



# Brooking Street Bulletin

Issue #52, April 2013

Buddhist Discussion Centre (Upwey) Ltd.  
A.C.N. 005 701 806 A.B.N. 42 611 496 488  
33 Brooking Street, Upwey, Victoria 3158  
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## Dhammarajika Project

Dhammarajika Orphanage in Dhaka Bangladesh was established in 1972 for homeless children and is currently providing hundreds of orphans with safe shelter, food, clothing, medical care, basic living needs and primary, secondary and trade education.

Our Centre has been raising funds and supporting Dhammarajika Orphanage since 1983. Ishka Handicrafts has been helping us raise funds for Dhammarajika for many years through having coin collection jars in two of their Melbourne stores. Recently the owner of Ishka offered to put on display our collection jars in all twenty two stores around Victoria and NSW.

We wish to involve Members in the Dhammarajika Orphanage Fundraising Project through picking up funds they have collected for us from some Ishka stores on a regular basis. Ishka has kindly offered to transfer the funds from the remote store locations to their Head Office in Fitzroy for us to collect, enabling all Ishka stores to participate.

Doncaster and Northland Ishka Store locations are still available to collect from. Thank you Leonie Scott, Adam Richards, Peter Marshall and Julian Bamford for offering to collect funds from various Ishka store locations. Ideally we wish to spread the collections across a number of our Members so that each person has a maximum of four stores they are responsible for collecting funds from.

With your help and support we help the homeless orphan children at Dhammarajika Orphanage. Please email the Centre [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au) if you can help.

## Three Day Bhavana Course

We hope you have had a safe and relaxing Easter break. This year Anita decided to make our 'Three Day Easter Bhavana (Mind Development) Course' a Merit Making Retreat.

Saturday we attended our regular Dhamma Teaching program: Chan Painting Class from 11.00am – 12.00pm. Buddha Dhamma Course: "A Guide to a

## Important Dates

Saturday	Buddha Dhamma Course 2-4.00pm
Weekly	"A Guide to a Bodhisattva's Way of Life" by Master Shantideva.
Saturday Evenings	Meditation and Teachings 8.00pm
Sunday	Buddhist Hour Radio 4-5.00pm
Weekly	97.1FM
7 April	Camberwell Market Stall.
27 April	Chan Painting Class 11-12.00pm Last Saturday of each month.
27 April	General Meeting 5:30pm
5 May	Camberwell Market Stall
11 May	UN Day of Vesak at MTH
12 May	Mother's Day Flower Stall
25 May	Chan Painting Class 11-12.00pm
20 October	Master's Sausage Sizzle Fundraiser
10 November	Bunning's Sausage Sizzle.

Bodhisattva's Way of Life" by Master Shantideva, from 2.00pm – 4.00pm and Buddha Dhamma guided meditation in the evening from 8.00-9.30pm.

On Sunday and Monday we did specific merit making activities such as running a fire drill and working in our Heavenly Dhamma garden. We planted a new front fenceline hedge, replaced the step at the rear of the Golden Pavilion, created Certificates of Congratulations for the winners of this year's UN Vesak Children's Painting Competition and created our new Social Networking Manual.

Thank you to all Members who helped during the course. Thank you to all who brought meals for the course participants.



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## UN Day of Vesak 2013

This year's United Nations Day of Vesak Celebration will be held at Melbourne Town Hall on Saturday 11th of May 2013. The program will include: a Vesak Procession along Swanston Street, sangha chanting, cultural performances, Dhamma Talk, guided meditation, a musical based on the metta sutta and veneration of Buddha Relics (on display for 2 hours after event finale). The UN Day of Vesak Association will also be officially launched at our Vesak Day event. The event is a joint project of many of our Victorian Buddhist communities and temples.

The UN Vesak Friendship Dinner held at Quang Minh Temple on Saturday 23rd March was a great success in raising funds and bringing our Buddhist lay and Sangha community together in harmony. Thank you for your support and help.

## Members Car Parking Policy

In 2005 the landlord, Anita Carter, entered into an agreement with the Shire of Yarra Ranges in order to be given a planning permit to build the meditation hall and library. One of the conditions of the permit was that the centre would not allow Members or guests to park their vehicles in Brooking Street. These vehicles are to be parked either on-site or not in Brooking Street.

In the current circumstances existing at the property of 33 Brooking Street, there are a maximum of 5 onsite car parking spaces with each visiting car being able to reverse out without being obstructed by another vehicle parked behind it. If there are no free spaces in the onsite car park, please park your vehicle off site in the public car park available in Glenfern Road and Matson Avenue (next to Burrinja) within comfortable walking distance of the centre.

On Members Day when we are experiencing wet or cold weather one Member will be requested to kindly provide transport for other Members to collect their parked vehicles.

## Follow us on Facebook!

“Like” us on Facebook; we want more likes. By clicking the ‘Like’ button you become a member of our Facebook page and our page goes up in rating with the more members it has.

To follow us on Facebook you can sign up for Facebook mobile texts or email notifications. Just visit our Facebook Page and change your account settings. To access our Facebook page go to our website [www.bdcu.org.au](http://www.bdcu.org.au) and click on our ‘Follow us on Facebook’ link.

Evelin and Nicole currently manage our Facebook page. Evelin is an administrator of our Facebook page and has recently trained Nicole to be a content creator.

## QR Code to [www.bdcu.org.au](http://www.bdcu.org.au)

Scan our new QR Code (2D barcode) using your Smartphone or a QR Code Reader to launch our website ([www.bdcu.org.au](http://www.bdcu.org.au)). If you need a QR Code Reader for your Smartphone visit your device's app store and search for "QR Code". You can create QR Codes for free online to launch URLs, mobile pages, initiate phone calls, initiate downloads, and more.



## Monthly Market Stall Fundraiser

The Camberwell Market Stall on Sunday 3<sup>rd</sup> March 2013 raised \$33.50 profit for our Centre and \$11.10 for Dhammarajika Orphanage in Bangladesh. Well done to the team for the day and thank you to those who donated second hand goods.

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Our monthly Camberwell Market Stall is in need of suitable second hand donated goods which we can sell to raise funds. If you have any items to donate please see Frank.



**Photo:** Stupa in Heavenly Dhamma Garden, photo taken January 2013. Our stupa contains Buddha bone relics and bone relics of our Centre's Founder Master John D. Hughes. The Stupa was kindly restored by its original builder Julian Bamford. Thank you so much Julian.

## Medicine Buddha Puja

In the month of March we conducted four Medicine Buddha Pujas. Firstly Anita arranged for a Medicine Buddha Puja on Thursday evening the 14<sup>th</sup> of March 2013 for all Members, their loved ones and all beings good health and wellbeing.

We then conducted three more pujas (one on Saturday 23<sup>rd</sup> and two on Tuesday 26<sup>th</sup>) for David Ley a long term member of our Centre who became seriously ill and ended up in hospital. Fortunately David's life is no longer in danger and he is now home recovering.

Well done and thank you to everyone who attended the pujas, brought suitable offerings and for supporting David. Thank you to Julian Bamford for taking David blessed water.

## Chan Painting

Thank you to eleven students who attended our first Chan Painting Class for the year held on Saturday 30<sup>th</sup> March. At the first class Anita opened the Chan Painting mandala for the duration of the entire course and Melba Nielsen helped conduct the class.

Students were instructed to paint with water only, to lessen our attachment to painting. Thank you to Anita and Melba our Chan Teachers for teaching us the 'Way of the Brush' and how to be mindful. We acknowledge the Chan Masters of the past, present and future.

Melba Nielsen has been a Chan student and painter for more than 30 years and is currently completing a book on Chan Painting titled 'Paint the Wind'. Thank you so much Melba for sharing your book with the class and reading the beginning to us all.

This year we will be conducting regular classes in Chan Painting on the last Saturday of each month from 11.00am – 12.00pm. All materials will be supplied. Cost: \$20 per class. Classes are held at the Chan Academy: 33 Brooking Street, Upwey VIC.

## Dana Jars Time

Thank you for being part of our Dana Jars Fundraiser, which contributes to our Dhamma Centre having the income to fulfil our program of activities and events without financial stress.

For many years our centre has issued Members with a "Life Change Dana Jar" to keep at home and place our loose change in from time to time. Offering a few coins into the jar is an easy way to support our centre and when the time comes to bring your offering to the centre it can really add up to a considerable amount.

The time has come to empty your coin jar now and bring or send your accumulated coins to our centre ASAP! Cash donations made directly to any of our projects will also be greatly appreciated.

Thank You for Your Support!





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## Mothers Day Flower Stall

Our next major fundraising project is our Mother's Day Flower Stall held on Sunday 12th May 2013.

The Buddha taught there are 10 Blessings that accrue from offering flowers, these are:

1. Long life
2. Good health
3. Strength
4. Beauty
5. Wisdom
6. Ease along the Buddha Dhamma Path
7. Being born in beautiful environments
8. Born with good skin, hair and beautiful to look at
9. Always having a sweet smelling body
10. Pleasant relationships with friends

We welcome all our friends and members to volunteer their time to help us raise general funds for our Centre, provide flowers for people to offer to their Mothers and at the same time learn and benefit from the ten virtues of offering flowers. We apply our five styles of Friendliness, Practicality, Professionalism, Cultural Adaptability and Scholarship to all our merit making projects.

If you wish to help please contact Adam Richards (Flower Stall Manager) on 0422 032 333.

## Anita is going on Retreat

H.E. Zimwock Rinpoche from Jamchen Buddhist Centre has invited Anita to attend a Vajrapani Retreat. According to Rinpoche the Vajrapani retreat is very special and a must do retreat for all Dhamma Teachers and Abbots to ensure they and their Temples are well protected from negative forces in this Dhamma Ending Age.

The Dhamma Protector Vajrapani's name is heard in the Surangama Sutra. Our Centre conducts a Surangama Puja annually on either New Year's Day

or Australia Day. In the Dharma Ending Age, the Surangama Sutra is said to be the first Sutra to disappear, and the rest of the sutras disappear after it. If the Surangama Sutra does not disappear, then the Proper Dharma Age is present.

The retreat is located in Frankston and Anita will be staying at the retreat the entire time from Thursday 25 April to Sunday 28 April. Cost of attendance is \$400. We kindly request students to contribute to the cost. If you would like to contribute please place a donation in our 'dana box' labelled 'Anita's Retreat'.

We wish Anita a safe journey and retreat and look forward to her safe return to our Temple.

## Members Day Meals

Every Saturday is Members Day and Members start arriving from about 11am-12 noon and can stay until the end of the evening's activities. Visitors and members are welcome to stay for lunch and dinner served in the Sariputta Room. Refreshments such as tea, coffee and biscuits are also available in the member's kitchenette located in the Sariputta Room.

Saturday's meals provide an opportunity for us all to make food offerings to our community and visitors, as well as providing food offerings to our Teachers. Members staying for lunch and/ or dinner are encouraged to contribute to a shared meal from time to time. If you would like to contribute one Saturday, please contact Nicole on: 0410 476 721.

Food offerings can be stored in the two Sariputta Room bar fridges. Hot dishes are best pre-cooked and just reheated in the member's microwave.

At our Centre we have an ongoing program of merit making activities that Members engage in to fuel their learning. Members are taught service to others i.e. offering a suitable environment by keeping our centre clean and uncluttered, offering flowers on our altar, sharing meals on members' day and maintaining the Heavenly Dhamma Garden.



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## Recipe of the Month:

### KOKO

#### Ingredients

- 200g potatoes
- 2 eggs
- Barley
- 3 pieces of garlic
- A moderate size onion
- Salt and black pepper
- Curry
- Pimento
- Oil

#### Method

1. First of all we boil the potatoes with salt.
2. Grate the potato in a bowl.
3. Grate the onion and garlic in the bowl.
4. Cut barley and pimento up and add to the potato and onion.
5. Add salt, black pepper, curry
6. Mix all the ingredients with each other very well. It's better to take a few minutes to do it very well. If you have a glove you can do it by your hand, it's better than if you use a fork.
7. In another bowl stir 2 eggs with each other until they are puffy.
8. Add the eggs to the all the ingredients and stir until very smooth and gentle in just one side for a few seconds. Just let them mix with each other.
9. Now you should fry them very smooth. Heat the oil in a pan and when it is hot pour in all ingredients. Once one side is fried, change to the other side.

I hope you enjoy this recipe and that it makes you stronger so you can live like a hero, Zari

## Recipe Contributions

Thank you Zari for contributing a recipe for this issue of the bulletin; a recipe is needed bi-monthly.

If you have made a meal for our Centre and would like to share it, please email the recipe to us.

Please also write down why you like this recipe.

## BDC Kalyanamitta Social Group

For our first Kalyanamitta Social Group outing for the year, we organised dinner at Tamarind Thai Restaurant on Tuesday 12th February 2013. Our next social outing is to be advised.

Our aim is to organise at least one social outing bi-monthly. We would love to hear your suggestions, please email them to [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au).

Kalyanamitta means good spiritual friends. The purpose of this group is so our members can come together on a regular basis to socialize in harmony, grow in friendship and enjoy themselves.



**Photo:** Buddhist Flag in Heavenly Dhamma Garden

## New Rug in Meditation Hall

Thank you so much Amir and Zari for generously buying a new rug for our John D. Hughes Dhamma Cetiya Meditation Hall. Our new rug should arrive within the next few weeks.





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## Lunar New Year Vietnamese Visits

We express our heartfelt gratitude to Phat Quang and Hoa Nghiem Buddhist Temples for visiting our Centre on Sunday 17 and Saturday 23<sup>rd</sup> of February 2013 in celebration of the Vietnamese New Year.

Thank you to all of our visitors for blessing our Temple. We wish to continue to be a part of their annual Buddhist pilgrimage for a long time into the future.

Their visits provide us with a great opportunity to serve their community and develop friendship and harmony with their Temples.

Members of these temples practiced great generosity to our centre through donating a total of \$5699.40. This donation will assist us to maintain and develop our Centre in order to propagate the Buddha Dhamma.

May the blessings generated by the New Year Temple celebrations result in peace, tranquillity and happiness. May the Members and Sangha of Phat Quang and Hoa Nghiem Buddhist Temples experience ease along the Buddha Dhamma path and be well and happy.

Thank you for all our Members help and support. The preparations and event ran very smoothly and was a harmonious and tremendous success for all.



**Photo:** Amir Rouhi at our Vietnamese New Year visit from Phat Quang Buddhist Temple on 17/2/13.



**Photo:** Our Vietnamese guests circumambulating the stupa at the second Vietnamese visit from Hoa Nghiem Buddhist Temple on the 23/2/13.

## H.E. Zimwock Rinpoche Migration Review Tribunal

H.E. Zimwock Rinpoche's Migration Review Tribunal hearing was held at 12 noon on Friday the 1st of March. The tribunal member who presided asked for verbal and written submissions to be made to support Rinpoche's application for Australian Citizenship in the category of 'Distinguished Person'. Both Julian and Frank made submissions at the hearing. Julian Bamford's role at the hearing was in representing the wider Buddhist community as Chair of the Buddhist Council of Victoria Inc.

Rinpoche expressed his deep appreciation to Anita, Frank and Julian for their kind support of himself and his family. The tribunal will advise the result of the hearing within the next two weeks. Copies of Frank and Julian's submissions are available at the Centre if any Member wishes to view them.

Zimwock Rinpoche is the Spiritual Director of the Jamchen Buddhist Centre in Balwyn and is one of the highest Lama's in his own Tibetan Sakya tradition. Our Centre has a close friendship with the Jamchen Buddhist Centre and Zimwock Rinpoche since joining them on their Pilgrimage to India in November 2011.



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## Padmasambhava Empowerment

On Saturday the 16th February a group of Members from our Centre attended a Padmasambhava (Guru Rinpoche) Empowerment offered by H.E. Zimwock Rinpoche from Jamchen Buddhist Centre. This empowerment was open to all Buddhists who have taken refuge.

Members who attended were: Anita Carter, Frank Carter, Adam Richards, Tanya Poynton, Simon Kearney, Nicole Moustakas, Sally Kelly and her daughter Catherine. The Empowerment was held at Armagh which is the grand home of a spiritual community in Toorak. All participants brought a vegetarian dish to contribute towards a communal lunch. We are most grateful and very fortunate to have H.E. Zimwock Rinpoche offer this special and auspicious empowerment.

The Jamchen Buddhist Centre brochure for the empowerment states that “Padmasambhava (The Lotus-Born) is the great founder of Vajrayana Buddhism. Also known as Guru Rinpoche (Precious Guru) he is regarded by Tibetan Buddhists as the second Buddha and is revered by all four schools. Padmasambhava is a rare and powerful initiation for all those wishing to deepen their understanding and practice of the Vajrayana”.

Members are invited to chant the Padmasambhava Mantra and Seven-Line Prayer to Guru Rinpoche seven times. We have recorded H.E. Zimwock Rinpoche chanting the Seven-Line Prayer which can be emailed to Members who wish to learn the original mantra melody.

This Seven-Line Prayer to Guru Rinpoche was taught by Lama Dondrup Dorje at the Buddhist Discussion Centre Upwey (Ltd) on 15th December 2007.

## Padmasambhava Mantra

OM AH HUM VAJRA GURU PADMA SIDDHI  
HUM

## The Seven-Line Prayer to Guru Rinpoche:

HUNG ORGYEN YUL GYI NUP CHANG TSAM  
Hung. In the North-West country of Uddiyana

PEMA KESAR DONGPO LA

Born in the heart of a lotus

YATSEN CHOK GI NGO DRUP NYE

Endowed with the most marvellous spiritual attainments

PEMA JUNGNE SHYE SU DRAK

You are renowned as the "Lotus Born"

KHOR DU KHANDRO MANGPO KOR

Surrounded by a retinue of Dakinis

KHYE KYI JE SU DAK DRUP KYI

Following in your footsteps

CHIN GYI LAP CHIR SHEK SU SOL

I pray to you: Please come forth and grant your blessings!

GURU PEMA SIDDHI HUNG



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**Photo:** Incense Bowl in front of Bell Tower in Heavenly Dhamma Garden, photo taken January 2013. This Incense Bowl was installed during our 5 Day Bhavana Course in December 2012.



**Photo:** Marble Wall at Brooking Street Entrance, Eastern Gate built during January and February 2013 by Nicole Moustakas, Tanya Poynton and Frank Carter.

