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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 83) |
| 2 | Hospital and End of life Chaplaincy, a new course from September Register early |
| 4 | Buddhist Forum for discussing factors that contribute to worldly happiness |
| 4 | Fortnightly Buddhist Forum 03-Pathway to Nibbana, Sessions 17 and 18 held in July |
| 6 | Vacancy for a Deputy Secretary (2) for QSA |
| 6 | Buddhist Forum 04 Session 4 on Obstacles to Meditation 37 Factors of Enlightenment held on 23 July 2021. Next date will be notified to registered participants. The topic will be Obstacles to Meditation. |
| 8 | A training course for Buddhist Chaplains in Youth Chaplaincy. Textbook for the course will be out soon |
| 9 | Vesak celebrations at Gold Coast, organized by the Gold Coast Buddhist Association |
| 10 | Buddhist chaplaincy general qualifying course 2021-batch 9 completed on 11 July 2021 |
| 14 | Residential facilities for meditators in Melbourne |

SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA (83)

The good give up attachment to everything; the saintly do not deal with sensual cravings. Whether affected by pain or pleasure, they are neither downtrodden nor elated.

A NEW COURSE IN SPECIALISED BUDDHIST CHAPLAINCY INTRODUCTION TO HOSPITAL AND END OF LIFE CHAPLAINCY (100 Hours)

This course aims to provide some basic training for Buddhist & Inter-Faith chaplains who are currently engaged in hospital and end-of-life care (in hospitals, hospices, aged care and in-home environments) or who want to volunteer in this area in the future.

The topics to be covered in this course include:

- Different models of chaplaincy in hospitals, hospices, aged care and home environments; scope, limits and ethical considerations in chaplaincy work in these contexts
- Identifying and assessing needs for supporting people (plus their families and carers) who are in hospital and/or at end of life
- Trajectories of aging, sickness and death;
- Grief and loss; patterns of bereavement
- Cultivating Presence - communication skills for chaplains
- differences and sensitivities within Buddhist communities (and in the Queensland community generally) in relation to aging, sickness and death
- Buddhist and Inter-Faith resources (texts, rituals and practices) for supporting people who are aged, sick, dying and bereaved; Buddhist approaches to end of life and death
- self-care for chaplains.

The course will involve 16 hours of class attendance in Brisbane for: short lectures on key topics; discussion of required readings; practising communication skills; discussion and practise of Buddhist and inter-faith rituals (blessings, end-of-life care etc).

In addition, students will also be required to complete an additional 80-100 hours of work in their own time: reading in preparation for class discussion, completing internet research, writing a spiritual biography, writing a review of a book or journal article, and completing a final take-home exam paper.

This course will involve 20 hours of class attendance (9am to 1pm) in Brisbane on the following dates: September 12, September 26, October 17 and October 24.

Entry Requirements for Buddhist Chaplaincy 102:

- Completion of the Queensland Sangha Association's Qualifying Course in Buddhist Chaplaincy OR equivalent (eg counselling training) OR practical experience in hospital and end of life care
- A good level of written and spoken English. The course includes reading and discussion of English-language texts (some of which may be quite challenging) as well as written assignments. However, additional support is available for students for whom English is a second language.

For the full information package about this course – including how to apply for enrolment please email Dr Barbara Sullivan at barbara.sullivan4005@gmail.com

The information pack outlines the following:

Course overview

Class dates and hours

Admission requirements

Course assessments

Course fees

How to apply

Details of course teachers

All the course teachers are Buddhist Chaplains registered with QSA. The venue will be notified to registered participants in due time.

BUDDHIST FORUM TO DISCUSS FACTORS CONTRIBUTING TO WORLDLY HAPPINESS

QSA is planning to commence a Buddhist Forum (number to be allocated) to discuss the factors that contribute to worldly happiness. These factors are often called Blessings and are assembled in the Discourse on blessings.

A sample of sub-topics, which would be about 40, is shown here:

The choice of Noble Friends
Selecting a good place to live in
Accumulating merit for the future
Showing respect to those worthy of respect

Scripts will be generated covering each sub-topic, and these will be discussed at the forum. If you would like to lead discussions or participate, please let us know. The scripts will be sent before discussions to every registered participant.

Readers are invited to comment on the usefulness of this forum. The current idea is to conduct the forum once a month for one hour on ZOOM.

You can send your ideas to QSA via infoqsa@gmail.com or telephone Rahu on 07-3278-9021.

BUDDHIST FORUM (3) PATHWAY TO NIBBANA IN ENGLISH SESSIONS ON ASPECTS OF MINDFULNESS DEVELOPMENT CONTINUING

Sessions 17 and 18 on mindfulness were held on two Sunday afternoons (4th and 18th July 2021, under the guidance of Venerable Brisbane DhammaRakkhita. The talks in June dealt with Cittanupassana (mindfulness of the mind). The same topic continued in July 2021.

The next four sessions are planned to be conducted on these days:

SESSION 19	1 August 2021	Mindfulness of the mind part 5
SESSION 20	15 August 2021	
SESSION 21	5 September 2021	

Sessions are held on alternate Sundays from 2.00 pm to 5.00 pm. at Sri Lanka Buddhist Monastery, 114 Considine Street, Ellen Grove, Queensland 4077. The sessions are also broadcast on ZOOM.

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

Venerable DhammaRakkhita 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.

Each session includes 45 minutes of sitting meditation, 45 minutes of walking meditation, about 60 minutes for a talk followed by questions and answers. The talks are based on a plan and form a graded sequence.

If you want to verify a date, or any other matter, please contact Chatu Senarath or email QSA via infoqsa@gmail.com

THE POSITION OF DEPUTY SECRETARY (2) OF QSA NEEDS TO BE FILLED

The position of Deputy Secretary (2) continues to be vacant. Some management skills are necessary.

BUDDHIST FORUM 04-REQUESTED TOPICS SESSION 4 WAS HELD ON 23 JULY 2021, Full Moon Day

Buddhist Forum 04 session 4 was held on Full Moon day of 23 July 2021. The topic was the Obstacles to Meditation Part (1).

The full script of the session had already been issued to participants for study and comment. Comments from participants on the scripts were also issued prior to the meeting.

The ZOOM medium was used. The presentation was made by Tanuja Yasanga Sarath-Chandra, Buddhist Chaplain and discussions were led by Rahubadde Sarath-Chandra, Buddhist Chaplain. Venerable Brisbane Dhamma Rakkhita provided guidance.

Details of past sessions are:

SESSION NUMBER	TOPIC DISCUUSED
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

Session 5 planned for 22 August will deal with the last sub-topics to completion. The new topic is **Establishing Peace of Mind**, considered under five sub-topics. The script was emailed to all registered participants on 30 July. The starting time for session 5 is 4.45 pm AEST, 12.15 Sri Lanka time.

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>

In case of a problem please email infoqsa@gmail.com and wait for a little for response. The email needs to reach us as early as possible.

Topics for future discussions also can be proposed by readers of this newsletter. A few topics have been requested but there is room for more. It will be easy to pick topics from the list titled The Pathway to Nibbana, which can be obtained from QSA by emailing via infoqsa@gmail.com.

There are about 25 In the mailing list as at the end of July. If you are not a registered participant currently, please join by emailing us. The choice of the medium of delivery will depend on the registered participants. The current group is entirely Sinhalese (able to speak both Sinhala and English) but we can change over to English only at the request of one or more participants.

INTRODUCING BUDDHIST CHAPLAINCY FOR YOUTH SOME NOVEL CONCEPTS

A new book on Buddhist Chaplaincy for Youth will soon be published by the Queensland Sangha Association Inc. The book is written by Rahubadde Sarath-Chandra, who previously wrote the first book on Buddhist Chaplaincy (being used currently as the text book for General Qualifying Course in the Buddhist Chaplaincy,) and Tanuja Yasanga Sarath-Chandra.

A inside back cover note of the new book is reproduced below to give readers an idea of the background of the course.

The book is full of methods for communicating the thinking in Buddhism in a practical way to help young people to learn Buddhist principles through group work, field work, research, and other interesting ways. The book is ideal for parents having children in high school and tertiary institutions.

The book also includes a suggestion for a training course to equip Dhamma Teachers, Buddhist Chaplains, and the Sangha in new methods of Dhamma communication.

PRE-PUBLICATION EXPOSURE OF AN INSERT OF THE BOOK “BUDDHIST CHAPLAINCY FOR YOUTH”

INFORMATION FOR PARENTS AND YOUTH CHAPLAINS ABOUT THIS BOOK

According to the census conducted in 2020 Australia is home to a diverse collection of people. The following statistics regarding religions are interesting:

Islam	600,000
Buddhist	560,000
Hindu	440,000
Sikhism	130,000
Judaism	90,000

It is worth noting that Buddhists and Hindus have many shared values. A few Hindu children are known to attend Buddhist Dhamma schools. The total of adherents of both religions total to one million. Because there are 560, 000 Buddhists, they have responsibilities as a prominent section of the population. One of these is the proper education of Buddhist children and young adults.

General education at primary level is the responsibility of government. Regarding secondary education, there are no Buddhist secondary schools. For tertiary education Buddhists have the Nan Tien Institute, at the university level.

There is a special need at ages from about 12 years to about 30 years. Young adults up to about thirty years will benefit by learning the paratactical applications of Buddhist principles. A Buddhist youth chaplaincy service, working with the help of temples and Dhamma teachers is the answer. This book attempts to promote such a service.

The service will be conducted through practical learning rather than academic learning. Academic learning imparted in temples is assumed as a working basis. It will be suitable for both Buddhists and Hindus.

Although both authors belong to Theravada, the tasks suggested in chapters 5,6 and 7 are adaptable to Chinese Mahayana and Tibetan Mahayana traditions. Principles used in the book are common to all traditions. The commonality will be brought out in the youth chaplaincy training programs.

This new direction, it is hoped will create a powerful young generation of Buddhist youth. It would greatly benefit Australia. Input from parents, Sangha and Dhamma teachers is most welcome.

The programs are adaptable to all countries where Buddhism is practised. An extension to all countries is envisaged. It can be easily adapted for Hindus.

The support of monks and nuns, temples and monasteries, Buddhist associations, Buddhist Councils, other Buddhist organisations, Buddhist chaplains, Dhamma teachers and parents is earnestly solicited in this exercise in the interests of senior children and young adults, and Buddhism as a whole.

PICTURE FROM THE VESAK FUNCTION IN GOLD COAST



The resident monk at the Gold Coast Buddhist Centre, Venerable Pagnasiri addressing the gathering at the Vesak celebrations on 29 May 2021

VESAK CELEBRATIONS IN GOLD COAST

GOLD COAST BUDDHIST CENTRE

[Report from Prabash Bodhinayake, secretary, Gold Coast Buddhist Association Inc]

The Gold Coast Buddhist Association Inc (GCBAl), also known as Gold Coast Buddhist Centre (GCBC), organised a multicultural event to celebrate Vesak (Lord Buddha's birth, enlightenment and passing away) at the Robina Auditorium on Saturday the 29 May 2021. The overall theme of the celebration was "The role of spirituality in promoting social and emotional wellbeing".

Venerable Kottukachchiye Pagnnasiri Thero, the Abbot of the GCBAl, primarily guided the planning and execution of the whole event. This was the first time the GCBA organised such an event and it brought together all the Buddhist cultures and the friends of Buddhism in the Gold Coast for the first time under one roof.

The event was well attended with more than 200 attendees from various communities. Despite the covid restrictions that were in force the number participating was more than expected. There was a very positive response from all the communities and friends of Buddhism in the Gold Coast region.

The programme consisted of 22 different well-balanced elements and the proceedings commenced by acknowledging the traditional custodians of the land and the singing of the National Anthem.

Venerable Pagnnasiri Thero, gave a speech on the overall theme of the celebration. The Thai community provided an enchanting item termed the Thai Hammered Dulcimer Show. The keynote speech was given by Dr. Stephan Bradford of the University of Queensland. Councillor Ryan Bayldon-Lumsden spoke on behalf of the Gold Coast City Council. There was a presentation by the Venerable Tseten of the Buddhist Education Services for Schools. The children of the Thai Community presented a fascinating Flower Dance. Venerable Thubten Chokyi spoke briefly on behalf of the Australian Sangha Association. Reverend Tetsuyu Wilson, President of the Queensland Sangha Association, made a brief presentation. A charming musical item, Sound of Thailand, was performed by Ms. Peranya Visitchantaragoon. Mr. Robert Fraser spoke on behalf of the Thai Buddhist Temple in Narang.

Special mention must be made of all the children of the Gold Coast Buddhist Centre (GCBC) Dhamma School who presented the Bakthi Gee (Paramitha Bala

Poojitha Poojitha), Pooja Dance, Uttama Muni Dalada dance, and a dance for Traditional Sri Lankan Drums. The teachers of GCBC Dhamma school contributed immensely to this event by training and guiding the students. A speech and presentation were also delivered by children of the Sati Pasala towards mindfulness.

An exceptional citation must be made to acknowledge the contribution of the GCBAI main committee for organising this event and the dozens of volunteers who looked after the logistics, the provision of free vegetarian snacks and other supporting aspects for the event and the 4EB Radio for media coverage. A team of members representing GCBC Dhamma School youth club compered the whole show. The event was in part sponsored by the Queensland Government, whose representative the Honourable Leanne Linard MP, Minister for Children and Youth Justice, and Minister for Multicultural Affairs was unable to attend. The Honourable MP however sent an encouraging message. The GCBAI expressed its thanks and gratitude to the Queensland Government for this sponsorship. Also, His Worship Tom Tate the Mayor of the City of Gold Coast sent a congratulatory message because he could not attend the celebrations.

In all the celebration of Vesak was a serendipitous occasion for all those who attended the event.



Sri Lankan lantern decorations at the Gold Coast Buddhist Centre Vesak celebrations on 29 May 2021



A Thai group performing at the Gold Coast Vesak celebrations



A Sri Lankan group performing at the Gold Coast Vesak celebrations

GENERAL QUALIFYING COURSE IN BUDDHIST CHAPLAINCY

Ninth repetition-June/July 2021

The course for the ninth batch was completed on 11 July 2021. Details regarding the tenth presentation of the course will be announced later in this newsletter.

RESIDENTIAL FACILITIES FOR MEDITATORS IN A BEAUTIFUL SURROUNDING



This is Daham Niketanaya in Yuroke, North Victoria. A beautiful place for the practice of meditation. It has residential facilities too.



The stupa (reliquary) in Daham Niketanaya, Yuroke, Victoria



Venerable Kotte Santindriya of Daham Niketanaya is the chief resident monk in the monastery, erudite in the Dhamma, and guiding others in Dhamma and in Meditation

A reader can get a good idea of the facility, by clicking on the two links given below.

Maithree - My journey of seeking true happiness in life

<https://www.youtube.com/watch?v=c1ydjOXAqiA>

DahamNiketanya Official Youtube Channel

<https://www.youtube.com/c/DahamNiketanaya>

**THE END OF THE 18 PAGE QSA NEWSLETTER FOR THE PERIOD JULY
2021**

Issued by the President of QSA, Reverend James Wilson

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