



# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



## September 2013 Four Day Bhavana Course

The course will commence at 8.00am Friday 6th of September and concludes at 5.00pm Monday 9th of September.

Our Four Day Bhavana Course in September will include teachings on The Heart Sutra given by Anita Carter, the celebration of our 35<sup>th</sup> Founder's Day and a Spring Family and Friends Day for our Members family and friends to visit the centre and enjoy an afternoon with us.

The Heart Sutra is one part of a large group of sutras called the Prajnaparamita teachings. This sutra contains the essence of the first teaching Master John D Hughes read after awakening in 1955 and therefore it is of particular significance to our Centre, our resident teachers and students.

On the opening day of the course we will invite Venerable Sangha Members to attend and students will have the opportunity to offer dana.

On Saturday the 7<sup>th</sup> of September we will be holding our Spring Family and Friends Day Celebration between 2pm and 4pm. Your family members and friends can enjoy a Chan Painting demonstration and exhibition, take a guided tour of our centre, do a short meditation and join us for afternoon tea in our garden.

The final day of the course coincides with the 35<sup>th</sup> Anniversary of the Buddhist Discussion Centre (Upwey) Ltd when we will have our Founder's Day Celebration.

Please note meals, drinks and snacks for lunch and dinner will be vegetarian (no eggs also). Please advise Tanya (0416 483 321) if you can bring food or drinks so we can prepare a roster. All contributions are welcome.

As we will be offering dana to the Venerable Sangha on the Friday, male drivers will be needed to pick up and return the Venerable Sangha to their Temples. Please contact Tanya (0416 483 321) if you would

## Important Dates

Saturday Weekly	Buddha Dhamma Course 2-4.00pm
Saturday Evenings	Meditation and Teachings 8.00pm
Sunday Weekly	Buddhist Hour Radio 4-5.00pm 97.1FM
31 August	Chan Painting Class 11-12.00pm Last Saturday of each month.
1 September	Camberwell Market Stall. First Sunday of each month.
Thursday Weekly	Spring Dakini Teachings 8-10pm Starting on the 5 September 2013.
Fri 6 – Mon 9 September	Four Day Sept. Bhavana Course
7 September	Family Day Celebration 2-4.00pm
9 September	Founder's Day Commemoration
14 September	Wat Dhammaram Dana Offering
14 September	Padmasambhava Tsok
21 September	Wat Dhammaram Dana Offering
28 September	General Meeting 5:30pm Last Saturday of each month.
28 September	Chan Painting Class 11-12.00pm
6 October	Camberwell Market Stall First Sunday of each month.
20 October	Masters Sausage Sizzle Fundraiser
10 November	Bunnings Sausage Sizzle Fundraiser

like to be a driver.

We hope to see you at the course. Your attendance will be greatly appreciated.



# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



## The Buddhist Hour

Our Centre broadcasts a live, one hour Buddhist radio program, called 'The Buddhist Hour' from 4.00 to 5.00pm each Sunday afternoon on Mountain District Radio 3MDR 97.1FM.

Due to 3MDR's coverage of the Yarra Ranges Mountain District Football League finals; The Buddhist Hour will be taking a break for 4 weeks. We will be back on air on Sunday the 22 of September. Please tune in then to hear more Buddha Dhamma treasures from the John D. Hughes and other Collections.

If you are interested in joining our team please contact our Executive Producer: Simon Kearney on +61 (3) 9754 3334. Roles you can learn include: control panel, presenter, and reader. Participating brings enormous merit and helps develop scholarship.

## Padmasambhava

We have created a Padmasambhava page on our website. It includes blessings, text, pictures and the Seven Line Prayer. We also included an audio file chanted by H.E. Zimwock Rinpoche and kindly thanked him for his permission.

You can view our new Padmasambhava page at <http://www.bdcu.org.au/padmasambhava.html>

Sadhu, sadhu, sadhu.

About the Image at the Buddhist Discussion Centre; In 1994, after undertaking a three day retreat, Buddhist Discussion Centre Founder and late Buddhist Master, John D. Hughes resolved to build a Guru Padmasambhava image at our Centre with Padmasambhava's blessings.

The image was built with clay dug up at our site using an ancient Chinese technique. After the internal structure of the image was completed, the clay was gradually applied in thin slurry layers and then left to dry by nature. These layers were applied

hundreds of times until the image became smooth and was an accurate resemblance of Guru Padmasambhava. This process created many great causes or merit for those participating in the process.

Originally the image was built and housed outside in the centre's garden with a cover being built over it to protect it from the weather. In 2006, our meditation hall was constructed around Guru Padmasambhava which is where he currently resides.

The 14 petal hollow lotus base of the image holds many, many mantras, sealed texts and offerings for future practitioners to rediscover 500 years from now, when the Image falls apart. Our Centre's Padmasambhava Image has been blessed on numerous occasions since its completion by senior Monks and Lama's and it is used by our Teacher Anita Carter and students for healing and Blessings to help our Buddhist practice.



Photo: Guru Padmasambhava image at our Centre.



# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



## Gift to Wat Dhammaram Buddhist Temple

At our General Meeting on Saturday the 27th of July the Members present unanimously approved that our Centre gives our caravan to Wat Dhammaram Buddhist Temple in Springvale for the use of their Sangha Members who reside at their temple.

Presently there are 23 monks living on site at Wat Dhammaram including Abbot Venerable Liv Peo who has been a monk for over 50 years and is the Head Monk of the worldwide Khmer Kampuchea-Krom Federation.

The temple does have one caravan which is used for accommodation for some monks, however many monks do not have their own personal accommodation and an additional caravan is a great and ongoing benefit to their Sangha community.

Each Member of our centre is a part owner of the assets of our company and therefore is an equal participant in the offering of the caravan to Wat Dhammaram. The use of a caravan for the Sangha's accommodation means this is a great gift and will create an excellent field of merits to the donors.

We hired a truck and the caravan was delivered on the Thursday afternoon the 8<sup>th</sup> of August 2013. Upon positioning the caravan into its desired the location, four Venerable Sangha and Members present then all sat in the caravan for the chanting of a Blessing.

Well done to those Members who contributed to this meritorious gift by assisting with cleaning the caravan in and out, making a donation towards the cost of the caravan's delivery and those who attended its delivery.

## Flower Offerings

Members are invited to make donations towards purchasing flowers for Members to offer on the altars on Members' Day. Donations are to be placed in our Flower Fund Jar in the Meditation Hall.

## Offerings to the Venerable Sangha

It is a most auspicious and meritorious action to offer dana to the Sangha. Members have been offering food (dana) to the Venerable Sangha at Wat Dhammaram in Springvale every 2<sup>nd</sup> and 3<sup>rd</sup> Saturday. The Abbot is the Venerable Liv Peo.

Please let us know if you wish to come along and carpool. We leave at our Centre at 10am. We will confirm the date prior to attending, as it sometimes changes if our Centre or Wat Dhammaram has other events scheduled.

## Upcoming Events

Anita will be running 'Spring Dakini Teachings' every Thursday night from 8.00 – 10.00pm starting on 5 September 2013, in our John D. Hughes Dhamma Cetiya Meditation Hall.

Kathina Ceremony robe offerings are coming up in October and November. Our Members usually attend three Kathina Ceremonies each year; the temples and dates of each ceremony will be advised in September/ October.

Anita would like our Centre in the future to do a retreat with the Great Venerable Master Ji Kwang Dae Poep Sa Nim, who is known as the Supreme Matriarch. The Venerable Master currently resides in the Lotus Buddhist Monastery, located in Hawaii. Daily Sutra readings are available on her website [www.lotussangha.org](http://www.lotussangha.org) via YouTube.

Anita would also like to visit the two orphanages our Centre helps support; Dhammarajika Orphanage, Bangladesh and International Brotherhood Mission (IBM), Assam, India. Anita has been made a Patron of this International Brotherhood Mission and would therefore like our Centre to raise \$1000 for the International Brotherhood Mission (IBM) orphanage in Assam India, by the 30 June 2014.

Thank you to Peter Marshall for offering to do some preliminary research of our Centre's eligibility to visit the Venerable Master Ji Kwang Dae Poep Sa Nim and the two orphanages.



# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



## Members' News

We are happy to advise Claire Ransome was accepted as Member at our last General Meeting held on Saturday 27 July 2013. We warmly welcome Claire as a Member of our Sangha family and wish her ease along the Buddha Dhamma path.

Congratulations to Nicole on purchasing her first home in Upwey, of which Nicole, Adam and Tanya plan to move into, in mid December this year.

Evelin Martin is doing an Aged Care course and is currently doing her work placement.

Frank Carter donated his desk to Anita. Anita plans to spend her birthday day money collected for a desk on upgrading her computer.

Thank you to those Members who have assisted over the previous few months with creating more storage and archiving space at our Centre by removing stored items that are no longer used and of use and emptying the rotatorium into a place we have prepared.

## Dhamma Dana Opportunity

Our Centre recently received an email from a Buddha Dhamma teacher in a remote area of India. He has requested our assistance with books, notebooks and furniture. We have offered to send a donation of English Dhamma books for students aged 5-16, for their new Dhamma School and Library. The donation will be selected from Dhamma books in our 'John D. Hughes Collection' lending library which we have quite a few copies of.

Members are invited to make a donation towards the cost of the freight, which will be pricey due to air post being the only option. In addition to the books, I am sending them some information on how to order free Dhamma books from publishers for themselves. Thank you in advance to those who donate, and may you always have ease of access to the Dhamma. Thank you in advance to those who donate and to Claire for arranging this. Please contact Claire Ransome if you wish to help.

## Annual General Meeting

Congratulations to our Directors and Office Bearers

The following Members were elected as Directors of the Buddhist Discussion Centre (Upwey) Ltd. for the period 10 August 2013 to 9 August 2014: Anita Carter, Frank Carter, Peter Marshall and Adam Richards.

The following persons were elected as office bearers of the Buddhist Discussion Centre (Upwey) Ltd. for the period 10 August 2013 to 9 August 2014:

President: Anita Carter

Secretary: Anita Carter

Assistant Secretary: Nicole Moustakas

Treasurer: Frank Carter

Assistant Treasurer: Nicole Moustakas

Teaching Program Manager: Anita Carter

Websites Manager: Frank Carter

Events Manager: Frank Carter

Assets and Maintenance Manager: Frank Carter

Executive Producer Buddhist Hour: Simon Kearney

Publicity and Recruitment Team Leader: Simon Kearney

Members Day Manager: Simon Kearney

Fire Prevention and Occupational Health & Safety Manager: Peter Marshall

Flower Stall Manager: Adam Richards

## Annual Membership Renewals

Thank you to those who have renewed your membership, if you haven't already done so please bring it in.

Your membership supports this Buddha Sasene and helps us continue to exist as a place where beings can learn, practice and realise the Buddha Dhamma.

# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



**Photo:** Abbot Anita Carter at the Annual General Meeting on 10 August 2013, in the John D. Hughes Dhamma Cetiya Meditation Hall. Photograph taken by Adam Richards.

## Recipe of the Month: Avocado Dip

You have to try it!

250mls of sour cream

1 avocado

Bit less than half a tbsp lemon juice (or to taste)

A bit less than 1 tbsp of balsamic vinegar

A bit less than 1 tbsp of sweet chilli sauce

Mash it all up to desired consistency (chunky or smooth). This becomes the bottom layer of the dip. Then blend 1 tin of three bean mix and mix it with 1 jar of hot taco sauce and spread this on top.

On the original recipe it says you can add diced tomatoes, chopped spring onions and grated cheese on top too if you like, but I never do.

The original recipe also does the following but I never do this: Add some diced onion, crushed garlic and a drop of Tabasco sauce to the avocado bottom

layer and it says to blend it all in the food processor.

It is so delicious that I had to share it with you!

## Recipe Contributions

Thank you Nicole for contributing a recipe for this issue of the bulletin; a recipe is needed 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.

## Monthly Market Stall Fundraiser

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.

Please let us know if you would like to help at our next market stall on Sunday the 1 September 2013.

## AGM Social Event

At our General Meeting held on Saturday the 6th of July it was decided to hold one social event every year to commemorate our Annual General Meeting (AGM). The venue and times may change from year to year but this year's event was at the Windsor Hotel in Spring Street, Melbourne, from 6.30 to 9.30pm on Sunday the 11 of August. Members and friends attending were dressed up in their most formal, dressy outfit, and enjoyed the evening.

We would like to thank Frank, who paid for half the cost of the meal for all who attended, to celebrate the sale of his house in Belgrave Heights. We celebrated our great good fortune and many auspicious blessings of being a Member of our Buddha Dhamma Centre this life.

Please see the photo of our great celebration on the following page.

# Brooking Street Bulletin

Issue #55, August 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  
Phone / fax – 03 9754 3334

email – [chanacademy@bdcu.org.au](mailto:chanacademy@bdcu.org.au) web – [www.bdcu.org.au](http://www.bdcu.org.au)



**Photo:** Members at the Annual General Meeting Grand Social Event on the 11 August 2013, at the Windsor Hotel in Melbourne. Photograph taken by Peter Marshall.