



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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An incorporated association of Buddhist monks and nuns in Queensland, Australia. Est. 2007

108 Eric Street, Goodna, Queensland 4300 [ABN 56 506 052 172]

QSA WEBSITE www.sanghaqlld.org

EMAIL ADDRESS infoqsa@gmail.com

Facebook: *Queensland sangha Association*

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***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (100)***

Better than a thousand utterances, comprising useless words, is one single beneficial utterance by hearing which, one is calmed.

**A ROUNDED ACADEMIC, TEACHERS AND PRACTITIONERS'
FORUM HAS COMMENCED**

This continuing forum with a brief academic section, a considerable section for teachers of Buddhism, and a detailed section for practitioners in meditation has now commenced. Already a few are participating in the forum on ZOOM. It is easy to access. The meditation section involves practice and explanations.

Dhamma teachers, and meditation practitioners have all found the forum to be useful and beneficial in day-to-day life. Join early as the presentations are based on an approved progressive system. Please do not miss out.

Please send an email via infoqsa@gmail.com to say you are interested. Then you will receive the Zoom link to enter the forum.

NEW FREE E-BOOKS AVAILABLE

The following e-books are available for free distribution by the QSA and can be sent by email (PDF copy). Please send an email to infoqsa@gmail.com if you wish to receive these.

- 1 The Buddhist Way to Happiness (English)
- 2 The Buddhist Way to Happiness (Sinhala)
- 3 Practical Techniques of Teaching Buddhism to Youth
- 4 Basic Buddhist Psychology-second edition
- 5 Buddhist Chaplaincy
- 6 Q and A for students

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 active every Saturday from 2.30 pm Brisbane time. Anyone may make comments or raise questions on a one-to-one basis with a senior Dhamma 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.

QSA CALENDAR FOR A FEW WEEKS IN 2022

NOVEMBER

5 Saturday 1.30 to 2.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra

1 Acceptance of occurrences in Dhamma practice

2 Decision and non-decision in Dhamma practice

Language: **English**

19 Saturday 1.30 to 2.30 pm Brisbane time

1.1 Self Assessment

1.2 Repetition technique in teaching Buddhism

1.3 Breathing meditation (to absorption 3)

20 Sunday 7.00 pm Discussion on the Safe-bet (Apannaka) Discourse
Conducted by Rahubadde Sarath-Chandra

- 26 Saturday 1.30 to 2.30 pm Brisbane time
- 2.1 The decision mental state
 - 2.2 Three-pronged presentation style
 - 2.3 Walking meditation-theory and practice

DECEMBER

- 03 Saturday 1.30 to 2.30 pm Brisbane time
- 3.1 Application of Measured Effort
 - 3.2 Re-Focusing technique in Dhamma teaching
 - 3.3 Goodwill (Metta) meditation-theory and practice
- 10 Saturday 1.30 to 2.30 pm Brisbane time
- 4.1 The Psychic Power of Interest
 - 4.2 Learning by teaching
 - 4.3 Mindfulness of the six senses (a Jhana meditation)-theory and practice
- 17 Saturday 1.30 to 2.30 pm Brisbane time
(No Dhamma Program)
Committee meeting 53

END OF YEAR RECESS

2023

January

- 7 Saturday 1.30 m
Zoom programs resume

25 March Saturday 1.30 pm
AGM and MCM 54

If you are interested in any of these programs, please send QSA an email via infoqsa@gmail.com We will then send you the entry link.

MINDFULNESS PROGRAMS CONDUCTED BY VENERABLE BRISBANE DHAMMA RAKKHITHA

Venerable Brisbane Dhamma Rakkhitha conducts two programs every month on topics related to mindfulness in English and Sinhalese. Details are as follows.

English Program

Wednesdays 6.30pm-9.30pm

At Forest Lake Temple Hall or virtually

Topic: 4 Foundations of MindfulnessVenerable

Zoom Link: <https://tinyurl.com/32n3xdbw>

Sinhala Program

Sunday 6.00am-10.30am

Virtually Only

Topic: Satipatthana

Zoom Link: <https://tinyurl.com/32n3xdbw>

Program Manager: Chathu Senarat

Email via infoqsa@gmail.com

POSITION NUMBER 6.1

BOOK PRINTING AND DISTRIBUTION MANAGER

QSA needs the services of a volunteer to manage the printing of books, Maintaining stocks and distribution of printed books. It is not always a busy position. Familiarity with computers is all that is required. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 6.2

WOULD YOU LIKE TO JOIN THE EDITORIAL TEAM OF THE QSA NEWSLETTER?

The present writer of the QSA Newsletter wishes to retire. QSA would like to take in a new person to the editorial team. Would you like to try your hand? Please send an email to QSA via infoqsa@gmail.com

POSITION NUMBER 1.1

HUUMAN RELATIONS MANAGER

The work done by QSA is supported by about 100 or more volunteers belonging to various professions and trades including monks and nuns. Someone familiar with people management is required to develop human relations practices, maintain and implement them. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 7.2

VIDEO PRODUCTION AND DISTRIBUTION MANAGER

A person with training and skills in the production of video clips and distribution of video clips is required by the education and publications divisions of QSA. A skilled volunteer will add great value to a knowledge base built up by QSA over the last ten years. **Please email interest via infoqsa@gmail.com**

POSITION NUMBER 1.2

DEVELOPMENT SPECIALIST FOR THE WEBSITE

The webmaster has requested for a volunteer development specialist. A new educational section needs to be made attractive to enquirers. Information needs to be presented to render it pleasant and palatable to the public. A quick wade through has to be exhibited. Training, reliability and experience are required. **Please email interest via infoqsa@gmail.com**

MANAGEMENT OF QSA

QSA is in its sixteenth year since inception IN 2016. Committee meeting 51 was held in September 2022. The committee is supported by about 18 executives performing various functions such as financial management, chaplaincy services, education and publications.

There are advisors in a few divisions. The senate of the Siddhartha Institute of Buddhism, the Buddhist Chaplaincy Services Board, and the Buddhist Publications Advisory Board need special mention as they help the executives with advise.

There are about 60 Buddhist Chaplains working with QSA. A smaller group of Buddhist Counsellors also work with QSA. The total of volunteers now exceeds 100.

FIRST GRANT FROM FEDERAL GOVERNMENT

A Federal Government grant for \$ 3230 has been received for the purchase of a computer and printer for QSA early in 2022. We appreciate the interest taken by Milton Dick, Federal MP for Oxley. Computer equipment was purchased for QSA using the grant. A special mention must go to Mr. Krishan Jayalath for his time and effort in researching the most suitable equipment to be purchased and for organising the purchase and delivery of the equipment.

BUDDHIST EDUCATION SERVICES FOR SCHOOLS (BESS)

The organisation known as BESS has been coordinating the activities of volunteer teachers and promoting the teaching of Buddhism in Queensland public schools for many years. To maintain and expand its services to more schools, BESS is actively seeking to recruit more volunteer teachers. If you can help, please contact BESS directly on the details below.

BUDDHIST EDUCATION SERVICES FOR SCHOOLS INC (BESS)



Promoting universal
values for living
together in peace
and harmony for the
happiness, health
and prosperity of all

BESS recruits, trains and supports
practicing Buddhists to share
the wisdom of the Buddha with
children in South East
Queensland primary schools

• • • bess.info.qld@gmail.com.au • • •



Our volunteer teachers find the
work immensely rewarding as they
see the children's knowledge of
the Buddha grow and their
appreciation of the Dharma
flourish.



Modern pedagogy, in-house
professional development,
resources and mentoring are
provided to support our volunteer
teachers.



We welcome those who are
inspired to learn more about our
important and stimulating work
for the Dharma to contact us for
further details.

BESS does and just how amazing it is to share the
Dharma with children.
RSVP to bess.info.qld@gmail.com and let us know you
are coming on the day.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD NOVEMBER 2022
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

*If you do not want to receive this newsletter, please advise QSA via infoqsa@gmail.com
If you want a friend to see this newsletter, please let us know*