

BROOKING STREET BULLETIN

ISSUE #33, JUNE/JULY 2010



BUDDHIST DISCUSSION CENTRE (UPWEY) LTD.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
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ABBOT'S REPORT

Here we are in the middle of winter - time to reflect within and review where we are, where are we going?

It is most important to do this on a regular basis to just check that you are going in the direction you want to - like a checking the map to ensure you get to your destination. What is it that you check?

The key milestone is, to check how much grabbing and grasping we have left. How to do this? Well you need to design a measuring process. First identify where your grabbing and grasping is strongest. Start with things - material things. List your most precious and prized objects and estimate a percentage of grabbing / grasping you have for it.

Then move on to people, then on to situations, then on to your views and opinions. By first identifying that there is grabbing and grasping arising for you, you are dealing with the truth. There is nothing wrong with this. Grabbing and grasping is the way we are - it is the nature of our existence, it is what keeps us existing in the world. If you want to reach nibbana, which is a state of no more grabbing and grasping, then you need to become an expert in how your mind grabs and grasps at things. Once you see how you are grabbing and grasping at things, then and only then, can you let go and stop grabbing and grasping.

So, there is a lot of work to be done. Now, you can make it easier by... metta to yourself, mindfulness, merit, precepts, offerings – in fact, by practicing the 10 or 6 perfections and following the eight-fold path.

So it is really very easy you know. You have all the ingredients here and now to reduce and finally stop your grabbing and grasping. Winter is a great time to look at this.

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, 4-5:00PM
17 JULY	BEGINNERS CHAN CLASS WITH ANITA CARTER, 9:30-10:30PM
17 JULY	OPEN DAY PLANNING MEETING, 2PM
24 JULY	BEGINNERS SUMIE CLASS WITH JULIAN BAMFORD, 9:30-10:30AM
24 JULY	MEDICINE BUDDHA EMPOWERMENT, JAMCHEN CENTRE, BALWYN, 10AM-5PM
31 JULY	CHAN CLASS TAUGHT BY MELBA NIELSEN, 9:30-10:30AM
31 JULY	UN VERSAK THANK YOU 1.30PM-4.30PM
1 AUGUST	CAMBERWELL MARKET, 7-12:30PM
1 AUGUST	GENERAL MEETING, 2:00-2:30PM
7 AUGUST	BEGINNERS CHAN CLASS WITH PENNIE WHITE, 9:30-10:30AM
14 AUGUST	BEGINNERS CHAN CLASS WITH ANITA CARTER, 9:30-10:30PM
14 AUGUST	DIRECTORS MEETING 1-1:15PM
14 AUGUST	AGM 2-3PM
21 AUGUST	BEGINNERS SUMIE CLASS WITH JULIAN BAMFORD, 9:30-10:30AM
28 AUGUST	CHAN CLASS TAUGHT BY MELBA NIELSEN, 9:30AM-10:30AM
28 AUGUST	GENERAL MEETING, 2-3:00PM

May you have a winter filled with the warmth and knowing that you are loved, that you are loveable, that you do deserve to be loved, that you can give love, that you can receive love.

Anita

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OPEN DAY PLANNING MEETING

Our first ever Open Day, will be held on 10 October 2010. Our meeting to plan the Open Day will be at 2:00pm Saturday the 17 July 2010. All Members are encouraged to help us plan for this great event.

MEDICINE BUDDHA EMPOWERMENT

His Eminence Zimwock Rinpoche will be conducting a Medicine Buddha Empowerment at the Jamchen Buddhist Centre from 10am to 5pm Saturday 24th of July 2010.

The venue for the event is Jamchen Buddhist Centre, 69 Yerrin Street, Balwyn VIC, 3103 Cost: \$60.

Several of our Members will be attending this empowerment. If you are interested please speak with Simon.

2010 VICTORIAN VESAK THANK YOU AFTERNOON TEA

The organising committee for the United Nations Day of Vesak 2010 invites the entire team who was involved in planning, preparing, supporting and putting on the 2010 Victorian Vesak commemoration to a special afternoon gathering to express our gratitude for your kind and marvelous help which you all have most generously given towards the event this year.

Venue: Box Hill Community Arts Centre
Address: 470 Station St (corner Station & Combarton Sts), Box Hill.

Date: Saturday 31 July 2010

Time 1.30pm to 4.30pm

Food: Afternoon tea and fingerfoods will be provided. Room at the Venue: Drycraft Studio
Cost: Free of charge

All our Members are invited to attend this thank you event. The usual Saturday morning class will conclude at 12noon so we can have lunch early before proceeding to Box Hill.

WFB CONFERENCE

We have recently been advised that the 25th General Conference of the World Fellowship of Buddhists will be held in Colombo, Sri Lanka from the 13 to 17 November this year. Also the World Buddhist University 8th Council Meeting will be held concurrently at the same venue.

As a Regional Centre of the World Fellowship of Buddhists and an Associated Institution of the WBU our centre will send a delegation to both meetings and contribute our help in whatever capacity we can. We have been able to provide secretarial services to these conferences over the past 10 years and will offer to perform this role again in Sri Lanka.

We wish to thank the Members of our team for this years conference who are Anita Carter, Frank Carter, Sally Kelly, Pennie White and Simon Kearney.

REPORT ON VERSAK ACTIVITIES

Our activities at the centre to commemorate Vesak included Members sitting in meditation at the exact full moon time.

The actual date and time of the Vesak full moon was Friday 28 May 2010 at 11:07 pm.

At the conclusion of the meditation, Abbott Anita Carter lead the members in a bell puja offering.

Versak will next occur on Tuesday 17 May 2011 at 21:09. Source: Melbourne Planetarium ScienceWorks website Moon Phases Chart at: <http://museumvictoria.com.au/planetarium/discoverycentre/moon-phases/moon-phases-2011/>

THE ENLIGHTENMENT OF THE BUDDHA

The historical Buddha was born a prince in Northern India in 623 BC.

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He was named Siddhartha Gautama and the epithet “Buddha” was accorded him after he attained enlightenment.

Having reached maturity in a privileged yet cloistered environment, Siddhartha, prompted by the ‘four sights’ (an old man, a sick man, a dead man and a holy recluse) determined to find a way out of these universal sufferings.

His first step was renunciation.

He practiced under the foremost religious teachers of the time, for six years, eventually joining a band of ascetics.

Enduring austerities to the point of self mortification, he realized the futility of extremes and began practice of the middle way.

At the age of Thirty-five, on the full moon night of the month of Vesakha (May), he sat under the Bodhi tree at Gaya in deep meditation.

After resolving to find ultimate wisdom, He realised the four Noble truths.

That is... The Noble truth of Dukkha,

The Noble truth of the cause of Dukkha,

The Noble truth of the end of Dukkha,

The Noble truth of the Path leading to the end of Dukkha.....The Eight fold Path.

Whilst the preceding is widely regarded as the historical version of events, some schools of Buddhism posit that the entire process of attaining enlightenment took our Buddha Gautama a period of 300,000 world cycles, interspersed with twenty incalculable periods.

Sources from the John D Hughes Library include:
Practicing the Dhamma with a view to Nibbana.
Radhika Abeysekera 294.3444 ABE
What Buddhists Believe.
K. Sri Dhammananda 294.3 DHA
The Buddha and his Teachings.

Narada. Publication of the Buddhist Missionary Society.

DHAMMARAJIKA ORPHANAGE AND INTERNATIONAL BROTHERHOOD MISSION IN INDIA

We recently transferred \$700 US dollars to the Dhammarajika Orphanage in Bangladesh which has been collected over the past 6 months or so from our Bangladesh stand at Camberwell market, the collection boxes at four Ishka stores and donations from friends and Members.

Thank you all for your help raising funds enabling us to offer this dana to the orphanage. We understand the orphanage houses about 500 orphans and also provides primary secondary and trades school education for them.

It is intended we will increase the number of stands displayed at Ishka stores over the next few months as Julian's Father has offered to make some new collection boxes.

In addition to our work for Dhammarajika Orphanage Anita was recently appointed Patron of the International Brotherhood Mission in India which is a large orphanage. We will run some fundraising events for them including a raffle and a free dress day at a local school in which students donate a gold coin to the nominated cause in return for being allowed to come to school in free dress on one day.

We request all Members to help by selling raffle tickets to your friends and associates as we would like to raise at least \$1000 over a three month period.

LETTER FROM DHAMMARAJIKA ORPHANAGE

To Anita Carter
Abbot & Director

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Buddhist Discussion Centre (Upwey) Ltd
Australia

Dear Sister Carter,

It is indeed a great pleasure to receive the remittance US\$ 675/- as sent by you which has credited in our bank account recently. I wish to convey thanks to you from the core of my heart for this act of kindness. You are so kind to extend assistance in such a time while we are facing problem in bearing the expenses of some day-to-day needs of our children.

We recall your father with deep respect who was so kind and cordial towards and used to appreciate my services for the children of destitute society of our country.

Though I am quite aware of the fact that you are extremely busy with your various programs; yet I wish to whole-heartedly invite you to visit to us in Bangladesh at your convenient time. We shall be much honored if we could get the opportunity to welcome you in Dharmarajika Complex, Dhaka, Bangladesh.

We cordially convey our gratitude again to you and members of your esteemed organization.

In Dhamma,
Ven. Suddhananda Mahathero
Chairman
Dharmarajika Orphanage.
Dhaka, Bangladesh

CHAN ACADEMY AUSTRALIA MEETING REPORT - 19 JUNE 2010

We resolved to make the Chan Academy world leaders in the Chan Arts and the way of the brush by:

- creating a Chan Academy website for Chan painting exhibitions and on-line sales of paintings.
- producing DVD recordings of Chan painting

which demonstrate the basics and why we teach The Four Friends.

- increasing Chan painting classes by holding a class every Saturday at 9:30am with teachers:
 - Pennie White: Introduction and bamboo
 - Julian Bamford: Sumi-e in the Andre Sollier method
 - Melba Nielson: Chan painting (last Saturday of the month)
 - Anita Carter: The Way of the Brush, Chan painting
 - Helen Costas: introduction to Bamboo and a workshop of rice paper mounting on the last Saturday in August at 9:30am.

The last Saturday in September is the deadline for all finished students work to be mounted and ready for the 2010 Annual Chan Exhibition. The date and location of the exhibition will be announced in coming weeks.

The exhibition will be called Four Seasons, Four Elements, Four Friends and will feature the air, water, earth (dust) and fire (energy) elements of the clouds.

A subsequent meeting of our Chan Academy Website Development Team on the 3rd of July started the website planning process and set times for filming the Chan painting.

This dynamic team breathed life into our Chan Academy. The Way of the Brush method laid down by John D Hughes about 25 years ago at his Chan teaching, is a very active and very beautiful way to work towards liberation of the mind and is very precious in this Dhamma Ending Age.

Our Academy now has two lineage holders:- Tanya Poynton and Simon Kearney who both made vows to continue The Way of the Brush as a Dhamma teaching method. The array of Chan Teachers, Deva

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and Devatas rejoiced at this declaration, and we all applaud you Tanya and Simon.

Helen, the Chan Academy Manager has professionally run the classes, organised and hung our recent exhibitions for the Chan Academy, and those with renewed interest could well learn from her. I thank you Helen, you have allowed me to continue painting.

Chan Academy Australia has gems in these busy people: Anita, Frank, Peter, Julian, Helen, Pennie, Evelin, Simon, Tanya, Kate - diamonds all of you.

The Four Seasons Chan Academy is now operating at the Boronia studio and gallery Sundays at 11am and Monday at 11am and Tuesday by appointment.

Thank you all. Melba.

CHAN ACADEMY CLASSES, 2010

3 JUL	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
10 JUL	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
17 JUL	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER
24 JUL	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
31 JUL	CHAN CLASS WITH MELBA NIELSEN
7 AUG	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
14 AUG	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER
21 AUG	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
28 AUG	CHAN CLASS WITH MELBA NIELSEN
4 SEP	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
11 SEP	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER
18 SEP	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
25 SEP	CHAN CLASS WITH MELBA NIELSEN
2 OCT	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
9 OCT	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER

23 OCT	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
30 OCT	CHAN CLASS WITH MELBA NIELSEN
6 NOV	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
13 NOV	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER (REQUEST FOR HELEN TO TAKE THIS CLASS AS ANITA WILL BE IN SRI LANKA)
20 NOV	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
27 NOV	CHAN CLASS WITH MELBA NIELSEN
4 DEC	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE
11 DEC	THE WAY OF THE BRUSH CHAN CLASS WITH ANITA CARTER
18 DEC	SUMI-E CLASS IN THE ANDRE SOLLIER METHOD WITH JULIAN BAMFORD
25 DEC	CHAN CLASS WITH MELBA NIELSEN
1 JAN	INTRODUCTION AND BAMBOO CHAN CLASS WITH PENNIE WHITE

ITEMS NEEDED FOR THE MARKET

We are in urgent need of the following items: good quality garden tools, DVDs, kitchenware. If you have any goods you wish to donate for us to sell at the market stall please contact Frank Carter on (03) 9754 3334.

VENERABLE TIPITAKADHARA SAYADAW SUNDARA IN MELBOURNE

On Saturday April 10 2010, Buddhist Discussion Centre (Upwey) Ltd members Frank Carter, Simon Kearney, Peter Marshall, Julian Bamford, Sally Kelly, Adam Richards and Sue Goodes visited the Kabaraye Monastery in Noble Park Victoria. We had been invited to offer dana and hear a dhamma talk by visiting Burmese Monk Venerable Tipitakadhara Sayadaw Sundara. A Tipitakadhara Sayadaw is a Monk who has been recognised in the Burmese tradition to have achieved the topmost level of learning Buddha's teachings (Tipitaka), capable of reciting the entire Tipitaka by heart.

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BURMESE MONK VENERABLE TIPITAKADHARA
SAYADAW SUNDARA

There are only eleven Monks in the history of Burmese Buddhism who have been accorded with the title Tipitakadhara Sayadaw, so an opportunity to come in to contact with such a being is very rare.

After offering lunch dana, our members listened to Sayadaw give a dhamma talk on the five great things which are difficult to do. They are: to become a Buddha, to be born human, to be a good person, to meet and understand the dhamma and to become a monk or a nun. The Abbot of Kabaraye, Sayadaw Ashin Zanita has offered to attend our Centre to give teachings at a future time.



MEMBERS ADAM RICHARDS AND SIMON KEARNEY AT
KABARAYE MONASTERY

BATHROOM RENOVATION

Members are encouraged to help our bathroom renovation project starting late July which will installing a walk in shower and a separate laundry.

This project will take up to two months to complete and will be an opportunity to make a lot of merit through building. For many years our regular activity at the centre guided by John Hughes included building as the kamma of building a Buddhist Temple or the home of your Buddhist Teacher is quite extraordinary.

No building experience is necessary. Please let Frank know if you wish to help.

CAMBERWELL MARKET STALL

On 2 May 2010 members of the Chan Academy Australia ran a stall at the Camberwell Market. The total funds that were raised were \$319.65. Thank you to Frank, Julian, David and Sue for their efforts.