



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

The flickering, fickle mind, difficult to guard, difficult to control-the wise person straightens it as a fletcher straightens an arrow.

*Like a fish that is drawn from its watery abode and thrown upon land, even so does this mind flutter. Hence should the realm of the passions be shunned.
(Dhammapada 33, 34)*

EDUCATION AND TRAINING COURSES

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

In this half day 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 (2)
- 1.30 p.m. Mindfulness Meditation (what is it and what for) for teachers
Invited speaker (3)
- 2.00 p.m. Workshop on teaching Mindfulness Meditation to children
A few methods of introducing Mindfulness Meditation to children

All Invited Speakers

Venerable Miao-Lai

Mr. Rahu Sarath-Chandra

Mr. Thakshita Wijesuriya

Mr. Tanuja Sarath-Chandra

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.

The program is conducted by Mr. Tanuja Sarath-Chandra, Buddhist Chaplain.

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.

Qualifying Course in Buddhist Chaplaincy (SIB 001-Delivery 6)

Delivery 6 of this course has begun. Scheduled dates are as follows:

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

The first two sessions were held on March 4 and 11. Special arrangements have been made in regard to three participants from Cairns and Innisfail.

BUDDHIST CHAPLAINCY FOR YOUTH ABOVE 10 YEARS

Venerable Pannasobhana residing at the Sri Lanka Buddhist Monastery in Ellen Grove conducts regular youth chaplaincy programs for children. It is in English. The idea is help young people to cope with common problems they experience. If you are interested please contact Venerable Pannasobhana via his email. pannasobhana@gmail.com

The second program was held on 11 March 2018 from 2.30 to 4.30 p.m. Dr. Francis Suraweera conducted a session in Reiki. Erin Lorimer conducted a session in Yoga. The event was held at the Sri Lanka Monastery in Ellen Grove. About 80 children were present.

The next session will be in May.

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.

A MONK NEEDS TRANSPORT ONCE A WEEK ON FRIDAYS BETWEEN FOREST LAKE AND JINDALEE

A monk from Forest Lake is teaching Buddhism under RI in Jindalee State School from 9.00 am to 9.30 am. He needs transport from Forest Lake to Jindalee and back every Friday (if a school day).

If you are unable to help every week you may select days on which you can afford to help. Please email infoqsa@gmail.com

HIGHER ORDINATION CEREMONY IN ELLEN GROVE, BRISBANE

The newly built SEEMA (sanctified chamber) for monks to meet according to certain disciplinary rules, was the venue for the higher ordination of Venerable Dhamma Vihari (formerly Mr. Long Luu) at the Sri Lanka Buddhist Monastery (Brisbane) in Ellen grove.

Venerable N.Chandima functioned as senior monk giving the ordination. The historic ceremony was witnessed by people from many communities including Sri Lankans, Burmese and Vietnamese. The chief monk of the temple Venerable W. Dhammawasa, the chief monk of the Queensland Buddhist Vihara Venerable S.Sugathasara and the chief monk of the Myanmar Temple Venerable Dr. Kitsayana were also present among many members of the Theravada Sangha.

The establishment of the Seema is a vital attainment helping the continuation of the Buddhist Religion in the world.

A photograph showing part of the procession connected to the ceremony appears below. Mr. Luu (now Venerable Metta Vihari) was conducted to the ordination chamber for taking the precepts.



END OF THE 7-PAGE QSA NEWSLETTER FOR MARCH 2018

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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