



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

## Queensland Sangha Association Inc

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## Contents

- pg 1 Short sayings of the Buddha (Dhammapada stanza 91)
- pg 2 First training program for Buddhist Counsellors - 12,19 & 26 February
- pg 3 A new book on the Buddhist Way to Happiness
- pg 4 Buddhist Forum 3 continuing
- pg 5 Buddhist Forum 4 continuing
- pg 6 Vacancies for volunteers
- pg 6 QSA Committee meeting number 49



### ***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA (91)***

*The mindful strive diligently; they take no delight in the home. Like swans that forsake the muddy pool, they abandon all homelife.*

## FIRST TRAINING COURSE FOR DHAMMA COUNSELLORS

EXPECTING TO TEACH BUDDHISM TO YOUTH

### USING THE NEW PRACTICAL TECHNIQUES

The first delivery of this course (QSA 201) was completed on 26 February 2022. The first batch consisted of a small group numbering 15. The course was conducted by Rahubadde and Tanuja Sarath-Chandra, the authors of the 200-page book *Practical Techniques for Teaching Buddhism to Youth*.

Nominations will now be accepted for batch 2. It will be conducted on ZOOM.

The ZOOM link to enter the training sessions is as follows: <https://us02web.zoom.us/j/6043658907>

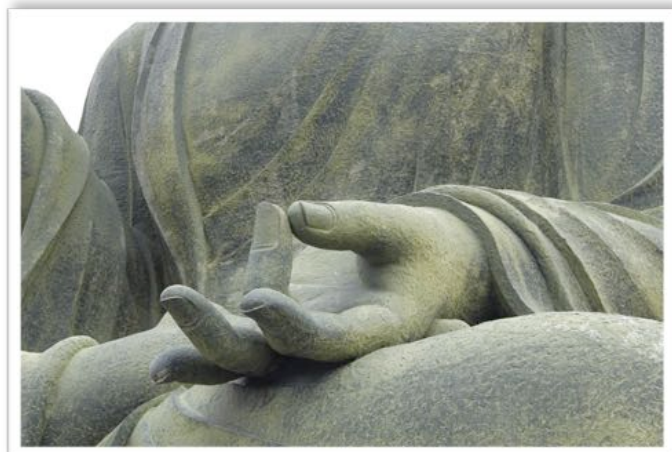
No fees are charged.

To register please email QSA on [infoqsa@gmail.com](mailto:infoqsa@gmail.com), as soon as possible.

*Nominees from overseas will be welcome.*

*As this is a qualifying course, continued professional assistance will be provided by QSA through a regular Buddhist Forum.*

The course consists of three 2-hour sessions, based on techniques woven around, (1) Right View, (2) Right Concentration and (3) Right Mindfulness.



A NEW BOOK ON THE  
**BUDDHIST WAY TO HAPPINESS**

QSA is in the process of publishing this 90-page book on the factors that lead to happiness. It is based on the Great Discourse on Blessings (Maha Mangala Sutta in Theravada). It seems that a parallel teaching is found in the Tibetan Mahayana texts and in Vietnamese Mahayana texts. Readers are invited to advise QSA on this matter. The initial issue will be as an electronic book. Editing is nearly complete.

The book has been translated into Sinhala, the main language spoken in Sri Lanka.

Readers may request for electronic or printed copies by sending an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

**The book will be particularly handy when teaching young people and when Samanera (novice) monks and nuns are trained.**



## BUDDHIST FORUM 03 - PATH TO NIBBANA IN ENGLISH

### Sessions on Aspects of Mindfulness Development Continuing



This course is conducted by Venerable Brisbane Dhamma Rakkhita, a resident monk at the Sri Lanka Buddhist Monastery (Brisbane), 114 Considine Street, Ellen Grove, Brisbane, usually on every other Sunday at the monastery and on ZOOM from 2.00 p.m. for three hours.

The usual program is 45 minutes of Walking Meditation, 45 minutes of Sitting meditation and about 60 minutes for a talk on an aspect of mindfulness development. Meditation reports, questions and answers follow.

The program has continued for more than a year (about 29 sessions) and is continuing. For current details please send an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com). Your emails will be passed on to the organizer Chatu Senarath.

Records are kept for reference. These talks are very clear, and easy to understand.

The ZOOM entry codes are given below:

Use the link below or the Meeting ID and password.

Meeting ID: 831 3800 2308

Password 043871

<https://us02web.zoom.us/j/83138002308?pwd=L3hyWU5TS3V5eVhkS0orU3Q1d3luUT09>

The previous recordings from the discussion can be accessed here:

[https://youtube.com/playlist?list=PLiOuupX6UQZbRKQNHXq8\\_-wk13\\_uK30pl](https://youtube.com/playlist?list=PLiOuupX6UQZbRKQNHXq8_-wk13_uK30pl)

Venerable Dhamma Rakkhita conducts several other programs similar to this at the temple in Ellen Grove. Please note that this program is in ENGLISH.

No fees are charged from participants.



## BUDDHIST FORUM 04-REQUESTED TOPICS

From the booklet on the Path to Nibbana

SESSION 9 WAS HELD ON 26 FEBRUARY 2022

This program is held once a month on ZOOM at a time and date set by the organiser. Only participants registered for the program (approximately 40 currently) are informed of details and receive emails and documents.

A script, about ten pages for each day is posted to all participants and ideas exchanged for about three weeks. The scripts are published in the QSA Dhamma Magazine issued on the 15<sup>th</sup> of every month after the sessions.



The presentations have been made by Tanuja Yasanga Sarath-Chandra, Buddhist Chaplain and Jayantha Maharage. Discussions were led by Rahubadde Sarath-Chandra, Buddhist Chaplain. Venerable Brisbane Dhamma Rakkhita provided guidance and advice. Many others have contributed.

The ZOOM record of the Forum can be made available to anyone interested, for a limited time.

To enter the forum please use the following link: <https://us02web.zoom.us/j/6043658907>

For information on the session for the next month, please email QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com).

Topics covered in the first nine sessions are:

SESSION NUMBER	TOPIC DISCUSSED IN RECENT MONTHS
1	Right View (Samma Ditthi)
2	37 Factors of enlightenment (Part 1)
3	37 Factors of enlightenment (Part 2)
4	Obstacles to meditation and Dhamma Learning
5	Establishing Peace of Mind
6	Nine Facets of Unskilful mental states (Part 1)
7	Nine Facets of Unskilful Mental States (Part 2)
8	Elimination of unskilful mental states (Sabbasava Sutta)
9	The Noble Eight-Fold Path (Part 1) - Lane 2

## VACANCIES FOR VOLUNTEERS

Readers are invited to enquire about vacancies in the QSA organisation by emailing [infoqsa@gmail.com](mailto:infoqsa@gmail.com) . There are positions vacant in the Administration and Publications divisions.

QSA also needs a specialist in the production of VIDEO CLIPS and an **IT specialist** interested in website development, to work with the current webmaster.

## VOLUNTEER POSITION OF VIDEO PRODUCTION SPECIALIST, QSA

QSA plans to create video clips for the education of young people, using new teaching techniques published in a book recently published by QSA. Would you like to participate in the novel venture?

Please enquire immediately via [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## MANAGEMENT COMMITTEE MEETING NUMBER 49

QSA is in its 15th year. The 49th meeting of the committee of management will be held on 27 March 2022.

The committee consists of four monks and three lay persons. It is supported by about fourteen executives responsible for various functions. The much larger groups of advisors, consultants, and lecturers need to be remembered for their silent contribution.

The senate of the Siddhartha Institute of Buddhism, the Buddhist Chaplaincy Services Board, and the Buddhist Publications Advisory Board need special mention.

A Federal Government grant for \$ 3230 has been received for the purchase of a computer and printer for QSA. We appreciate the interest taken by Milton Dick, Federal MP for Oxley. Computer equipment will be purchased for QSA using the grant.

### Acknowledgements:

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This newsletter is issued by  
President of QSA, Reverend James Wilson

## Queensland Sangha Association Inc

*An incorporated association of  
Buddhist monks and nuns in Queensland, Australia.  
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