



Brooking Street Bulletin

Issue #76, November 2015

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

email – chanacademy@bdcu.org.au web – www.bdcu.org.au



Namo Tassa Bhagavato Arahato Sammāsambuddhassa

Protective Chanting

In addition to the daily chanting done at our temple, on the 14th and 15th November 2015 we did approximately 24 hours of chanting in our John D. Hughes Dhamma Cetiya Meditation Hall.

The chanting included the Parittas; protective verses in Pali and English, and was done to increase our centre and Members protection and generate much merit and many good causes for all beings.

Parittas are generally used for protection against dangers; they each have a specific use. Our 24 hour chanting included the “Great Paritta”, that is the Mangala Sutta, Ratana Sutta, Metta Sutta, Khandha Sutta, Mora Sutta, Vatta Sutta, Dhajajga Sutta, Atanatiya Sutta, Angulimala Sutta, Bojjhanga Sutta and Pubbanha Sutta.

“Chanted and listened to, with understanding, concentration and devotion, the “Great Paritta” has the power to ward off danger and bring good results.” *By the Venerable Sayadaw U Silananda.*

May all beings enjoy the benefits of paritta and metta.

JDH Death Anniversary Puja

Our Centre will be conducting a John D. Hughes Puja, at 8pm on Saturday 28th of November 2015. The puja is to commemorate our late founder Master John D. Hughes’ death anniversary, which falls on the 29th of November. We warmly invite you to join us for this very special occasion.

Important Dates

Every Saturday	Members’ Day 11am - 10pm Meritorious activities and classes when scheduled
Every Saturday	2.00pm Dhamma Class – Nine week Introductory Course completed. New dates to be advised.
Every Saturday	Buddhist Meditation Class 8pm - 9:30pm
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm - 5pm
Last Saturday each month	Chan Painting 11am – 12.30pm. No class in November.
Saturday 28 November	John D. Hughes Puja at 8pm, to commemorate his death anniversary on 29 th November.
28 and 29 November	Christmas Tree Fundraiser
Sunday 6 December	Dhamma function by Master Lu at the Melbourne Convention and Exhibition Centre 1.30pm to 5.00pm.
5 th , 6 th , 12 th and 13 th December	Christmas Tree Fundraiser
Sunday 27 December	General Meeting 5.30pm. All welcome to attend.
27 to 31 December	Five Day Bhavana (Mind Development) Course



Brooking Street Bulletin

Issue #76, November 2015

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

email – chanacademy@bdcu.org.au web – www.bdcu.org.au



Important notice:

There will be no Saturday afternoon Buddha Dhamma Teachings on the Saturdays that we will be conducting our Christmas Tree Fundraiser. The dates are Saturday 28th November, 5th December and 12th December 2015. Our regular Buddha Dhamma Meditation Class will be running every Saturday evening from 8.00pm to 9.30pm. We look forward to seeing you then.

Five Day Bhavana Course

All are invited to join us for the upcoming Five Day Bhavana Course, from the 27th to 31st of December 2015. More information will be given closer to the date. If you have any questions, please call Simon Kearney on (03) 9754 3334.

Vice President Updates

Knowledge Management

Buddha Dhamma Videos

Thank you to our wonderful Abbot Anita, who has kindly given introductory teachings on Buddha Dhamma topics on video. These videos are available for viewing on our website www.bdcu.org.au by clicking on the “Watch Videos” link at the right hand column.

Thank you to Peter for his time and dedication in helping to produce these beautiful videos.

World Buddhist Radio

We are excited that the World Buddhist Radio has extended its program and services. Included are teachings given by our Late Founder Master John D Hughes, Dhamma talks by the Venerable Sangha, Sutta readings and Buddhist music.

To listen to the World Buddhist Radio, go to our website page and click the ‘listen now’ link at <http://www.worldbuddhistradio.org/wbr/wbr.html>.

Additionally, the World Buddhist Radio station is now listed with **TuneIn!** This is a free radio app that you can download from the app store and Google Play. You can use the app to listen to the World Buddhist Radio on your mobile phone, tablet, computer, smart TV, internet or even your car. Presently TuneIn has a global audience of 50 million active users.

Because the World Buddhist Radio is an Internet radio station, we recommend that you use Wifi to listen to the program. You may want to check your individual data usage to ensure you don’t go over your plan.

May all beings have access to Buddha Dhamma teachings and blessings.
Sadhu, sadhu, sadhu.

Fundraising

Christmas Tree Sales Fundraiser

Most of you will have already heard about our exciting new fundraising project - Christmas Tree sales stall!

Our Centre will be running these stalls over 2-3 weekends, commencing on the last weekend of November through to mid-December. We are fortunate to have found two suitable sites in the suburbs of Bulleen and Flemington. We will be ordering 70 trees per day to begin with, with the possibility of expanding to meet demand.

The money we raise will help our Centre to flourish and we can expand our current Buddha Dhamma activities.

If you wish to help please let us know. Thank you to everyone who has kindly offered to help with this great fundraiser.



Brooking Street Bulletin

Issue #76, November 2015

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

email – chanacademy@bdcu.org.au web – www.bdcu.org.au



Abhidhamma Book Return

Some copies of 'The Essence of Buddha Abhidhamma,' by Dr Mehm Tin Mon, are on loan to Members and Students of our Centre from the John D. Hughes Collection. If you have a copy which you are not currently using for your study, please return it to the library and sign the register.

If you have any questions about the Collection, please contact us by phoning (03) 9754 3334, or by emailing wbu@bdcu.org.au.

Buddhist Discussion Centre Christmas Party

Stay tuned for information to come soon about the Buddhist Discussion Centre Christmas Party!

Dharma Function by Master Lu

Some Members of our Centre will be attending an upcoming Dharma function by Master Jun Hong Lu on, "The Art of Applying Comprehensive Metaphysics." (www.GuanYinCitta.com).

This special event is being held in Melbourne on Sunday the 6th of December 2015 from 1.30pm to 5.00pm at the Melbourne Convention and Exhibition Centre. If you have any questions or would like to join us, please contact Simon on (03) 9754 3334 or wbu@bdcu.org.au

Shang Longrik Gyatso Rinpoche Visit to Melbourne in 2016

Shang Longrik Gyatso Rinpoche is likely to visit Melbourne once again in June 2016.

We sincerely thank Shang Rinpoche for his Teachings and gift of books written by him, which are now a part of our Library.

We look forward to meeting with Shang Longrik Gyatso Rinpoche and his students once again and wish to offer our assistance for there 2016 visit.

Recipe: Mixed greens with fetta, almonds and blueberries.

Ingredients:

- 1-1/2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 teaspoon honey
- Salt and pepper
- 140g baby salad greens
- 1/2 cup crumbled feta cheese
- 1 punnet blueberries
- 1/4 cup pine nuts, toasted

Whisk vinegar, oil and honey in small bowl. Season to taste with salt and pepper. Combine greens, feta and blueberries in large bowl. Add dressing; toss to coat. Sprinkle with pine nuts and serve. Serves 4.

Source: The Age Newspaper, life & style: "Blueberries: a recipe for health," October 28, 2011. <http://www.theage.com.au/lifestyle/diet-and-fitness/blueberries-a-recipe-for-health-20111028-1mmyf.html#ixzzlcDjiDAOh>

Thank you to Evelin, for contributing this healthy recipe. We kindly request everyone to please share your non-copyright favourite delicious recipe for future Bulletin issues. Your recipe might also one day be used to make a fundraising cookbook for our Centre.

Brooking Street Bulletin

Issue #76, November 2015

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

email – chanacademy@bdcu.org.au web – www.bdcu.org.au



Photo: From left to right / top to bottom: Julian Bamford, Simon Kearney, Trish Allen, Kym Merriman, Frank Carter, Peter Marshall, Nicole Moustakas, Sally Kelly, Anita Carter, Claire Ransome and Destin Nguyen, on the 14th November 2015 at the Buddhist Discussion Centre Australia. Photograph by Evelin Martin.

This photograph was taken after the Buddha Dhamma class taught by Shang Longrik Gyatso Rinpoche in Taiwan, via a Skype session to our Meditation Hall.

Members Day Food Roster – President’s Message

Members who are attending our Centre on Saturdays please ensure you regularly contribute to the evening meal by placing your name on the meals roster at least once a month.

We must create conditions where our Abbot Anita is supported by us in her Dhamma Teaching on Members Day without having to provide any meals for Members. Thank you.