



# QSA NEWSLETTER

*Sangha Samaggi Togetherness of the Buddhist Sangha*

Published by the Queensland Sangha Association Inc

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

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31 October 2020

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### ***SHORT SAYINGS OF THE BUDDHA SELECTED FROM THE DHAMMAPADA***

*'Let both laymen and Bhikkhus think that things are done because of me, let them obey me in all matters great and small'. Such being the thoughts of the fool his greed and his pride grow.*

**(Dhammapada stanza 74)**

## **FIFTH QUEENSLAND BUDDHIST CONVOCATION 2020**

Our annual Buddhist Convocation will be held on Sunday 29<sup>th</sup> November 2.15 pm-4 pm, at the Wat Thai Buddharam (Thai temple) 1, Paradise Road, Forestdale, QLD 4118.

Every year this is an event that brings together monks, nuns and lay people from a wide range of Buddhist traditions and backgrounds. Everyone is welcome!

The Convocation will include a guest speaker and the award of certificates to students who have completed the Qualifying Course in Buddhist Chaplaincy and to newly registered Buddhist Chaplains.

Certificates of Appreciation will also be awarded to people who have offered significant service to the Buddhist Community in Queensland.

The Convocation will conclude with an afternoon tea and an opportunity for conversation.

### **PLEASE NOTE:**

**Nominations for Certificates of Appreciation are now open.**

Any individual, temple or group can nominate someone for a Certificate of Appreciation. Nominations should be forwarded by email, infoqsa@gmail.com) to the Executive Secretary of the QSA, Mr Rahu Sarath-Chandra, by 5pm on Friday 27<sup>th</sup> November 2020.

## **BUDDHIST FORUM (3) PATHWAYS TO NIBBANA SESSION (1) MINDFULNESS HELD ON 24 OCTOBER 2020**

Session 01 of this new Forum was held on ZOOM on Saturday 24 October 2020. Mr. Amaranath Jayakody functioned as the forum leader. The program included a short talk on Mindfulness and a Q and A session at the end. A practice session in Walking meditation and another in Sitting meditation. It

commenced at 6.15 p.m. with an introduction by the president of QSA Reverend James Wilson.

The program was attended by Buddhist Chaplains Rahubadde (Rahu) Sarath-Chandra and Tanuja Sarath-Chandra. The session concluded at about 8.15 p.m.

It is intended to continue with sessions once in every fortnight. The talks will cover all aspects of the Thirty-Seven Factors of Enlightenment and some related topics. The following topics have already been allocated:

Session 2-November 7	Foundations of Mindfulness
Session 3-November 21	Mindfulness of Breathing
Session 4-December 5	Mindfulness of Postures
Session 4-December 19	Clear Comprehension

The dates, hours and ZOOM codes will be published in this newsletter. You may also enquire by email addressed to [infoqsa@gmail.com](mailto:infoqsa@gmail.com). Inquiries about topics are also welcome. The emphasis is on practice rather than theory.

## **BUDDHIST FORUM (2) TAKING CONTROL OF MY MIND SESSION (4)**

**Forum (2) Session (4) was planned for October but was postponed. The date will be announced in the November 2020 newsletter.**

**The cases for Session 4 are given below. You may raise more cases.**

- 15 The mind derives comfort by dwelling on unwholesome things
- 16 The mind is embroiled in confusion the whole time
- 17 The mind is tired and wants to sleep, after running around too much
- 18 The eyes try to see what is here but the mind dwells on what is there
- 19 The mind tries to do too many things at the same time
- 20 The mind enjoys having a pipe dream

## **VACANCIES FOR VOLUNTEERS IN THE QUEENSLAND SANGHA ASSOCIATION INC**

Several vacancies in QSA continue to impede some activities. Please email QSA via [infoqsa@gmail.com](mailto:infoqsa@gmail.com) or telephone Rahu on 3278 9021.

## **QSA BUDDHIST FORUMS (ON ZOOM) INVITATION TO ALL TO CONTRIBUTE**

Would you like to conduct an educational course or a short forum on a ZOOM facility organised by QSA?

Have a chat with Rahu or email [infoqsa@gmail.com](mailto:infoqsa@gmail.com)

The following forums have been conducted or planned in the last few months:

- Forum 01 Celebration of Buddha's Enlightenment (4 sessions)
- Forum 02 Taking Control of the Mind (3 sessions)
- Forum 03 Pathways to Nibbana (1 session)
- Forum 04 Insight related Dhamma Studies

Forum 04 is awaiting a date for release.

## **A UNIFIED BASIC COURSE ON BUDDHISM FOR AUSTRALIANS**

QSA is planning to conduct a basic course in Buddhism encompassing all traditions of Buddhism established in Australia. The idea is to allow an enquirer to get a basic idea of Buddhism and come to know where each is practiced in Queensland, Australia.

If you wish to participate in this project please ask for details by emailing [infoqsa@gmail.com](mailto:infoqsa@gmail.com). You may contact Arno Hess Buddhist Chaplain via this email.

## **QSA DHAMMA MAGAZINE COMMENCED**

The first number of the QSA Dhamma Magazine was published on 15 September 2020. It carried a few short articles relating to common facts about the harmful behaviour of the mind.

Several congratulatory messages were received. Thank you to everyone who wrote to QSA on the magazine.

The second number was issued on 15 October 2020. The third is planned for 15 November 2020.

## **QUALIFYING COURSE IN BUDDHIST CHAPLAINCY COMPLETED**

The course has now been completed. The award of certificates will take place at the convocation planned for November 29.

**THE END OF THE 5 PAGE QSA NEWSLETTER FOR THE PERIOD OCOBER  
2020**

**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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