIEND WHO IS LIKELY TO BENEFIT**

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