

# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

Published by the Queensland Sangha Association Inc

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**QSA WEBSITE** [www.sanghaqlld.org](http://www.sanghaqlld.org) **EMAIL ADDRESS** [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

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## **SHORT SAYINGS OF THE BUDDHA (SET 6 SELECTED FROM THE DHAMMAPADA)**

*'In the unessential they imagine the essential, in the essential they see the inessential, they who entertain such wrong thoughts, never realise the essence. (Dhammapada 11)*

*'What is essential they regard as essential, what is unessential they regard as unessential, they who entertain such right thoughts, realise the essential (Dhammapada 12)*

## **NEW YEAR WISHES FROM THE PRESIDENT**

### **HAPPY NEW YEAR!**

I wish you a very happy and fruitful new year. May the blessings of the Triple Gem be always with you! May the temples and other centers to which you belong be of even greater service to the people they serve!

This time of the year may be the ideal time for each temple or other Buddhist Centre to showcase what they offer the wider community.

May I humbly suggest that in the first quarter of 2017 each centre organises an open day? At the minimum a centre could advertise the arrangement for a selected day during certain hours for people to come and see the temple.

If you have the facilities in addition you might organise public talks on the facilities in the temple, on basic teachings of Buddhism or conduct slide shows depicting ancient temples in other countries too.

An exhibition of Buddha Statues and artefacts, books containing the scriptures too would be an attraction.

QSA can help you with an advertisement in our newsletter. Please send such advertisements before 15 February 2017 for publication in our February newsletter. Email address is [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

(Reverend) James Wilson  
PRESIDENT

## **FOURTH DELIVERY OF THE BUDDHIST CHAPLAINCY COURSE-SESSIONS 11 AND 12**

**(Developing peace within and empowering others to achieve peace)**

The ninth session of this course was held on Saturday 3 December; the 10<sup>th</sup> session is planned for 21 January, the third Saturday of January 2017.

Four persons who had completed the 6<sup>th</sup> month have been registered as Buddhist Chaplains and were awarded certificates to this effect at the convocation held on 20 November 2016. There are 16 Buddhist Chaplains registered with QSA. However there are many more that have partly progressed through the course and need to fulfil a few more requirements.

Answers to assignments can be sent to [infoqsa@gmail.com](mailto:infoqsa@gmail.com) and will be seen by Venerable Lozang Drolkar, a member of the Buddhist Chaplaincy Board of QSA for assessment. She was educated at the Griffith University in Brisbane and at the Chenrezig Buddhist Centre in Eudlo.

The text book is in our website under 'Resources' or you can get a hard copy of the book free of charge by sending an email to QSA.

## **BUDDHIST CHAPLAINCY COURSE PARTS 1 AND 2 BATCH 5 (NEW INTAKE)**

If you wish to register for the fifth delivery of Parts 1 and 2 of this course please email QSA soon.

As we prefer to take in students in batches QSA would like to have an intake of a new batch of students as from 1 January 2017. The Thai temple in Forestdale will provide the campus for the fifth delivery of the course from that date with regular improved facilities as in a college. The course will be delivered in face to face classes or via tele-conferencing or both coupled with the internet as before.

Rahu and Tanuja Sarath-Chandra will function as the leading lecturers with the help of others. They have taken lectures from 2011 in four batches.

## **HIGHER LEVELS OF THE BUDDHIST CHAPLAINCY COURSE (PARTS 3 AND 4)**

A few who have completed the Buddhist Chaplaincy course (parts 1 or 2 or both 1 and 2) have indicated interest in following Parts 3 and 4 of the course. Part 3 will consist of a few applications of Part 2 mainly woven around Stress and Depression and the connected teachings of the Buddha mostly mindfulness, and how you learn and practice mindfulness. The benefits of mindfulness are illustrated. The dominant concept is mindfulness. The leading lecturer is Venerable Dr. B. Pannasobhana, a former medical practitioner.

Part 4 will consist of practising Buddhist Chaplaincy in association with a senior with experience in a community chaplaincy situation. It includes Dhamma interviews and discussions. Meditation of different types is a major component.

After satisfactory completion of parts 1 to 4 applicants will be awarded a Diploma in Buddhist Chaplaincy under the aegis of the Siddhartha Institute of Buddhism the educational arm of the Queensland Sangha Association Inc. The information pack for parts 3 and 4 will be placed in the QSA website [www.sanghaqlld.org](http://www.sanghaqlld.org) under the Services Menu, Educational Services sub-menu in the listing of documents sometime in February. **It is also given below.**

Alternatively you may ask for information by sending an email to **[infoqsa@gmail.com](mailto:infoqsa@gmail.com)**

Details of other training and education courses conducted by QSA will be announced in this newsletter or on the website of QSA

Queensland Sangha Association Inc

**DIPLOMA COURSE IN BUDDHIST CHAPLAINCY**

## **INFORMATION PACK FOR PARTS 3 AND 4**

### **1 MOST ADMINISTRATIVE DETAILS ARE AS FOR PARTS 1 AND 2**

Most of the information given in the information pack for Parts 1 and 2 Delivery 5 will apply here too. The days or hours allocated may be different.

The syllabus for parts 3 and 4 is given below.

Please register your interest by sending a brief email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com) giving your name and postal address, postcode, telephone numbers and preferred email address.

### **2 SYLLABUS FOR PART (3) OF THE COURSE**

#### **MANAGEMENT OF STRESS**

##### Incidence and sources of stress

- 1 Buddhist idea of stress
- 2 Nature of stress by age group
- 3 Nature of stress by environment
- 4 Factors that cause stress
- 5 Stress and physical health
- 6 Stress and mental health

##### Techniques to reduce stress

- 7 Reduction of stress using engagement as a technique
- 8 Reduction of stress using expansion of the mind
- 9 Reduction of stress by understanding the vicissitudes of life
- 10 Reduction of stress by understanding death
- 11 Reduction of stress by observing others
- 12 Reduction of stress by practising loving kindness (Metta), Compassion, Appreciative Joy and Equanimity

##### Discourse on Establishment in Mindfulness

- 13 Reduction of stress by understanding the concepts of mindfulness
- 14 The discourse on the establishment of mindfulness
- 15 Types of body contemplation

- 16 Types of Feelings contemplation
- 17 Types of mind contemplations
- 18 Types of contemplation of recommended mental objects and the extension of this method to cover other mental objects

### **MANAGEMENT OF DEPRESSION**

- 1 Buddhist idea of depression
- 2 The idea of normal depression
- 3 The idea of clinical depression
- 4 Types of depression that require help from medical practitioners and psychologists
- 5 Connection between stress and depression in Buddhist terms
- 6 Does the Buddhist idea of suffering lead to depression?
- 7 The idea of depression in relation to personality

### **LIFE EXPERIENCE AND THE CONCEPT OF SUFFERING**

- 1 The idea of suffering in the context of the four noble truths
- 2 The Buddhist definition of suffering and the different types of suffering
- 3 Does modern psychology have different concepts of suffering and if so are there contradictions or other problems to resolve

### **OTHER RELATED MATTERS**

- 1 Anxiety
- 2 Panic
- 3 Melancholy
- 4 Tension
- 5 Shame and fear
- 6 Worry
- 7 Restlessness
- 8 Mental taints
- 9 Mental tendencies
- 10 Causation and conditioning
- 11 Implications of the self- idea, impermanence and suffering

### **3 SYLLABUS FOR PART (4) OF THE COURSE**

For part 4) of the course a trainee needs to get practical experience working with a senior engaged in active practice in any field. A period of six months continuous or intermittent is recommended. Time spent is not the most important element. The supervising chaplain must be satisfied that the trainee is capable of handling interviews, Dhamma discussions and meditation without external help on the spot.

It is considered sensible to be associated with interviews related to Community Chaplaincy either on a one to one basis or on a group basis with several chaplains talking to several clients on the same matter or related matters.

### **PRACTICAL EXPERIENCE RELATING TO DHAMMA DISCUSSIONS AND INTERVIEWING**

Discussions ought to be related to the Dhamma connected to life experience rather than theory.

### **MEDITATION EXPERIENCE**

Different types of mediation will be covered. Examples are spot meditations, preparatory meditation, walking meditation, calming meditation, insight meditation and contemplation meditations such as loving kindness.

### **MEDITATION WORKSHOPS**

Experiments will be simple and practical but will lead to a point to understand and consolidate.

### **REFERRALS**

The points at which a referral is necessary need to be discussed. Types of referral agencies need to be noted. Sample referrals must be prepared.

## **4 ADMINISTRATIVE DETAILS**

**CLASS TIME SUGGESTED:** 20 Minutes per topic in Part 3 on an average. In part 4 the time for each mixed session will be about 2 hours.

**SELF STUDY TIME SUGGESTED:** One hour per topic in Part 3 on an average

**DELIVERY TECHNIQUE:** Face to face class plus simultaneous tele-conference. Distance learning techniques using the internet or other facilities can be arranged.

**CAMPUS SELECTION:** *The Sri Lanka Temple at 114 Considine Street, Ellen Grove, Q 4077* **OR** the Thai Temple at 1 Paradise Road, Forestdale, Q 4118

### **LEADING LECTURER**

Venerable Dr. B. Pannasobhana



**EDUCATIONAL QUALIFICATIONS:**

**ANY OTHER PARTICULARS AS MIGHT BE USEFUL:**

**SIGNATURE OF MONK/NUN**

Thank you for working with the Queensland Sangha Association Inc in the service of Buddhism. As you become a Buddhist Chaplain you will also get enrolled as a member of the Queensland Sangha Association Inc. The constitution is in the website [www.sanghaqld.org](http://www.sanghaqld.org)

**DONATIONS TO QSA**

Donations to QSA can be made by direct credit to the bank account detailed below:

**Name of account**

Queensland Sangha Association Inc,

**Account**                    **1159 2818**                    **S21**

**BSB**                            **638-070**

Heritage Bank, Forest Lake Shopping Centre, Forest Lake

**Once a deposit is made please inform QSA by email**

**CHEQUES CAN BE POSTED TO:**

Queensland Sangha Association Inc

108 Eric Street, Goodna, Queensland 4300

*Donations made to the QSA have been separately acknowledged.  
May all donors be well, peaceful and happy*

**END OF THE 8-PAGE QSA NEWSLETTER FOR JANUARY 2017**

**Compiled by Rahu Sarath-Chandra**

**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.sanghaqld.org](http://www.sanghaqld.org)**

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