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# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

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## CONTENTS

PAGE	DESCRIPTION
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- |    |   |
|----|---|
| 1  | Short sayings of the Buddha (Dhammapada stanza 67)                |
| 2  | Qualifying Course in Buddhist Chaplaincy-Repetition number 8      |
| 2  | Buddhist Forum (2) Session (2) Taking Control of your mind        |
| 5  | Level (10) Dhamma and Abhidhamma Course (SIB-013)                 |
| 6  | Mindful School (Sato Pasala)                                      |
| 7  | FIFTH Queensland Buddhist Convocation to be held in November 2020 |
| 8  | Vacancies for volunteers in QSA                                   |
| 9  | Sangha Welfare Services to be revived                             |
| 10 | Invitation to contribute to the QSA Buddhist Forum (on Zoom)      |
| 11 | Proposal for an Australian Buddhism Basic course                  |

## ***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA***

*That deed is not well done when after having done it, one regrets, and when weeping with tear-full face, one reaps the fruits thereof.*

**(Dhammapada stanza 67)**

## **QUALIFYING COURSE IN BUDDHIST CHAPLAINCY Sept/Oct 2020**

This short course offers some basic training and skills in how to help and support others, from a Buddhist perspective. Helping others, embarking on the path of service, can be very satisfying - but also deeply challenging. Buddhist Chaplains in Queensland currently perform a wide range of volunteer work both inside and outside Buddhist communities. This includes: supporting people who are facing life difficulties (relationship problems, unemployment, bereavement, etc.); providing pastoral care in hospitals, hospices, prisons and universities; teaching Buddhism; teaching meditation skills and running meditation practice groups (for example in hospitals and workplaces); caring for children, the sick, the elderly and dying; supporting community members in times of conflict or natural disaster.

The topics to be covered in the course include: what it means from a Buddhist perspective to help or 'offer service' to others, the limits to helping, Buddhist beliefs and rituals (across all traditions), listening skills and effective communication, common mental health problem in the community, suicide prevention, and self-care for chaplains. The course does not assume any in-depth knowledge of Buddhism or any prior training in counselling. It is open to people from all Buddhist traditions and to anyone who is interested (and who has both a basic education and sufficient English language skills).

Course participants will meet at University of Queensland, St Lucia campus, for 20 hours - over five Sunday mornings (9am to 1pm) on the following dates: **13 September, 20 September, 27 September, 4 October, 25 October. Attendance at all five classes is a requirement.** The course is free although a donation to

the QSA (of any size) is requested for participants who are able to afford this. Students who complete this course may go on to be registered as Buddhist chaplains by the QSA (see the QSA website for further details).

For the full information package about this course please email the course co-ordinator Dr Barbara Sullivan at [barbara.sullivan4005@gmail.com](mailto:barbara.sullivan4005@gmail.com)

## **BUDDHIST FORUM (2) TAKING CONTROL OF MY MIND SESSION (2) 5 JULY 2020**

**Do we have control over our minds or does the mind take control of us? When the untrained mind takes control of a person, it can run amok. We then fail to achieve our goals.**

**Success and happiness in life depends on how well we are equipped to manage our minds. A person who does not have control of the mind can be knocked about, like a boat caught in a storm.**

**When do such situations occur? How do we manage the mind, when it is running all over?**

**Forum (2) Session (1) was held on 7 June 2020 on Zoom. And we discussed a set of this type of problem. Rahubadde Sarath-Chandra, author of “Buddhist Psychology-the building blocks”, and Tanuja Sarath-Chandra conducted the discussion.**

**Forum (2) Session (2) will be held on Sunday 5 July from 10.00 to 11.00 a.m. Click on the ZOOM link to join: <https://us02web.zoom.us/j/6043658907>**

**If you have questions regarding this session or other activities of the QSA, please email [infoqsa@gmail.com](mailto:infoqsa@gmail.com)**

More details about both sessions (1) and t(2) are given below.

Session (1) topics were as follows:

- 1 The mind can run very fast and very far, in a short time

- 2 The mind creeps into a cave and hides there too long
- 3 The mind runs in a wayward fashion
- 4 The mind tries to conduct research on everything
- 5 Getting involved in past events

Session (2) topics will be as follows:

CASE (6)

**THE MIND TAKES A HARD POSITION ON SOME MATTER**

CASE (7)

**INCESSANT FRIVOLOUS TALKING**

CASE (8)

**WORRYING OVER WHAT HAS ALREADY HAPPENED**

CASE (9)

**NURTURING HATRED**

CASE (10)

**UNEXPLAINED ATTRACTIONS**

CASE (11) With some aspects that will be presented:

**THE MIND MIGHT LOSE ITS NATURAL MALLEABILITY**

Part of a person's ability to progress is depends on the ability of the mind to pick up new ideas. New ideas do not come when the mind is stuck in a particular view.

Right view (Samma Ditthi) is an important element in the noble eight-fold path. It seems to be the at the top of the list. According to the Dhamma a strong view is usually a wrong view. So we need to be malleable and ductile in the mind. That way we can accommodate a correction and seek progress.

Because of the rarity of noble friends, we tend to become sub-servient to strong views and hold on to them as if these are our belongings. That is part of the ego. It is wiser to be flexible and to have an open mind.

This is not a simple matter. It seems to be the base upon which our path to enlightenment is established.

If you cannot find many noble friends, never forget that the Buddha Is always there through the Dhamma.

***Please try to develop new cases using the following topics. See whether these things happen and look for solutions to the problems implied.***

- 12 The mind dwells on embarrassing situations for too long
- 13 The mind tries to always focus on the self no matter what is around
- 14 The mind continuously and incessantly jumps from one thing to another (like a monkey)
- 15 The mind derives comfort by dwelling on unwholesome things
- 16 The mind is embroiled in confusion the whole time
- 17 The mind is tired and wants to sleep, after running around too much
- 18 The eyes try to see what is here but the mind dwells on what is there
- 19 The mind tries to do too many things at the same time
- 20 The mind enjoys having a pipe dream

*Queensland Sangha Association Inc*  
**SIDHARTHA INSTITUTE OF BUDDHISM**

## **DHAMMA AND ABHIDHAMMA COURSE (THERAVADA)** **SIB -013**

This course is in the planning stage. Readers who are interested are requested to communicate with QSA via the email address [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

**LEVEL 10 -SENIOR**  
**(PARTLY BASED ON THE INTERNATIONAL COURSE IN BUDDHISM RUN BY COLOMBO YMBA FOR OVER 100 YEARS IN MANY COUNTRIES)**

### **PART (A) DHAMMA**

- 1 A Selection of stanzas from Dhammapada
- 2 Buddhist Approach to Discerning the Truth
- 3 Selections from The History of Buddhism
- 4 The first discourse of the Buddha-The philosophy of Buddhism
- 5 The discourse on the triple gem and other connected discourses
- 6 The three characteristics of existence, worldly and spiritual interpretations

- 7 Dependent Origination Theory and Causation Theory
- 8 The four stages of Enlightenment, a worldly understanding
- 9 The thirty Seven Requisites of Enlightenment at a worldly level

## **PART (B) ABHIDHAMMA**

- 1 Compendium of Doors (of the mind)
- 2 Compendium of Objects (contacted by the mind)
- 3 Compendium of Bases (of the mental process)
- 4 Compendium of the Cognitive Process
- 5 Compendium of the Process Freed (mental experience)

DELIVERY TECHNIQUE	Zoom with recording as requested
SUITABLE FOR	Dhamma teachers in temples Future Dhamma teachers Others interested in studying the Dhamma
COURSE FEE	Free
COURSE MATERIALS	Free

## MINDFUL SCHOOL (SATI PASALA)



# சதி பாசலா

## உளவிழிப்புணர்வு பாடசாலை

### *Satí Pasala*

“Sati Pasala” may be a new term for some of you. We have come across instances where this is pronounced as “Sati Masala” We can’t blame anyone because “Masala” is more popular than “Pasala” in this part of the world. So, is there an English term for it? What does this really mean? The short answer - Yes. Let me tell you all about it.

The English term is “Mindful School”, which is the brainchild of Most venerable Uda Eriyagama Dhammajiva, the abbot of Nissarana Vanaya Monastery. The first mindful school was conducted in March 2016, in Sri Lanka, to teach mindfulness on a secular basis to all children. Since its inception, it has gradually spread to other parts of the world. The first Mindful School outside Sri Lanka was conducted in Melbourne in August 2016. Soon after, a Brisbane Mindful School was established with the blessings of the Most Venerable Wattegama Dhammawasa, the Chief Incumbent of Subodharama Peradeniya and Sri Lanaka Buddhist Monastery in Ellen Grove, Brisbane. Currently, Mindful Schools are also conducted in several other countries including New Zealand, Canada, Middle East, Europe and the USA.

### What is Mindfulness?

Being mindful is to become fully aware and attentive to the present in time and place. In other words, being fully aware of what is happening to and within you right now, right here. Becoming aware that ‘Now - I am -



*Understanding  
mindfulness*

Here' is a nice and practical way to exercise and experience mindfulness.



*Mindful walking*

In Mindful School, participants cultivate the skill with two main, simple and non-sectarian techniques; commonly known as Mindful Walking and Mindful Sitting. Mindful games, day to day activities and other skills such as drawing, and yoga are used to generate an understanding that mindfulness is a life skill rather

than just walking and sitting.

During discussion times children share their experiences with mindfulness and can get clarification on any questions.

Mindful School program is based on the understanding of the power and potency of mindfulness in developing clarity of mind and inner peace. This leads to wisdom and compassion that transcends all boundaries and barriers. A key aspect of the Mindful School concept is the positive impact in promoting peace and harmony within oneself that extends to the family, society and the world at large.



*Mindful sitting*

Although the program has been started to promote to mindfulness among children, it has now spread to young adults, adults and corporate sector.

Would you like to experience mindfulness?

**Sati Pasala Australia Contacts**

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## **THE FIFTH QUEENSLAND BUDDHIST CONVOCATION**

The fifth Queensland Buddhist Convocation will be held at 2.30 p.m. on 28 Saturday in November 2020.

## **VACANCIES FOR VOLUNTEERS IN THE QUEENSLAND SANGHA ASSOCIATION INC**

The following vacancies need to be filled as soon as possible:

- 1 Publications Officer (editing books)
- 2 Publications Officer (maintaining records and book stocks)
- 3 Sangha Welfare Officer
- 4 Manager Facebook Page
- 5 Manager Zoom Buddhist Forum
- 6 Tutor or consulting lecturer in Buddhism

Because of the urgency positions 3, 4 and 5 were filled temporarily.

All these positions (excepting number 6) will report to the Executive Secretary of QSA (Rahu Sarath-Chandra). Your interest and entrepreneurship would be valuable rather than any formal qualifications or experience. The positions do not involve a lot of work but are intended to help in smooth functioning.

If you are able to help with any of these positions, please email QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com), or telephone Rahu on 3278 9021.

## **QSA BUDDHIST FORUMS (ON ZOOM) INVITATION TO ALL TO CONTRIBUTE**

At the committee meeting number 42 the question of Buddhist Forums on Zoom was discussed. It was decided to arrange a contract with ZOOM for QSA to run regular Dhamma Forums on Zoom.

Dhamma teachers of all traditions are invited to conduct lectures, discussions or short courses using this facility.

The idea of the forum is to promote Buddhist education in a non-sectarian way by providing an organised platform and guidance. Formal qualifications of forum leaders are not necessary but welcome. Informal training and study, research and publications, success in practice, success in teaching would be

necessary. Dissemination of academic information is expected but the emphasis is on promotion of spiritual practice.

Mostly, topics will be selected on interest shown. However, a teacher may wish to run a short course on the QSA Forum by arrangement with QSA.

To float the forum series a few topics are suggested below. Please suggest other topics as you see fit. The first forum was held to commemorate Buddha's birthday on 17 May 2020. The second has been planned for Sunday 7<sup>th</sup> of June.

Current suggestions for topics:

- 1      How the mind works (basic) and how you can take control of the mind  
(Youth and Mature adults)

*The first session was held on 7 June 2020. The second session will be held on 5 July 2020 again on ZOOM. (More details on the second page)*

- 2      Can the Buddhist idea of Generosity work in a modern industrial and commercial world?  
(young people between 20 to 30 years of age)
- 3      Selected stories from the Dhammapada  
(children and adults)
- 4      Buddha's past births stories  
(children and adults)
- 5      Illustrations of Kamma (in the past) and Results (in later births)  
(preferably adults)
- 6      A set of similarities between Mahayana and Theravada, and some differences  
(adults and secondary level students)
- 7      How to sleep peacefully  
(preferably separate groups for children, adults and aged people)
- 8      The many aspects of Metta and Karuna useful to the practitioner  
(children and adults)
- 9      Preliminaries for supporting Vipassana (Insight)

Please send your suggestions to QSA via the email address:

[infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## **A UNIFIED BASIC COURSE ON BUDDHISM FOR AUSTRALIANS**

QSA is planning to conduct a basic course in Buddhism encompassing all traditions of Buddhism established in Australia. The idea is to allow an enquirer to get a basic idea of Buddhism and come to know where each is practiced in Australia.

If you wish to participate in this project please ask for details by emailing [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

**THE END OF THE 11 PAGE QSA NEWSLETTER FOR THE PERIOD JUNE 2020**

**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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