



Brooking Street Bulletin

Issue #77, December 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

Merry Christmas & Happy New Year!



*"Peace in our hearts,
Peace in our minds,
Peace on earth" - Anita Carter*

Photo: Nicole Moustakas, Peter Marshall and Claire Ransome at the Flemington Christmas Tree Stall site, 2015. Photograph by Julian Bamford.

Five Day Bhavana Course

The Buddhist Discussion Centre Australia warmly invites you to attend our Five Day Bhavana course which is held for students each year over the Christmas/ New Year period.

Important Dates

Every Saturday	Members' Day 11am - 10pm Meritorious activities and Classes when scheduled
Every Saturday	Buddhist Meditation Class 8pm - 9:30pm
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm - 5pm
27 th to 31 st December	Five Day Bhavana (Mind Development) Course
31 st December	New Year's Eve Celebration and Bell Puja 10pm to 12:15am
19 th January	Padmasambhava Tsok (Puja)
26 th January Australia Day	Medicine Buddha Puja
20 th February 2016	Lunar New Year Vietnamese Temple Visits. Second visit date to be advised.

'Bhavana' is an ancient word from the Pali language which translates to 'mind cultivation'.

The five day Bhavana course will run from Sunday 27th December to Thursday 31st December 2015. Those who cannot attend the full course are welcome to join us whenever they can. There is no fee charged for students to attend the course. Contributions to meals for our Teachers and Students are most appreciated.

Please advise us if you are planning to attend. If you have any questions, please contact Simon Kearney on (03) 9754 3334.



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New Year's Eve Bell Puja

Please join us for our New Year's Eve Celebration. The celebration starts at 10.00pm and the Bell Puja guided by our Abbot Anita Carter is scheduled for 11.30pm in the Meditation Hall.

This is a great opportunity to bring in the New Year with your Dhamma brothers and sisters and to make wholesome causes for an auspicious, prosperous and peaceful new year.

If you wish to attend or have any questions, please contact Simon Kearney on (03) 9754 3334.

Australia Day Puja - 26th January 2016

Please join us in celebrating our very good fortune of being Australian residents by taking part in a Bhaishaijya Guru Puja (Medicine Buddha Puja). Please bring some offerings for the puja such as flowers, water and food.

The word puja derives its meaning from the Dravidian language and can be translated as 'to do with flowers'. When the Buddha travelled, the custom developed to offer flowers on his arrival in a particular place. The earliest pujas consisted of offering flowers, light and incense in front of a symbol or image of the Buddha.

Pujas are expressions of devotional attention, reverence and honour.

The practice of pujas grows out of and reinforces faith and true devotion, which are positive emotions that benefit one's Buddha Dhamma practice.

The purpose of doing a puja is manifold; some meant to be expressions of devotion, others to induce wealth, long life, help from the gods and also spiritual qualities. There are pujas that are specifically designed to remove obstacles to bring a

person's good karma forward and for the necessary conditions to ripen in the present.

Pujas generate vast blessings and much merit. They help to clear one's mind and environment. If conducted in a temple, it strengthens its Buddha Dhamma field, gives protection and makes strong causes that the Dhamma be taught.

Ultimately, it helps all beings to overcome suffering and sorrow through the attainment of perfect enlightenment.

When practised mindfully, vast merit can be shared with all beings for the purpose of their enlightenment. The puja is a powerful method of brightening the mind and the bright mind can remove defilements of greed, hatred and ignorance.

For maximum benefit to the Buddha Dhamma practitioner, the puja should not be treated as a mindless ceremony, but be practised as a meditation with the development of continuous mindfulness.

Pujas help the students appreciate the Buddha Dhamma texts and to learn them by recitation. This is a meritorious way to develop your scholarship.

In the Buddhist tradition, we generate powerful merit by doing pujas and stating truth asseverations, and then dedicate the merit towards whatever aim we wish to achieve.



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Buddha Dhamma Teachings Program at our Centre for 2016

The Saturday afternoon classes will be on break during January as we prepare for our Lunar New Year Vietnamese Temple Visits.

Saturday evening Buddha Dhamma Teachings and Meditation Guided by visiting or resident Dharma Teachers will continue as usual every Saturday evening from 8.00-9.30pm.

We will be running a 10 week "Introduction to Buddhism" course on Saturday afternoons from 2-4pm commencing in February-March. The start date is still to be advised. All are welcome to attend and senior Members are encouraged to attend to assist our teachers and support new students. For more details please email (wbu@bdcu.org.au) or phone 03 9754 3334.

Chan Painting classes which are usually held on the last Saturday of each month are on break until further notice.

Members from our Centre host the 'Buddhist Hour Radio Program' live at 3MDR Radio Station 97.1FM, each Sunday from 4-5pm. We would love to hear from you if you listen to the show. Send us an email to tell us what you found out by listening, or provide us with some friendly feedback.

If you would like to join the radio team please see Simon Kearney the Executive Producer.

Vice President Updates

Knowledge Management

We have uploaded a short series of introductory videos with Buddha Dhamma teachings by Anita Carter. You can find them on our website www.bdcu.org.au by clicking on "Watch Videos" on

the right hand side. Video topics are: The Three Marks of Existence, Chan, The Ten Perfections and General Topics. Thank you to Anita for giving these teachings. Thank you to Peter for filming and preparing the files for Evelin to upload to our website. Thank you to Frank for his dedication and support. May all beings have access to the teachings of the Buddha. Sadhu, sadhu, sadhu.

Public Relations

Vietnamese New Year is the next major event on our Calender. It is a Vietnamese tradition for some of Melbourne's Vietnamese Buddhist temples to participate in a pilgrimage by bus to 10 other temples across Melbourne to celebrate the new year. This year the Buddhist Discussion Centre Upwey (Ltd) is delighted to host members from Hoa Nghiem Temple on Saturday 20th February in the early afternoon. Anyone who wishes to help us welcome our Vietnamese guests by offering drinks and refreshments, please contact Simon Kearney at the Centre on 9754 3334.

Local Area Planning and Management

Merit Making towards Enlightenment!

While our afternoon classes are on hold during January, we will be conducting Merit Making working bees at our Centre each Saturday from 11:00am, unless otherwise advised.

Please wear work clothes, sturdy shoes and bring a hat. Lunch is shared at 1pm.

Please note that it is in our centre's policy to not conduct activities on extreme high fire risk days according to the forecast weather conditions.



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Fundraising

Thank you all very much for your wholehearted support and effort in setting up and conducting our Christmas Tree Fundraising Stalls during December.

This event has been a great example of the support and commitment of our team to our centre and we have been successful in conducting this new event very well in accordance with our five styles.

The financial result of this fundraiser is that it will contribute about \$750 income to the centre after the bills have all been paid which is probably a similar result as we would have expected from the event it replaced, which is the Christmas Flowers Stalls!

Our events are usually financially successful however on this occasion the financial result is less than we had expected. Under the guidance of our Abbot, Anita, we have carefully considered the feasibility of running future Christmas Tree Stalls.

We have decided that we will no longer sell cut trees, but will investigate the possibility of selling potted trees which can continue to live and grow over the years.

The event was very meritorious for those who helped as our intention was to support our temple and look after the Buddha Sasana for the benefit of all beings.



Photo: Display tree and sign advertising our stall at the Bulleen site. Photograph by Julian Bamford.



Photo: Anita Carter our Abbot on right, Nicole Moustakas (middle) and Claire Ransome (left) at the Flemington Christmas Tree Stall site.



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Anniversary and Birthday Celebration

On the evening of the 23rd of October 2015 Anita and Frank celebrated their 10th wedding anniversary and Frank's 60th Birthday Celebration which occur on the same day.

As part of this auspicious occasion, Anita and Frank read their vows together in front of the altar in our meditation hall.

May both Anita and Frank have long life, excellent health and happiness!

May the blessings of the Buddha, Dhamma and Sangha shower onto Anita and Frank and their marriage always!



Photo: Evelin offering Anita and Frank with flowers. Photograph by Julian Bamford.

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.



Photo: Frank offering Anita a gift and flowers on the occasion of their 10 year wedding anniversary and Frank's birthday. Photograph by Julian Bamford.



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Kathina Ceremonies

Many of our Members and Friends attended Kathina Ceremonies at Temples across Victoria during the month of November.

The Kathina Robes Ceremony in which the lay community offer robes to Buddhist Monks is the most significant merit making opportunity of the Buddhist calendar for lay devotees. This occurs every year at the end of the three month rains retreat in Theravadin Buddhist Temples.

Our Members are very blessed to have the opportunity to attend multiple Kathina ceremonies.



Photo: Emma Song, Julian Bamford, Simon Kearney and Sally Kelly, at Wat Buddharamsi Kathina Ceremony on the 1st November 2015.

Recipe: Fish Cakes

Ingredients:

- 1 lb potatoes
- 1 egg yolk
- 1 x 16 oz can of either salmon or tuna
- 1 oz margarine or butter
- 2 teaspoons milk
- Pepper/salt
- 1 egg beaten
- Breadcrumbs
- Oil/butter for frying
- 1/2 cup (approx.) plain flour

Method:

1. Boil the potatoes until cooked, drain and mash well.
2. Drain the liquid from the can of fish selected and flake fish with fork.
3. Heat butter and milk in a saucepan, stirring in potatoes and fish. Mix well over heat.
4. Whilst the mixture is still warm, stir in the egg yolk, pepper/salt. Spread onto a plate to allow to cool.
5. When cool form the mixture into round cakes, should be about 1 inch thick. On a floured board brush cakes with the beaten egg and coat with breadcrumbs.
6. Fry them in hot oil/butter until they are golden brown.
7. Drain and serve hot. Serves 6.

Recipe contributed by Trish Allen. Reference: 'Woman's Day Cookbook, 1970 edition; by Margaret Fulton and cookery editor Paul Hamlyn.'

Thank you to Trish for contributing this recipe. We kindly request our Members and Friends to please share your favourite recipe for future Bulletin issues. Please be careful not to breach copyright laws by providing a reference or your own recipe. Your recipe may one day be used to make a fundraising cookbook for our Centre!



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Members News

This is a “new” segment in our monthly Bulletin for Members to share their news about things they have been doing, or are planning to do.

Actually we have had a similar Members News section in past Brooking Street Bulletins from the late 1980’s so it is a reprised feature!

Please submit your news item at any time to be considered for the next issue of the Bulletin. Our worthy and popular President Frank has provided the following inaugural item:

Frank

During the past month Simon and Frank have been renovating the old kitchen dining room and lounge areas in our house. These areas looked much the same as when Frank first visited the centre in 1980 and were the hub of all our Centre’s activities for many years.

All our classes and courses including our first Chan Painting Class were conducted in the small spaces of this lounge and its neighbouring bedrooms, one of which also served as our library. All meals were prepared on an old beige Metters New World gas stove which stood in a recessed alcove next to our white porcelain sink. The sink itself was about the same size as the one we now use in our Sariputta Room and on occasions this tiny kitchen catered for up to 40 persons per meal.

The renovation work has included removing the floor which had developed a significant slope away from the fireplace which stands on a concrete foundation at its original height. The slope from the fireplace to the far side of the room (about 3 metres distant) was about 10 - 12cm.

The floor and some joists and bearers had termite damage so these materials have been removed and

new joists and floor installed. Further work has been to repair walls on which the plaster had deteriorated and to repair the old stove alcove for our music system and record collection.

Remaining work to be done includes wall and ceiling plastering and painting. Finally new carpet will be laid. The new room will be a quiet reading and family room and Anita’s office area. We have a mid-January completion date.