

# BROOKING STREET BULLETIN

ISSUE #23, 1 FEBRUARY 2009

Buddhist Discussion Centre (Upwey) Ltd.  
A.C.N. 005 701 806 A.B.N. 42 611 496 488  
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## BUSHFIRES ANNOUNCEMENT

Our heartfelt condolences to all those who have lost family and friends in the bushfires in Victoria, Australia. Our heart goes out to those who have lost their homes and properties.

We thank the CFA members and all emergency services who have been working tirelessly to fight the fires.

We thank all the volunteers for their work supporting the survivors.

We thank the ABC who have kept everyone informed on 774 AM radio.

The state wide CFS incident summary can be viewed at:

[http://www.cfa.vic.gov.au/incidents/incident\\_summary.htm](http://www.cfa.vic.gov.au/incidents/incident_summary.htm)

If you wish to help Victorians who have lost their homes you can make a donation of money to the Victorian Bushfire Relief Fund. Donations can be made from Monday 9 February at all National Australia Bank branches, or via the internet using the following details:

Victoria Bushfire Relief Fund BSB: 082-001

Account: 860 046 797

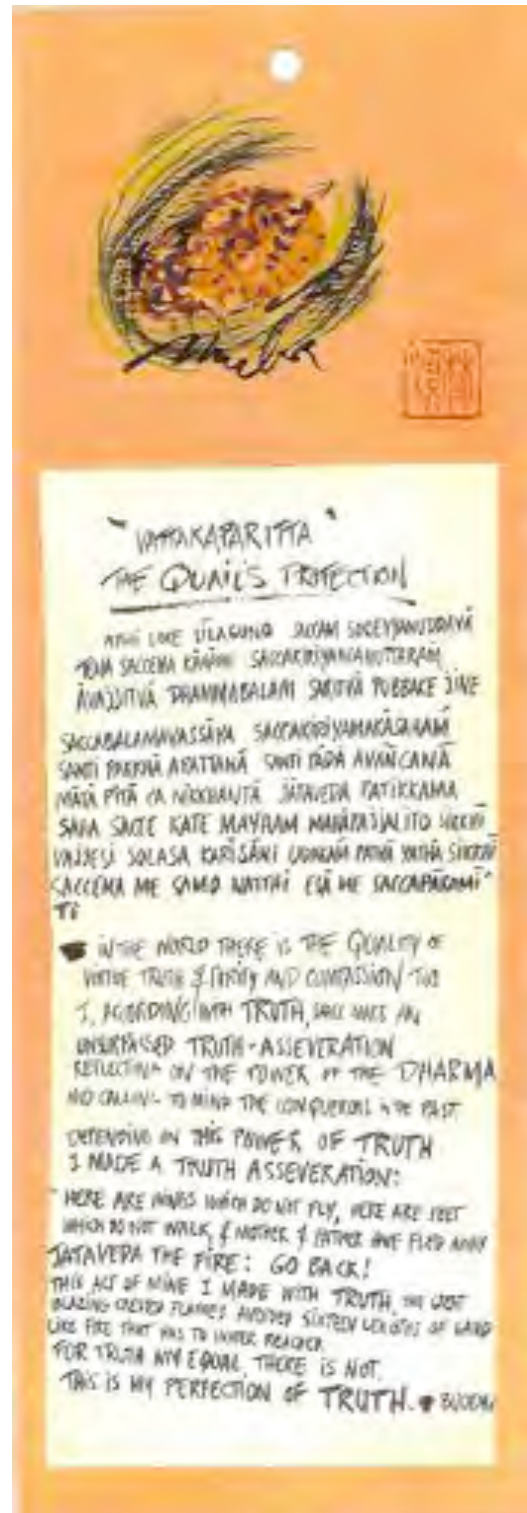
Members are asked to chant the Quails Protection and dedicate the merits to those who have lost loved ones and homes in the bush fires. May all affected be relieved of their suffering quickly. May all beings be free from harm and have a safe shelter, food and water.

We dedicated the merits of this issue to all those affected by the bushfires.

May all beings be free from harm.

May all beings have the basic requisites they need.

May all beings be well and happy.



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## ABBOT'S REPORT

HAPPY NEW YEAR - HAPPY NEW YEAR - HAPPY NEW YEAR

This message is from a teaching given by Sayadaw U Pandita one Saturday night at our Centre. We are all saying Happy New Year to everyone else. But what is it that we mean by 'happy'? To practice mindfulness in wishing others Happy New Year, it is useful to consider the Buddha's Teaching on the four kinds of happiness that can be experienced in a human life.

- 1) The happiness of having the things you need.
- 2) The happiness of being able to care for and keep the things that you have.
- 3) The happiness of being able to repay debt.
- 4) The happiness of being able to purify the mind.

These are the happinesses that all human beings can experience, no matter what their social, economic or spiritual status. If one practices these four happinesses, they will surely make the causes for peace of mind.

May you practice the four happinesses in 2009.

Happy New Year

with metta,

Anita Carter

## VIETNAMESE TEMPLE VISIT

Namo Amitafo! Happy New Year

On Saturday 31<sup>st</sup> January 2009, approximately 400 people from the Hoa Nghiem Temple, Springvale Rd, Springvale visited our Temple in celebration of the Vietnamese New Year. About 20 of our Members helped to host our visitors. The visitors donated \$3,053 to our centre and sponsored 5 of the 1,000 Buddhas on the day and took forms for their friends. Thank you to all who helped on this memorable occasion.

## IMPORTANT DATES

SATURDAY WEEKLY	MEMBERS' DAY BUDDHA DHAMMA FOR EVERYDAY LIFE CLASS, 11.00AM
SATURDAY EVENINGS	BUDDHA DHAMMA MEDITATION TEACHING BY VENERABLE SANGHA OR GUIDED BY ANITA CARTER, 8.00PM
SUNDAY WEEKLY	BUDDHIST HOUR RADIO, 4PM-5PM
14 FEBRUARY SATURDAY	VALENTINES DAY FLOWER STALL, 1PM-7PM
14 FEBRUARY SATURDAY	SUMI-E CLASS, 2.00- 4.00PM (SECOND SATURDAY OF EVERY MONTH)
28 FEBRUARY SATURDAY	CHAN CLASS TAUGHT BY MELBA NIELSEN, 10.00AM
28 FEBRUARY SATURDAY	GENERAL MEETING, 2:00PM
1 MARCH SUNDAY	CAMBERWELL MARKET STALL



**PHOTO:** VENERABLE THICH TIEN TAM, ABBOT, HOA NGHIEM BUDDHIST TEMPLE AND JULIAN BAMFORD, PRESIDENT, BUDDHIST DISCUSSION CENTRE DURING THE NEW YEAR VISIT

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## WORLD FELLOWSHIP OF BUDDHISTS (WFB) 24<sup>TH</sup> GENERAL CONFERENCE AND THE 7<sup>TH</sup> MEETING OF THE WORLD BUDDHIST UNIVERSITY (WBU) 14<sup>TH</sup> - 17<sup>TH</sup> NOVEMBER 2008, TOKYO, JAPAN

Over 400 participants and observers participated in the conference from around the world. A team of 5 of our Members, Anita and Frank Carter, Adam Richards, Tanya Poynton and Helen Costas attended this conference. They provided rapportuering services; taking the minutes of the meetings for the conference, standing committees and the WBU meeting.

Our Members made offerings to Venerable Suddhananda the Chief Monk and President of the Dharmarajika Orphanage. We also offered to Venerable Achariya Karuna Shastri Mahathera, Chief Monk of the International Brotherhood Mission.

At the end of the Conference the President Mr Phan Wannamethee presented our team with an official gift from the WFB for the help we provided. We presented the President of the Japan Buddhist Federation, who hosted the conference, with a Chan painting of a Koala by Melba Nielsen.



**PHOTO:** OUR CONFERENCE TEAM FROM LEFT TO RIGHT: HELEN COSTAS, PROFESSOR BIKRAN PRASAD BARUA (FROM BANGLADESH), FRANK CARTER, ANITA CARTER, TANYA POYNTON AND ADAM RICHARDS.

## UN VESAK 2009

Planning has begun for the UN Vesak celebration. This is a joint project of about 15 temples and organisations.

We are hoping to conduct this on the 9<sup>th</sup> of May 2009 at the Melbourne Town Hall but the date and venue is to be confirmed.

## ORGANISATIONAL CHANGES

Part of the training program for Members is to develop skills in our five styles of friendliness, scholarship, practicality, cultural adaptability and professionalism. This is done through learning our systems and managing our projects. Ultimately this makes merit and skills for their learning and practice.

Many of our Members are already contributing to our projects. In addition to these, the following Members will learn and manage the projects listed below:

Buddhist Hour – Daniel White  
Camberwell Market – Sue Goodes  
Vegetable Garden – Sue Goodes  
Flower Stalls – Adam Richards  
Brooking Street Bulletin – Pennie White  
Bunning Sausage Sizzle - Jakki Graeme  
Food/Kitchen Manager – Tanya Poynton  
Events Coordinator – Simon Kearney  
Lawn Manager – Evelin Martin  
Secretarial Assistant – Sally Kelly  
Assisting with Secretarial – Chamani. We requested a volunteer match online and Chamani responded to our advertisement. Chamani is from Sri Lanka where she helped regularly at her local temple. She has been in Australia for four months. Welcome Chamani.

Thank you to all the Members for their generous contributions to the running of our Centre.

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## LEARN TO PRACTICE BUDDHISM

A six week course will begin at the Centre on 14 March 2009 at 11am. Anita and Frank Carter will teach the classes. The class will begin with meditation and all members are invited to attend this first half to three quarters of an hour. The class after this will be suitable for beginners and goes for an hour. Others are welcome to stay if the topic interests them.

## WELCOME TO OUR NEW MEMBERS

Sally Kelly and Michelle Hill were voted in as new Members at the last General meeting held in December 2008. A warm welcome to our newest Members. It is great to have you with us.

## FLOWER STALL FUNDRAISER

Our next flower stall fundraiser is on Valentines Day, Saturday 14 February 2009, 1pm to 7pm.

Location: 619 Boronia Rd, Wantirna, in front of the Mobile Service Station. Melways Reference 63H5.

We need as many Members as possible to help. Please contact Frank Carter if you would like to help.

## CENTRE MAINTENANCE

During the past month many Members contributed to the maintenance of the Centre and gardens including; painting the hall, cleaning the pond, renovating the Nat house, oiling the deck on the golden pavilion and the front of the hall, repairing the stairs of the golden pavilion, mowing the lawns and whipper snipping, pruning and weeding many garden beds.

Anyone wishing to do a tip run please see Frank.

Thank you everyone for working on these maintenance and fire reduction activities. This really helped us to be well prepared for the Vietnamese New Year visits.

## GROCERIES

At a recent General Meeting, a motion was passed that our Centre will contribute \$25 per week towards food and groceries. We encourage Members to continue to donate food particularly on Members' Day.

## GARDEN NEWS

The Reclining Buddha housing has been restored by Adam Richards, Daniel White, Frank Carter, Tanya Paynton and Joel Svensson. Anita Carter has made a yellow canopy that sits across the top of the reclining Buddha frame.

## TEMPLE ATTENDANTS NEEDED

Anita and Frank Carter will travel to Tasmania from 9:30pm Sunday 1 March 2009 to 9:30pm 8 March 2009. A roster will be organised. Please let Frank know when you are available to help.

## DHAMMARAJIKA ORPHANAGE DONATIONS

On 18 December 2008 we transferred AUS \$1152 dollars to Dhammarajika Orphanage. This included \$70 from the Students of Boronia Heights College Fundraiser. Thank you to the Members, particularly the Camberwell Market team and customers who donate.

## CAMBERWELL MARKET STALL

If members have any suitable second hand items please call Frank or Sue.

## CHRISTMAS FLOWER STALL

Members ran a Christmas Day flower stall on 25 December 2009. Total funds collected on the day was \$1545.10. The total costs were \$726.55 The total net profit for the day was \$818.55. In addition \$49 was raised for the Bangladesh Orphanage. In future we will run two stalls from 9 am to 2pm. Thank you to all the Members who gave their time to help.

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## MEMBER'S NEWS

Melba Nielsen will be undergoing six doses of chemotherapy at three week intervals for bone marrow cancer. Her oncologist reports that this treatment has a high success rate. We wish her well and to have a speedy recovery. She is still teaching Chan on the second last Saturday morning of each month at 10am.

## ITEMS NEEDED

Anita's son Max is looking for a double bed. A coffee table is also needed for use in the dining room. If any Member knows of a double bed or coffee table that is available please advise Frank.

## FIVE DAY BHAVANA COURSE

We ran a Five Day Bhavana Course from Saturday 27th December 2008 to 0030 hours Thursday 1st January 2009. The theme of the course was the *Diamond Cutter Sutta – Teachings on Emptiness to build your correct view life platform.*

Thank you to Anita Carter for Managing the course and Frank Carter for delivering and overseeing it.

Members made offerings each day and observed eight precepts. Peter has digitised and prepared the Diamond Cutter Sutra teachings held at the Atisa Centre in Bendigo in 1998 as mp3 files that can be offered to Members.

## MEDITATION AND TEACHING RECOLLECTION AND REFLECTIONS

Thank you to students Sue Goodes, Adam Richards, Bebe, Kate Ryan and Julian Bamford for their recollections of the teaching given by Sayadaw Ashin U Pandita on Day 1 of the Five Day Course 27 December 2008 to 1 January 2009. The recollections were compiled and edited by Sally Kelly and Pennie White.

Members and students chanted the Vandana to Buddha, The Five Precepts and Refuge in the Triple Gem.

The Venerable led a guided meditation without verbal instruction. The Venerable then chanted the teachings of Buddha in Pali. Hearing the words of the Buddha, the teachings of the Dhamma, from a well practised monk was a great blessing to all present. This was a meritorious practice because each person who follows the instructions will come to know refuge in the Buddha, Dhamma and Sanga.

The teaching was based on the four foundations of mindfulness. It is important to be mindful of everything we do, mindful of our breathing or our stance, etc. mindful of all the five senses.

By practicing the four foundations of mindfulness together with the other perfections each day students will come to know emptiness. The four foundations of mindfulness are: contemplation of body, feelings, thoughts and Dhammas (truths)

Students learned that it is very beneficial to always be mindful and aware of your actions. This is because your actions can create positive or negative environments for you. Meditation is important as it helps you to keep calm and focused.

Another student became aware not to become attached to pleasant and unpleasant feelings as these feelings are impermanent. They are just sensations arising and falling.

At the conclusion of the teaching Members and students chanted the Sharing of Merits.

Sadhu Sadhu Sadhu

If you have a contribution for the Brooking Street Bulletin please email Pennie White penniewhite@gmail.com or mobile telephone 0403 274 253.