



Brooking Street Bulletin

Issue #68, December 2014

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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Merry Christmas & Happy New Year!

Our weekly Saturday afternoon classes are on break in early January as we use this time to complete our new Sakyamuni Buddha Altar and start work on the construction of Anita's new Vajra Guru Room.

Four Day Christmas Bhavana Course

A Four Day Bhavana Course will be held at the centre from 28th December to 31st December 2014. The main subject for the course will be "Punna (Pali) - Deeds That Cleanse".

Venerable Sambath Sam, who is a senior Venerable from Wat Buddharamsi, and several other monks will attend on Monday the 29th of December for dana (lunch) offering. Venerable will give a Dhamma talk on the subject punna.

The Bhavana Course will conclude on New Year's Eve with a Bell Puja.

Our current project of constructing the new foundation and base for our white marble Sakyamuni Buddha image will continue on Saturday the 27th of December.

Mahakala Empowerment

We are pleased to advise that His Eminence Luding Khen Rinpoche will be offering a Mahakala Empowerment (Highest Yoga Tantra) at Nalandra Buddhist Meditation Centre.

Date: Saturday 17th January 2015

Time: 12.30pm – 5.30pm

Location: Nalandra Buddhist Meditation Centre; 1f Ailsa st Box Hill South, Victoria 3128, (off Middleborough Road between Canterbury Road and Burwood Hwy). Spiritual Director: H.E. Zimwock Rinpoche.

Important Dates

Every Saturday	Members' Day 11am - 10pm Merit Making and Classes
Every Saturday	Buddhist Meditation Class 8pm - 9:30pm
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm - 5pm
Every Thursday	Dakini Teachings for female students 8pm - 10pm
First Saturday of each month	5.00pm General Meeting. All welcome to attend
25th December	Christmas Day Flower Stalls
28th Dec – 31st January	Four Day Bhavana (Mind Development) Course
31st December	New Year's Eve Party Padmasambhava Tsok (Puja) New Year's Eve Bell Puja
1st January	Possible New Years Day trip to the Nobbies or similar. To be advised.
26th January Australia Day	Possible Food Stall Fundraiser at Belgrave Survival Day
29 January	Padmasambhava Tsok (Puja)
January/ February	Lunar New Year Vietnamese Temple Visits

Anita will be attending the Empowerment and invites you to join her.

Participants undertaking this empowerment are required to fulfil a daily practice commitment which we have been advised will be the recitation of the Mahakala mantra.



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For more information please visit:
<http://www.zimwock.org/>

The Zimwock Rinpoche website states: “Mahakala is the King of the Dharma Protectors and he has enormous strength and power to help Buddhist practitioners dispel obstacles on their path. As the Lord of the Vajra Pavillion, Mahakala is one of the most revered Tibetan Buddhist protector deities, and is the principal protector of the Sakya Tradition of Tibetan Buddhism. In his most common form, Mahakala is considered to be the wrathful manifestation of Avalokiteshvara, the Bodhisattva of Compassion.” Reference: <http://www.zimwock.org/>, accessed on the 3rd December 2014.

We are very fortunate to have H.E. Luding Khen Rinpoche visiting Nalandra Buddhist Meditation Centre to offer this special empowerment.

On Tuesday the 20th January and Wednesday the 21st H.E. Zimwock Rinpoche will conduct a Mahakala Puja leading into the Tibetan New Year to dispel countless obstacles for the year ahead.

The cost of attending the Empowerment is \$80. The cost of attending the Puja is \$30 per day. The cost of attending the Empowerment and Puja for two days is \$120.

Please advise Claire if you will be attending so we can make the bookings.

Christmas Party

On Saturday 13th December 2014, Members and Friends came together for a Christmas Garden Party in the Heavenly Dhamma Garden at our Centre.

The party was a wonderful opportunity to celebrate the kalyanamitta friendships we have made at the Centre by offering food, dhamma materials, gifts and kind-heartedness to one another.

After dinner we sang Christmas carols and songs under the stars.

Thank you to everyone who attended.



Photo: Frank Carter, Nicole Moustakas, Peter Marshall and Adam Richards at the Christmas Party at our Centre, 13th December 2014.

Vice President Updates

Knowledge Management

We want to set up an online payment facility on our website for fundraising purposes. Frank and Evelin are currently investigating the best options how to do this. They have met with an IT marketing specialist, who could set this up for us.

Another project a little further down the track is that we want to revamp our World Buddhist Radio website. We want to give it a new look and simplify the process of loading content.

Public Relations

Vietnamese New Year will occur in mid February 2015. We will invite visits from three Vietnamese Temples during this period.

Local Area Planning & Asset Management

Major Upgrade Projects

Each year we identify the building and maintenance projects which are most needed by our centre at that time and which we participate in as part of our



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Dhamma practice.

Our planned building projects for the next few months are listed below in the order which we will complete them. We invite anyone who wishes to participate to please contact Frank or Destin.

The building of the new altar for our Sakyamuni Buddha image, the raising of our Quan Yin image and the construction of the Vajra Guru Room are among the uppermost of the merit activities we can conceive and undertake as members of our Centre and we will assign them our highest care and commitment to ensure the success of these projects.

1. Build Sakyamuni Altar and canopy
2. Reduce fire fuel around the property
3. Raise our Quan Yin Image
4. Construct our Sakyamuni Altar surround
5. Construct our Quan Yin Image surround
6. Build Vajra Guru Room

We will be constructing a Vajra Guru Room where the Emerald Pavilion is located. This will be a practice and meditation room for our beloved Abbot Anita.

Fundraising

Proposed Roti Wrap stall at Belgrave Survival Day

We are considering the possibility of conducting a food stall on 26th January 2015 (Australia Day) at Belgrave Survival Day, an event held at Borthwick Park in Belgrave. The proposed food to serve is roti bread wraps.

We will be in touch with further details closer to the date. Please discuss any ideas you may have with Claire or Adam.

Christmas Day Flower Stall

On 25th December 2014 we will be holding two Christmas Day Flowers Stalls. One will be located in Ferntree Gully and the other in Bayswater.

Our fundraising target for this project is to raise \$1,050 net after costs.

Thank you to all of the Members who have volunteered to help us with this important fundraising event. Please check your emails as you will have received further information on the event.

Kallista Market

On Saturday 6th December 2014, we held a fundraising stall for our Centre at the Kallista Community Market.

We took a number of Chan artworks, painted by Life Member of our Centre, Melba Nielsen, as well as framed pictures, cards, statues, bags and bric-a-brac.

We raised \$108 for the Centre and approximately \$38 for the Dhammarajika Orphanage in Bangladesh.

Thank you to those who donated items for the stall and special thanks to Melba for allowing the Centre sell your paintings and receive part of the profit.



Photo: Claire Ransome and Nicole Moustakas with the Centre's fundraising stall at the Kallista Market, 6th December 2014.



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Jammu & Kashmir Flood Relief 2014

We received an email from Venerable Bhikkhu Sanghasena in Kashmir, India which describes how the funds raised from their Flood Relief Appeal have been distributed.

Thank you to our many Members who contributed money towards the donation offered by our Centre to Mahabodhi International Meditation Centre for this appeal.

“Dear Frank Carter

Thank you very much for your compassionate and generous support for the J&K (Jammu & Kashmir) flood victims, North India.

India-administered Kashmir, in the state of Jammu and Kashmir is the northern-most state of India, has been totally devastated by an unprecedented floods in September - the worst in more than 60 years. Srinagar and Jammu, are the region of state worst affected by the flood. The region grapples with the aftermath of the swirling waters, which have left nearly 284 people dead and millions homeless. Some says the devastation has taken away a decade of sweat and hard work.

Even though, Government of India has announced relief funds, so do many other organisations to help them reconstruct their lives and homes, it is never enough. Rebuilding houses is one thing, however, coping with the dead of a near one needs enormous endurance. They need desperate support from everyone which could help them return back to normal life sooner.

Mahabodhi International Meditation Centre, Leh, in our humble service while going beyond the religious boundaries and to the support the sisters and brothers worst affected during the flood has sent appeal to friends and well-wishers of MIMC to help raise funds to help the victim which collectively generated two million Indian rupees. On 26th November, at

Kashmir Haat, we distributed a relief cheque of Rs 25,000 each to the 80 most deserving families. Farooq Ahmad Shah, District Development Commissioner presided the function and Amit Kumar, Sub Superintendent Police of Srinagar, was the guest of honour. We also prayed for peace and prosperity of the state.

Our organization has also extended help during the Gujarat Earthquake in 1999, Kashmir Earthquake in Uri sector in 2005, cloud burst at Ladakh in 2006 and 2010 and also offered help to many individual who needed financial support during such uncalled event.

Local government or District Development Commissioner has appreciated the humanitarian service and our support, so do the victims who received the token amount. Winter has set in at areas affected and they need urgent monetary help to rehabilitate as well as to arrange other basic necessities for the cold winter.

Considering the magnitude of damage cause by the flood, the relief distributed are meagre, but very useful as they receive it at the time of need. They were delighted and thanked us for the amount direly need directly into their hand without any bureaucrat interference & long official formalities. An elderly man stood up during the function organised and said: "This charity is received on right time. We are worried about how we will arrange food, shelter and clothes for the chilling winter months". Thus expressed his gratitude.

State newspaper has carried the news in their newspapers and websites. Provided here are the links to their sites.

<http://www.greaterkashmir.com/news/2014/Nov/27/mahabodhi-group-distributes-relief-cheques-23.asp>

<http://www.greaterjammu.com/2014/20141127/epaper12.html>



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I would like to thank all the sponsors and donor, who made it all possible. With your help, we see smile on the faces. Your help has cheered them up and make them believe that no matter what, there is always someone who root for them, without any expectation. They were all glad to have received the much needed help. Thank you so much.

May all of them recover at the earliest and may peace prosper.

May your generous support bring lots of merits to you all.

Sincerely,

In the service of humanity,

Bhikku Sanghasena”

Dhammarajika Orphanage

Dhammarajika Orphanage is located in the city of Dhaka in Bangladesh, one of the poorest and most densely populated countries in the world, where nearly half the population survive on less than a dollar a day.

The Orphanage for homeless children was established in 1972 and each day provides over five hundred children with safe and secure shelter, food, clothing, basic health care and their living needs. The orphanage also provides the children with primary and secondary schooling as well as trade education, and welcomes a further 200 day students from the local area.

The most pressing need is providing the children with food.

The Buddhist Discussion Centre has been raising funds and supporting Dhammarajika Orphanage since 1983. All funds raised are transfer by us directly to Dhammarajika Orphanage.



Photo: President of Dhammarajika Orphanage distributing soap to the children. 10th March, 2012.

On 14th December, we received the following correspondence from Sanghanayaka Suddhananda Mahathero, President of Dhammarajika Orphanage and Lord Abbot of Dhammarajika Buddhist Monastery:

To: Mr. Frank Carter
Hon'ble President
Buddhist Discussion Center
33 Brooking Street
Upwey, Victoria 3158
Australia.

Dear Mr. Carter,

At the beginning I wish to express my hearty greetings to you and the same to Mr. Anita Carter and all the dedicated members of Buddhist Discussion Centre.

Since the Merry Christmas is ahead; therefore through you I also wish to offer my sincere greetings and best wishes to all your Christian friends, Kiths and Kins. Moreover I gratefully convey my blessings to the staff members of ISHKA Store who are also much concerned towards our inmate children of Dharmarajika Orphanage, Dhaka.

I am not much well physically. Last month I had to



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undergo one minor operation in my leg. Despite my old aged physical condition I have been making my untiring efforts for the welfare of orphan and destitute children of our society. You have been coming forward with helping hand in my philanthropic activities. I am confident that you will continue your such trend in the days to come for the sake of humanity. I always pay my homage to Most Respected John D. Hughes who is always revered by all our organization.

Once again I offer my hearty blessings to you all.

With Metta & best wishes in Dhamma,

Sanghanayaka Suddhananda Mahathero

President, Dharmarajika Orphanage

And

Lord Abbot, Dharmarajika Buddhist Monastery

AtishaDipankarSarak, Sabujbag

Dhaka-1214, Bangladesh.

Gail Kelly's Keys to Success

On 13th November 2014, the same day that she announced her upcoming retirement from her role at Westpac, The Business Review Weekly published a speech delivered by Gail Kelly, Westpac CEO, at the St George Bank Foundation lunch in Sydney in August. In this candid speech, Kelly shared the seven life lessons which helped overcome obstacles and become a highly successful leader.

Many of these tips can be applied to our individual Buddha Dhamma practice as well as our careers and operation in the world. They can also be applied to the success of our Centre.

1. Choose to be positive

Gail Kelly recalls that her father taught her by example that “even in difficult times, look for the learning, the insights, the opportunities, the next steps”. She points out that being positive is important

not just in business, but life too:

“I sometimes have to remind myself as I am going home at night and have had a really tough day that I can choose how I walk into my home. I can choose to be warm and embracing and welcoming, or I can choose to walk in and reflect in my tone and style that I had a bad day and everyone else is going to suffer a little bit because of it”

2. Do what you love, love what you do

Whatever it is you choose to spend your time doing, whether it be in your career or other parts of your life, loving it is a sure path to success.

Gail Kelly states that “If you love what you do, you’ll do more of it; doing more of it, you’ll gather more confidence, more energy and get better at it. That builds more confidence and energy and you’ll love it more. And you grow in your capability and skills”. Kelly then goes on to explain how the reverse is also true, and you need to make a change either in your attitude or what you are doing.

3. Be bold, dig deep

Gail Kelly encourages us all to be bold and courageous with life journeys and career journeys, be prepared to have a go.

Her experience is that “every time I’ve met this career opportunity in a life sense, I’ve had to pause, stop, dig deep, take my courage in my hands, actively say that I’m going to back myself, actively say there are others out there who are going to support me, there are others out there who want me to win”.

4. Right people on the bus, wrong people off

Gail Kelly references the study by Jim Collins, titled ‘Good to Great’, whereby 1500 companies were assessed to find out what distinguishes ‘great’ from ‘good’. He discovered that having the “right people on the bus and the wrong people off the bus” is



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extremely important.

For the Buddhist Discussion Centre, we can consider how we can best utilise the diverse skills of our Members to enable our Centre to flourish, whilst also providing further training and instructions in that area and others, when the time is right, which will enable Members to progress in their Buddha Dhamma practice and make the merit and causes they each need to wake up.

5. The vision thing

The vision that we have as individuals and as a Centre must be “crystal clear”. If it’s not, it is very easy to lose a sense of why we are doing what we are doing. As an organisation, communication and understanding is the key.

6. Generosity of spirit

Gail Kelly recognises generosity of spirit is an “essential ingredient” for success in our life and business. She goes on to say that “if you believe in practicing generosity of spirit, at heart you believe in the power of an individual to make a difference and at heart you treat individuals with deep respect and want to see others flourish”.

7. Live a whole life

Gail Kelly very often encounters people “who are in the pinnacle of their career, they are immensely successful, they’ve climbed the mountain, they are the best they can be in their job or their profession yet they are deeply unhappy”.

This is because they have sacrificed so much along the way: their relationships, friends, health, and interests. They have “lost sight of who they are, their spirituality, their inner person”.

Gail advises do not let this happen to you. You need to make sure you live a whole life which means be really clear on the priorities in your life and invest in them all the way”.

These comments are based on an article titled ‘The 7 secrets to Gail Kelly’s success’, written by Joanne Gray and published online by the The Business Review Weekly, 13th November 2014. The full article can be found at:

www.brw.com.au/p/leadership/the_secrets_to_gail_kelly_success_gOaBt4mH1u9FQCPj2nbA1O

Monthly Recipe: Toullabon

Recipe from Nicole Moustakas.

This is my Opa’s recipe; he was a baker in Holland. My Mum makes this Toullabon once a year at Christmas time for her Dutch bread table.

Ingredients:

- 6 eggs separated (at room temperature)
- 150g caster sugar (2/3 cup approximately)
- 110-150g plain flour (1 cup approximately) sifted well (at least 3 times)
- Squirt of lemon juice
- Lumps of butter
- Butter tin (even if silicon rubber)

Method:

Beat egg whites till light and fluffy, add sugar, and then add egg yolks one at time with a folk.

Gradually fold in flour with a spatula, add lemon juice. Place in tin and add lumps of butter in the mixture around the tin.

Bake for 25-30 minutes at 200°C (180°C fanforced)

Once cooled, place on a plate and decorate with holly and sifted icing sugar. The Toullabon cake should be light, not dense and is best served with butter.

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Photograph: From left to right - Buddha Shakyamuni, Master John D Hughes, Anita Carter, Quan Yin, Padmasambhava. Collage created by Peter Marshall and offered, beautifully framed, to Abbot Anita Carter.