



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

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***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE  
DHAMMAPADA (99)***

**Delightful are the forests where worldlings delight not; the passionless will rejoice in the valley therein, for they seek no sensual pleasures.**

**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.

Senior students, 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](mailto:infoqsa@gmail.com) to say you are interested. Then you will receive the Zoom link to enter the forum.

**TEMPLE DHAMMA SCHOOL PRIMARY  
TEAM OF CONSULTANTS REQUIRED**

After months of preparatory overtures and enquiries, QSA has initiated a program to write a set of six Dhamma books for years 1 to 6 in Temple Dhamma Schools for universal use.

To progress this task the QSA needs a team of consultants to read over and make changes and add their own contributions if they would like to.

The philosophy is to make things easy and pleasant for teachers, and to make things enjoyable and beneficial to children. By implication parents would be happy and satisfied.

Would you like to be in this group?

Please send an email to QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## **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](mailto: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](mailto:infoqsa@gmail.com)

## **DHAMMA QUERIES ZOOM CHANNEL**

Our ZOOM link will be active every Saturday from 1.30 pm to 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](mailto: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

### OCTOBER

23 Sunday 7.00 pm to 8.30 pm Brisbane time

Sermon and discussion by Venerable Brisbane Dhamma Rakkhitha

Subject (1) Cycle of births and deaths (samsara)

Subject (2) What do you know of Nibbana?

Language: **Sinhalese**

29 Saturday 2.30 to 3.30 pm Brisbane time

Practice session conducted by Rahu Sarath-Chandra

Jhana development, reminiscence of the Buddha and Nibbana, meditations and discussion

Language: **English**

### NOVEMBER

5 Saturday 2.30 to 3.30 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**

12 Saturday 2.30 to 3.30 pm Brisbane time

Dhamma discussion on these topics led by Rahubadde Sarath-Chandra:

1 Building faith in the Triple Gem

2 How firm is your commitment to practise?

Language: **English**

19 Saturday 2.30 to 3.30 pm Brisbane time

Practice session conducted by Rahubadde Sarath-Chandra

Metta (goodwill) meditation package for married people

Language: **Sinhalese**

DATE NOT SETTLED -20 Sunday 7.00 pm to 8.30 pm Brisbane time

Sermon and discussion by Venerable Brisbane Dhamma Rakkhitha

Subject (1) Who was the Buddha?

Subject (2) The Noble Eightfold Path as a way of practice

Language: **Sinhalese**

***This is to be confirmed by the venerable monk or moved to another date***

26 Saturday 2.30 to 3.30 pm Brisbane time

Practice session conducted by Rahubadde Sarath-Chandra

Metta (goodwill) meditation package for young married people

Language: **English**

**If you are interested in any of these programs, please send QSA an email via [infoqsa@gmail.com](mailto:infoqsa@gmail.com) We will then send you the entry link.**

## **MINDFULNESS PROGRAMS CONDUCTED BY VENERABLE BRISBANE DHAMMA RAKKHITHA**

### **English Program**

Wednesdays 6.30pm-9.30pm

At Forest Lake Temple Hall or virtually

Topic: 4 Foundations of Mindfulness

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

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Email via [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

## **WELCOME TO QSA**

QSA is pleased to welcome the following who have volunteered to function as editors for the different Dhamma Lesson Banks set up by QSA. They also function in the capacity of Buddhist Counsellors.

John Cartwright-Discourses of the Buddha

Dayani de Silva-Meditation

Lyna Chen-Buddha Dhamma

Dr. Kumari Sellaheva-Philosophy and Psychology

Dr. Prashani Jayasooriya-Dhamma Practice

Chamath Piyabandu has joined the Assembly of Buddhist Counsellors to help with communications with enquirers.

## **NEW CHAIRPERSON OF THE BUDDHIST CHAPLAINCY SERVICES DIVISION, QSA**



Reverend Grace B. Yap-Kirk

Grace is a Master of Spiritual Direction graduate from University of Divinity, Melbourne and an accredited Spiritual Director formed in the Christian tradition. Identifying as a Christian-Buddhist-Sufi, Grace is also an ordained Sufi interfaith Cherag/Minister of Sirat-i Inayat Interfaith Sufi Path order & church, US. She registered with QSA as a Buddhist Chaplain in 2019.

Grace runs her private practice as a telehealth Complementary Therapist with various well-being modalities for supporting clients in spirituality, therapy, and supervision services. She is trauma-informed and specialises in spiritual direction, dance movement therapy, art therapy and trauma release exercises, serving persons of any faith, interfaith or non-faith affiliated. In earlier years, she worked in commercial organisations for more than 20 years, 5 of which were in management.

She counts among her spiritual teachers the Venerable Lobsang Tendar of Medicine Buddha Tantrayana Meditation Centre (Melbourne), who trained and certified her in Tibetan Singing Bowl Sound Healing Therapy in 2016-17. Lama Tendar is a Gyuto University graduate of Gelugpa lineage and a qualified teacher of sacred Buddhist arts and Tibetan Tantric Healing. Grace completed a Buddhist pilgrimage with extension of 21 days' teachings at Gyuto Monastery, Dharamshala, India in 2019. As an artist, she also learns Buddhist thangka drawing from Carmen Mensink.

Master (Spiritual Direction, MBA) • Graduate Diploma (Ignatian Spirituality, Montessori Studies) • Graduate Certificate (Professional Supervision, Divinity, International Studies - Peace & Conflict Resolution)

#### **POSITION NUMBER 7.1**

### **VOLUNTEER POSITIONS OF BUDDHIST COUNSELLOR**

Dhamma school teachers, those expecting to become Dhamma school teachers, others expecting to teach Buddhism to others, are encouraged to express their interest.

Duties will include teaching in temple Dhamma schools, and helping in a global Dhamma school run by QSA.

No prior qualifications are necessary, and not much time is required. Devotion and compassion are an asset.

The work is satisfying and meritorious.

*Please send an email to [infoqsa@gmail.com](mailto:infoqsa@gmail.com) quoting the position number.*

#### **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](mailto: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](mailto:infoqsa@gmail.com)

**POSITION NUMBER 1.1**

**HUMAN 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:bess.info.qld@gmail.com) and let us know you are coming on the day.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD OCTOBER 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.sanghaqlld.org](http://www.sanghaqlld.org)

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