



Brooking Street Bulletin

Issue #53, June 2013

Buddhist Discussion Centre (Upwey) Ltd.
A.C.N. 005 701 806 A.B.N. 42 611 496 488
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UN Day of Vesak 2013

Congratulations to all for the wonderful UN Day of Vesak on the 11th of May. We formally thank every person for your involvement, effort and generosity to create this year's UN Day of Vesak Celebration. Together we have built fellowship and participation with so many people. We had a team of about 200 volunteers from many Victorian Buddhist Temples all working together to make the event a delight for all our guests. Thank you.

Also we were so fortunate to have the Buddha Relics with us for our Vesak commemoration. Thank you to Sakyamuni Sambuddha Vihara. We hope to have photos uploaded of the day soon on www.unvesak.org



Photo: Venerable Monk in the Sangha Procession at the UN Day of Vesak on Saturday 11th May 2013.

Important Dates

Saturday Weekly	Buddha Dhamma Course 2-4.00pm "A Guide to a Bodhisattva's Way of Life" by Master Shantideva.
Saturday Evenings	Meditation and Teachings 8.00pm
Sunday Weekly	Buddhist Hour Radio 4-5.00pm 97.1FM
2 June	Camberwell Market Stall. First Sunday of each month.
29 June	Chan Painting Class 11-12.00pm Last Saturday of each month.
29 June	General Meeting 5:30pm Last Saturday of each month.
7 July	Camberwell Market Stall
27 July	Chan Painting Class 11-12.00pm
27 July	General Meeting 5:30pm
24 August	AGM 5.30pm
9 September	Founder's Day Commemoration

Vesak Full Moon Day

Happy Vesak! Saturday the 25th of May was the actual Vesak Full Moon Day in May.

Our Buddha Dhamma afternoon class included chanting, reading about the Buddha's awakening and a guided meditation at the time of the full moon in May (2.25pm). The full moon of the fifth lunar month is the occasion that all Buddha's in all times awaken. Listening to the Dhamma and meditating at the time of the full moon in May each year, makes strong causes to synchronize with the Buddha Dhamma in future times when the fifth lunar month full moon arises.

In our meditation we were instructed to visualise ourselves as a fully enlightened being and at the end to write our wish for ourselves in the sky. We also



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reviewed our Life Plans and watched a documentary on Buddha Sakyamuni's relics.

In the evening we visited Sakyamuni Sambuddha Vihara Temple for the very rare and special display of more than 30 relics, including Lord Buddha's body and hair relics and some Arahant's bone relics.

It was a great blessing to pay respect to these relics on Vesak.



Photo: Buddha and Arahants Relics at Sakyamuni Sambuddha Vihara on Saturday 25th May 2013.

Annual General Meeting

Soon we will post Members their annual membership renewal form and an invitation to our Annual General Meeting held on Saturday 24th of August 2013 at 5.30pm. All members and students are encouraged to attend.

Your membership supports this Buddha Sassene and helps us continue to exist as a place where beings can learn, practice and realise the Buddha Dhamma.

24 hours of chanting

To increase our protection leading up to and on the day of the UN Day of Vesak Members of our Centre did 24hours of chanting from 11am on Saturday the 27th April to 11am on Sunday the 28th of May.

Chanting is using the power of truths to help us obtain what we wish for. Making statements of truths and stating clearly what we wish for, is the generation of protection recommended by the Buddha.

Protection is removing obstacles and creating the right conditions for success. We want to be successful in what we do. Therefore we need to make every effort to ensure success.

The 24 hours of Chanting started at 11am with a Prajna Paramitta Puja, then Chan painting, lunch and more chanting. Our 24 hours of chanting plan included:

- Victory protection
- Paritta book
- Divine Mantra 108 times
- Padmasambhava Refuge Book, then Seven Line Prayer 108 times
- Padmasambhava Mantra 108 times
- Paritta book - chanting each chant 108 times
- Divine Mantra 108 times
- Surangama Puja Mantra 108 times
- Medicine Buddha Puja Mantra 108 times
- Chanting sheet
- Tara mantra 108 times
- Om Mani Padmi Hum
- Medicine Buddha Mantra
- Quan Yin Mantra 108 times
- Manjusri Mantra 108 times
- The Prajna Paramitta Protection Mantra

Thank you to everyone who created blessings and protection for our Centre and UN Day of Vesak by chanting during this time.

Welcome to our New Members

We are delighted to advise that Kristen Sanchez and Craig Ellis were accepted as members of the



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Buddhist Discussion Centre (Upwey) Ltd, at our General Meeting held on Saturday 25th May 2013.

We warmly welcome Craig and Kristen as members and wish them ease along the Buddha Dhamma path.

Life Change Dana Jars Fundraiser

We sincerely thank all of those who have recently brought in their 'Life Change Dana Jars' coin collection. We deeply appreciate your continued support to our centre through this important fundraiser.

Our Dana Jars fundraiser helps contribute to our Dhamma Centre having the income to fulfil our program of activities and events without financial stress. If you haven't yet brought in your coin collection please do so at your earliest convenience. To obtain a "Life Change Dana Jar" please see Nicole.

For many years our centre has issued Members with a "Life Change Dana Jar" to keep at home and place our loose change in from time to time. Offering a few coins into the jar is an easy way to support our centre and when the time comes to bring your offering to the centre it can really add up to a considerable amount. If we have 15 Members each offering \$2-3 of change each week at the end of the year together we will have raised about \$2000 for the centre.

Monthly Market Stall Fundraiser

The Camberwell Market Stall on Sunday the 8th of April raised \$170.70 profit for the centre. Well done to the team for the day and thank you to those who donated second hand goods.

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.

Pujas

On Anzac Day; Thursday 25th April 2013 at 2.30pm we held a Sukhavati Puja. Sukhavati is a Buddha

heaven, also known as 'Pure Land' or 'the Land of Bliss or Perfect Happiness'.

On Sunday the 19th of May 2013 at 8.00pm we held a Medicine Buddha Puja for David Ley who also attended. We wish David Ley a full recovery to strong health and a long happy life.

On Saturday the 25th of May Vesak the Full Moon in May and Saturday 27th April we commenced our Chan Painting Classes with a Prajna Paramitta Puja. Prajna Paramita means the Perfection of Wisdom. In heaven worlds, beings have functional names. In this respect, the Sanskrit term Prajna Paramita, usually translated in English as the Perfection of Wisdom, is used to refer to both the deity Prajna Paramita and the Teachings of the Perfection of Wisdom held by the deity and other awakened beings.

Well done and thank you to everyone who attended the pujas and brought suitable offerings.

Mothers Day Flower Stall

Well done to all our Mother's Day Flower Stall volunteers. Our Mothers Day Flower Stall for 2013 was a great success. We were blessed with beautiful weather.

We sold a total of 182 of 186 flower bunches for the day and raised \$1546.35 profit for our Centre and \$48.95 for Dhammarajika Orphanage in Bangladesh.

Our new site at Burwood Hwy going outbound (between Applegum Cres and Lightwood Drive) was also a great success. We therefore plan to run our future flower stalls from the same sites we used on Mother's Day.

Bunnings Sausage Sizzle

Bunnings Warehouse held a briefing on the 23rd of May for all stall holders to ensure we are up to date with our information. Bunnings has made a few changes which we need to be aware of for our future sausage sizzles.

1. Sausage sizzles can be run any day including weekdays (10am - 3.00pm) and public holidays.

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Apparently the sales can still be quite good during the week particularly Fridays and school holidays. If organisations wish to do weekdays Bunnings will allow multiple stall days to be done by the same not for profit each year. (Rather than 1 per year)

2. On weekends stalls can stay open later than 4.00pm if they wish.
3. Food prices are set by Bunnings at \$2.50 per sausage and \$1.50 per drink. 4 drinks must be available including water.
4. No one under 15 years of age can cook on the BBQ.
5. We have to remove all our own rubbish from our site at the end of the event.
6. We have to degrease the concrete after packing up with a degreaser supplied by Bunnings.
7. All moneys must be counted and the sales results reported to Bunnings on the day of the sausage sizzle. We have to provide them with all our costs before we leave the site so they have a complete record of the stalls profit. They will provide a room for the money counting to be done.
8. They will allow not for profits to conduct a raffle at the same time as the sausage sizzle provided we give them notice and have permission each time.

Our next Bunnings Warehouse Sausage Sizzle Fundraiser is scheduled for Sunday 10th November 2013. We look forward to your involvement.



Photo: Dhammacakra (Dhamma Wheel)

Future Projects

Our Centre plans to make more storage capacity this year by removing stored items that are no longer used and of use. We hope you can help with this big clean up. Also this year we plan to install a two car carport and shed at the end of the driveway and remove the dead wattle tree on the front fenceline.

2013 Buddha's Day

Buddha's Light International Association (BLIA) invited our members to attend the 2013 Buddha's Day and Multicultural Festival held at Federation Square on Sunday the 19th of May. This year's annual ceremony also marked the official opening of the two-day celebration of the Buddha's birthday and of Melbourne's multicultural society. Thank you to Julian for attending on behalf of our Centre.

Chan Painting

Our second and third Chan Painting classes held on the last Saturday of April and May which also happened to be on the Vesak full moon were a great success. Both classes commenced with a Prajna Paramitta Puja in order to help calm and settle our student's minds before beginning to mindfully grind the ink and paint.

Thank you to Anita Carter and Julian Bamford for teaching and to Simon, Frank, John, Nicole, Gina, Debbie, Sally, Diane, and Peter for attending. We hope to see you again at our next Chan Painting class scheduled for the 29th of June at 11.00am.

Bi-Monthly Recipe:

Provincial Vegetable Soup

Serves 6

- 3 cloves garlic, minced
- 1 tsp grated lemon zest
- 1 tbsp safflower oil
- 1 carrot, diced



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- 1/2 butternut pumpkin, diced
- 2 celery stalks, diced
- 1 cup cauliflower florets
- 1 large zucchini, diced
- 1 can crushed tomatoes
- 1 can red kidney beans, rinsed and drained
- 2-3 cups water
- Juice of 1/2 a lemon
- A few sprigs of fresh rosemary
- 1 tsp Herbamare stock
- Fresh black pepper

Slow cooker method

Put garlic, zest, oil, carrot, pumpkin, celery, cauliflower, zucchini, tomatoes, kidney beans, rosemary and water in the slow cooker. Cook on low for 8 hours, and add lemon juice, Herbamare and pepper to taste. Serve with a big loaf of crusty bread!

Alternatively, you can cook this in a heavy based soup pot. Add all ingredients and bring to a rolling boil. Reduce to a simmer and cook for 45-50 minutes, or until carrots are soft. Top with a good splash of extra virgin olive oil, fresh basil and cracked pepper.

This hearty and nutritious soup is one of my all-time favourites. It was created by the beautiful Adele of Vegie Head (<http://www.vegiehead.com>).

I have cooked it for members of the Buddhist Discussion Centre and it was received with much delight! May it bring warmth and health to all those who create and eat it.

Claire

Recipe Contributions

Thank you Claire for contributing a recipe for this issue of the bulletin; a recipe is needed bi-monthly.

If you have made a meal for our Centre and would like to share it, please email the recipe to us.

Please also write down why you like this recipe.

Anita's 52nd Birthday

This year Anita's Birthday fell on Members Day, Saturday the 4th of May. To celebrate we did a Prajna Paramitta Puja for our afternoon Buddha Dhamma class, at the end of which each person present made a blessing for the Centre and Anita renewed her Vow she made on her birthday in 2004, 9 years earlier.

May all blessings come to our wonderful teacher! We wish Anita long life and good health so she can continue to teach us and many more beings the path of the Buddha.

Occupational Health and Safety

Hazard Alert #4

On Friday 10 May 2013 Julian Bamford injured his back lifting a 24 pack of 600ml bottled water. This occurred at the supermarket while shopping for the UN Day of Vesak event happening the following day. Fortunately Julian has had a CT scan which shows no long term damage was sustained. Always follow correct manual handling techniques.

It is most important to place a high priority on the personnel safety of our Members and to ensure we always use safe work practices whilst we are doing any activities for the centre.

Always think, is this safe?



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Photo: Yun Yang Choir from Yun Yang Temple at UN Day of Vesak on Saturday 11th May 2013.



Photo: UN Day of Vesak on 11th May 2013.



Photo: Melba Nielsen and Anita Carter on Anita's Birthday; 4th of May 2013, in Meditation Hall.