

# BROOKING STREET BULLETIN

ISSUE #24, 1 MARCH 2009

Buddhist Discussion Centre (Upwey) Ltd.  
A.C.N. 005 701 806 A.B.N. 42 611 496 488  
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## ABBOT'S REPORT - UNITED NATIONS DAY OF VESAK 2009 VISION

Celebrating the United Nations Day of Vesak together offers a valuable opportunity to build and strengthen links of friendship, co-operation and unity between our various Buddhist traditions, international cultures and the wider community.

We should start with a broad view to identify the extraordinary opportunities that are available in this event, which we can develop for the benefit of our Buddhist communities.

Whilst we are working to achieve the ideals of harmony, cooperation and friendship, within the Buddhist principles of morality, generosity and wisdom, we also need to be mindful that:

- Each Buddhist tradition is reflected in our event.
- All members of the five teams are encouraged to contribute their inputs to the planning of the event.
- We should adopt a mentoring role as we involve younger or less experienced persons in our team activities, to help them build new skills and know-how that they can use in their own lives and contribute to their own Buddhist communities.
- We seek the views and counsel of the Venerable Sangha Members for the event.
- Even though it is important to create a well managed event, of more importance is that we contribute to building the good Heart of our Team Members and voluntary helpers.
- In this same way, even though it is important to create a wonderful commemoration of the United Nations Day of Vesak, our unique Buddhist perspective is that the audience has the real experience of the Buddha Good Heart and Mind.

Whilst there are many great events, it is rare for the audience to taste the radiance of the Buddha heart. This is our vision.

with metta,  
Anita Carter

## 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, 4:00-5:00PM
1 MARCH SUNDAY	CAMBERWELL MARKET STALL
14 MARCH SATURDAY	SUMI-E CLASS, 2:00-4:00PM (SECOND SATURDAY OF EVERY MONTH)
18 MARCH	PRAJNAPARAMITTA CLASS TO GO TO SOGYAL RINPOCHE TEACHING
22 MARCH	BUNNINGS SAUSAGE SIZZLE
28 MARCH SATURDAY	CHAN CLASS TAUGHT BY MELBA NIELSEN, 10.00AM
28 MARCH SATURDAY	GENERAL MEETING, 2:00PM



PHOTO: JULIAN BAMFORD, NEVELDA PETERSEN, FRANK CARTER, ANITA CARTER, PETER MARSHALL, SUE GOODES, DANIEL WHITE, SALLY KELLY, MELBA NIELSEN, TANYA POYNTON AND ADAM RICHARDS ON THE GOLDEN BUDDHA PAVILION.

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## LEARN TO PRACTICE BUDDHISM

A new series of classes for beginners will commence at the Centre on 4 April 2009 at 11am and run for six weeks. 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 teaching after this will be suitable for beginners and will be for an hour. Others are welcome to stay if the topic interests them.

For further details contact Frank Carter on 9754 3334.

## SOGYAL RINPOCHE TEACHING

On Wednesday 18 March Venerable Sogyal Rinpoche will be giving a Dhamma Teaching at Camberwell Civic Centre at 7:30pm. Soyal Rinpoche is one of the most venerated Tibetan Masters in the world. We recommend all students to attend his teaching. The cost of this teaching is \$30. It is recommended that you make a booking on 9877 6811.

Our Prajna Paramitta class for this week will be the Sogyal Rinpoche Teaching which is titled 'Finding peace and stability in a troubled world'.

## FIRE SAFETY MESSAGE

### NO VISITORS ON 39 DEGREE DAYS

Members are requested not to attend the Centre on days forecast to be above 39 degrees.

This is for the safety of the Members. The only exception is Members who are on the Fire Fighting Team.

This decision has to do with traffic conditions around Glenfern Road during the last fire threat. This decision was taken at the last General Meeting held on 28 February. It was also decided that a complete review of the Centre's fire plan be completed before next summer. Thank you for your co-operation.

## VALENTINE'S DAY FLOWER STALL

Thanks to all Members who helped run this worthwhile and meritorious event on Saturday 14 February 2009. We sold 70 bunches and made a profit of \$367.

## NEW FLOWER STALL SITE

Knox City Council has issued us with a permit to conduct out flower stall on Ferntree Gully Road, Scoresby, next to the Bunnings store. It is likely that our flower sales at this site could double our site at Boronia.

Our next flower stall will be conducted on Mothers Day, 10 May 2009, and we expect to make about \$800 profit from this one fundraising event.

## BUNNING SAUSAGE SIZZLE

We are running a Sausage Sizzle on Sunday 22nd March at Bunnings, Hardware Store, Ferntree Gully Road, Scoresby, 8am – 4pm. All participants will need to have had 'food handling' instruction from Anita Carter if they are wishing to help on the day. A roster is available for the event.

## THANK YOU TEMPLE ATTENDANTS

Thank you to all the Members who looked after the centre while Anita and Frank were on holidays. Thanks to Adam for being Abbot and Julian for guiding classes. We appreciate enormously Jacky Graham's efforts in cleaning the Deva of Australia Pond, removing wandering dew from gardens and preparing meals. Thanks to Sally, for her help in the office and garden, to Tanya, who did the shopping and Sue for gardening and meals.

## CAMBERWELL MARKET STALL

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

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## MEDITATIONS AND TEACHINGS BY SAYADAW ASHIN U PANDITA

All teachings were held at the Buddhist Discussion Centre (Upwey) Ltd.

### SATURDAY 7 FEBRUARY 2009

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

The Venerable Sayadaw Ashin U Pandita led and guided meditation without verbal instruction.

The Venerable then introduced his teaching by talking about the sense of sight, that we need both our left and right eyes for clear vision.

He then spoke of one's life in terms of the mundane and the supramundane. That for a fulfilling life, we need to keep both mundane and supramundane in balance in one's business and working life.

Mundane view consisting of four elements:

1. Right effort with energy;
2. Looking after one's property;
3. Correct distribution of your wealth:  
50% to your business,  
25% for your living expenses,  
25% towards insurance for the future;
4. The fourth element in the mundane, is to be aware of one's income and outcome expenditure.

The Supramundane consists of four elements:

1. Faithfulness to your Religion;
2. Generosity towards everyone.
3. Morality of one's lifestyle;
4. Having wisdom, the right view.

At the conclusion of the teaching, members and students chanted the sharing of the merits.

It was noted how valuable the teaching was in terms of how one should conduct one's business affairs, the relevance of the teaching and how remarkable it is the Buddha would define how households and businesses should conduct their affairs over 2500 years ago!

Sadhu, Sadhu, Sadhu

### SATURDAY 14 FEBRUARY 2009

The Venerable Sayadaw Ashin U Pandita chanted the Vattakaparitta: The Quails Protection, which is recommended for the protection from a fire.

Buddha and many monks were staying at one place when it was heard that a fire was approaching. Some monks were running about upset and concerned about the fire. There was a lot of commotion as they could hear the fire coming in the distance.

When Buddha heard about the disturbances he asked all the monks to come and sit down quietly. The monks came and sat with him and after a while the noise of the fire stopped. Some monks thought that the Buddha had performed some sort of magic or a miracle to stop the fire however the Buddha said it was not magic and that he had not stopped the fire. He explained that it was stopped by the power of a paritta performed on the same spot a long time before.

The Buddha said that in the long past whilst he was practicing as a Bodhisattva to fulfill the perfections of Buddhahood he had been born as a quail. Whilst he was still very young one day a fire came through the forest and threatened to burn where he was. Actually he was so young his eyes weren't opened yet and he could not walk but he could sense the fire coming. His Mother had left him to flee from the approaching fire yet

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the baby quail had only gratitude for her.

The paritta reads as follows:

"There are in the world the qualities of morality, truthfulness, purity, loving kindness and compassion. By that saying of truth I will make an unsurpassed truth asseveration.

Having reflected upon the power of the Dhamma and having remembered the Victorious Ones of old, I made an asseveration relying on the power of truthfulness:

"I have wings but cannot fly, I have feet but cannot walk. My Mother and Father have left me. Oh forest fire! Go back (stop)!"

As soon as I have made this asseveration, the great flames of fire avoided me from sixteen Karisas like a fire coming to the water. There is nothing equal to my truthfulness. This is my Perfection of Truthfulness."

That great protection still remained at that place and stopped the fire coming toward the monks.

The story was conveyed to Venerable Sariputta and it was said the paritta would last for an entire world cycle and has great power.

As we repeat this parit we are also saying the truth of the quail and what the quail had done so we too are able to use this power of truth as a protection. The parit has the most power when spoken in the Pali language used by the Buddha.

The Venerable's teaching was in response to the devastating bush fires that ravaged Victoria on the 7th of February.

The Venerable went on to share his own true experience of a village fire and how his family and home were protected because of the precepts that his family had kept.

Sadhu Sadhu Sadhu

## SATURDAY 28 FEBRUARY 2009

The teaching was held at held at the Buddhist discussion Centre (Upwey) Ltd.

Venerable Sayadaw Ashin U Pandita spoke about meditation: how the mind is difficult to control and the body is difficult to control but when the mind becomes strong, the body is obedient to the mind.

If there is a lot of restlessness in the mind, then the body too becomes restless.

For a lay person, life is not easy because in the world we live in, the sense desire is strong. We are not satisfied, we are self indulgent and we want everything immediately: junk food, designer clothes, fancy school bags. We think too much and the sense desire is too strong.

Buddha said that contentment is the greatest wealth in all the world.

Our inner peace is the most beautiful feeling. Materialism can overwhelm us but we can reduce our sense desire and we can reduce this unwholesome thought.

Sadhu Sadhu Sadhu

## MEMBER'S NEWS

Melba Nielsen has had four treatments of chemotherapy. She has two to go. Melba does suffer increased side effects as treatment progresses however, her oncologist reports that there has been marked improvement. We wish her well and to have a speedy recovery. She is still teaching Chan on the second last Saturday of each month at 10am.

Sally Kelly is going overseas to Paris. We wish her well for her trip.

Anita and Frank Carter had a restful and enjoyable time during their holiday in Tasmania.