



# BROOKING STREET BULLETIN

ISSUE #29, SEPTEMBER-OCTOBER 2009

BUDDHIST DISCUSSION CENTRE (UPWEY) LTD.  
A.C.N. 005 701 806 A.B.N. 42 611 496 488  
33 BROOKING STREET, UPWEY, VICTORIA 3158  
PHONE / FAX - 03 9754 3334

email - [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web - [www.bdcu.org.au](http://www.bdcu.org.au)



## ABBOTS REPORT

Dear Everyone,

Happy 31st Founder's Day! It was back in 1978, on the 9th September our first founder's day, that our centre was formed. The message is the same as it was 30 years ago, "Wake up and see for yourself".

Today is the first day of our Bhavana Course on Abhidhamma.

It brings joy to know that the process to waking up is available to us. We just have to do it! We read this morning from Dr Mehm Tin Mon's book that the Buddha urged his disciples to practice with the same urgency that one would use when one's hair was on fire. We have seen today the importance of mindfulness in everyday life. That mindfulness is the beginning of one's waking up. In a way we can call ourselves 'the mindfulness centre' because it is the one instruction that is applied in everything that we do here.

I love you all.

Anita Carter

## FOUNDER'S DAY CELEBRATIONS AND FIVE DAY BHAVANA COURSE

A five day Bhavana (mind training) course commenced on Saturday 5th September and was concluded on the evening of Wednesday 9th September 2009. On Founders day 9/09/09, ten Sangha from various local temples attended and were offered Dana by approximately fifteen students and guests.

A Dhamma talk was presented by Venerable Ashin Pandita and speeches of thanks were given by Anita and Frank Carter as well as by our President Julian Bamford.

The Bhavana course was conducted at our Centre by our resident Abbot, Anita Carter and attended by some of our regular students including Melba

## IMPORTANT DATES

SATURDAY WEEKLY	MEMBERS' DAY BUDDHA DHAMMA FOR EVERYDAY LIFE CLASS, 11:00AM
SATURDAY EVENINGS	BUDDHA DHAMMA MEDITATION TEACHING BY VENERABLE SANGHA OR GUIDED BY ANITA CARTER, 8.00PM
SUNDAY WEEKLY	BUDDHIST HOUR RADIO, 4:00-5:00PM
19 AND 26 SEPTEMBER	CHAN CLASS TAUGHT BY MELBA NIELSEN, 10.00AM
26 SEPTEMBER	GENERAL MEETING, 2:00PM
27 SEPTEMBER	FOOD FAIR, ST KILDA TOWN HALL
4 OCTOBER	CAMBERWELL MARKET STALL
10 OCTOBER	SUMI-E CLASS, 2:00-4:00PM (SECOND SATURDAY OF EVERY MONTH)
24 AND 31 OCTOBER	CHAN CLASS TAUGHT BY MELBA NIELSEN, 10.00AM
31 OCTOBER	GENERAL MEETING, 2:00PM
1 NOVEMBER	CAMBERWELL MARKET STALL

Nielsen, Sue Goodes, Frank Carter, Sally Kelly, Evelin Halls, Peter Marshall and many others, as allowed by their work commitments.

The topic was an introduction to the Abhidhamma and was taught by methods instigated by our founder John D. Hughes. Source materials used included previous and archived teachings by John D. Hughes which have been preserved, compiled and prepared by Anita Carter, Alec Sloman & Frank Carter, as well as our primary source text "The Essence of Buddha Abhidhamma" by Dr. Mehm Tin Mon.

The Abhidhamma is one third of the Buddhist Canon (Tripitika) and is often referred to as "The bones of the Dhamma". Those attending were given an overview of this scientific text and encouraged to further pursue the understandings and techniques expounded therein. These insights



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consist of expositions of the various mental and physical states beings experience, and the practices with which to free themselves. The recommended practice is Vipassana meditation.

Following the success of the course, and encouraged by the response of the students, further classes will be conducted at the regular Saturday morning meditations on an ongoing basis.

Many thanks to all who participated, and most especially our warm gratitude for our Teachers Anita and Frank Carter and for the foresight and efforts of our Founder John D. Hughes.

## MULTICULTURAL FOOD FAIR

The Victorian Buddhist community is conducting a Multicultural Food Fair to raise funds for the Parliament of the World's Religions. The food fair will offer vegetarian cuisine from many ethnic groups within the Buddhist community of Melbourne to about 1000 guests. There will be 13 stalls offering soups, main courses and desserts.

Volunteers are needed to help prepare and cook Indian cuisine at the Centre on Saturday 26th September from 2.00 pm. On Sunday the 27th volunteers are needed from 9.00 am to 4.00 pm at St Kilda Town Hall to run our food stall. There will be a morning shift and afternoon shift. Please let Frank or Anita know if you can help.

## DEVELOPING INNER WISDOM

A weekend retreat will be held from the 2nd October to Sunday 4th October or until Wednesday 7th at the Maitripa Contemplative Centre in Healesville. This silent retreat will include Samadhi meditation and Vipassana meditation as well as stories and teachings from Venerable Bhante Kassapa.

For further information contact Lydia Brown on 0437552208 or Rani Hughes on 0409164396

## MEMBER'S DAY FOOD DANA

The Saturday Members day meals are going very well, with the kind offerings received from many Members and Friends each week.

The Kitchen Manual has been updated and placed on the oval table in the Dining Room for all Members and friends to read. It is requested those who are assisting or are wishing to assist in the Saturday meals whether providing money, food or meal preparation, please read the manual to get the full understanding of the procedure which insures safe food handling.

The meals and help you provide is a generous way to support our Abbot Anita and look after the students who attend Members Day.

An invitation is extended to anyone who wishes to assist in either dana offerings or meal preparations. Your skills and generosity will be greatly appreciated.

## 1000 BUDDHAS OFFERING

We invite you and or your family/friends to become a benefactor of the John D. Hughes Dhamma Cetiya Meditation Hall and Library at 33 Brooking St. Upwey 3158 Victoria, Australia by sponsoring the installation of 1000 Buddha images within and around the Dhamma Hall. Your kind support of the 1000 Buddha Images will help the implementation of our Fire Prevention Plan which includes the provision of two 15,000 litre steel water tanks, a roof mounted sprinkler system and lining the outside walls of the buildings with fire resisting surface materials. When offering a Buddha image we are reminded of the qualities of perfect wisdom and perfect Compassion of the Buddha inspiring us to develop these qualities in ourselves. Please collect a form from the Centre.

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## CENTRE INSURANCE

Our annual insurance policy costs about \$5,500 per annum or \$450 per month. This provides 10 million public liability cover and building and contents cover. Recently we were contacted by another company who specialize in religious organisation insurance who has quoted \$1800 for similar insurance.

Peter and Frank are studying the policy wording to see if it covers all our requirements.

## FIRE PREVENTION PLAN 2009

We have ordered a new 15,000 litre water tank to replace the large tank near the hall entrance. The old tank has become rusty and has developed several leaks recently. The new tank will be arriving in about two weeks and is slightly smaller than the original tank. We have borrowed a water tank from George Costas and pumped most of the water from our old tank into it and a second tank we have so that the water is not wasted as we change over to the new tank.

The cost of this upgrade is about \$2600 inc GST. We invite Members to contribute to these costs by sponsoring one or more of the 1000 Buddha images at a cost of \$33 per each inc GST. Alternatively you can donate money directly to the Building Fund.

## CAMBERWELL MARKET STALL

The proceeds from the most recent stall held in September was \$145 raised for the centre and \$20 for the Bangladesh orphanage. Adam, Tanya, Frank, Sue and Katie ran the stall from 6.00am to 12.30pm. Our next stall will be in the first week of October. Anyone who is interested in helping at the Camberwell market please contact Sue Goodes.

Any Members who have items they can donate or know of friends or relatives who have items they would donate please bring the items to the centre or

speaking with Frank who can arrange collection. Our stall stocks really need replenishing for the next market.

## MEMBERS' NEWS

We wish to have a section of the bulletin with Member's News each month. Please email Pennie White items of news in your life.

Leila Igracki was due to have her baby on the weekend of 12-13<sup>th</sup> September.

Julian Bamford has started a new job working for a water storage installation company called Tankless.

## CONTRIBUTIONS FOR BULLETIN

Thank you all for your contributions to this month's bulletin. An excellent internal newsletter only comes about from the collective efforts of the Members of an organisation. We develop our writing to reflect our five styles of friendliness, cultural adaptability, professionalism, practicality and scholarship.

We request Members who are learning to manage or who are managing various projects or events to please write a regular update for publication in this bulletin. Please email your articles to Pennie White by the 20<sup>th</sup> of each month for inclusion in the next issue. We aim to publish at the beginning of each month.