



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 86)
- pg 3 Feature: Lyna Chen, Deputy Secretary of QSA
- pg 3 Feature: Georgia Cummings, Registered Buddhist Chaplain, Lecturer in Buddhist Chaplaincy, Siddhartha Institute of Buddhism, Educational Division of QSA
- pg 4 Hospital and End of life Chaplaincy, a new course from September
- pg 5 New techniques of teaching Dhamma to young people (the result of a research project)-An upcoming Training Course for Dhamma Counsellors
- pg 5 A New book on The Buddhist Way to Happiness (based on the Great Discourse on Blessings)
- pg 6 A New book on Techniques for teaching Buddhism to young people
- pg 6 Buddhist chaplaincy general qualifying course 2021-batch 9 completed on 11 July 2021
- pg 7 New edition of Listing of Dhamma Topics ready for release
- pg 7 Fortnightly Buddhist Forum 03-Path to Nibbana, Sessions 19 and 20 held in August
- pg 8 Buddhist Forum 04 Session 6 on The Nine Facets of Unskillful Mental States was held on 20 September 2021. Next date will be notified to registered participants. .
- pg 9 Vacancies for volunteers in QSA



SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA (86)

Those who practise according to the well-expounded Dhamma will reach the other shore (Nibbana), having passed the realm of passions. It is very difficult as it is to cross.

THIS IS THE 100TH ISSUE OF THIS NEWSLETTER



This newsletter has hit the century mark, not in time but in the number of issues. QSA expresses its gratitude to all who have contributed to the QSA Newsletter. We thank our president Reverend James Wilson for his leadership and contributions he made after visits to temples. Grace Yap goes on record for the contribution she made in developing a beautiful layout.

The newsletter readership has reached about 400 known to QSA. We know that many others receive it through forwarding. We appreciate the support of our readers as it did encourage us.

QSA NEWSLETTER 100 th EDITION

MESSAGE FROM THE PRESIDENT



Dear Members and Readers

It is with great pleasure that we can announce that this issue of the QSA Newsletter is our 100th edition. Our volunteer staff have worked tirelessly to produce our newsletters and through their dedication, the QSA has been able to keep our members informed of our most recent activities.

We would also like to take this opportunity to thank all our members and readers for their continuing support.

Rev. James Wilson
President



LYNA CHEN

THE DEPUTY SECRETARY OF QSA

Lyna Chen is at present the Deputy Secretary of the Queensland Sangha Association Inc. Previously she was meeting secretary. Since 2006 Lyna has been teaching Buddhism under the Religious Instruction program in several state schools working with the Buddhist Education Services for Schools Inc (BESS). For about five years she was the president of BESS.

Lyna is also a member of the lesson development team of BESS.

Lyna is an active member at Chung Tian Temple in Priestdale, Queensland, where she conducts temple tours for school students from the Greater Brisbane area and share the Dharma with children on Sundays at the temple's Mindfulness and Buddhism for Children's program.

Lyna is a member of the committee of management of the Queensland Sangha Association Inc. (QSA). She is a quiet person and has been a pillar of support in the QSA. In the Singapore University Lyna studied sociology. She has worked in a managerial capacity after graduation.



GEORGIA CUMMINGS

LECTURER IN HOSPITAL CHAPLAINCY



GEORGIA CUMMINGS
RN, BN, MNAdvPrac, reg Chaplain QSA

'A Buddhist Chaplain is a person who practices Buddhism (as an ordained or lay person) and who aspires to the path of service - helping and supporting others, both inside and outside Buddhist communities.'

<https://sanghaqlld.org/index.php/services/buddhist-chaplaincy-services>.

In 2014 having retired from a 28-year career as an advanced practice registered nurse I joined U3A Brisbane as a volunteer tutor ... *continue next page*

EDITORS' NOTE:

Georgia Cummings is a lecturer in Hospital and end-of-life chaplaincy. She is a registered Buddhist Chaplain in the Buddhist Chaplaincy Services Division of QSA in a professional capacity. She also belongs to the Siddhartha Institute of Buddhism, the educational arm of the Queensland Sangha Association Inc. as a lecturer.

My area of nursing specialisation was and continues to be palliative and end of life care and chronic pain management. My wish was to continue in my role as an educator and facilitator with palliative care skills. I designed classes that would invite older people and those living with chronic pain to reflect on their mental and physical well-being. This involved teaching them how they might live with more ease through developing a mindfulness meditation and Metta practice.

As a member of Palliative Care Australia, I am also actively involved in improving community literacy around end-of-life care at home or in hospital, through workshops and participation in research, peer reviewing and policy development. I first heard about the Queensland Sangha Association chaplaincy training through some Dharma Brisbane friends who were prison chaplains delivering mindfulness training to prisoners around the Brisbane region. In 2019 I enrolled in the Buddhist Chaplaincy Qualifying Course, and I am now a registered Buddhist Chaplain with QSA. In 2021 I was fortunate to be supported by QSA in some further training in Ethical Reflection with Sati Sangha. This has inspired me to plan for a support group for QSA chaplains from the current course, where we will examine how we practice, share and problem solve and refer to the QSA Code of Conduct for direction.

‘At the heart of the work of Buddhist Chaplains are three principles: Not to create harm. To practice good. To actualize good for others. Buddhist Chaplains recognise that their ability to live up to the highest standards may not always be perfect, and that they rely on: the compassionate guidance of these principles; a core practice of honest self-reflection; the discernment and counsel of others; a commitment to embody the higher values of Wisdom and Compassion.’ (QSA Code of Conduct for Chaplains).

The best thing about both the chaplaincy training and ethical reflection practice was meeting Buddhists from other traditions and cultures including monastics. It was really helpful to understand the way of life of the monastics and also the different rituals and practices of various Buddhist cultural groups. The QSA training has inspired me to develop my role as a healthcare chaplain particularly for people living with chronic illness in the community. I am currently part of a team delivering training to the first group of students enrolled in the QSA ‘Introduction to Hospital & End of Life Chaplaincy for Buddhist & Inter-Faith Chaplains’. My weekly meditation classes in Brisbane city and Sherwood keep me involved in study and practice of the Dharma, as I cannot teach what I do not experience and know for myself.



A New Course in Specialised Buddhist Chaplaincy

Introduction to Hospital and End of Life Chaplaincy

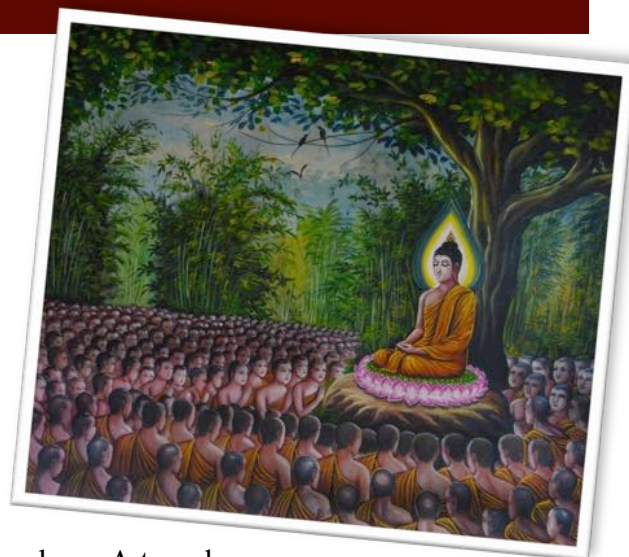
This course has commenced and was held on September 12, September 26. The last two dates are October 17 and October 24, 2021.

NEW TRAINING COURSE FOR DHAMMA COUNSELLORS TEACHING BUDDHISM TO YOUTH

QSA will conduct a series of new training programs for Dhamma teachers to qualify as Buddhist Counsellors firstly to teach Dhamma to young people using modern practical techniques, and helping young people, to apply the Dhamma in day-to-day life with confidence.

The first program will run for a total of six hours on ZOOM. The program will run for 2 hours on three selected Sundays, notified to registered participants.

To register your interest, please send an email to infoqsa@gmail.com. You need to be a Dhamma teacher in the Mahayana tradition or the Theravada Tradition. Monks and nuns of any tradition can register even though they might not be current teachers. A temple may nominate several participants in one email.



The ZOOM codes to enter the training sessions will be sent to registered participants only.

No fees are charged.

All course material is taken from a new book on the subject being published by the QSA in Australia.

Nominees from overseas will be considered.

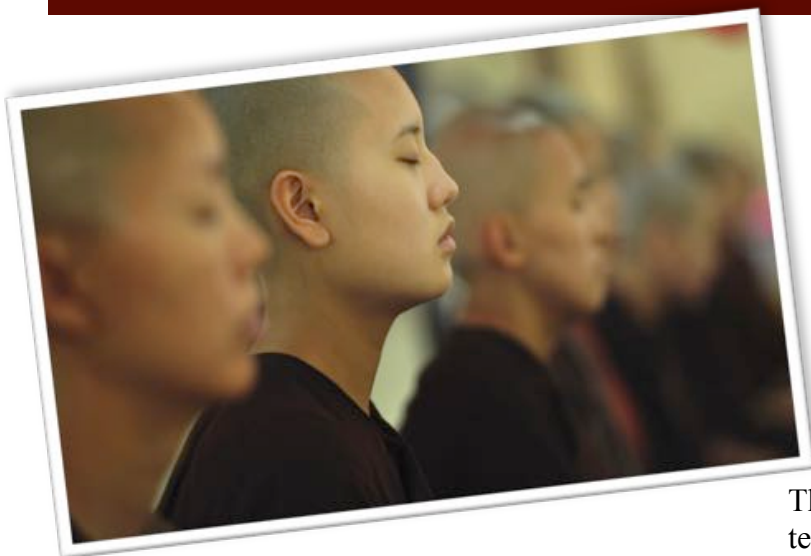
A NEW BOOK ON THE BUDDHIST WAY TO HAPPINESS

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 also in Vietnamese Mahayana texts. Readers are invited to advise QSA on this matter. The initial issue will be as an e-book. Printed copies will be made available soon after.

Readers may request for printed copies by sending an email to infoqsa@gmail.com.



TEACHING BUDDHISM TO YOUTH ALTERNATIVE PRACTICAL TECHNIQUES



Many temples have experienced difficulties in teaching Buddhism to young people through the traditional methods of teaching in a classroom setting. QSA has been conducting research on this matter and is now promoting a whole gamut of novel techniques to win the hearts of youth and help them to live happy lives.

If you would like to get more information, please send an email to infoqsa@gmail.com. Your support is solicited for the success of this venture.

This is an entirely new approach to communication techniques to enable young people to enjoy and apply the teachings of the Buddha in day-to-day life.



It requires no formal examinations. Experiments, meditation, counselling, and group projects are the main basis of the techniques.

The new techniques are expected to usher in a new era of Dhamma teaching, capable of bringing about real and beneficial changes in the attitudes and behavior of young people.

The text is built on teachings found in the Theravada texts but are of universal value. It can be easily adapted for the use of Mahayana devotees.

Temples that are already conducting Dhamma Schools every week- end, can allocate a day of the month or a few hours every week to introduce the new techniques or teach them separately.

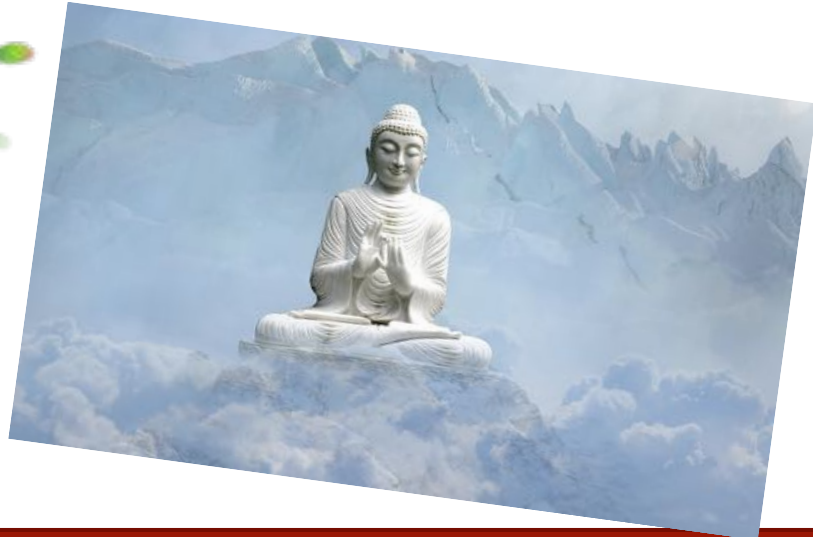
QSA General Qualifying Course in Buddhist Chaplaincy

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.

**SECOND EDITION OF
DHAMMA TOPICS LISTING
JUST RELEASED**

After one year of further development, the listing of Dhamma topics, to conduct sermons, lectures, and discussions of the Dhamma, has been updated and expanded. The new edition (edition 2) dated October 2021 was edited by Jayantha Maharge, of the QSA Buddhist Publications Division.



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 one year (about 25 sessions) and is continuing. For current details please send an email to infoqsa@gmail.com. Your emails will be passed on to the organizer Chatu Senarat.

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 Dhamma Rakkhita conducts several other programs like 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 SESSION 7 WAS HELD ON 20 OCTOBER 2021 Full Moon Day

This program is held on every full-moon day on ZOOM at a time and date set by the organiser. Only participants registered for the program (currently about 35) 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 15th of every month.



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 provides guidance. 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.

Topics covered in past sessions were:

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	Techniques to eliminate unskilful mental states



VACANCIES FOR VOLUNTEERS

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

One such position is in the following advertisement.

VOLUNTEER POSITION OF COMMERCIAL MANAGER, QSA

QSA is planning to publish a few books mostly for free distribution first on the internet and then printing a limited number.

However, donations will be accepted to help meet printing and freight costs. This together with stock keeping and moving requires the assistance of a Commercial Manager to look after printing, stocks, and distribution. Costs incurred will be reimbursed regularly.

The duties envisaged include the following:

- 1 Handling email and other orders
- 2 Printing for stock
- 3 Moving and storage of stock
- 4 Posting books for orders
- 5 Co-ordinating with the treasurer for income and expenditure

The position is voluntary as in the whole of QSA, and no wages will be paid. Please email QSA via infoqsa@gmail.com to indicate interest.

MANAGEMENT COMMITTEE MEETING NUMBER 47

QSA is in its 15th year. The 47th meeting of the committee of management was held on 4 October 2021. 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.

Acknowledgements:

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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 under current activities of the QSA website:

<http://www.sanghaqlld.org/index.php/activities/current>

To unsubscribe from or subscribe to this newsletter, please kindly advise QSA via <mailto:infoqsa@gmail.com>.

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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