



Brooking Street Bulletin

Issue #59, February 2014

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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Message from the Abbot

Dear Members,

Happy New Year! Welcome to 2014, the Year of the Horse. The horse in the Chinese Zodiac signifies endurance, determination, warm-heartedness, friendliness, energy and able-to-do attitude. With this in mind, we launch into our Dhamma teachings and practices for this year with the enthusiasm and drive of the Year of the Horse.

We start the year with the Dhammapada teachings to instruct us in the basic practices that the Buddha advised in disciplining the mind. Our Founder John David Hughes we remember with much fondness and respect. He once said: “The whole of the Buddha Dhamma is to discipline the mind”. In this day and age I believe that the words of our Founder are a strong directive to guide us towards developing insight wisdom.

Over this year we will study the Guide to Dakini Land, the Lotus Sutta, the Yoniso Manasikara Sutta, the Dhammapada, the Sutta Tipitika and the Abhidhamma Tipitika. This will provide a strong grounding for our students new and old.

With lots of love and wishes for a successful year,

Anita

New Members to our Centre

We are delighted to announce that Destin Nguyen and Jaime Urrutia were voted in as members of the Buddhist Discussion Centre (Upwey) Ltd at recent General Meetings.

We warmly welcome Destin and Jaime as members of our Sangha family and wish them ease along the Buddha Dhamma path.

Important Dates

Every Saturday	Members Day 11am-11pm Merit Making and Classes
Every Saturday starting from 15 th February 2014	Essential Buddha Dhamma Teachings 2pm-4pm
Every Saturday	Buddhist Meditation Class 8pm-9:30pm
Every Sunday	Buddhist Hour live on 3MDR 97.1fm 4pm-5pm
Every Thursday	Dakini Class for female students 8pm-10pm
Last Saturday of each month	Ch’an painting class taught by Anita Carter or Melba Nielsen 11am until approximately 12:30pm. Class fee \$20.
1 st February	Monthly General Meeting 5.00pm
1 st & 2 nd February 10am-6pm	Working Bees from 10am until 6pm in preparation for the Vietnamese visit on the 8 th February.
8 th February	Hoa Nghiem Buddhist Temple pilgrimage visits the Buddhist Discussion Centre
26 th February	Monthly General Meeting
8 th March	Kallista Market Stall 9am-1pm Please contact Claire if you wish to assist on the day.



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General Meeting Update

A General Meeting for the Buddhist Discussion Centre (Upwey) Ltd. was held on Sunday 29th December 2013.

At this meeting we reviewed the Occupational Health and Safety report for 2013. There have been some potential and actual hazards identified at the Centre which members will be addressing during Members Days over the next few weeks.

Anita expressed that she wishes to move the marble Quan Yin image in our Heavenly Dhamma Garden to a higher position at the 2014 Easter Bhavana Course.

Frank advised that he and Anita have received a permit to build their two car carport and shed at the end of the drive way.

Buddhist Discussion Centre Christmas Garden Party

On Sunday 22nd December 2013, Nicole Moustakas hosted a Christmas garden party for members and friends of the Buddhist Discussion Centre at her new house in Upwey.

Guests began to arrive at approximately 6:30pm, each bringing with them a plate of delicious food to contribute to the Christmas dinner.

Since Christmas is a good opportunity to practise the first of the perfections, generosity (dana), Anita kindly requested that we each bring a small Dhamma gift to offer to all of our fellow students. Gifts such as suttas, photos, quotes, cards, incense and chanting sheets were offered with great joy. This exchange of precious Dhamma was a most meritorious activity.

Thank you to Nicole for being a wonderful host!



Photograph: Our Abbot, Anita Carter, hands out Dhamma gift boxes to students at the Christmas Garden Party, 2013.

2013 December Bhavana Course

The December Bhavana (mind development) Course was held from Saturday 28th December 2013 until Wednesday 1st December 2014.

The topic for the course was wise consideration. The Yoniso Manasikara Sampada Sutta was selected for study as it is a short discourse given by the Buddha



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on wise attention. Yoniso manasikara translates to wise attention /consideration /reflection in English.

In addition to reading the sutta, we were very fortunate to have access to two Dhamma talks and number of articles on the topic of yoniso manasikara.

On Monday 30th December, Venerable Vijitha from Mahamevnawa Monastery in Narre Warren visited our centre and gave an excellent Dhamma talk on the stepwise path of cause and effect which leads to wise attention.

The way in which we consider the phenomena we are experiencing in each moment creates a cause to which there must be an effect in the future. Therefore, according to the law of cause and effect, when accomplished in wise attention, one is able to progress on the noble 8-fold path.

We sincerely thank Venerable Vijitha from Mahamevnawa Bhavana Asapuwa Inc. for taking the time to visit our Centre, for accepting our Dana offering and for providing such a clear and concise teaching on yoniso manasikara. We also wish to express our thanks to his attendant on the day, the president of the Mahamevnawa Monastery. Venerable Vijitha has kindly agreed to visit our Centre again in the near future and give a Dhamma talk as part of one of the Saturday night teachings.

Throughout the course, students updated their life plans and each created a mandala specifically for the goals that they wish to achieve in 2014.

Anita has informed us that we will repeat the course on wise attention for the five day Bhavana course over Easter 2014, to further our understanding of the topic and allow more students to learn about this important factor towards enlightenment.

On New Year's Eve, the second last day of the five day course, Members and Friends arrived at the Centre around 10:30pm for a party and Bell Puja.

After the Puja, we walked down to the paddocks on Glenfern road and watched the fireworks across Melbourne.



Photograph: Venerable Vijitha, Frank Carter, Adam Richards, Nicole Moustakas, Leonie Scott and Claire Ransome in front of the Buddha Rupa in our Heavenly Dhamma Garden on 30th December 2013.

Summer Plant Raffle

Thank you to all who helped sell tickets for the Summer Plant Raffle, We sold a total of 334 tickets and raised \$668.00 for our Centre. Sadhu, Sadhu, Sadhu!

On Saturday 18th February 2014, our Abbot Anita Carter, drew the winning tickets from the raffle. We are delighted to announce that the winners of the raffle are as follows:

1st Prize – Plants valued \$500 - Peter Ransome

2nd Prize – Plants valued \$150 - Jenny Wall



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This fundraiser has contributed some of the funds we have forgone due to discontinuing our stall at the Camberwell Market.



Our Abbot, Anita Carter, draws the winning raffle ticket from the bucket held by member, Claire Ransome. Photograph by Adam Richards.

Vietnamese Visit 2014

On Saturday 8th February 2014, the Buddhist Discussion Centre (Upwey) Ltd. will be hosting Venerable Thich Tien Tam and the laypeople from Hoa Nghiem Temple on their Lunar New Year temple pilgrimage. This visit to our centre each year has provided us with the opportunity to form a cherished friendship with the Vietnamese Buddhist community.

We wish to make the Centre and its gardens lush and beautiful in preparation for the visit. All members and friends are invited to be involved in preparations for the event if they wish. Preparations commenced on Saturday 25th January, and continue until the conclusion of the event. Students may also like to be involved by assisting in the purchase of supplies for the day, items for the Sangha gift packs and meals

for the volunteers.

We look forward to this visit not only as an opportunity to offer our friendship in the Dhamma to the Vietnamese Buddhist community, but also as a significant fundraising event for our Centre.

Members' Day Food Roster

Every Saturday is Members Day at the Buddhist Discussion Centre. Members start to arrive from 11am and some remain at the Centre until the end of the evening's activities. Visitors and Members are warmly invited to come together at the Centre for lunch at 1pm and dinner at 7pm each Saturday.

Saturday's meals are a wonderful opportunity for us to practise dana (generosity), the first of the Ten Perfections as taught by the Buddha. We can offer the food we have made with mindfulness and wisdom to our noble teachers, fellow Dhamma students and visitors.

For each meal, we wish to be able to offer at least one vegetarian and one meat dish.

Nicole has kindly set up a food roster in Google Documents. This system enables those with access to the document to view and edit the roster from their electronic devices wherever they may be, so long as they have internet access and a Google account. The details for this document will have been sent to you by email from Nicole. If you have not yet received access to the document, please email wbu@bdcu.org.au.

Please remember to put your Member's Day food purchasing receipts in our Dana donation box for the organisations GST claims. Be sure to write 'Dana' at the top of the receipt so that it is clear to our accountant the purpose of the receipt deposit. Thank you.



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“In giving a meal, the donor gives five things to the recipient. Which five? He or She gives life, beauty, happiness, strength, and quick-wittedness.

1. Having given life, he or she has a share in long life, either human or divine.
2. Having given beauty, he or she has a share in beauty, either human or divine.
3. Having given happiness, he or she has a share in happiness, either human or divine.
4. Having given strength, he or she has a share in strength, either human or divine.
5. Having given quick-wittedness, he or she has a share in quick-wittedness, either human or divine.

In giving a meal, the donor gives these five things to the recipient.”

Source: “Bhojana Sutta: A Meal” (AN 5.37), translated from the Pali by Thanissaro Bhikkhu. *Access to Insight (Legacy Edition)*, 3 July 2010, <http://www.accesstoinight.org/tipitaka/an/an05/an05.037.than.html>, accessed 10 February 2014.

May you have long life, beauty, happiness, strength and quick-wittedness for offering nutrients to others.

Chan Classes in 2014

The first Chan Class for 2014 was held on Saturday 27th January at 11am. This year’s theme for the Chan classes is ‘The Never Ending Joy’.

Be like the mountain, still and stable.

Be like the ocean...deep.

Be like the sky...vast, open.

Be like the moon, streaming love to all...to awaken.

Chan classes are held in the John D. Hughes Dhamma Cetiya on the last Saturday of each month from 11am until approximately 12:30pm. There is a fee of \$20 for each participant.

All other classes currently running at the Buddhist Discussion Centre are offered free-of-charge.

10 Temples Jar Fundraiser

In order for us to create strong causes for our centre to flourish, and for us to have ease of access to Buddhist temples in the future, it is important for us as an organisation and as individuals to offer support to other temples.

We have placed ten donation jars in the John D Hughes Dhamma Cetiya. Each jar is labelled with the name of a temple in Victoria. If you wish to participate, it is most beneficial to break the donation up into smaller change and offer money to each temple.

Anita invites all members and friends to join with us when the time comes to visit each temple and offer them our friendship and donation.



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Photograph: 10 Temples Jar Fundraiser. Photograph by Claire Ransome, January 2013.

Dharmarajika Orphanage Collection Boxes at Ishka

We have received the news that Ishka has so far collected \$2,637.01 for the Dharmarajika Orphanage which has been transferred to our bank account on the 17th January. This represents the monies lodged

by Ishka’s 27 handicraft stores up to 16th January 2014.

This money will be transferred to Bangladesh in the first week of February. Some stores individually raised over \$200 in just a few months. We will send a letter of gratitude to Ishka.

Air Conditioning

We are looking forward to the new split-system air conditioner which will be installed in the John D. Hughes Dhamma Cetiya by the end of February.

It can get very hot inside the hall during summer.

The air conditioner will help to keep the hall at a comfortable temperature for our students and guests. Also we will be able to blow fresh air into the hall on occasions when many people have offered incense.

Adam Richards has kindly offered to install the unit. Thank you to those who have generously offered money to help cover the cost of the air conditioner. May you and all beings have excellent conditions to learn the Buddha Dhamma.

Recipe

Each month in the Brooking Street Bulletin, we wish to provide a favourite recipe from our students, families and friends. One day we may put them together to create a recipe book.

If you would like to contribute a recipe, please email wbu@bdcu.org.au. Please ensure that you have permission to reproduce the recipe if it is coming from a book or website so that we do not infringe copyright laws.



Photograph: Kristen Sanchez, Melba Nielsen, Nicole Moustakas, Pennie White and Evelin Martin at the Master John D. Hughes 10 Year Death



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Anniversary commemoration, 29th November 2013.

Claire's Wombok (Chinese Cabbage) Salad

I hope you enjoy this lovely and light salad. You don't need to add the white rice but I sometimes do to make it more substantial as a standalone dish, or to cater for a larger number of people.

Salad Ingredients:

1 wombok cabbage, finely shredded

1 cup unsalted cashews

1 small bunch of coriander, washed and chopped

1 small bunch of Vietnamese mint leaves and/or mint leaves, washed and chopped.

1/3 Red onion or 2-3 spring onion stalks, thinly sliced

2 cups of white rice, cooked and cooled (optional)

You may also like to add thinly sliced chilli, pan fried tofu, grated carrot or some other thinly sliced raw vegetables.

Dressing Ingredients

½ cup light or regular soy sauce

1 table`poon rice wine vinegar (optional)

1 tablespoon olive oil

2 tablespoons brown sugar (or other sugar)

1 tablespoon chilli sauce (optional)

Method:

1. Place the rice in a large serving bowl. Use a fork to break it up and then stir through the shredded wombok, coriander and mint leaves.

2. Stir through the cashews, onion and any other vegetables you wish to add.
3. In a separate bowl, combine all of the dressing ingredients and give it a good whisk. Alternatively, shake them up in a jar.
4. Add dressing to the salad, stir through and serve with a big smile.



Adam Richards and Nicole Moustakas removing the old garden shed at the end of the driveway in preparation for Anita and Frank's new carport. Photograph by Claire Ransome, 18th January 2014

