



HAPPINESS THE BUDDHIST WAY

QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE
DHAMMAPADA (111)***

DHAMMAPADA STANZA 111

Though one should live a hundred years without wisdom and control, immoral and uncontrolled, yet better indeed is a single day's life of one who is wise and meditative.

**SETTING UP AN EMAIL GROUP
FOR THE DHAMMA LESSONS BOOK SERIES**

QSA is implementing a plan to produce a series of Dhamma books from Grade 1 to Grade 12 in schools and dhamma schools within a few months. All these books will be in electronic form, initially.

Each book can be attached to an email since the volume is manageable. At the lower levels, drawings take up a good part of the volume of a book. The grade 1 book for example takes about 20,000 kilobytes but still can be sent by email.

If a teacher, parent, monk, nun, or a coordinator of a Dhamma School wishes to receive a book, at any level please send your email address to QSA, via **infoqsa@gmail.com**.

This will help us to send a book quickly, and economically, when it is published. It will enable readers to receive books promptly.

The Grade 1 book will be published shortly.

INTRODUCTION TO BUDDHIST CHAPLAINCY

Oct-Dec 2023

(This is the 12th repetition of this course)

This short course (20 hours in class/100 hours in total) offers some basic training and skills in how to help and support people who are in distress. The topics to be covered in the course include the following topics:

What it means from a Buddhist perspective, to help others in need

Listening skills and effective communication
Assessing needs and making referrals
Common mental health problems in the community
Suicide prevention
Self-care for chaplains.

The course will run via Zoom over five Sunday mornings (9am to 1pm AEST) on the following dates in 2023:

29 October
5 November
12 November
26 November
3 December.

The course is free although a donation to the Queensland Sangha Association is requested from participants who are able to afford this. For further information about this course please email Dr Barbara Sullivan barbara.sullivan4005@gmail.com

FREE BOOKS AVAILABLE

PRINTED BOOKS (available in some temples)

- 1 Buddhist Chaplaincy, 182 Pages in size A4 (a few hundreds available)
- 2 Buddhist Psychology-the building blocks, First edition, 168 pages in size A5 (only a few copies available)

ELECTRONIC BOOKS (that can be emailed on request)

- 1 The Buddhist Way to Happiness (English) (Maha Mangala Sutta) , 85 pages a4
- 2 The Buddhist Way to Happiness (Sinhala) (Maha Mangala Sutta), 91 pages A4
- 3 Practical Techniques of Teaching Buddhism to Youth, 185 pages A4
- 4 Basic Buddhist Psychology-second revised edition, 152 pages A5
- 5 Buddhist Chaplaincy, 182 pages A4
- 6 Q and A for students in grades 11 and 12, 55 pages A4

ELECTRONIC BOOKS (that are partly in website sanghaqld.org or can be emailed on request)

- 1 Lessons Bank 1, on selected Discourses, 130 Pages A4
- 2 Lessons Bank 2, on Meditation, 50 pages A4
- 3 Lessons Bank 3, on Buddha Dhamma, 105 pages A4
- 4 Lessons Bank 4, on Buddhist Psychology and Philosophy, 58 pages A4
- 5 Lessons Bank 5, on Dhamma Practice, 48 pages A4

Alphabetical Index to all 5 lesson banks (not on website yet)

Curriculum related to the lesson banks, (not on website yet)

Booklet on Teaching Techniques suggested (not on website yet)

Please email Queensland Sangha Association via email infoqsa@gmail.com

A series of six books for Grades 1 to 6 are under preparation and are nearing completion. A team of Buddhist Counsellors enrolled with QSA are working on this project. The idea is to depart from tradition, and to make things easier for teachers as well as children. Enjoyable activities that indirectly impart deep Dhamma knowledge form the main component. Art and cultural activities get pride of place in the lower age groups.

The book for Grade1 is just about to be published.

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 activated when requested. Anyone may make comments or raise questions on a one-to-one basis with a senior Buddhist 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.

APPLICATION OF BUDDHIST PSYCHOLOGY IN DAILY LIFE AND IN SPIRITUAL ADVANCEMENT

Expressions of interest are invited for a 20-hour course in the application of Buddhist Psychology in daily life and in spiritual advancement. There will be no course fees.

This course is not academic or examination oriented. It is in a simple language anyone would understand. It is entirely new. The presenters are qualified and experienced in both Buddhist psychology and Western psychology.

Please inquire via email addressed to infoqsa@gmail.com

VACANCY FOR A VOLUNTEER

HEAD OF BUDDHIST CHAPLAINCY DIVISION, QSA

This position will become vacant shortly, as the current head of the division wishes to retire. Expressions of interest are invited. The list of duties can be made available to those interested. Please indicate your interest by sending an email to infoqsa@gmail.com

SPECIAL PUBLICATION FOR BUDDHIST COUNSELLORS

From 22 July 2023, there has been a special newsletter for Buddhist Counsellors titled **ABC Information Exchange**, giving details of progress in the projects being undertaken by individual Buddhist Counsellors or small groups of Buddhist Counsellors.

Once a person enrolls as a Buddhist Counsellor with QSA, this information pack will be sent to them.

A MESSAGE FROM VENERABLE METTAJI, A.S.A.

Good morning Venerables and kind Dhamma friends,
Ready for viewing if this is of interest to your members:

[The Voice Referendum - An Online Forum with Noel Pearson](#)

Please share widely.

with kindness and gratitude,

Venerable Mettaji

In the spirit of reconciliation, I recognise the Traditional owners and custodians of the lands on which we live, work and care. I pay my respects to Elders past, present, and emerging, Senior knowledge holders, cultural heritage, spiritual connection to earth, sea and sky, and to truth telling. I extend that respect to all Aboriginal and Torres Strait Islander peoples in Australia. I support the Yes vote for a Voice to Parliament.

Attachments area

Preview YouTube video The Voice Referendum - An Online Forum with Noel Pearson



VOTE 'YES' ON 14 OCTOBER 2023

[The QSA believes changes to the constitution through the upcoming referendum are necessary to improve the quality of life of first nations people. The following statement is by David Pullen, a member of QSA who has a lived experience of problems in Australian society.]

On October 14 all Australian citizens will vote on changing our nation's constitution by considering this question: *“A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.*

Do you approve this proposed alteration?”

If approved by a majority of people and a majority of states, the following amendment will be made to the constitution:

“Chapter IX Recognition of Aboriginal and Torres Strait Islander Peoples

129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

- i. *there shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;*
- ii. *the Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;*
- iii. *the Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.”*

Throughout history many Buddhist leaders have sought advice from the Maha Sangha and the population before making laws that affected their kingdoms. It is in this spirit of advice, that Aboriginal and Torres Strait Islander peoples have offered a simple advisory body to address Aboriginal and Torres Strait Islander disadvantage. Since 1991 over 500 Aboriginal people have died in custody, it is more likely that a child will end up in prison than with a degree and our people die of preventable illness at a higher rate than non-Indigenous Australians. Is it not worth looking at every proposal to address this disadvantage?

The Buddhist Council of Victoria and NSW have endorsed voting Yes in the upcoming referendum. As a Buddhist of Aboriginal descendance I invite our clergy, counsellors and practitioners to support our people and to help our country - now your country to move forward in reconciliation. I also respectfully ask that our clergy, chaplains and practitioners call out racism and assist in supporting people who are experiencing racism due to the disinformation being put out during this referendum. Many Buddhist countries have felt the trauma that was caused due to colonisation and Australia has unsettled business in relation to the dispossession of our people, stolen generations and the Australian wars. Let's settle this business on October 14

[David Pullen has a Bachelor of Arts in Politics and Government, he is a primary school teacher and a proud descendant of the Dharug and Gamilaraay peoples of NSW. He is a Buddhist Chaplain and has lived and studied in Sri Lanka.]

MANAGEMENT OF QSA

QSA is in its seventeenth year since inception in 2006. Committee meeting 54 is now due. The committee is supported by about 21 executives performing various functions such as financial management, information technology, chaplaincy services, education and publications. There are many other helpers too.

There are advisors in a few divisions. The Buddhist Chaplaincy Services Board, Buddhist Counsellors Co-ordination Board, and the Buddhist Publications Advisory Board need special mention as they help the executives with advise.

A group of Buddhist Chaplains is working with QSA. A smaller group of Buddhist Counsellors, about 25 of them also work with QSA. The total of volunteers now exceeds 110.

THE END OF THE QSA NEWSLETTER FOR THE PERIOD SEPTEMBER 2023

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**

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