



# Brooking Street Bulletin

Issue #78, April 2016

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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Namo Tassa Bhagavato Arahato  
Sammāsambuddhassa

## Easter Bhavana Course

From Friday 25th March to Sunday 27th March, students attended a Bhavana (mind development) course at our Centre. The topic for the course was The Sutra on the Heart of the Perfection of Wisdom, commonly known as The Heart Sutra.

On the first day of the course we invited four members of the Venerable Sangha from Wat Buddhārāngsi and Wat Dhammaram to receive dana (lunch) from our Students and Teachers. We were most fortunate to receive a blessing from the monks and a Dhamma talk on the importance and benefits of mindfulness and Vipassana Meditation from Venerable Sambath Sam of Wat Buddhārāngsi Temple in Springvale South.

We express our sincere thanks to the Sangha Members who attended our centre on this occasion.

## Welcome to our Newest Members

We joyfully advise that Vinse Wing-size Cheung, Carol Smith and Loc Lam Quang were accepted as Members of the Buddhist Discussion Centre (Upwey) Ltd at the General Meeting held on 5<sup>th</sup> of March 2016. We warmly welcome you as Members and wish you ease along the Buddha Dhamma path.

## Happy Birthday to Simon

May all of the merits made from the production of this month's bulletin be transferred to Mr Simon Kearney. Simon is a valued and much loved Vice President of our centre. May Simon have long life, good health, strength, wisdom, pleasant relationships and ease along the Buddha Dhamma Path.

## 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
9 <sup>th</sup> April 2016	Friendship Dinner Fundraiser for the UN Day of Vesak at Quang Minh Temple, 6:30pm
30 <sup>th</sup> April 2016	General Meeting at 5:30pm. All welcome to attend.
4 <sup>th</sup> May 2016	Anita's Birthday
7 <sup>th</sup> May 2016	Victorian Observation of the United Nations Day of Vesak at the Melbourne Town Hall
8 <sup>th</sup> May 2016	Mothers Day Flower Stall Fundraiser



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**Photo:** Our Abbot, Anita Carter, presenting Simon with a beautiful framed Buddha image on the occasion of his birthday. Photo by Claire Ransome.



**Photo:** Simon smiling with his Lemon Meringue Birthday Cake. Photograph by Jaydee.

## Vice President Updates

### Knowledge Management

We are excited about the creation of our new website. The launch date for our new site is the 30th of April 2016. We are also preparing an "Introduction to Buddhism" series of videos for the website based on our classes with the same title and an online Chan exhibition.

Thank you to Peter for making beautiful short "Introduction to Buddhism" videos; thank you to our members for their time and dedication to be filmed. Thank you also to Jamal, professional video maker, for coming to the Centre to make a "Short Introduction to the Buddhist Discussion Centre Australia" film.

We are currently mounting the Chan Paintings for the exhibition. If you wish to help with buying the canvassing or assist with mounting the paintings, please let us know.

May all beings be able to access the teachings of the Buddha to be free of suffering and the causes of suffering.

Sadhu sadhu sadhu



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## Local Area Planning and Management

A Do List has been produced for maintenance work to be done around the centre.

Some activities to be done are spreading soil and sowing grass, mowing the lawn, finish cementing the path around the Buddha base, weeding and mulching.

Anyone who wishes to offer their time to help please contact Frank.

## Fundraising

The next Fundraiser for our Centre will be our annual Mothers Day Flower Stall Fundraiser, to be held this year on the 8<sup>th</sup> of May on Burwood Highway in Ferntree Gully.

The funds raised go towards our Centre and the Bangladesh Orphanage which we have been supporting for more than twenty years.

We welcome all of our friends and Members to volunteer their time to help to us raise general funds and at the same time have the opportunity to learn and benefit from the virtues of offering flowers.

### Do you have any good ideas for fundraising?

We are on the lookout for new ways to raise funds for our Centre. Since we do not charge any money for Buddha Dhamma teachings, we rely on dana and fundraising to take care of expenses such as bills, insurance and other general costs. We'd love to hear from you about any clever fundraising ideas you may have.

## Introducing our new Dhamma series: 'From Our Librarian's Desk'

Our Heritage Library at the Buddhist Discussion Centre Australia provides a comprehensive resource for Buddhist study and research from all major Buddhist traditions.

Our multilingual Heritage Library is believed to be the largest Buddhist Library in Australia and includes rare and valuable texts including the Buddhist Canon, commentaries by renowned teachers, Buddhist journals and newsletters and audio and video recordings of Buddhist teachings from many well known Buddhist Teachers. Having been sourced for over 40 years many books in our Heritage Collection are now out of print.

We wish to make the Dhamma treasures within our library accessible to a wider audience so from now on each week our Librarian will select a passage from one of these Buddhist texts or articles to be featured on our Facebook page. We hope this will be of great interest to you and provide some useful insights into the Buddhist way of life and practice.

Requests for readings from particular authors or on particular subjects can be made to the Librarian by emailing us at [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au).





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## Vietnamese Lunar New Year Visit

On Saturday 28th February it was our great pleasure to host Venerable Thich Thien Tam and approximately 400 Members from Hoa Nghiem Temple, Springvale, to our Centre as part of their Lunar New Year Temple Pilgrimage.

We offer our heartfelt thanks to Venerable Thich Thien Tam and the Hoa Nghiem Members for their visit and generosity to our Centre. We treasure your friendship in the Dhamma and look forward to your visits each year.

Thank you to all Members and Friends who contributed to the success of these visits. The way we conducted these events demonstrates the enormous benefit of applying the five styles of friendliness, practicality, professionalism, scholarship and cultural adaptability.



**Photo:** Pictured here are the Members and Friends of our Centre who assisted with hosting the Lunar New Year visit to our Centre. Not pictured is Peter (photographer), Jaydee and Jaydyn.

## Donation to Dharmarajika Orphanage Bangladesh

Please find below a copy of the email received from Venerable **Suddhananda Mahathero**, President Dharmarajika Orphanage Bangladesh acknowledging receipt of the funds we recently transferred to them.

“Dear Mr. Carter,

At the outset please accept my blessings and Dhamma greetings. Convey the same to the kind hearted members of your esteemed organization as well as member & staff of Ishka Stores.

Pleased to inform you that yesterday evening we have credited the amount from the concerned bank donated by you. Now we are preparing to payment the due amount of suppliers of food items. At the same time making preparation for newly procurement the fooding items for the orphan and destitute children.

In this regard, I on behalf of managing committee of Dharmarajika Orphanage and myself convey our heartfelt thanks and gratitude to you all for your kind donation.

Praying for sound health and mind of you all.

May all beings be happy.



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With Metta and blessings,

Sanghanayaka Suddhananda Mahathero

President

Dharmarajika Orphanage

Dhaka, Bangladesh”

## Medicine Buddha Puja

Blessing for Health, Wealth and Happiness to All.

Our Centre held a Medicine Buddha Puja on Australia Day; Tuesday 26th January 2016 at 10am. May all be well and happy.

Medicine Buddha Mantra:

‘NAMO BHAGAVATI. BHAISHAJYA GURU-  
VAIDUREYA PRABHA-RAJAYA.  
TATHAGATAYA ARHATE  
SAMYAKSAMBUDDHAYA. TADYATHA. OM.  
BHAISHAJYE - BHAISHAJYE - BHAISHAJYA  
SAMUDGATI SVAHA.’

Reference: Bhaishajya Guru Puja. The Bhaishajya  
Guru Vaidureya Prabha Rajaya Tathagata Puja  
Prayer Ritual.



MASTER OF HEALING, AZURE RADIANCE  
TATHAGATA

Photo taken by Peter Marshall at our Centre.

## The Nobbies, Phillip Island

In January 2016, our Teachers Anita and Frank Carter visited The Nobbies at Phillip Island. While they were there, Anita painted a series of Chan Paintings as our teachers and students have done many times in years gone by.

Our Centre plans to hold an online Chan Exhibition fundraiser this year and is investigating the possibility of conducting a Chan Exhibition at the Nobbies centre which overlooks the Nobbies.



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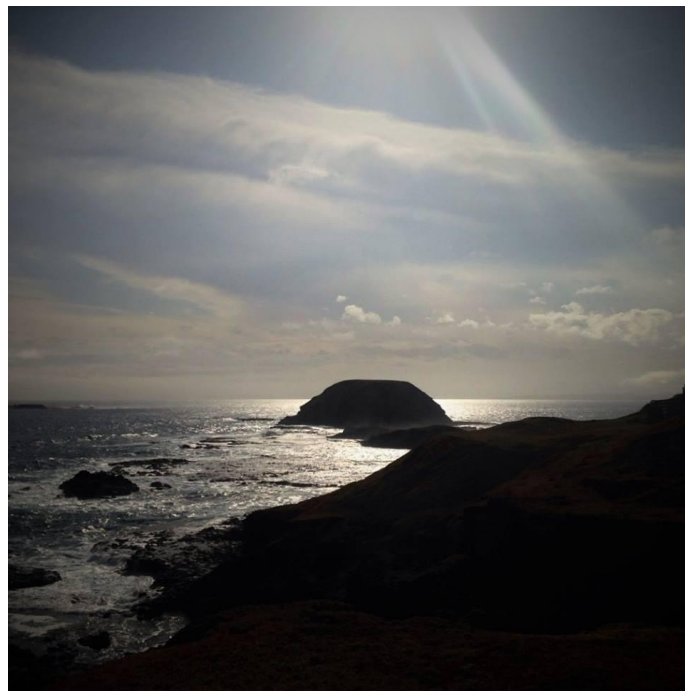
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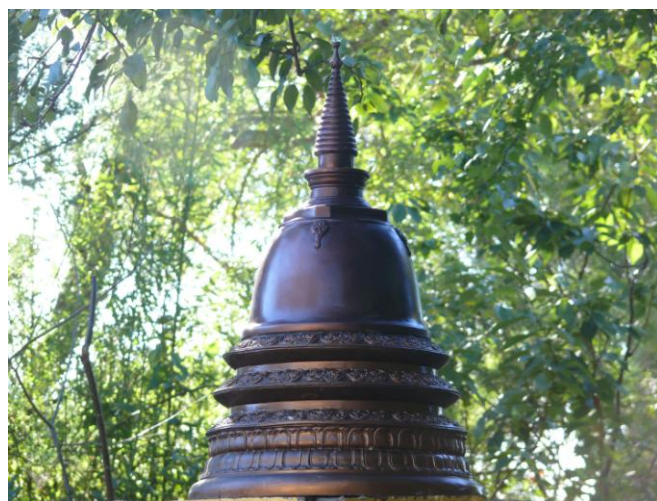
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**Painting:** Chan Painting of 'The Nobbies,' by Anita Carter.



**Photo:** from Anita and Frank's visit to the Nobbies at Phillip Island in January 2016.



**Photo:** Stupa at the Buddhist Discussion Centre Australia.





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## UN Vesak Friendship Dinner 2016

We invite you to join us at the 2016 Friendship Dinner, the premier fundraising event for the Victorian Observance of the United Nations Day Vesak. The Friendship Dinner will be held at Quang Minh Temple in Braybrook.

Guests will be treated to a delicious vegetarian cuisine provided by Quang Minh Temple and entertainment from our Buddhist community and friends.

Meet in fellowship with Dhamma friends from our many Victorian Buddhist communities in a fun and social environment as we raise important funds for the 2016 UN Day of Vesak event.

For more information on the dinner and the UN Day of Vesak, event, please visit the website [www.unvesak.org](http://www.unvesak.org).

### Friendship Dinner Fundraising Details:

Date: Saturday 9 April, 2016

Time: Start 6.30pm (doors open 6.15pm)

Venue: Quang Minh Temple New Community Hall,  
18 Burke St, Braybrook, VIC

Ticket prices: \$30 for ticket reservations.

If interested in joining us, please email our Centre [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au)

## The Victorian Observation of the United Nations Day of Vesak 2016

The Victorian Observation of the United Nations Day Vesak 2016 will be held on Saturday 7th May at the Melbourne Town Hall on Swanston Street in the Melbourne CBD.

Vesak is the auspicious full moon day in May on which the Buddha's birth, enlightenment and passing away is celebrated and commemorated by Buddhist communities across the world.

The Victorian Observation of the UN Day of Vesak consists of three events beginning with a Dana offering to the Venerable Sangha in the morning, followed by a procession to the Melbourne Town Hall where there will be a special celebration and viewing of Shakyamuni Buddha's relics.

Our Centre will be assisting with logistics at the Melbourne Town Hall once again this year and your participation is welcomed.



**Photo:** Members and Friends of our Centre at the UN Day of Vesak in 2015.



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## 1. Sangha Lunch Offering / Dana

Time: Sangha and participants are to meet at 9.30am at the St Peter Eastern Hill main door at 15 Gisborne Street, East Melbourne.

Venue: Parish Hall of St. Peters Church Eastern Hill (15 Gisborne Street East Melbourne VIC 3002)

Please note that all meals will be vegetarian.

For more information on the Sangha Lunch Offering, please contact Gerald Lim (Australia Buddhist Kalyana Mitta) on [unvesak.dana@gmail.com](mailto:unvesak.dana@gmail.com) or call 0413 336543

## 2. Vesak Procession

Time: 12.15PM

Venue: Starts from the Parliament Gardens 489-531 Albert Street (corner of Nicholson & Albert Streets) East Melbourne to Melbourne Town Hall

Please assemble at the Parliament Gardens site from 12.15 pm. Public car parking available nearby. Lunch packs provided. We encourage your participation in the parade to make it even better than last year.

For more information and to confirm your temples attendance, please contact Steve Lowe (Quang Duc temple) at [secretary@quangduc.com](mailto:secretary@quangduc.com) or call 0422 357693.

## 3. Melbourne Town Hall celebration

Time: 1.30pm to 3.45pm

Venue: Melbourne Town Hall, Swanston Street, Melbourne VIC 3000

For more information on program of the day, please contact Myly Nguyen on [unvesak@gmail.com](mailto:unvesak@gmail.com)

## 4. Viewing and Veneration to the Buddha's Relics

Time: From 12pm until 5.00 pm

Venue: Melbourne Town Hall, Swanston Street, Melbourne, VIC 3000

For more information on viewing Buddha Relics, please contact Tiffany Ho (The Great Stupa Bendigo) or call 0423 090 009.





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## Recipe: Yummy Kale Brown Rice & Quinoa Salad

### Ingredients:

- ❖ Brown rice & quinoa mix
- ❖ Thyme
- ❖ Cherry tomatoes
- ❖ Cucumber
- ❖ Red onion
- ❖ Beetroot
- ❖ Spinach leaves
- ❖ Basil
- ❖ Kale
- ❖ Fetta
- ❖ Walnuts
- ❖ Lemon
- ❖ Olive oil

### Method:

- ❖ Cook 1 cup Brown rice & quinoa mix
- ❖ Stir through thyme
- ❖ Chop up cherry tomatoes, cucumber, red onion, beetroot and mix with spinach leaves

and basil.

- ❖ Steam shredded kale over boiling water for 10-20 seconds.
- ❖ Crumble fetta through the brown rice/quinoa.
- ❖ Mix in the salad.
- ❖ Add in crushed walnuts and a dressing made from fresh lemon and a little olive oil.

Thank you to Claire Ransome 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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**Photo:** Members of the Venerable Sangha and Students from our Centre stand in front of the Buddha Rupa in our Centre's Heavenly Dhamma Garden during the 2016 Easter Bhavana Course. Photo by Peter Marshall.