



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

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### ***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA (77)***

The man of wisdom should admonish others; he should give advice and should prevent others from doing wrong; such a man is held dear by the good; he is disliked only by the bad.

## **BUDDHIST FORUM (3) PATHWAY TO NIBBANA SESSION 5**

Session 5 of the continuing Forum 3 on Mindfulness was held on 23 December 2020. Mr. Amaranath Jayakody functioned as the forum leader. As before each program included a talk.

The talks covered the following topics:

Mindfulness

The Four Foundations of Mindfulness

Evolution of Breathing

Clear Comprehension

If you wish to participate in forum 3 please ask for the ZOOM codes. Please write to [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## **QSA IS LOOKING FOR A VOLUNTEER WITH KNOWLEDGE OF PUBLISHING**

QSA publishes a Dhamma Magazine, a newsletter on a monthly basis. A few books have been and are in the planning or publication process. Various documents are produced in relation to training courses. There are a few volunteers already helping in this work.

We want someone with training or experience in relation to publishing to join our team. Enhancing the quality of products is one major aim.

**THE END OF THE 3 PAGE QSA NEWSLETTER FOR THE PERIOD JANUARY  
2021**

**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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