



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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Short Sayings of the Buddhaselected from the Dhammapada

The Bhikkhu who delights in heedfulness looks with fear on heedlessness, is not liable to fall. He is in the presence of Nibbana (Dhammapada 32)

EDUCATION AND TRAINING COURSES

Qualifying Course in Buddhist Chaplaincy (SIB 001-Delivery 6) Begins on 4 March 2018. Registration of students closes soon.

Please register as soon as possible. The following details have not been changed since our last Newsletter issued in January 18.

This course is for anyone who is involved in a helping/service role in the community or who wants to be in the future. The work includes: looking after the sick or elderly; supporting people who are facing life difficulties (marital problems, unemployment, bereavement etc.; advising and guiding school children or university students; visiting in hospitals, hospices and prisons; teaching basic meditation skills and running meditation practice groups (for example in hospitals and workplaces).

Offering help and support to people in need can be hard and challenging work. This course aims to provide some basic tools to guide those who are interested in this type of work. It draws on the teachings of the Buddha, as well as contemporary knowledge about counselling and mental health.

The topics to be covered include: theory and practice of Buddhist chaplaincy, the goal of service, how Buddhist philosophy facilitates chaplaincy work, identifying and assessing the needs of individuals and communities, the limits of Buddhist chaplaincy (legal and otherwise), listening skills, effective communication skills, common mental health problems (and when to refer clients), suicide prevention, self-care for chaplains.

The dates for the Buddhist chaplaincy course are:

Sunday March 4,
Sunday March 11,
Sunday May 13
Sunday May 20
Sunday June 3

All classes run from 9am to 1pm at the Sri Lanka temple, at 114 Consiidine Street, Ellen Grove, Brisbane, Queensland 4078.

On successful completion of this course, students may apply to the QSA for registration as a Buddhist Chaplain.

Additional information about this course

This course assumes no prior knowledge (of Buddhism, counselling or mental health). Please just come as you are! We particularly welcome students with life experience of performing service work. Even if you do not possess such experience you are still welcome.

We are asking students to attend all classes in the course (see dates above). There is a course requirement of 80% attendance (4 out of the 5 classes); this is because we want to maximize discussion and experiential learning in the course. One make up assignment will be available for students who miss one class.

The textbook for the course is: Rahubadde Sarath-Chandra, Buddhist Chaplaincy. Buddhist Religious Care
Copies of this textbook will be distributed at the first class.
Other readings will also be assigned and made available during the course.

Assessment for the Buddhist Chaplaincy training program is as follows:

- satisfactory participation in classroom discussion
- satisfactory participation in the in-class exercises on listening skills and effective communication
- a take-home exam (to be emailed to students at 9am Monday 19 March; answers due by 5pm Monday 26th March); pass mark is 75%

Course Convener: Dr. Barbara Sullivan BDS (Syd), PhD (Qld), Cert Hol Counselling

Please contact Dr. Sullivan if you have any questions about the course and/or if you wish to enroll in the course. Her email address is barbara.sullivan4005@gmail.com

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

In this workshop the main theme will be Mindfulness. A number of methods of encouraging children to learn and practice mindfulness will be discussed and tried. The workshop is intended for teachers of Buddhism but will also be useful for parents interested in helping children to be mindful at all times.

This workshop was proposed by Venerable Miao-Lai of the Chung Tian Temple and was sponsored by BESS (Buddhist Education Services for Schools Inc)

The workshop is on Sunday 1 April 2018 for about two hours from 1.00 p.m. to 3.00 p.m. The venue is Chung Tian Temple on Underwood Road, Priestdale. It is more or less at the end of Underwood Road and is very visible.

The program details are here.

- 1.00 p.m. Importance of meditation
Introduction by invited speaker (1) Venerable Miao-Lai
- 1.15 p.m. Different types of meditation
Invited speaker
- 1.30 p.m. Mindfulness Meditation (what is it and what for) for teachers
Invited speaker
- 2.00 p.m. Workshop on teaching Mindfulness Meditation to children
A few methods of introducing Mindfulness Meditation to children

Invited Speakers group
- 3.00 p.m. Closure

Email QSA on infoqsa@gmail.com for enrolments. If you are coming early you can choose to have your lunch at the temple from 12.00 noon. Please advise QSA as early as possible. QSA suggests that each of us donate \$ 10.00 to the temple for the lunch.

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.

BUDDHIST CHAPLAINCY FOR YOUTH ABOVE 10 YEARS

Venerable Dr. Pannasobhana residing at the Sri Lanka Buddhist Monastery in Ellen Grove conducts occasional educational programs in English to help children to cope with common problems they experience. If you are interested please contact the Venerable Pannasobhana via his email

pannasobhana@gmail.com

The next program is on 11 March 2018 from 2.30 to 4.30 p.m.

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

QUEENSLAND SANGHA ASSOCIATION INC (QSA)

The Annual General Meeting for 2018 will be held at the Chung Tian temple on Underwood Road in Priestdale, in the morning of Sunday 1 April 2018. The new committee will have its first meeting thereafter.

An educational program on Teaching Meditation to children will follow. Details of the program appear under the caption for the educational program Number SIB 007 above.

The invitation to the AGM will be sent to all members in March 2018. Invitations to the committee meeting and the agenda will be sent to members of the committee and a few executives around the same time.

The time table is given below.

SUNDAY 1 APRIL 2018

PROGRAM

9.00 a.m.	10.00 a.m.	ANNUAL GENERAL MEETING OF QSA
10.00 a.m.	11.00 a.m.	Meeting of Management Committee

ANNUAL GENERAL MEETING OF BESS

The Annual General meeting of BESS (Buddhist Education Services for Schools Inc) will be held from 10.30 am to 1.00 pm on Saturday 31 March 2018, at the public library in Sunnybank Hills.

All are welcome to attend.

AUSTRALIAN SANGHA ASSOCIATION INC (ASA)

The annual general meeting of ASA will be held in March 2018 in Perth. A request from the ASA is given below.

“Dear friends in the Dharma,

I am writing to inform you registration is open for the Australian Sangha Association's (ASA) 2018 AGM and Conference Day (Tuesday 13 March), as well as the (optional) Nuns' Vinaya Training Day (on Wednesday 14 March). The ASA's AGM and Conference day is a great opportunity to hear what the ASA has been doing; as well as a wonderful opportunity for monastics and lay people to meet and connect with Buddhists from other traditions; and to preserve the legacy of the Sangha. This year we are very fortunate to also have an optional nuns' vinaya training day for nuns of any tradition and any ordination level.

You can register even if you are not currently a member of the ASA, however if you would like to join the ASA (it's simple and free!) go to www.australiansangha.org/membership and fill in the online form.

How to register for the AGM/Conference Day and/or Nuns' Vinaya Training Day:

Simply go online to www.australiansangha.org and click on the blue "Info and registration" button under "ASA in WA 2018" heading. This will take you to the information and registration page which has:

- information about the beautiful venue, Jhana Grove Meditation Retreat Centre, W.A.
- the program for both days
- the AGM speakers and their topics
- 2 online forms: the (compulsory) registration form and the (optional) accommodation and transport form, click on them and you will be taken to an online form to fill out
- at the bottom of the page are 2 event flyers that you can download, print and/or share with others (I have also attached them for your convenience).

Please note: registration closes 28 February 2018.

I look forward to seeing you there!

Kind regards
Venerable Drolkar

(for ASA)“

END OF THE 8-PAGE QSA NEWSLETTER FOR FEBRUARY 2018

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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MEMBERS OF QSA, SUPPORTERS AND FRIENDS. PAST COPIES OF THE NEWSLETTER ARE
PLACED IN THE CURRENT PAGE OF THE QSA WEBSITE www.sanghaqld.org**

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If you want a friend to see this newsletter please let us know