



Brooking Street Bulletin

Issue #74, July 2015

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 web – www.bdcu.org.au

Annual General Meeting

You are warmly invited to attend our Annual General Meeting at 2.00pm on Saturday 15th August 2015 in the John D Hughes Dhammacetiya Meditation Hall. We hope you will be able to attend. Your presence is highly regarded and welcomed. Our AGM will replace our Saturday afternoon Buddha Dhamma teaching. Our regular Buddha Dhamma teaching program will resume the following Saturday.

Please forward your completed 'Membership Renewal Application Form' to wbu@bdcu.org.au preferably before the AGM or bring it with you.

AGM Grand Social Event

We invite you, your friends and family to our Annual General Meeting Grand Social Event on Sunday the 16th August 2015.

It is an opportunity for kalyana-mitta friends to share a delicious banquet, celebrate the occasion of our AGM and rejoice in our good fortune and many auspicious blessings of being a Member of our Buddha Dhamma centre this life.

This year, the Grand Social Event will be held at Flower Drum (<http://www.flower-drum.com.au/>), located at 17 Market Lane, Melbourne, Victoria 3000. Flower Drum is recognised as one of Australia's best restaurants, being the recipient of many notable accolades including the Restaurant of the Year by Gourmet Traveller Magazine in 2002, and the prestigious title of Restaurant of The Year by the Age Good Food Guide from 1999 to 2002, and again in 2004.

Simon Kearney has generously offered to provide a subsidy towards the total cost of the dinner. This will bring the cost down from \$120.00 to approximately \$75.00 per person for the 4 Course Tasting Banquet. Cost per person will vary depending on the number of people attending.

Important Dates

Every Saturday	Members' Day 11am - 10pm Meritorious activities and Classes
Every Saturday	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
Saturday 25 July	Chan Painting 11am – 12.30pm. Last Saturday each month.
Sunday 26 July	Padmasambhava Tsok (Puja)
Saturday 15 August	Annual General Meeting 2pm
Sunday 16 August	AGM Grand Social Event 7pm
Saturday 5 September	General Meeting 6pm. First Saturday of each month. All welcome to attend.
Wednesday 9 September	Founder's Day
19th to 23rd September	Five Day Bhavana (Mind Development) Course
Wednesday 23 September	Padmasambhava Tsok (Puja)

Guests are presently requested to arrive at 7:00 pm. This is subject to change as it will depend on the availability of members.

The dress code is formal and elegant.



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Flower Drum will require advance bookings therefore we request that members respond as early as possible. Please RSVP either by email (wbu@bdcu.org.au) or on (03) 9754 3334.

We look forward to sharing the auspicious evening with you all.

Five Day Bhavana Course

Our Centre will be running a Five Day Bhavana Course during the school holidays from Saturday 19th September 2015 to Wednesday 23rd September 2015. More details will be given in due time.

All are most welcome to attend. Please contact us if you are interested on 03 9754 3334 or wbu@bdcu.org.au

Highlights of 2014-2015 and Looking to 2015-2016

These past twelve months of 2014-2015 have been another great year for our organisation. Highlights of some of our projects and activities run during the past year as well as a look at what we are planning for 2015 - 2016 are below for you to enjoy.

Buddha Dhamma Teachings:

Saturday afternoon classes at the Centre from 2pm to 4pm – “Essential Buddha Dhamma Teachings”

Bhavana (mind development) Courses:

- Lotus Monastery Retreat was attended by Frank and Anita Carter 12/7/14 to the 2/08/14. The Venerable Ji Kwang Dae Poep Sa Nim is the Master of the Lotus Monastery.
- 28th December 2014 to 1st January 2015 titled “Punna - Deeds that Cleanse”
- 3rd to 5th April 2015 3 Day Bhavana Course was held called “A Buddhist Perspective : The essential ingredients for good relationships”

Chan Painting Classes held on the last Saturday of

each month. The Chan Winter Class commenced with a Painting and Poem by Anita Carter:

When Twilight lights the Curtain
and pins it with a Star,
Remember your true Friend
no matter where you are.
Your Friend the Truth
the Truth of who you are,
Your emptiness, non-dual nature
of all things, the Universe and the Stars.

So.... when Twilight lights the Curtain
and pins it with a Star,
remember every step you take
all you say, do and think
is creating who you are....

Please see the last page for Anita’s Chan painting.

Other Teachings

- White Tara Empowerment at Tara Institute, was attended by members on 10th August 2014
- Dhamma Teaching Venerable Myung Seon Kun Sunim to our Centre 10th October 2014
- On Friday evening the 14th November 2014 at 6pm (transmission 7:30pm), Members attended Amitabha Dharma Transmission: “The Short Prayer for Passing into the Blissful Pure-Land” given by Shang Rinpoche at Quang Minh Temple, 18 Burke Street, Braybrook VIC.
- On Sunday the 16th of November 2014 the Buddhist Discussion Centre (Upwey) Ltd was honoured to host Vajrayana Master Shang Rinpoche and his students for his first visit to our centre. Shang Rinpoche gave Dhamma Teachings, Padmasambhava Mantras and Prayer Transmissions to all who were present. All members had the opportunity to offer Rinpoche some flowers and were able to ask him questions.

The Buddhist Hour Radio Program, broadcast live every Sunday afternoon from 4pm to 5pm on 3MDR 97.1 FM:



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- Five Styles – Cultural Adaptability, Practicality and Scholarship. 6th July 2014.
- Five Styles – Professionalism. 13th July 2014.
- The Seven Factors of Enlightenment, by Piyadassi Thera. 20th July 2014.
- The Seven Factors of Enlightenment, by Piyadassi Thera – continued. 27th July 2014.
- Make Up Your Mind, by Venerable Tippakorn Sukhito. Second script: A Mind of Harmony, by Ajahn Chandako. 3rd August 2014.
- Health is the Greatest Gift. Second script: Strength Training for the Mind, by Venerable Thanissaro Bhikkhu. 10th August 2014.
- Morality. Second script: Sutta reading: Ratana Sutta: Treasures. 17th August 2014.
- A Refuge in Awakening, by Ajaan Lee Dhammadharo. 21st September 2014.
- Mahanama Sutta: To Mahanama. Second script: Dana Sutta: Giving. 28th September 2014.
- Mens Sana In Corpore Sana – The Buddha Way, Sound Mind, Sound Body. 5th October 2014.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 12th October 2014.
- An Introduction to our Methodology. 19th October 2014.
- An Introduction to our Methodology – continued. 26th October 2014.
- How to be on Holidays all the Time. 2nd November 2014.
- Resting in the River, by Thich Nhat Hanh. 9th November 2014.
- Morality. Second script: Mangala Sutta: Protection. 16th November 2014.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 23rd November 2014.
- Developing Wisdom to Use Compassion. Second script: Sabbasava Sutta: All the Fermentations. 30th November 2014.
- An Australian Meaning for “A Fair Go for All”. Second script: Ratana Sutta: The Jewel Discourse. 7th December 2014.
- Connecting With Warm-Hearted Friends. Second script: Mangala Sutta: Protection. Sutta 2: Dighajanu (Vyagghapajja) Sutta: Conditions of Welfare. 14th December 2014.
- Our Approaches to Wisdom and Compassion: our way forward – part 1. Second script: Punna Sutta – To Punna. 21st December 2014.
- Our Approaches to Wisdom and Compassion: our way forward – part 2. 28th December 2014.
- Practice and Develop Merit Making. 4th January 2015.
- How to get the Most Results from Merit. Second script: Vatthupama Sutta: The Simile of the Cloth. 11th January 2015.
- Writing a Conceptual Study Plan. 18th January 2015.
- My Understanding of Asubha Practice – part 1, by Ajahn Brahmavamso. 25th January 2015.
- My Understanding of Asubha Practice – part 2, by Ajahn Brahmavamso. 1st February 2015.
- Living in Present Time. Second script: Culasihanada: The Shorter Discourse on the Lion’s Roar. 8th February 2015.
- Buddha’s Teachings on Peace from the Buddhist Scriptures. 15th February 2015.
- How do we Develop True Relationships. Second script: A Happy Married Life: a Buddhist Perspective, by Venerable K Sri Dhammananda. 22nd February 2015.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 1st March 2015.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 8th March 2015.
- How to get a Nice Sort Of Release by John D. Hughes. Second script: Reminiscence of Phra Ajaan Sao Kantasilo, by Phra Ajaan Phut Thaniyo. 15th March 2015.
- Excellence in Education. Second script: The Karma Sutra. 22nd March 2015.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 29th March 2015.
- Reading the Natural Mind, by Ajahn Chah. 5th April 2015.
- Reading the Natural Mind – Part 2, by Ajahn Chah. 12th April 2015.



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- Preventing Meltdown. Second script: Vitakkasanthana Sutta: The Relaxation of Thoughts. 19th April 2015.
- The Quality of Mindfulness – Part 1. Extract from The Beautiful Breath: the Comprehensive Step by Step Buddhist Meditation Instruction of Ajahn Brahmavamso. 26th April 2015.
- The Quality of Mindfulness – Part 2. 3rd May 2015.
- Developing Benevolence. 10th May 2015.
- Anthems and Fanfares you may be looking for, by John D. Hughes. 17th May 2015.
- Why We Celebrate Vesak. 24th May 2015.
- Learn to Practice Buddhism - Mindfulness. 31st May 2015.
- On Making a Mistake, by Ajahn Brahmavamso. Second script: Sutta reading: Drawbacks (adinava) – part 1. 7th June 2015.
- Reaching the Goodness Within, by Venerable Ajahn Uthai Siridharo. Second script: Coping with Distracting Thoughts, by Venerable Santikaro Bhikkhu. 14th June 2015.
- A Discourse on Nama Rupa, by John D. Hughes. Second script: Sutta reading: Drawbacks (adinava) – part 2. 21st June 2015.
- Even One Word Is Enough, by Ajahn Chah. 28th June 2015.

Our Meetings:

- General Committee Meetings were held on the following dates: 5th July 2014, 6th September 2014, 4th October 2014, 1st November 2014, 6th December 2014, 7th February 2015, 6th April 2015 and 13th June 2015.
- Annual Directors Meeting was held on the 9th August 2014.
- Annual General Meeting was held on the 9th August 2014.

Our Pujas included:

- Monthly Guru Rinpoche Padmasambhava Tsoks.
- Prajna Paramita Puja to begin each Chan Class.
- Medicine Buddha Pujas held on the 24th July 2014, 31st July 2014, 30th August 2014 and 6th

April 2015. 17th and 19th July 2014 for the 298 people who passed away on the MH17 Flight which crashed on the 17th July 2014. April and May 2015 for all of the beings affected by the Nepal Earthquake.

- World Healing Pujas on the 9th of October, 25th of October and 29th of November 2014; we performed three Medicine Buddha Pujas to bring blessings to this world, planet Earth, to cure all illnesses and bring peace to the hearts and minds of men, women and all beings. We also shared the merits from the puja on 29th November 2014 with our Founder John D. Hughes for his death anniversary commemoration.
- Surangama Puja on Melbourne Cup Day, Tuesday 4th November 2014.
- New Year's Eve Bell Puja on 31st December 2014.
- Sakyamuni Buddha Puja and meditation was conducted at the time of the Vesak full moon at 1:42pm on Monday the 4th of May 2015.
- Puja blessings are shared with all beings.

Other events conducted by the Buddhist Discussion Centre (Upwey) Ltd during the past year included:

- The celebration of second Annual General Meeting Grand Social Event at the Melba Restaurant in the Langham Hotel in Southbank on Sunday 10th of August 2014.
- Hosting of the 1st Basin Scout group to the Buddhist Discussion Centre (Upwey) on Monday 4th August 2014.
- The attendance of members of the Buddhist Discussion Centre to the Ullambana Dharma Ceremony and Da Mon Sun Food Dana Ceremony at Yun Yang Temple in Narre Warren held on Sunday 24th August 2014.
- The commemoration of the 36th Buddhist Discussion Centre Founders Day on Saturday 6th of September 2014.
- The sending of a delegation of members of the Buddhist Discussion Centre to the World Fellowship of Buddhists 27th General Conference



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held in Baoji, Shaanxi, China, held from 14-19th of October 2014.

- The attendance of members of the Buddhist Discussion Centre to six Kathina Ceremonies at Mahamevnawa Meditation Centre (11th October 2014), Wat Buddharangsi, Sakyamuni Sambuddha Vihara (12th October 2014), Wat Dhammaram (19th October), Dhamma Sukha Manohara Meditation Centre and Wat Thai Nakorn Melbourne (2nd November 2014).
- Hosting the Buddhist Discussion Centre Christmas Party on Saturday 13th December 2014.
- The attendance of members of the Buddhist Discussion Centre to a Mahakala Empowerment (Highest Yoga Tantra) conducted by His Eminence Luding Khen Rinpoche held at Nalandra Buddhist Meditation Centre on Saturday 17th January 2015.
- The attendance of Abbot Anita Carter and President Frank Carter at the Dedication Ceremony of Mahamevnawa Buddhist Meditation Centre on Saturday the 21st of February 2015.
- The participation of members of the Buddhist Discussion Centre in a pilgrimage to 10 local Buddhist temples on Sunday 29th of March 2015.
- The attendance of members of the Buddhist Discussion Centre to the UN Vesak Friendship Dinner on Saturday 4th April 2015 at Quang Minh Temple in Braybrook.
- Commencement of the Centre's Learn to Practice Buddhism Classes on Saturday afternoons occurred on Saturday 11th April 2015.
- The celebration of Abbot Anita Carter's birthday on Monday 4th May 2015.
- The attendance by President Frank Carter of the Buddhist Discussion Centre to the Stupa Opening Ceremony at Sakyamuni Sambuddha Vihara held on Sunday 10th May 2015.
- The Victorian Observance of the United Nations Day of Vesak at the Melbourne Town Hall held on Saturday the 23rd May 2015.

Our Fundraising events:

We offer our heartfelt thanks to each and every one of you for offering your precious time and resources to raise funds for our Centre over the last 12 months.

- Kallista Market - On Saturday 6th December 2014, we held a fundraising stall for our Centre at the Kallista Community Market. We took a number of Chan artworks, painted by Life Member of our Centre, Melba Nielsen, as well as framed pictures, cards, statues, bags and bric-a-brac. We raised \$108 for the Centre and approximately \$38 for the Dharmarajika Orphanage in Bangladesh. Thank you to those who donated items for the stall and special thanks to Melba for allowing the Centre sell your paintings and receive part of the profit.
- Christmas Day Flower Stall – We Raised \$601.00 for our Centre and \$119 for Dharmarajika Orphanage in Bangladesh.
- Mother's Day Flower Stall - At the Mother's Day Flower Stall on Sunday 10th May we raised \$988.95 net profit for our Centre and \$110.95 for Dharmarajika Orphanage in Bangladesh.
- Sausage Sizzles at Bunnings Warehouse Scoresby –
 - Our first Sausage Sizzle for the financial year was held Tuesday 4th November 2014 (Melbourne Cup Day). We raised \$956.59 for our Centre and \$140.95 for Dharmarajika Orphanage.
 - Our second Sausage Sizzle was held on Sunday 23rd November 2014. We raised \$1,216.94 for our Centre and a further \$25.30 was raised for the Dharmarajika Orphanage.
 - Our third Sausage Sizzle was held Sunday 8th March 2015. We raised \$1,182.70 for our Centre and \$83.50 donations for Dharmarajika Orphanage in Bangladesh.
- Vietnamese Lunar New Year visits to our Centre - On Saturday 28th February it was our great pleasure to host Venerable Thich Thien Tam and approximately 450 of his members from Hoa Nghiem Temple, Springvale to our centre. On Saturday the 1st of March we hosted Venerable



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Thich Tong Hue and about 240 of his members from Hue Quang Temple in Sunshine to our centre, and Venerable Kim and about 400 Members from Phat Quang Temple, Footscray. The combined donations from the three temples who visited were about \$9000.00 which is the largest amount of funds donated to our centre on any occasion during the past thirty years. Sadhu, Sadhu, Sadhu!

Fundraising for Other Organisations:

- 11 Temple Dana Jars– We have continued to collect donations for 11 other Buddhist Temples throughout the last financial year using the ‘11 Temple Jar Fundraiser’. We were able to personally offer the donations collected for several of the Temples as we visited them during our Centre’s 10 Temple Pilgrimage on the 29th March 2015.
- Dharmarajika Orphanage – Over the last financial year, we deposited a total AUD \$4,130 into the Dharmarajika Orphanage's account. It is a great honour for our Centre to be able to offer these funds that contribute to housing and caring for a community of approximately 500 children at the orphanage. We express our deep gratitude to His Holiness Sanghanayaka Suddhananda Mahathero for this opportunity. Thank you to all those who contributed to this wonderful and much needed fundraiser. We extend our special thanks to Ishka for their efforts in collecting significant donations in their stores across Australia.
- Jammu & Kashmir Flood Relief 2014 –We received an email from the Mahabodhi International Meditation Centre (MIMC) based in Ladakh, India, titled a “Humble Appeal for Your Generous Donation for Restoration, Relief and Rehabilitation Work for the Poor Victims Affected by the Recent Kashmir Natural Calamity.” Members donated AUS\$240 and the BDC contributed \$100 which resulted in an amount of \$310 being transferred to India on the 23rd of September 2014 as our Flood Relief Donation.

- Nepal Earthquake Relief May 2015 – Transfer of \$928.40 on the 5th of May to the WFB Humanitarian Fund donated by Members and friends for Nepalese earthquake disaster relief.

Our Local Area Planning and Asset Management projects completed include:

- The re-organisation of the centre's artwork collection and assets.
- Relocation of the humus heap to the rear of the property in addition to the acquisition of a mulcher.
- Renaming of our suites
- Raising of the garden marble Quan Yin image on a pedestal combined with the construction of a retaining wall.
- Construction of the new garden altar for the marbled Sakyamuni Buddha image along with the relocation of the image.
- Removal of the outdoor tool trailer and shelving unit.
- Clearing and levelling of the welcome garden space adjacent to the Sariputta office, and eastern end of the Heavenly Dhamma Garden.

LAPAM Looking to 2015-2016:

- Paving of the path for the marbled Sakyamuni Buddha image.
- Design, plan and construct a new practice room for our abbot.
- Design and construct a welcome garden adjacent to the Sariputta office.
- Cultivate lawn area for the eastern end of the Heavenly Dhamma Garden.
- Construction of outdoor shelving units on the Dhamma Hall for continuing our 1,000 Buddha images installation.
- Placing stone facing on the Reclining Buddha Image base

Our website (www.bdcu.org.au) has new features:

- Calendar showing our teaching program and main events

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- Ability to subscribe to the Brooking Street Bulletin
- John D. Hughes Audio Library (mp3 files) upgrade
- John D. Hughes Transcription Library available in PDF format
- Radio script archive update
- Faster loading website as we upgraded our server

Social Media:

- We created a YouTube channel titled “Lifetimes of Learning”
- We have over 500 ‘likes’ on our Facebook page

Future Projects for 2015 – 2016 include:

- Install the next group of the 1,000 Buddha images on the outside of our Dhamma hall
- Build the Vajra Guru Room
- Create a new fundraising event – Options include
 - Vietnamese Vu Lan ancestors event
 - Christmas Tree Sales Online
- Publish a Dhamma Book
- Help conduct a Teaching event with Shang Rinpoche’s Members in Melbourne
- Write a Dhamma Publishing Plan to include:
 - You Tube videos of classes, seminars, public talks
 - Buddhist Half Hour Videos for You Tube & Channel 31
 - Buddhist Hour Radio at MDR and online
 - Skype Dhamma classes
 - Podcasts, WBR live and streaming
 - Dhamma Books
 - BDCU Newsletters, brochures, etc
 - Website archives
 - Facebook and Twitter



Photo: Marble Sakyamuni Buddha image in the Heavenly Dhamma Garden. Photograph taken by, Claire Ransome during sunset, Winter 2015.

Kalyanamitta - Christmas in July

On Friday 10th July, Members and Friends of our Centre gathered at Nicole’s house on Glenfern Road to celebrate Christmas in July. A delightful evening with good company and delicious food was shared by all.

Thank you for hosting the dinner, Nicole!



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Photo: Zari, Amir and Destin



Photo: Claire and Catherine (Sally's daughter)

Recipe: Anzac Biscuits

This recipe has been taken from the Australian Women's Weekly (AWW) cookbook:

Kennedy, T. (Eds.). (1982). *The big book of beautiful biscuits*. Sydney: Australian Consolidated Press Ltd.

Ingredients

1 cup rolled oats
¾ cup of desiccated coconut
1 cup plain flour

1 ½ teaspoons bicarbonate of soda
2 tablespoons boiling water
1 cup raw sugar
4 tablespoons of butter
1 tablespoon golden syrup

Method

Combine rolled oats, sifted flour, sugar and coconut. Combine butter and golden syrup, stir over gentle heat until melted. Mix soda with boiling water, add to melted butter mixture and stir into dry ingredients. Spoon dessert spoonfuls of mixture on to greased oven trays; allow room for spreading. Bake in slow oven 20 minutes. Cool on trays. Recipe makes approximately three dozen.

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Photo: Chan Painting and poem written by Anita Carter.

