



Brooking Street Bulletin

Issue #50, December 2012

Buddhist Discussion Centre (Upwey) Ltd.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
33 Brooking Street, Upwey, Victoria 3158
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Christmas Garden Party

This year's Christmas Party will be blessed by H.E. Zimwock Rinpoche, his wife Kelsang, three daughters and some of his Jamchen students who will be joining us for this year's festivities.

The party starts at 5.00pm on Saturday the 8th of December 2012 in our Chan Garden.

Members are requested to please contribute to Christmas dinner which will include vegetarian and non-vegetarian dishes. Christmas is a great time to practice the first perfection generosity (Dana). Please bring a small Dhamma gift for your goodly fellow co-mates.

At this year's Christmas Party we will have a painting exhibition with Chan paintings by Master John D. Hughes, Melba Nielsen and others. These paintings will be for auction and sale to raise funds.

Please come and celebrate Christmas with us and meet Santa!

Working Bee

Our working bee continues at our Centre each Saturday as we have our yearly maintenance period. We are making good progress with our list of repairs and maintenance activities.

Thank you very much for all who have been helping with the projects we are working on. It is great to see the stupa being restored, the Sariputta Room walls repaired and repainted for the first time in over 10 years and our Heavenly Dhamma Garden being looked after.

We can also focus on reducing the fire risks at our Centre for the summer period. Please continue to come and help with this much needed work.

Christmas Day Flower Stall

Each year our Centre runs Flower Stalls on Christmas and Mother's Day. Our Flower Stall is run with the five styles: Friendliness, Practicality,

Important Dates

Saturday Weekly	11.00am – 6.30pm Dana Practice
Saturday Evenings	Meditation and Teachings 8.00pm
Sunday Weekly	Buddhist Hour Radio 4-5:00pm 97.1FM
8 December	Christmas Garden Party – 5.00pm
25 December	Christmas Day Flower Stall
29 December	General Meeting
27-31 December	Five Day Bhavana Course
31 December	New Year's Eve Bell Puja
1 January	Surangama Puja 11-12pm
6 January	Camberwell Market Stall
12 January	Masters Sausage Sizzle Fundraiser
26 January	General Meeting
End February	Vietnamese Temple Visits

Professionalism, Cultural Adaptability and Scholarship

Why do we choose to sell flowers to offer and why is it a virtuous deed to make the offering of flowers? For many centuries Dhamma Practitioners have understood the virtue in offering flowers to the Buddha, Dhamma and Sangha, family and friends.

The Buddha taught that due to cause and effect there are ten blessings arising from the offering of flowers.

The Ten Blessings are:

1. Long life
2. Good health
3. Strength
4. Beauty
5. Wisdom
6. Ease along the Buddha Dhamma Path



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7. Being born in beautiful environments
8. Born with good skin, hair and beautiful to look at
9. Always having a sweet smelling body
10. Pleasant relationships with friends

Our Teacher wrote the following comments about our flower stalls – “If human beings understood that the offering of flowers leads to the above ten blessings, flower stalls around the world would be sold out before 9.00am not only on Christmas and Mother’s Day but every day of the year”.

The funds raised go towards our Centre and the Bangladesh Orphanage which we have been supporting for more than twenty years.

We welcome all our friends and Members to volunteer their time to help us raise general funds and at the same time have the opportunity to learn and benefit from the ten virtues of offering flowers.

If you wish to help please contact our Flower Stall Manager: Adam Richards on 0422 032 333.



Chan Painting Classes

Regular classes in Chan Painting will be conducted at the Chan Academy starting in March 2013. Chan painting classes will be taught by Chan Painting Teacher Anita Carter on the first Saturday of each

month from 11.00am – 12.00pm. Cost: \$20 per class. We acknowledge the Chan Masters of the past, present and future.

Chan painting is an ancient Buddha Dhamma practice. Chan (Zen) painting trains the mind in mindfulness by using ink, paper, ink-slab and brush. Chan Buddhist practice is being aware of nature, the changes in the four seasons. At the end of their life, the red leaves fall, the frost crystals cover all, the wind blows, the daffodils and the green leaves bud, and then the warm tea tree blooms. To not have time to wonder at the miracle of a spider web or a feather is poverty indeed, and suffocates the soul.

Five Day Bhavana Course

The Buddhist Discussion Centre Australia warmly invites you to attend our Five Day Bhavana course run for students each year, over the Christmas New Year period. Bhavana is an ancient word from the Pali language meaning mind cultivation.

The course which is called “You Be the Hero in Your Life” will provide Members with the opportunity to generate many wholesome minds and merit to fuel your learning of the Buddha Dhamma. Please embrace this opportunity.

The main merit making activity will be the installation of our large white marble standing Quan Yin image on a paved platform and surround. A New Year’s Eve Bell Puja will be held at the conclusion of the five day Bhavana Course.

Five Day Bhavana Course dates are from Thursday 27 December 2012 to Monday 31 December 2012. Time: Starts 7am daily and scheduled till late.

There will be a limited number of members who can stay overnight in either the meditation hall or caravan. Please advise us if you are attending.

Please join us in bringing in the year 2013 with a Bell Puja for all Members guided by our Abbot Anita Carter. All Members and friends are welcome to make offerings for this celebration.

New Year’s Eve Celebration starts 8.00pm and Bell



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Puja is scheduled for 11.30pm at John D. Hughes Dhamma Cetiya Meditation Hall. We would appreciate your contribution to a shared light supper (savoury and sweet).

May you be well and happy.

Acknowledgement of John D Hughes Death Anniversary

Thursday 29 of November 2012 was the death anniversary of our Founder John D Hughes. Members present at the evening Buddha Dhamma Class on Saturday 1 December dedicated their merit made from this class to Master John D. Hughes in honour of his work for the Buddha Sasene. We wish for all past, present and future students to meet him in the future.



Photo: Master John D. Hughes on 7 February 2002.

Puja

Pujas are a Buddhist form of practice which is an offering and meditation that makes powerful causes for our health, progress in our practice and

wellbeing.

A Medicine Buddha – Azure Radiance Tathagata Puja was held on Saturday 1 December 2012. The puja was guided by our Abbot Anita Carter, and the participating Dhamma students were Frank Carter, Simon Kearney, Kate Lindbeck, Peter Marshall and Nicole Moustakas. Students present made requests and blessings of health, strength and long life for themselves, family and friends. May the merit of these good actions increase the health, strength and long life of our Abbot Anita Carter. May all beings be free from mental and physical suffering.

In the Buddhist Tradition, it is said that there are many Buddhas from all across the universe. One such Buddha, named Medicine Buddha, has made vows to help beings that are sick or injured recover from their afflictions. The special healing blessings of the Medicine Buddha may be attained by reciting his name or mantra: Om Namo Bhagavati Bhaisajya Guru Vaitureya Prabha Rajaya Tatagathaya Arahati Samyaksambuddhaya Tadyata Om Bhaisajyi Bhaisajyi Bhaisajya Samudgati Svaha



Photo: Medicine Buddha Azure Radiance Tathagata

Anita will be conducting a Surangama Puja on New Year's Day from 11am-12pm. All Members are welcome to attend.

The Venerable Master Hsuan Hua wrote:



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“Exhortation to Protect and Propagate. Within Buddhism, there are very many important sutras. However, the most important Sutra is the Surangama Sutra. If there are places which have the Surangama Sutra, then the Proper Dharma dwells in the world. If there is no Surangama Sutra, then the Dharma Ending Age appears. Therefore, we Buddhist disciples, each and every one, must bring our strength, must bring our blood, and must bring our sweat to protect the Surangama Sutra. In the Sutra of the Ultimate Extinction of the Dharma, it says very, very clearly that in the Dharma Ending Age, the Surangama Sutra is the first to disappear, and the rest of the sutras disappear after it. If the Surangama Sutra does not disappear, then the Proper Dharma Age is present. Because of that, we Buddhist disciples must use our lives to protect the Surangama Sutra, must use vows and resolution to protect the Surangama Sutra, and cause the Surangama Sutra to be known far and wide, reaching every nook and cranny, reaching into each and every dust-mote, reaching out to the exhaustion of empty space and of the Dharma Realm. If we can do that, then there will be a time of Proper Dharma radiating great light”.

Extract taken from: “The Surangama Sutra, Volume Six, a simple explanation,” by the Venerable Master Hsuan Hua.

Ani Choying Drolma

Nepalese Buddhist Nun Ani Choying Drolma recently finished her Australian Tour with H.E. Zimwock Rinpoche and his students. We congratulate H.E. Zimwock Rinpoche and the members of Jamchen Buddhist Centre for organising and running the Ani Choying Australian Tour. Thank you for creating the great opportunity for all of us to meet her.

Ani Choying has changed the hearts of many through her profound chanting and inspiring Dhamma work. Ani Choying Drolma sings mantras and traditional songs of the Himalaya and sings internationally to fund her humanitarian projects. She is the founder of the Nun’s Welfare Foundation (NWF). NWF is a

non-profit organization promoting the education and welfare of Buddhist nuns and other causes to help women in Nepal. Currently, the foundation supports 15 projects to benefit women and girls.

Many Members from our Centre attended the farewell dinner at Quang Minh Temple on Saturday the 24th of November. The evening included performances by Ani Choying Drolma, cultural performances and an attractive vegetarian Asian cuisine.



Photo: Julian Bamford at Ani Choying Drolma’s Concert at the Melbourne Recital Centre.

Monthly Market Stall Fundraiser

Our monthly Camberwell Market Stall is in need of suitable second hand donated goods which we can sell to raise funds. If you have any items to donate please see Frank.



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Our Sunday 2nd December Stall raised \$243.80 profit for the centre and \$15.65 for the Dhammarajika Orphanage in Bangladesh.

Thank you to those who donated second hand goods and to our Market Stall Team on the day.

Bodhi Care

The Buddhist Discussion Centre Australia is currently researching the viability of building and operating a Buddhist nursing home: Bodhi Care Aged Nursing Home for Mind and Body. It will be run on Buddhist principles as a Not for Profit organisation.

The facility will tend to the needs of the ageing population of people who live by Buddhist principles, including ageing monks and nuns who will need care in the future. Our vision is to provide persons with a suitable environment to continue learning the teachings of the Buddha and making merit in their old age; to provide the perfect conditions for them to die peacefully; to create blessings and transfer of merit for persons as they are dying; to create the opportunity for relatives to support and help their loved ones during their ageing and dying, and to help and encourage children to care for their parents.

Sausage Sizzle Fundraiser

Dear Members and Friends,

On the 25th of November the Buddhist Discussion Centre Australia held a sausage sizzle at the Ferntree Gully Road Bunnings Warehouse. We successfully raised \$1,359.81 with total sales of \$2052.60. A further \$74.35 was raised for the Dhammarajika Orphanage in Bangladesh.

We express our heartfelt thanks to all those that volunteered. Your kind help leading up to the event and the great attitude of all our Members at the sausage sizzle enabled our fundraiser to run smoothly and successfully. We need to mention the onion slicers, sausage turners, salespersons and

Nicole who spent many hours planning and arranging all the equipment and supplies. This event will help replenish the Buddhist Discussion Centre's general funds account.

In addition to our annual Sausage Sizzle Fundraiser at Bunnings Warehouse, we will now be operating two more Sausage Sizzle Fundraisers each year at Masters Home Improvement in Scoresby. The first of these will be held on Saturday 12th January 2013.

This will be an important opportunity for our organisation to generate substantial fundraising and our Members to make merit by volunteering. Your help and support is greatly appreciated. Please mark the date in your calendar.

Recipe of the Month: Cambodian Cucumber Salad

Ingredients

- 4 cucumbers, peeled
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon rice wine vinegar
- 1 clove garlic, minced
- 4 tablespoons soy sauce
- 1 tablespoon sesame oil
- Few drops chilli sauce

Directions

Slice cucumbers lengthwise. Sprinkle salt on cut sides, and then place cut-side down on paper towels to drain. After 30 minutes, pat dry.

Slice cucumbers into 1/2 inch pieces. Place in a large bowl.

In a small bowl, combine the remaining ingredients. Sprinkle on cucumbers and toss to coat. Allow to sit for 1 hour before serving.

This is a great meal to offer to the Venerable Sangha.

With metta, Tanya



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Kathina Ceremony

Well done, well done, well done to all Members who attended this year's Kathina Ceremonies and offered robes to the Sangha. The Kathina Robes Presentation is one of the most significant merit making opportunity of the Buddhist calendar for lay devotees.

This year our Members attended three Kathina Ceremonies:

- Sakyamuni Sambuddha Vihara, Buddhist Vihara Victoria on Sunday 4th November 2012.
- Melbourne Thai Buddhist Temple Inc; Wat Thai Nakorn Melbourne on Saturday 24 November.
- Dhamma Sukha Meditation Centre on Sunday 25th of November.

The Kathina Ceremony at Sakyamuni Sambuddha Vihara of the Sri Lankan Theravada tradition included many opportunities for participants to make merit such as: walking in the procession and carrying the representative robe, cutting and sewing the Kathina robes, joining in the chanting, offering dana to the Sangha and the offering of robes.

Thank you kindly to Julian Bamford and Kate Lindbeck for attending the Kathina Ceremony at Dhamma Sukha Meditation Centre on behalf of our Centre. Unfortunately other Members were unable to all attend due to our November Sausage Sizzle Fundraiser being held on the same day.



Photo: Abbot Sayadaw U Pandita at Dhamma Sukha Manohara Meditation Centre's (Plenty Forest Centre) Kathina Ceremony on Sunday 25th November 2012.