



Brooking Street Bulletin

Issue #54, July 2013

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

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Spring Family Day Celebration

To celebrate the kindness of our families, our Centre plans to have a Spring Family Day Celebration on the weekend after Father's Day each year. This year our Spring Family Day Celebration will be held on Saturday 7 September and will be held at the time of our regular Saturday afternoon Buddha Dhamma class from 2.00-4.00pm.

We warmly invite you and your parents, spouses, children, relatives and friends to our annual Spring Family Day Celebration. All Members will receive a formal invitation along with a letter of happenings and the importance of this celebration.

Activities on the day may include:

- Welcoming speech by Anita and offerings of flowers and gifts to our family.
- A guided tour of the Centre with an explanation of the significance of the Bodhi Tree, Stupa etc.
- Offering incense at our Buddha Altar and Marble Incense Bowl at the Bell Tower.
- Circumambulating the Stupa three times in a clockwise direction.
- A small Chan Painting Exhibition and Chan painting demonstration.
- A brief explanation of the Life of The Buddha
- A five minute guided meditation.
- Chanting Medicine Buddha and other chants for our family members.
- Writing of aspirations and placing them on our Bodhi tree and main altar.
- Thank you speech and sharing of merits.
- Members offering refreshments to their families e.g. tea, coffee and snacks etc.

We dedicate the merit made on this day to all mothers and fathers, past present and future. May they receive the blessings of the Triple Gem and come to full enlightenment.

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
7 July	Camberwell Market Stall. First Sunday of each month.
13 July	Wat Dhammaram Dana Offering
18 July	Padmasambhava Tsok 8.00pm
20 July	Wat Dhammaram Dana Offering
27 July	Chan Painting Class 11-12.00pm Last Saturday of each month.
27 July	General Meeting 5:30pm Last Saturday of each month.
4 August	Camberwell Market Stall
10 August	AGM 2.00pm
16 August	Padmasambhava Tsok 8.00pm
17 August	Wat Dhammaram Dana Offering
31 August	Chan Painting Class 11-12.00pm
7 September	Family Day Celebration 2-4.00pm
9 September	Founder's Day Commemoration

Clean Up

Over the next few weeks our Centre plans to continue making more storage capacity by removing stored items that are no longer used and of use. This will provide additional storage space much needed for archiving and storage of items which are cluttering several areas around the premises including the meditation hall and library, office and back verandah.

Thank you to all of those who have been assisting. Many helpers are needed please to complete this



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storage, archiving and preservation project over the next month.

Padmasambhava Tsok

On Saturday the 16th February a group of our Members attended a Padmasambhava (Guru Rinpoche) Empowerment offered by H.E. Zimwock Rinpoche from Jamchen Buddhist Centre. This empowerment was open to all Buddhists who have taken refuge. Part of the empowerment involved a lifetime commitment to chant to Padmasambhava daily and conduct a Tsok offering monthly.

Once a month our Centre conducts a Tsok according to the dates of the Tibetan calendar. All Members warmly are invited to join us in our monthly Tsok, which is best described as a Padmasambhava puja i.e. chanting and offerings to Padmasambhava.

Padmasambhava the lotus-born Guru is a very prominent historical teacher in Tibetan Buddhism.

In the middle of the eighth century AD, the Tibetan king Thi-Sron Detsan sent to India inviting the learned guru Padmashambhava to come to Tibet. Padmasambhava remained for fifty years in Tibet, establishing Buddhism, founding monasteries, and teaching the Tantra-Yogacarya doctrine.

The Jamchen Buddhist Centre brochure for the empowerment states that “Padmasambhava (The Lotus-Born) is the great founder of Vajrayana Buddhism. Also known as Guru Rinpoche (Precious Guru) he is regarded by Tibetan Buddhists as the second Buddha and is revered by all four schools.

Sangha Dana Offering

On Saturday the 15 June 2013 six of our Members; Adam Richards, Herro Salim, Simon Kearney, Kristen Sanchez, Nicole Moustakas and Julian Bamford visited Wat Dhammaram for the first of many visits, to offer dana (lunch) to the Sangha. There were 16 Venerable Monks and nine lay Buddhists present.

Making regular offerings to the Sangha is a traditional and important part of lay Buddhist practice. To help our Members achieve this we plan to offer dana (lunch) to the Sangha at Wat Dhammaram Buddhist Temple on the second and third Saturday each month.

Being on a Saturday we hope that many of you will be able to regularly participate in this great opportunity to make extraordinarily good karma which is very difficult to make in our usual daily lives. We encourage all Members to make the most of any opportunity to make offerings to the Buddhist Monks or Nuns.

If you would like to join us, please contact Nicole on wbu@bdcu.org.au or 0410 476 721.

Please note we will not be arranging the dana offering on Saturday 10 August because this is the day of our AGM.

AGM & Membership Renewals

Thank you for being a Member of our Centre.

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

Soon you will receive your annual membership renewal form, along with an invitation to our Annual General Meeting held on Saturday 10th of August 2013 at 2.00pm. All members and students are encouraged to attend.



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Bi-Monthly Recipe: Chilli Con Carne Mexican with Guacamole Salad

Ingredients:

This recipe can be meat or vegetarian.

- If meat, add 1 packet of mince and 2 cans of drained beans.
Or
- If vegetarian add four cans of drained mixed beans.
- 2 chopped onions
- 2 chopped chillies (or two teaspoons of chilli paste)
- 4-6 cloves of garlic, smashed (or 2 teaspoons of garlic paste)
- ½ red capsicum and ½ green capsicum, chopped
- 2 cans of diced tomatoes
- 1 tub of tomato paste
- 1 jar of pasta sauce (or tomatoes, if preferred)
- 2 packets of taco powder spice mix
- 2 packets of plain corn chips
- Grated cheese
- Sour Cream
- Optional: Any selection of chopped vegies to go in the mixture (carrots, broccoli, green beans, etc)

Method:

1. Heat olive oil in a large pan.
2. (Skip this step if cooking vegetarian version) Add the mince to the pan and brown
3. Add onions to the pan.
4. Sear garlic and chilli.
5. Add capsicum, canned tomatoes, tomato paste, pasta sauce, both packets of taco powder spice mix, and any additional vegies you may have chosen to add.
6. Simmer on low with the lid on (to steam cook vegies)
7. Mix in the drained beans to warm.
8. Crush ¼ packet of corn chips on the bottom of an oven proof dish. Pour chilli con carne mix on top. Cover with chips and grated cheese.

9. Put in hot oven until cheese on top is browned.
10. Serve with Sour Cream and Guacamole Salad (recipe below)

Guacamole Salad

Ingredients:

- 2 avocados
- 1 chopped red onion
- Garlic, smashed
- 1 chopped tomato
- ½ red capsicum, chopped.
- ½ green capsicum, chopped.
- Salt and pepper to taste

Method:

- Add all ingredients to a bowl and mix.

Recipe Contributions

Thank you Melba 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.

BDC Kalyanamitta Social Group

You are warmly invited to a winter lunch catch up for our second Kalyanamitta Social Group outing for 2013.

Kalyanamitta means good spiritual friends. The purpose of this group is so our members can come together on a regular basis to socialize in harmony, grow in friendship and enjoy themselves.

At Earthly Pleasures Cafe:

www.earthlypleasurescafe.com (opposite Cameo Cinemas) on Sunday 14 July at 1.00pm.

Address: 1627 Burwood Hwy, Belgrave
3160 Individual billing.

Please RSVP via email: wbu@bdcu.org.au.



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New Chanting Roster

Our Abbot and Teacher Anita Carter does much practice to maintain a suitable environment for the Buddha Dhamma to be taught at our centre for the benefit of us all.

Anita chants every weekday morning to create blessings and protection for our Centre and at other times does many offerings and requests to the heavenly Sangha to maintain the Buddha Dhamma Teaching field.

Our centre's students can and should contribute to help maintain and support this field we are taught in on a regular basis. Having access to a clean and pure Dhamma environment is a rare Blessing to us all. For us to access a suitable environment to learn Buddha Dhamma in our future depends on the causes we make now.

To organise our efforts we have created a "2013 Weekly Chanting Roster". The purpose of the roster is that our Buddhist Discussion Centre "Chanting Sheet" is chanted at least twice every day (i.e. morning and evening) in our meditation hall.

This Chanting Sheet was created by our founder John D. Hughes and teacher Anita Carter and takes approximately 15 minutes to complete. It includes the essential daily Buddha Dhamma recollections. Copies of the roster have been placed on the wall in the office and on a clip board with the Chanting Sheets in the hall. After chanting please sign the clipboard to say you have attended.

If you are able to commit to a regular day(s) for chanting please advise us. Also please advise if you can commit to a specific time and we will place your name on the roster. You are also welcome to join in with other students chanting at specific times (if they are listed).

30th Anniversary Bhavana Course

In September the Centre will be conducting a Four Day Bhavana Course. The course will commence on the 6th and conclude on the 9th of September. The teachings will include The Heart Sutra given by Anita Carter, the celebration of our 35th Founder's Day and a Family Day event for our family and friends to visit the Centre and enjoy an afternoon with us.

The Heart Sutra is one part of a large group of sutras called the Prajnaparamita teachings. This sutra contains the essence of the first teaching Master John D Hughes read after awakening in 1955 and therefore it is of particular significance to our Centre, our resident teachers and students.

On the opening day of the course we will invite Venerable Sangha Members to attend and students will have the opportunity to offer dana.

On Saturday the 7th of September we will be holding a Family Day event between 2pm and 4pm. Your family members and friends can enjoy a Chan Painting demonstration and exhibition, take a guided tour of our Centre, do a short meditation and join us for afternoon tea in our garden.

The final day of the course coincides with the 35th Anniversary of the Buddhist Discussion Centre (Upwey) Ltd when we will have our Founder's Day Celebration.

We look forward to seeing you at the course.



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Teaching Sangha English

Above is a photo of the first English as a second language class with the Venerable Sangha at Wat Dhammaram at 53 Balmoral Avenue, Springvale. The two hour class from 2pm to 4pm was held on Sunday 16 June. Twenty one Khmer Buddhist Monks participated.

The class began with a blessing chanted by the Venerable Monks. The class was taught by David Ley and Julian Bamford and will run weekly at Wat Dhammaram on Sunday afternoons. Work books and pens for the students were kindly donated by Adam Richards and Tanya Poynton.

Wat Dhammaram is a Cambodian Buddhist Temple, in the Theravada Tradition. Venerable Peo Liv is the Abbot of Wat Dhammaram Buddhist Temple and has been a monk for over 50 years. He is one of the most senior monks in Australia and has been a close friend of our Centre for many years and of our Founder John Hughes.

Pujas

On Saturday 8 June 2013 we conducted a Prajna Paramitta Puja around 11.30am.

Photo: Venerable Sangha at Wat Dhammaram attending their first English as a Second Language class on Sunday 16 June 2013 with English language tuition given by Julian Bamford and David Ley.

