



QSA NEWSLETTER

Sangha Samaggi Togetherness of the Buddhist Sangha

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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 (98)***

**Whether in a village or in a forest, in the valley or on the hill,
wherever arahants dwell, delightful indeed is that place.**

**NEW EDUCATIONAL
COURSE IN BUDDHIST STUDIES
(Course number SIB-100)**

QSA has launched a comprehensive course in Buddhism for beginners and practitioners, using internet facilities. It consists of about 300 graded lessons in five categories as follows:

Discourses of the Buddha (from the Pali scriptures)
Meditation
Buddha Dhamma
Buddhist psychology and philosophy
Dhamma Practice

Anyone in Australia or any other country can register for the course. Inquiries via email **infoqsa@gmail.com** are invited. Once registered you may ask for the help of a Buddhist Counsellor to guide you through the course. It would also be possible to meet counsellors via Zoom to get advice and assistance or to attend short supportive courses. Online and printed copies of books are also available.

Persons under 18 years of age, need to register with a parent. No course fees are charged.

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

A book titled Questions and Answers regarding the Buddha Dhamma for high school students is ready for publication by the QSA. It is intended to publish the electronic version first and print the book shortly afterwards. More information will be available soon. QSA has set up a special fund for the printing of the books. Donations can be made to the fund.

BUDDHIST PUBLICATIONS FUND

QSA has set up a fund for the printing of Buddhist books. The “Q and A on Dhamma for Students” will be the first book to be printed. Donations will be accepted by QSA for the fund as per bank details given below:

Heritage Bank

BSB: 638-070

Account number: 11592818

Account Name: Queensland Sangha Association

Please use the payment reference “Book Fund” and send an email with the payment details and your name to infoqsa@gmail.com

ASPECTS OF MINDFULNESS

COURSE SIB 013 (RENUMBERED FORUM 3)

Conducted by

Venerable Brisbane Dhamma Rakkhita

FORUM STRUCTURE

Preliminaries

Walking meditation (45 minutes)

Sitting meditation (45 minutes)

Dhamma sermon (about 60 minutes)

Discussion (about 30 minutes, extended on request)

The forum takes about three hours and is conducted on two days of the month at the Sri Lanka Buddhist Monastery, Ellen Grove and on ZOOM.

The ZOOM link will be sent to all registered participants.

To register please send an email to infoqsa@gmail.com quoting the forum number.

Forum Manager: Chatu Senarat

History: Running for more than two years.

Topic discussed recently:

Mindfulness of Phenomena in Enlightenment Factors

NOBLE EIGHT-FOLD PATH AND SELECTED RELATED TOPICS

COURSE SIB-014 (RENUMBERED FROM FORIUM 04)

Conducted by

Venerable Brisbane Dhamma Rakkhita

FORUM STRUCTURE

Preliminaries

Dhamma sermon (about 45 minutes) on a topic proposed by a participant

Discussion (about 30 minutes, extended on request)

The forum takes about 75 minutes and is conducted on one day of the month on ZOOM.

The ZOOM link will be sent to all registered participants.

To register please send an email to infoqsa@gmail.com quoting the forum number.

Forum Manager Tanuja Yasanga Sarath-Chandra

History: Running for more than two years

Most recent topic: Methods of clearing taints of the mind (25 September 2022)

INTRODUCTORY COURSE FOR BUDDHIST COUNSELLORS AND DHAMMA TEACHERS

COURSE SIB-201

Conducted by

Tanuja Yasanga Sarath-Chandra

FORUM STRUCTURE

Teaching Techniques-Discourses of the Buddha	(Sutta)
Teaching Techniques-Meditation	(Bhavana)
Teaching Techniques-Dhamma-modern texts	(Dhamma)
Teaching Techniques-Philosophy and Psychology	(Abhidhamma)
Teaching Techniques-Dhamma Practice	(Patipada)

The forum takes about two hours and is spread over two days on Tuesday or Thursday nights, or on Saturday afternoons.

The forum is conducted on ZOOM. The ZOOM link will be sent to all registered participants, closer to the arranged dates.

To register please send an email to infoqsa@gmail.com quoting the forum number.

History:

Commenced in February 2022

Two batches completed to date

Waiting list for batch 3 is now open

JHANA DEVELOPMENT

COURSE NUMBER SIB 401

Conducted by

Rahubadde Sarath-Chandra

FORUM STRUCTURE

Development of Vipassana Samadhi (to the first two Jhanas)

In the main part of the program, a procedure to develop concentration to the level of the first two Jhanas will be introduced and practised under guidance.

This is followed by a discussion.

The rest of the program attempts to develop a supporting meditation selected for the day to facilitate the Jhana development. The supporting meditations are Goodwill (Metta), Breathing, Buddha reminiscence and the Buddha Concept.

Four sessions are available as detailed below.

Each session takes about one hour and is conducted on Saturday afternoons at 2.30 pm. on selected days or as requested

The sessions are conducted on ZOOM. The ZOOM link will be sent to all registered participants, closer to the arranged dates.

To register please send an email to infoqsa@gmail.com quoting the SIB course code 401.

History:

Held 2 sessions to date. Participants have reported good progress.
Sessions planned for October:

SIB 401-Session 1 JHANA DEVELOPMENT

Supportive topic: Different techniques for goodwill meditation
for Batch 4-2.30 p.m. Saturday 15 October 2022

SIB 401-Session 2 JHANA DEVELOPMENT

Supportive topic: Different techniques for breathing meditation
for batch 3-2.30 p.m. Saturday 8 October 2022

The following future sessions are planned for November and December 2022

SIB 401 -Session 3 JHANA DEVELOPMENT

Supportive topic: Different techniques for reminiscence of the Buddha meditation

SIB 401-Session 4 JHANA DEVELOPMENT

Supportive topic: Different techniques for the Buddha concept meditation

Waiting list now open for a new batch for SIB 401

POSITION OF CHAIRPERSON OF THE BUDDHIST CHAPLAINCY SERVICES DIVISION, QSA

The vacancy has occurred because the incumbent from inception has moved out of Queensland.

Grace B. Yap-Kirk, Buddhist Chaplain has been appointed as the new chairperson of the Buddhist Chaplaincy services Division of QSA from 25 September 2022.

The incumbent will also liaise closely with the head of the Buddhist Chaplaincy Education Department of the Siddhartha Institute of Buddhism, the educational arm of the Queensland Sangha Association Inc. in connection with Buddhist Chaplaincy educational programs.

POSITION NUMBER 7.1 VOLUNTEER POSITION OF BUDDHIST COUNSELLOR

The Buddha Dhamma Lessons Bank consists of five sections, Discourses, Meditation, Dhamma, Psychology, and Dhamma Practice. Four positions of Buddhist Counsellor have been filled and we appreciate their services. We need one more person to look after the *Dhamma Practice lesson bank*.

Duties will include familiarizing with titles of lessons, getting a reasonable idea of contents, and helping email enquirers to locate lessons on topics of interest to them.

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 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**

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**

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.

BUDDHIST COUNSELLORS ASSEMBLY

Since initial training has been given to a few individuals as Buddhist Counsellors, and they have begun performing duties as counsellors, an assembly of Buddhist Counsellors is being set up. The assembly will assist the management in training more persons and in the professional development of Buddhist Counsellors.

They will also function as a department of the Siddhartha Institute of Buddhism. At the time of reporting, eleven have joined the assembly. Teachers of Buddhism are encouraged to join the assembly to promote teaching and learning of Buddhism at the same time.

It is planned to set up a ZOOM communications channel for the use of Buddhist counsellors in their work in helping inquirers with information on Buddhism.

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 co-ordinating the activities of volunteer teachers and promoting the teaching of Buddhism in Queensland public schools for many years. In order to maintain and expand its services to more schools, BESS is actively seeking to recruit more volunteer teachers. If you are able to 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 SEPTEMBER 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**

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