



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 65) |
| 2 | Buddhist Forum (2) Taking Control of your mind |
| 2 | Report on Vesak Buddhist Forum (on ZOOM) held on 17 May 2020 |
| 3 | FIFTH Queensland Buddhist Convocation to be held in November 2020 |
| 3 | Vacancies for volunteers in QSA |
| 5 | Qualifying Course in Buddhist Chaplaincy-Repetition number 8 |
| 5 | Zoom Buddhist Forum 2-5 June 2020 |
| 6 | Sangha Welfare Services to be revived |
| 7 | Invitation to contribute to the QSA Buddhist Forum (on Zoom) |
| 8 | Proposal for an Australian Buddhism Basic course |

SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA

With themselves as their own enemies, fools lacking in intelligence move about doing evil deeds, which bear bitter fruits.

(Dhammapada stanza 66)

BUDDHIST FORUM (2) TAKING CONTROL OF MY MIND

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, similar to 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) aims at finding answers to this type of problem. Rahubadde Sarath-Chandra, author of “Buddhist Psychology-the building blocks”, and Tanuja Sarath-Chandra will conduct a discussion on ZOOM to discuss this issue and seek solutions.

The session will be held on **Sunday 7 June from **10.30 to 11.30 a.m.** Click on the ZOOM link to join: <https://us02web.zoom.us/j/6043658907>**

This is part of a series of free Buddhist Forums planned by the QSA to be run on ZOOM.

If you have questions regarding this session or other activities of the QSA, please email infoqsa@gmail.com

VESAK BUDDHIST FORUM HELD ON 17 MAY 2020 BRIEF REPORT

The Vesak Buddhist forum was held on ZOOM as planned. It ran for four hours. There were four sessions in the forum as follows:

SESSION (A)

Great qualities of the Buddha
Descriptive aspects of the Dhamma

SESSION (B)

Meditation for Mindfulness, Open Awareness and Insight
Loving-kindness (Metta) meditation

SESSION (C)

Object-based Meditation, Samatha, and Insight
Walking Meditation

SESSION (D)

Insight (Vipassana) Meditation

The forum opened with a reading by a year 6 student (Amaya Morawaka) describing the great qualities of the Buddha.

Venerable Wattegama Dhammawasa, Abbot of the Sri Lanka Temple in Ellen Grove, Brisbane, and chief monk in the Central Province in Sri Lanka, chief monk for Australia, gave a lecture on the Buddha as an embodiment of the Dhamma.

Venerable Kekanadure Dhammasiri from the Buddhist Vihara (Temple) of Queensland in Goodna, and a Buddhist Chaplain in U.S.A., gave a lecture on the scriptures in the Pali Language.

Venerable Hui Chyuan, the Abbot of the Chan Meditation Centre in Springvale, Logan City conducted a meditation session and spoke on Calming meditation, Mindfulness meditation and Insight (Vipassana).

Venerable Lozang Tseten explained Loving-Kindness (Metta) meditation and Walking meditation.

Mr. Arno Hess, a Zen Teacher and founder of Pathway Zen, and a Buddhist Chaplain, spoke on Object based meditation, Samatha and Samadhi.

In Session (D) Dr. Jacqueline Wicks, Rahubadde (Rahu) Sarath-Chandra and Mr. Patrick Kearney discussed Insight (Vipassana). Rahu ventured to explain the possibility of practising Vipassana in day to day life for worldly purposes.

Informative and helpful discussions took place during all stages of the forum

If you missed this forum you can listen to the lectures and discussions on a recording, which we can send you. Please ask for the record by emailing infoqsa@gmail.com. It is audio-visual.

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, or telephone Rahu on 3278 9021.

QUALIFYING COURSE IN BUDDHIST CHAPLAINCY REPETITION NUMBER 8

In view of the current pandemic, no dates have been set for the Qualifying Course in Buddhist Chaplaincy.

SANGHA WELFARE SERVICES TO BE REVIVED

Are you a Buddhist Monk or Nun? The Queensland Sangha Association is here to help if you are in need of anything. There may be people in the community who are interested in helping you. QSA would do its best to make your needs known to prospective helpers and to bring the parties together.

Please send your email to infoqsa@gmail.com. Requests will be treated confidentially.

Are these some of the items that you need? Or, you might need completely different things. Please inform the QSA:

- Relics
- Statues
- Bodhi Trees

Small machinery or equipment
Robes
Books (Mahayana, Tibetan and Theravada)
Textiles (for making robes, bedding, etc.)
Stationery
Small goods
Tinned or dry food items

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 7th 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)
- 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)

Please send your suggestions to QSA via the email address:

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

THE END OF THE 7 PAGE QSA NEWSLETTER FOR THE PERIOD MAY 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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