



Brooking Street Bulletin

Issue #89, November 2019



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 03 9754 3334

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

Abbot's Message



Namo Tassa Bhagavato Arahato Sammāsambuddhasa

In the world we live in we are surrounded by the unknown. Sometimes good, sometimes bad situations arise and we learn to apply wisdom.

There is nothing stronger than the truth. The truth is our bedrock. When we stand on the truth nothing can shake us.

So never forget the Quails Protection that the Buddha gave to protect us against fire.

On one occasion the Buddha and his monks were meditating in the forest and a large bush fire was approaching them. The monks became unsettled and started to run around, and some became hysterical. The Buddha told them to stop, clam down and continue to meditate and the fire would go around them.

To the amazement of the monks the fire did go around them and then some of the monks were saying how powerful and amazing was the Buddha, that he could stop the fire. The Buddha however said it was not true that he had stopped the fire. He explained to the monks that a long time ago when he was practicing as a Bodhisattva he was born in this same place as a baby quail.

At that time there was a large fire approaching the nest where the quail was living. As the fire approached the baby quail was unable to fly away with his Mother and Father. The quail recollected the power of truth and made a truth asseveration to protect him from the fire. The Buddha said the power of that quails' truth asseveration so long ago was the reason the fire avoided the place where the Buddha and his monks were now meditating.

Love Anita

The Quails Protection

VATTAKAPARITTA

ATTHI LOKE SILAGUNO SACCAM
SOCEYYANUDDAYA
TENA SACCENAKAHAMI
SACCAKIRIYANIANUTTARAM
AVAJJITVA DHAMMABALAM
SARITVAPUBBAKE JINE

SACCABALAMAVASSAYA
SACCAKIRIYAMAKASAHAM
SANTI PAKKHA APATTANA SANTI PADA
AVANCANA
IVIATA PITA CA NIKKHANTA JATAVEDA
PATIKKAMA
SAHA SACCE KATE MAYHAM
MAHAPAJJALITO SIKKHI
VAJESI SOLASA KARISANI UDAKAM PATVA
YATHA SIKKHI
SACCENA ME SAMO NATTHI ESA ME
SACCAPARAMI TI

IN THE WORLD THERE IS THE QUALITY OF
VIRTURE TRUTH AND PURITY AND
COMPASSION TOO.
I, ACCORDING WITH TRUTH, SHALL MAKE AN
UNSURPASSED TRUTH – ASSEVERATION
REFLECTING ON THE POWER OF THE DHARMA



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AND CALLING TO MIND THE CONQUERERS IN THE PAST.

DEPENDING ON THIS POWER OF THE TRUTH
I MADE A TRUTH ASSEVERATION:
HERE ARE WINGS WHICH DO NOT FLY, HERE
ARE FEET
WHICH DO NOT WALK, AND MOTHER AND
FATHER HAVE FLED AWAY
JATAVEDA THE FIRE: GO BACK!
THIS ACT OF MINE I MADE WITH TRUTH, THE
GREAT
BLAZING CRESTED FLAMES AVOIDED SIXTEEN
LENGTHS OF LAND
LIKE FIRE THAT HAS TO WATER REACHED.
FOR TRUTH MY EQUAL, THERE IS NOT.
THIS IS MY PERFECTION OF TRUTH.

BUDDHA

Special Event

On Saturday the 21st of September 2019, a commemoration was held at The Buddhist Society of Victoria of the UN Day of Peace and Awakening.

Our Abbot Anita Carter was invited to be on the 3 member panel and gave a speech on the topic of ‘Creating Peace in a Busy Life’. Other speakers were Venerable Chi Kwang Sunim, Abbess of Seon Centre, Kinglake and Venerable Cathy from the Tibetan Buddhist Society, Yuroke.



Article & Photo: Claire Ransome

BDC Five Year Plan to 2025

Anita and Frank have prepared a Five Year Plan to further develop our Centre and improve our capacity achieve the objectives for which our centre was established. Here is a brief outline of the plan.

Important Dates

| | |
|--|--|
| <i>Every Saturday</i> | <u>11 am – 10 pm</u> Dhamma Day Meritorious activities and Classes when scheduled |
| <i>Every Saturday</i> | <u>7:30 pm - 9:30 pm</u> Buddhist Meditation & Discussion Class |
| <i>Every Thursday</i> | <u>8 pm -10pm</u> Abhidharma Class |
| <i>Every Sunday</i> | <u>4 pm – 5 pm</u> Buddhist Hour live on 3MDR 97.1fm |
| <i>Saturday</i> 23 November (final class for 2019) | <u>11 am – 12.30 pm</u> Chan Painting Class (Monthly) |



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1. Anita and Frank to retire from full time work in 2025 although Anita may still do some part-time work from 2025.
2. Buddhist Discussion Centre has a management team of 10 well-trained students who have created sufficient leisure time to fulfil their roles effectively and skilfully.
3. Dhamma Teaching and Dissemination Program:
 - Morning and Evening Chanting every day
 - Investigate how to become a Registered Training Organisation which can issue training certificates/diplomas
 - We write one Buddha Dhamma Teaching per fortnight which is disseminated as follows:
 - Weekly Buddhist Hour Script
 - Buddhist Hour script uploaded to our website www.dhammastream.org
 - Buddhist Hour broadcast made into a Podcast for uploading to Podbean,
 - our website and WBR
 - Dhamma Teaching for Saturday evening class
 - Saturday class filmed, edited and released as a video on www.dhammastream and You Tube
 - Facebook links
 - Bundle content as books
 - Bundle content as online courses

We have two Dhamma Productions Teams – One team of writers, one team of producers to create the above outputs.

4. Onsite Facilities

We will consolidate our out-buildings to create a new multi-purpose building which has a Dhamma

production office and workroom, a Chan Academy studio and a single storage area.

The design could be two levels with the storage area on the lower level similar to a double garage under a house on sloping land.

We will reduce the volume of materials to be stored. This will be done by giving away some of the books in the JDH business library and humanities library, and giving away or selling stored items which are of no use.

5. Onsite Accommodation

Permanent onsite accommodation will be available in the dwelling for two or possibly three students who would pay monthly board to Anita.

In addition one temporary onsite bed will be available in the new multi-purpose building for short term accommodation and one bed may be available in the dwelling for short term accommodation.

Article: Frank Carter

Buddha House Update

Our building project is going well with the disassembly of the old deck nearing completion after which the existing stump holes and a row of new stump holes will be dug in preparation for putting in new stumps. The gas meter is being moved during the next few weeks to the front of the house so the new stumps can be installed.

We are likely to have completed work installing the new stumps by Christmas. We will be employing a professional builder to help construct the framework of the new building early next year.

Claire is preparing a crowd funding campaign on www.chuffed.org with the aim of raising a further \$20,000 towards the cost of construction.

Article: Frank Carter



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Christmas Bhavana Course

Our Christmas Bhavana course will be held from the 27th of December to the 31st of December.

We are delighted that the Teacher for our course will be a senior lay student of Supreme Matriarch DaePoepSaNim, Founder of the Yun Hwa Order of World Social Buddhism. The Teachers Buddhist name is Do Gak. Do Gak will be traveling to Australia from the Lotus Buddhist Monastery located on the Big Island of Hawaii.

The daily course schedule will be based on the retreat practice held at the monastery and at the Yun Hwa Sangha's forty three Dharma centres (Dharma Sal's), most of which are located in Europe. The daily practice will be from 7.00am - 8.30pm with all meals provided (vegetarian and non vegetarian).

Practice will include daily sessions of prostrations, Ki Song exercises, Korean Dhamma chanting, Dharma Teachings, sutra writing, mantra recitation and circumambulations of our stupa and the Kuan Yin image in our centre's garden. The first day of the course will be a Ki Song workshop so participants can learn the various Ki Song movements which are part of the daily practice for the next four days.

We are following the guidelines and retreat rules of the Lotus Buddhist Monastery which is based in the Korean Buddhist tradition. Master Dae Poep Sa Nim will Bless all the retreat participants to help our minds develop in the Buddha Way. The Yun Hwa Monastery suggests students offer a daily amount of money as dana to attend the course. The donation will be used to pay for Do Gak to travel and stay in Australia, and the balance will be the students personal donation to the Lotus Buddhist Monastery in Hawaii. The fee has not been formally decided yet, but it is likely to be around \$100 per day.

Our centre will conduct introductory training sessions to prepare students for the course, starting on Saturday the 23rd of November from 5.00pm and during December. The training will include prostrations, Korean Chanting (a CD will be provided), a brief outline of the Lotus Sutra (the main Sutra for this lineage), mantra recitation and some elements of the Yun Hwa Sanghas' style of practice.

If you are participating in the course please attend as many of these sessions as you can. If the scheduled time is not suitable for you we may be able to arrange an alternative time to provide the information.

Article: Frank Carter

Dhamma Dana Dissemination Project

Our Centre has decided to offer at least 500 copies of our recently published book "Bringing Wisdom To Life" to Victorian municipal libraries, Buddhist Centre libraries and some secondary school libraries as a part of our Dhamma Dana dissemination Project.

We are delighted to announce that in addition to the \$2000 that the Buddhist Discussion Centre is contributing to the Dhamma offering, our members have contributed a further &4033 to our project. As a result we are able to donate 580 books throughout Victoria to these libraries. Thank you for supporting this Dhamma Dana by our Centre so generously.

The books have been ordered on 24 October 2019, and they are due for arrival by Monday the 4th of November. We have also ordered the envelopes from Australian Post.

We invite members to help with the distribution of the book by writing the addresses of the libraries and schools on the envelopes. This will occur from Monday the 28th of October onwards until Monday the 4th of November, 2019.

Article: Simon Kearney



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Buddha's Hours Radio Script Physical Cataloguing

Our Centre has been conducting a physical cataloguing of many past radio scripts that have been produced for the Buddhist Hour Radio Program. Our founder Mr John Hughes started this wonderful project over 21 years ago, and the very first script was dated February 1998. Our Centre has now broadcast over 1065 scripts, and it is an enormous and rich resource for our students.

A big 'thank you' to all members and friends who have taken part in this project.

Article: Brenda Chen

Social Media

Dhamma Stream Website

Our plan to market our book "Bringing Wisdom To Life" includes creating a new website named dhammastream.org. The website will feature our book on the Home page and include information of interest to potential readers. We have recently registered the domain name dhammastream.org and paid for hosting services for our website.

The new website will start by publishing our book but it is intended for a much bigger purpose. We wish to develop the website as a long-term vehicle for promoting and disseminating current and future Dhamma publications produced by our centre. The website will include online Dhamma courses, Dhamma articles, podcasts, videos, pujas, suttas and sutras and have a design style that reflects scholarship, one of our centres five styles.

Whilst many of our heritage Dhamma articles are available online on our bdcu.org.au website, they are fairly inaccessible because they are contained within our earlier BDCU newsletters and Buddha Dhyana Dana Review publications, and also our many hundreds of Buddhist Hour radio scripts. We will be extracting many of these precious Dhamma

scripts and articles from those files and presenting them on the Dhamma Stream site as standalone articles.

Each article we upload onto our new website will have a standardised design style and format and will be accompanied by a brief summary so readers can check the subject matter before they open any file. This will save time for the reader and allow us to create an indexing system which will include the main topics covered within each article. It is intended that these style and content elements will enable us to build our brand as an online source of good Buddha Dhamma information.

Article: Frank Carter

Standing Committee on Women

In celebration of International Women's Day 2019, the Buddhist Discussion Centre (Upwey) Ltd has established a Standing Committee on Women in association with the World Fellowship of Buddhists (WFB) Standing Committee on Women.

The purpose of this committee is to assist the World Fellowship of Buddhists (WFB) Standing Committee on Women with their resolutions and actively help with issues concerning Women and Children both locally and globally.

As of July 2019, the committee has held 3 meetings which have been well attended by members of our Centre.

Projects we are currently working on include:

- Assisting with the editing and publishing of a book for children and families which Anita has written along with the WFB Women's Committee.
- Investigating how we can support vulnerable women and children in our community, particularly those fleeing domestic violence. It was brought to our



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attention that many women in this situation may not be aware of legal aid and other services available which will provide support for them and their children. We will investigate avenues to raise awareness of this support, such as distributing brochures.

- Recording calming and healing meditation CD's / Online recordings for both victims and existing/potential perpetrators.
- Designing an appropriate program for both victim of abuse and existing/potential perpetrators.
- Creating a calendar of relevant international and national dates which we can celebrate or acknowledge throughout the year.

Our Centre members and friends have collected and delivered some useful items to Eastern Domestic Violence Service Inc. (Ringwood).

We have received an appreciation letter from Jenny Jackson, the Executive Director from EVOS to acknowledge this generous offering.

Article: Claire Ransome & Brenda Chen

Fundraising Activities

Blessed Store

Our Blessed Store fundraising shop is up and running. Please visit us for all your gift shopping and dhamma practice suppliers with mala beads, beautiful brocade book covers, jewellery, meditation shawls and more!

Article: Claire Ransome

Bunnings Sausage Sizzle

On Tuesday 7th November we ran a Sausage Sizzle Fundraiser at Bunnings Warehouse Scoresby and raised \$991.65 for our Centre and \$106.40 for Dhammarajika Orphanage in Bangladesh. Sadhu, Sadhu, Sadhu!

Congratulations to all who participated in this meritorious activity of serving food and raising funds for our Centre and Dhammarajika Orphanage.

Our volunteers worked harmoniously and efficiently together. Well done to all!



Article: Claire Ransome **Photos:** Julian Bamford

Member's News

Claire and Des

Claire and Des are now engaged! Congratulations!

Their engagement was announced at Claire's 30th birthday on Sunday 17th of November. It was a wonderful surprise to their families, friends and members who attended the party.



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Photo: Anita Carter

Alice

Our centre member Alice Chow will be attending a retreat with Bhante Vimalaramsi in Chin Swee Caves Temple, Bentong, Malaysia, in December 2019. The title of the retreat is ‘Rediscover the Living Buddha Dhamma’.

In 2018, we had the honour to receive Bhante Vimalaramsi’s visit at our Centre; and we are privileged to be able to use his teaching and support during our Christmas 2018 and Easter 2019 Bhavana Retreats. We look forward to hearing Alice’s report upon her return.

Martin

Our long standing member Martin Lawless will embark on a scholarly project with Dr. Sumana Ratnayaka. Dr Ratnayaka has written a thesis on ‘Mindfulness Exploratory Study of Buddhist Meditation in Sri Lanka’. Martin will work in

collaboration with Dr. Sumana to translate the thesis into a more accessible and readable version for the non-academic and general public.

They will spend two and half months in Sri Lanka, and six weeks in Lund, Southern Sweden.

They will meet with various academia and Buddhists in Sri Lanka and Scandinavian countries.

Dr. Sumana would like to return to Australia in the near future to conduct dhamma teaching and mediation classes.

Martin’s goal is to be trained in core Buddhist teaching and become a Buddhist scholar. Martin wishes to dedicate his study to our centre.

David and Julian

On Sunday 10th November 2-4 pm, our members David Ley and Julian Bamford have commenced a 3 month program of English classes for the resident Monks at Wat Dhammaram Temple.

If anyone would like to help or join in the teaching, please kindly contact Julian.

Article: Brenda Chen

Chan Painting Class





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Our Chan Painting teacher Julian Bamford has run 6 monthly classes and the last class would be conducted on Saturday 23rd November 2019. This would conclude a series of wonderful exploration the essence of Chan painting.

Kathina Ceremonies

Some of our centre members and friends have attended the most meritorious Kathina Ceremonies during the month of October and November 2019.



Sakyamuni Sambuddha Vihara on the 13th October 2019 at 125 Homestead Road, Berwick



Wat Buddharangsi on the 20th October 2019, 159 Clark Road, Springvale

Article: Claire Ransome **Photos:** Brenda Chen & Vinse Chueng

Visit from East West Meditation Group



On the 14th Saturday 2019, our centre hosted a visit for members from the East West Meditation Group. The visitors were Father Ken, Sister Kathleen, Father Michael and Patricia. We shared a joyful and warm-hearted discussion over a lovely lunch. Our guests expressed that they would like to stay in touch with our centre and co-organize events in the future.

Article & Photo: Brenda Chen

Julian's SPINACH AND FETA PIE

Julian kindly prepared and offered this delicious pie at our centre in October, and many were interested in acquiring the recipe.

This is a classic Greek recipe for spinach and feta pie. It originated in Thessaly. The following instructions were sourced and adapted from a recipe on SBS Food online.



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Serves: 8 to 10

Preparation: 45 minutes

Cooking time: 1 hour & 5 minutes

Pastry ingredients:

Filo Pastry (375g pack, follow instructions) Butter, melted (use more as needed) Olive (use as needed)

Filling ingredients:

½ bunch silverbeet, 1 bunch (large) English spinach, washed

Olive oil ¾ cups

French shallots (spring onion), finely sliced

200 grams Australian feta or Ricotta (if you prefer for less salty taste)

230 grams Greek feta

2 tbs flat-leaf parsley, dill, basil leaves and mint leaves, chopped pepper, to season (all fresh if possible)

3 eggs (60-70g), lightly beaten

NB# teaspoon= 5 ml; 1 tablespoon = 20 ml; 1 cup equals 250 ml.

Instructions:

1. You will need a 20 x 30 cm x 5/6cm deep (or similar area round baking tray). Prepare by coating base and sides with butter (melted) mixed with a little olive oil. To make the filling, wash the silverbeet and spinach well and chop. Lightly grease a deep frying pan (or wok) with olive oil, add spinach and silverbeet, stir occasionally over medium heat until wilted. Drain excess water and set aside in a large mixing bowl.
2. Chop and fry the shallots (spring onions) in a frying pan (or wok) with a little olive oil over low heat, until translucent. Place in bowl with the wilted greens.
3. Crumble the feta and ricotta cheese into the bowl using your fingertips. Add the chopped herbs, pepper and the lightly beaten eggs and mix well. The feta cheese is quite salty so no extra salt is required. Set

aside. A squeeze of fresh lemon juice is nice too.

4. For the pie base, one by one lay sheets of filo pastry (x 8-10) over base of tray, brushing each (with melted butter and oil) all over before laying the next. Work the positioning so filo covers sides of tray as well. Excess can be laid over top of mix, before top filo sheets go on.
5. Fill the tray with the spinach mixture, spreading evenly to fully cover the pastry base and fill to the sides. Then fold excess filo in over the mix.
6. Next, repeat laying more filo sheets across the top of the pie, this time using 5 or 6 sheets.
7. Preheat the oven to 200°C. Brush the top of the pie with melted butter/olive oil mixture and using a knife gently cut into the pastry in a large grid manner. This is to prevent a dome rising in the centre of pie during baking.
8. Bake for 45 minutes, then reduce heat to 180°C and bake for a further 10 minutes or until golden brown.
9. Temp is for conventional oven; fan-forced (convection), reduce the temperature by 20°C. Allow the pie to sit 10 minutes before cutting.
10. Then serve and ...καλήόρεξηkaliórexi ... enjoy your meal!

Article: Julian Bamford

Visit by the Venerables

On Saturday 16th November, we had the honour to host a visit of Venerable Satha Sor from Wat Khmer Temple, and two Venerables from Wat Buddharangsi. This was coincided with the celebration of Claire and Connie's birthday.

Our members and friends prepared and made dana offering to the monks. It was a meritorious and joyful event with dhamma talk and chanting



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The Venerables also blessed our Centre, members and friends. We would like to share the blessings to you all, and wishing you a safe and peaceful festive season and 2020! May you be well and happy!

