



HAPPINESS THE BUDDHIST WAY

QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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*SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (110)*

DHAMMAPADA STANZA 110

Though one should live a hundred years immoral and uncontrolled, yet better indeed is a single day's life of one who is moral and meditative.

CURRENT EDUCATION PROGRAMS

The following education programs are currently available:

Introduction to Buddhist Counselling (25 modules)

Applied Buddhist Psychology (20 modules)

Both are flexible, for self-study, and are self-driven, combined with discussions on ZOOM arranged on request. One-to-one Zoom discussions can also be arranged if required.

Please send an email to QSA via infoqsa@gmail.com to enroll.

INTRODUCTION TO BUDDHIST CHAPLAINCY

Oct-Dec 2023

(This is the 12th repetition of this course)

This short course (20 hours in class/100 hours in total) offers some basic training and skills in how to help and support people who are in distress. The topics to be covered in the course include the following topics:

- What it means from a Buddhist perspective, to help others in need
- Listening skills and effective communication
- Assessing needs and making referrals
- Common mental health problems in the community
- Suicide prevention
- Self-care for chaplains.

The course will run via Zoom over five Sunday mornings (9am to 1pm AEST) on the following dates in 2023:

- 29 October
- 5 November
- 12 November
- 26 November
- 3 December.

The course is free although a donation to the Queensland Sangha Association is requested from participants who are able to afford this. For further information about this course please email Dr Barbara Sullivan barbara.sullivan4005@gmail.com

FREE E-BOOKS AVAILABLE

PRINTED BOOKS (available in some temples)

- 1 Buddhist Chaplaincy, 182 Pages in size A4 (a few hundreds available)
- 2 Buddhist Psychology-the building blocks, First edition, 168 pages in size A5 (only a few copies available)

ELECTRONIC BOOKS (that can be emailed on request)

- 1 The Buddhist Way to Happiness (English) (Maha Mangala Sutta) , 85 pages a4
- 2 The Buddhist Way to Happiness (Sinhala) (Maha Mangala Sutta), 91 pages A4
- 3 Practical Techniques of Teaching Buddhism to Youth, 185 pages A4
- 4 Basic Buddhist Psychology-second revised edition, 152 pages A5
- 5 Buddhist Chaplaincy, 182 pages A4
- 6 Q and A for students in grades 11 and 12, 55 pages A4

ELECTRONIC BOOKS (that are partly in website sanghaqld.org or can be emailed on request)

- 1 Lessons Bank 1, on selected Discourses, 130 Pages A4
- 2 Lessons Bank 2, on Meditation, 50 pages A4
- 3 Lessons Bank 3, on Buddha Dhamma, 105 pages A4
- 4 Lessons Bank 4, on Buddhist Psychology and Philosophy, 58 pages A4
- 5 Lessons Bank 5, on Dhamma Practice, 48 pages A4

Alphabetical Index to all 5 lesson banks (not on website yet)

Curriculum related to the lesson banks, (not on website yet)

Booklet on Teaching Techniques suggested (not on website yet)

Please email Queensland Sangha Association via email infoqsa@gmail.com

A series of six books for Grades 1 to 6 are under preparation and are nearing completion. A team of Buddhist Counsellors enrolled with QSA are working on this project. The idea is to depart from tradition, and to make things easier for teachers as well as children. Enjoyable activities that indirectly impart deep Dhamma knowledge form the main component. Art and cultural activities get pride of place in the lower age groups.

HELP FOR TEMPLE DHAMMA SCHOOLS PRIMARY LEVEL AND HIGH SCHOOL LEVEL

You can see the lessons or download these **FREE OF CHARGE**. Access is via the menu item **PRACTITIONERS GUIDE** on the QSA website www.sanghaqld.org.

The lessons are arranged in five banks titled **Discourses, Meditation, Dhamma, Psychology and Dhamma Practice**.

A curriculum, teaching techniques and an alphabetical index are also provided by email.

You can also ask for help from a Buddhist Counsellor via email [**infoqsa@gmail.com**](mailto:infoqsa@gmail.com), and help will be provided promptly.

Beginners who want to read about Buddhism can also use these lessons.

Six Dhamma books for Grades 1 to 6 are under preparation. The draft of the grade 1 book is now available to Temples for perusal and criticism.

DONATIONS TO QSA

QSA runs on donations. Donations can be made through our bank account.

Heritage Bank

BSB: 638-070

Account number: 11592818

Account Name: Queensland Sangha Association

Please use your name as the payment reference and send an email with the payment details and your name to infoqsa@gmail.com

DHAMMA QUERIES ZOOM CHANNEL

Our ZOOM link will be activated when requested. Anyone may make comments or raise questions on a one-to-one basis with a senior Buddhist counsellor free of charge. Book your time by sending an email via infoqsa@gmail.com

The ZOOM link will be sent to you in reply. If you like, in the email itself, you can make your comment or raise the question briefly; we can discuss details later.

PRIVATE DHAMMA DISCUSSIONS IN SMALL GROUPS ON ZOOM

Send an email to
infoqsa@gmail.com

TO ARRANGE FOR A DATE AND TIME

QSA DHAMMA PROGRAMS ARE NOW ARRANGED IN TERMS OF SEVERAL STANDARD COURSES

QSA Dhamma programs will henceforth be arranged in several series, corresponding to educational courses, expandable in the future, for the convenience of all. It will also help keep records of discussions for future use, in a rational manner, making retrieval easy.

There are eight such courses being dealt with as follows:

- 1 Introductory Course in Buddhist Chaplaincy
[This course has been delivered 11 times]
- 2 Family Peace Course
- 3 A course in a general framework for happiness
- 4 A course on how the mind works-psychology and philosophy
- 5 A course in Buddhist Education-Primary
- 6 A course in Buddhist Education-Secondary

There are five collections as follows:

- Discourses, Meditation, Dhamma. Psychology, Dhamma practice
[the five books are available on our website sanghaqld.org]
- 7 Buddhist Education-Tertiary
Currently a collection of 83 units on Dhamma, Teaching, and Meditation
constitutes this introductory course in Buddhist Counselling
[a book on the course is nearing completion]
- 8 Buddhist Education-Research and Practice

Readers can access these programs by email, through the QSA website, or get enrolled for regular information on updates, and availability on ZOOM programs. Help is also available via email infoqsa@gmail.com

QSA email address is:
infoqsa@gmail.com

QSA website is:
www.sanghaqld.org

There are two Facebook pages, the first one being:
Queensland Sangha Association (running for many years)
The second facebook page (just started) can be accessed via
facebook.com

The address is: **happiness.the.buddhist.way**

PLEASE SEND THIS ADDRESS TO ALL YOUR FRIENDS

APPLICATION OF BUDDHIST PSYCHOLOGY IN DAILY LIFE AND IN SPIRITUAL ADVANCEMENT

Expressions of interest are invited for a 20-hour course in the application of Buddhist Psychology in daily life and in spiritual advancement. There will be no course fees.

This course is not academic or examination oriented. It is in a simple language anyone would understand. It is entirely new. The presenters are qualified and experienced in both Buddhist psychology and Western psychology.

Please inquire via email addressed to infoqsa@gmail.com

MEETINGS OF ABC (THE ASSEMBLY OF BUDDHIST COUNSELLORS)

A few meetings have been held by the advisory board and ABC to discuss setting up procedures and preparatory work of the Buddhist Counsellors Division.

At the same time members of ABC have contributed immensely to the development of a new books for the Primary Dhamma Schools in Temples.

Please ask for information by sending an email to infoqsa@gmail.com.

VACANCY FOR A VOLUNTEER

HEAD OF BUDDHIST CHAPLAINCY DIVISION, QSA

This position will become vacant shortly, as the current head of the division wishes to retire. Expressions of interest are invited. The list of duties can be made available to those interested. Please indicate your interest by sending an email to infoqsa@gmail.com

SPECIAL PUBLICATION FOR BUDDHIST COUNSELLORS

From 22 July 2023, there has been a special newsletter for Buddhist Counsellors titled **ABC Information Exchange**, giving details of progress in the projects being undertaken by individual Buddhist Counsellors or small groups of Buddhist Counsellors.

Once a person enrolls as a Buddhist Counsellor with QSA, this information pack will be sent to them.

A MESSAGE FROM VENERABLE METTAJI, A.S.A.

Good morning Venerables and kind Dhamma friends,
Ready for viewing if this is of interest to your members:

[The Voice Referendum - An Online Forum with Noel Pearson](#)

Please share widely.

with kindness and gratitude,

Venerable Mettaji

In the spirit of reconciliation, I recognise the Traditional owners and custodians of the lands on which we live, work and care. I pay my respects to Elders past, present, and emerging, Senior knowledge holders, cultural heritage, spiritual connection to earth, sea and sky, and to truth telling. I extend that respect to all Aboriginal and Torres Strait Islander peoples in Australia. I support the Yes vote for a Voice to Parliament.

Attachments area

Preview YouTube video The Voice Referendum - An Online Forum with Noel Pearson



MANAGEMENT OF QSA

QSA is in its seventeenth year since inception in 2006. Committee meeting 54 is now due. The committee is supported by about 21 executives performing various functions such as financial management, information technology, chaplaincy services, education and publications. There are many other helpers too.

There are advisors in a few divisions. The Buddhist Chaplaincy Services Board, Buddhist Counsellors Co-ordination Board, and the Buddhist Publications Advisory Board need special mention as they help the executives with advise.

A group of Buddhist Chaplains is working with QSA. A smaller group of Buddhist Counsellors, about 25 of them also work with QSA. The total of volunteers now exceeds 110.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD AUGUST 2023

Issued by the President of QSA, Reverend James Wilson

**YOU ARE WELCOME TO FORWARD THIS NEWSLETTER
TO A FRIEND WHO IS LIKELY TO BENEFIT**

**THIS NEWSLETTER IS NOT FOR PUBLIC CIRCULATION BUT FOR THE INFORMATION OF MEMBERS OF QSA,
SUPPORTERS AND FRIENDS. PAST COPIES OF THE NEWSLETTER ARE PLACED IN THE CURRENT PAGE OF THE
QSA WEBSITE www.sanghaqlld.org**

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