



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

### Abbot's Message



#### *Namo Tassa Bhagavato Arahato Sammāsambuddhasa*

Akaliko (Pali) means timeless, which is our theme for this year. It means the Buddha Dhamma is timeless, whichever time it is practiced, it is effective, and it will work.

This year we are shaping our Dharma teaching to match our changing culture. This is the second year we have offered the children's classes by Claire and Sally, and our Introduction to Buddhism courses given by Simon. The way the teachings are being given is different, but the message is the same.

“Avoid evil, Do good, Purify your mind” - this is the Teaching of the Buddha.

We will continue at Easter with our course on dependent origination to give students a thorough understanding and to develop insight.

*Whatever beings there be,  
May they be free from hatred,  
May they be free from harming others,  
May they be free from hurting others,  
May they be trouble free in body and mind,  
May they preserve their own happiness.  
May you be well and happy.*

**Love Anita**

### Important Dates

<i>Every Saturday</i>	<u>11 am – 10 pm</u> Dhamma Day Meritorious activities and Classes when scheduled
<i>Every Saturday</i>	<u>7:30 pm - 9:30 pm</u> Buddhist Meditation & Discussion Class
<i>Every Thursday</i>	<u>8 pm</u> Mahamudra Class
<i>Every Sunday</i>	<u>4 pm – 5 pm</u> Buddhist Hour live on 3MDR 97.1fm
<i>Saturday</i> 11 May, 8 June	<u>11 am – 12.30 pm</u> Chan Painting Class (Monthly)
<i>Saturday</i> 18 May – 1 June	<u>11 am - 12 pm</u> Children Dharma Class (weekly)
<i>Saturday</i> 6 April – 15 June	<u>2 pm – 4 pm</u> Introduction to Buddhism Class (weekly)
<i>Saturday</i> 4 May 2019	Victorian United Nations Day of Vesak 2019

### *Vietnamese Pilgrims Tet Visit*

Earlier in the year, the Buddhist Discussion Centre hosted two visits from Melbourne's Vietnamese Buddhist Community. On Saturday 16<sup>th</sup> February at approximately 8am, we hosted members from Tu An Temple and in the afternoon, members from Hao Nghiem visited the Centre.



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

It was cool overcast morning when members from Tu An Monastery arrived in two buses for their annual pilgrimage to various Buddhist Temples around Melbourne. After paying their respects in the Hall, the Abbot, Venerable Thich Hahn Pham, offered us a donation while one of his members read out a prepared speech in English. Our President Frank Carter welcomed him and his community by highlighting our special connection between our two temples. One of our members is the son of one of the members of Tu An Monastery.

The visitors then made offerings on the altars in our heavenly Dhamma garden and participated in the bathing of the Buddha to be Image which was positioned near the front gates. This activity was very popular amongst our guests.

After about an hour, we bid them farewell as they boarded the buses to continue their journey. This was the first time we welcomed member from Tu An Monastery, and we were deeply honoured by their presence. We hope they had a joyous and highly meritorious day.

We welcomed members from Hoa Nghiem Temple later in the afternoon. They were a bigger group travelling in seven buses. The bathing of the Buddha To Be Image proved most popular again amongst the guests. We have been hosting members from Hoa Nghiem for over fifteen years and it is a great privilege to have them visit our Centre. Both our members and our Vietnamese brothers and sisters completed many meritorious actions that day through the offering of incense, light, flowers, healing, refreshments time and energy. Well done to all who participated in this vast blessing for the Triple Gem.

## *Victorian Observance of the United Nations day of Vesak on the 4<sup>th</sup> of May 2019*

On the 4<sup>th</sup> of May 2019, the Buddhist Discussion Centre Australia will participate in the 12<sup>th</sup> Victorian Observance of the United Nations Day of Vesak. It is a key event that brings together Buddhist communities of various cultures and traditions to celebrate the Birth, Enlightenment and Passing of the Lord Buddha. It will be held at the Melbourne Town Hall in the heart of the City of Melbourne.

The 2019 program continues with the three part format as per previous years of Sangha Lunch Offering, Friendship Walk and Friendship Procession and the Commemoration at the Melbourne Town Hall. This theme for this year is light. We take inspiration from **Dhammapada Verse 387** where, on the full moon day of the seventh month, the Lord Buddha addressed Venerable Ananda while residing at the Pubbarama monastery:

***By day shines the sun; by night shines the moon;  
in regalia shines the king; in meditation shines  
the arahat;  
but the Buddha in his glory shines at all times, by  
day and by night.***

Buddhist temples, monasteries and organisation are encouraged to participate by sharing their interpretations of light, expressed through lanterns. Our wish is that the lanterns are carried in the Friendship Walk and showcased in the Melbourne Town Hall.

The Organising Committee aims to spread and celebrate the Buddha's message of peace, goodwill and compassion to the wider community and to further enhance fellowship between our Buddhist ethnic communities living in Victoria. The UN



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

Vesak celebrations aim to provide a unique Buddhist event of local, national and international significance offering vast blessings and benefits for Victoria, Australia and all beings.

**Article Author:** Simon

### *Dragon King's Shrine*

Frank, Mike, Enzo, David and Simon have added the final piece to complete our Dragon King Altar at the Centre. A clear corflute polycarbonate roof was installed in March to protect the Dragon King image and offerings below.

Although the new roof looks quite simple it was actually a difficult problem to work out how to install a roof without any vertical posts supporting it from underneath. The final solution was arrived at over many weeks as we discussed various options and bit by bit solutions were found. Two steel supports have been bolted to the roof of the building behind the altar and two threaded steel rods connect to the polycarbonate roof below to hold it in place. (Please refer photo)

The Dragon King Altar itself was built from honeycomb rocks and includes a beautiful black ceramic bowl for offering water to the Dragon King. The altar is designed to resemble the seaside home of the Dragon King and has a mural painted by Anita of the Nobbies. Well done to all for your great work. The Dragon King is very happy with our offering.



### *Buddha House Update*

Anita has advised our new Buddha House Building will be named “Sotipanna Room” or in English translation, Stream Enterer Room.

The Shire of Yarra Ranges has issued Anita and Frank a Planning Permit to construct the new building and the next step is to obtain a Building Permit.

Our architect Lawrence Li has been working on the building plans together with architectural firm James Yang and Associates. James has kindly offered to prepare the plans at a highly discounted rate to show his respects to the Buddha. James is a Director of Buddha’s Light International Australia.

Once the plans are completed and we have approved them we will arrange for a Building Surveyor to work with us for the Building Permit approval. Also James Yang and Associates will provide an estimated cost of construction for the project. The new Sotipanna Room is a private building.

There are two ways to get approval for new constructions. One is as an owner builder and the other is for the project to be conducted by a registered builder. The requirements of managing





# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

the project as an owner builder are quite difficult so we may need to seek help from a registered builder for the project.

**Article Author:** Frank

### *Teaching Program for 2019*

#### *Chan Academy - 'The Way of the Brush, first Chan painting class for 2019'*

Our first of eight Chan painting classes for the year was held on Saturday 9th of March.

Our class began with an introduction to Chan, of meditation in action, an explanation of the Four Friends: Ink, Stone, Brush and Paper, and a brief outline of the Chan Academy, its founder Chan Master John Hughes, and of visiting teachers over the years. The three students and class teacher, Julian Bamford, then went out in the garden, to look at, touch and learn firsthand the nature of bamboo. Which, as Chan Painting Master Melba Nielsen once described, 'Bamboo, the noble grass, bends and sways, but not break.'

Then returning to the Chan Hall, all sitting with posture straight but not too tight, sat in mediation for a short time, before mixing the ink. The students then focussed on the painting of bamboo, and learning by experience, the way of the brush, and their own mind.

The next Chan class will be held on Saturday 14th April, and new students are most welcome.



**Article and photograph Author:** Julian

#### *Children Dharma Class 2019*

In 2019, our Centre is offering a series of nine classes for children and their families.

In these sessions, which are led by school teachers Sally and Claire, participants have the opportunity to experience some of the stories and practices taught by the Buddha.

The three classes that took place in Term 1 were well received by both the children and their parents. Some of the activities that children enjoyed included:

- Making offerings of flowers and incense to the Buddha and all of the beings in our environment
- Ringing the big temple bell in the garden and sending metta
- Learning some simple meditations that can be practiced at home
- Practicing mindful eating including reflections on food
- Making mala beads
- Learning about the symbolism of the Lotus, colouring in lotus flowers and chanting the six syllable mantra, Om Mani Padme Hum
- Making 'Kindness Boxes' - a special place to keep track of the kind deeds we have done and a reminder to be proactive in helping others.
- Singing some of the delightful Dhamma songs from Plum Village Monastery in France.



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

The remaining 6 classes will take place during Term 2 and 3 of 2019:

**Term 2:** 18<sup>th</sup> May, 25<sup>th</sup> May, 1<sup>st</sup> June

**Term 3:** 24<sup>th</sup> August, 31<sup>st</sup> August, 7<sup>th</sup> September

Classes are offered free of charge. Children can join in any time, it is not necessary to attend every class to benefit.

To RSVP please email [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au) or call Claire on 0425 864 056

The Buddhist Discussion Centre Australia is committed to providing a Child Safe Environment and complying with our obligations under the Child Safe Standards 2015 and legislation including the Child Youth and Families Act 2005.

**Article Author:** Claire

### *Introduction to Buddhist Course - Calming Your Mind for a Better Life*

Today's modern world often gives rise to dissatisfaction, irritation, anger and stress. It can appear that immediately after solving one problem, there is another to prevent us from achieving peace.

Our busy lifestyles often don't allow much time for us to develop a sense of inner calm and tranquillity.

Achieving a sense of lasting inner peace can be challenging. It often appears just over the horizon if only we can get that dream job, beautiful house or loving relationship. Buddhism teaches that it is only by turning our attention to our inner lives that we can develop a tranquil mind and experience a calmer life.

In our nine week course entitled 'Calming Your Mind for a Better Life' we will explain how attain brighter mental states and a more fulfilling life through the Buddhist practises of loving kindness and integrity. Developing loving kindness (metta)

is the direct antidote to many mental disturbances and gives us a more positive foundation. It leads to practising integrity as a means of being harmless to ourselves and the world around us.

The Classes will commence on Saturday the 6<sup>th</sup> of April 2019 and run until the 15<sup>th</sup> of June. Each session will be from 2 – 4pm and they are free of charge.

For further information, please email Simon at [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au).

**Article Author:** Simon

### *Fundraising Activities*

#### *Mother's Day Flower Stall*

The next Fundraiser for our Centre will be our annual Mothers Day Flower Stall, to be held on Sunday the 12th of May 2019.

We will once again have a stall outbound on Burwood Highway near Applegum Drive, which has proven to be a successful spot each year. This year we will be trying a new site inbounds on Stud Rd, near the Police Paddocks.

The funds raised go towards our Centre and the Bangladesh Orphanage which we have been supporting for more than twenty years.

We welcome all of our friends and Members to volunteer their time to help to us raise general funds and at the same time have the opportunity to learn and benefit from the virtues of offering flowers.

#### *Crowd Funding for Buddha's Image House*

We are planning to host a Crowd Funding campaign to raise money to build a new Buddha Pavillion Temple Room in the garden at our Centre.

The new construction will be a contemporary style



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

architect designed building and will house and protect our centre's largest Buddha image which is currently installed in a temporary housing on the Golden Pavilion.

The room will also serve as a mediation space for visitors and students at our Centre. The building is scheduled for completion by the end of 2020.

In the time of the Buddha, on the occasion of the dedication of the VenuvanVihar Temple by the King Bimbisara, the Lord Buddha said:

*“None is able to describe the merit of donating a Vihar except the Buddha, the Lord of the universe, if some thousands of learned describe that, there will be no end.”*

At present, we are investigating various Crowd Funding platforms to see which one is the most suitable for our project. We invite Members who are interested in helping with the campaign to be involved. Please contact Claire ([wbu@bdcu.org.au](mailto:wbu@bdcu.org.au)) to share your expression of interest.

**Article Author:** Claire

### *Podcasts*

We would like to update you with the latest news on Podcasting for our centre.

Our centre has been engaged in producing podcasts for over a year now. Podcasts produced are made available through our website under Dhamma Publications / Lifetimes of Learning Podcasts. These podcasts are also accessible via Podbean under the account of “Lifetimes of Learning”. Recordings are classified into three levels: Beginner, Intermediate and Advance.

In March 2019, Jenny Liu and myself were invited by our president Frank Carter to be part of the team

in the production of podcasts. It is an exciting and new experience for both of us. We spent a week researching into suitable equipment and software and begun getting together every fortnight to do our recordings. Each session, we begin by making offering to the altar and doing some chanting to prepare our mind. We would preview the material and divide it into different parts for recording, stopping along the way for feedbacks. To conclude, we would share our merits with all sentient beings. Jenny and I work seamlessly with joy and we are delighted in the opportunity to be part of such meritorious deed.

We've now successfully recorded our first series titled Loving Kindness Meditation Course which has five parts to it. We invite anyone who's interested to visit our website or go onto Podbean. May you be well and happy. May all beings be well and happy.

Sadhu Sadhu Sadhu.

**Article Author:** Vinse

### *Member's News*

**Melba Nielsen:** BDC Life Member and Chan Academy Patron, Melba Nielsen, recently moved from her apartment in Ocean Grove, Victoria to a nursing home near Cairns in Queensland. Melba's Son Peter lives in the area and her sister also lives in Mareeba, Queensland.

Melba was helped in this transition by Anita, Frank, Julian, Michael Young's Mother, June Young and Rani Hughes. Melba is our Centre's longest standing Member having been a local resident and student at the time the Centre was founded by John Hughes in 1978.

A Chan Painter for the last 40 years, Melba was our Centre's Chan Painting Teacher for some years



# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

after John Hughes passed away. Melba has donated many of her paintings, painting equipment, and personal effects to the Chan Academy.

We hope Melba settles in well to her new home and send her our love and best wishes.



**Photo:** Melba Nielsen (Fitzallen) circa 1980 meditating at the Centre.

### *Funeral For BDC Past Member*

Anita, Frank, Julian and Jeff Radford attended the funeral service of Andrew Lack, a past Member of the Centre, on the 12<sup>th</sup> of April 2019. The funeral was held in Ferntree Gully and many of our centres past members attended.

Andrew attended the BDC during the 1980's with his partner Mu Herzog. Andrew had been living in Worri Yallock for many years and was a regular listener of our Buddhist Hour radio program. He was tragically killed in a car accident.

### *Hawaii Retreat for our President*

Our President Frank will be participating in a retreat held at the Lotus Monastery in Hawaii starting in May this year. The Lotus Monastery is the headquarters of the Yun Hwa Sangha under the guidance of Supreme Master Dae Poep Sa Nim. It is a great privilege to do the intensive practices taught by Master Dae Poep Sa Nim in the best retreat conditions which are provided at the monastery.

Frank will leave on Thursday the 9<sup>th</sup> of May. While he is away Destin will run Frank's business Companion Trading Pty Ltd and be at the centre most week days to look after the projects and duties during the week.

Our planning for the new building will continue as Des is a qualified draughtsman and can liaise with our architect Lawrence.

It would be great if Members can please offer your support to Anita while Frank is overseas and this can be done in many ways such as cleaning the altar and making fresh flower offerings each week in preparation for our Dhamma classes, preparing Teaching handouts for classes, cleaning the bathrooms, doing the weekly shopping for Anita and offering meals from time to time.

Our Centre's Founder, John Hughes, recommended that students do a significant retreat at some time after they have made a large accumulation of merit by helping the centre and in many other ways.

We are fortunate that Anita and Frank have made a connection with Master Dae Poep Sa Nim and Venerable Vimilaramsi both of whom offer retreat programs. Any Member who would like to participate in a retreat of this type please talk with Anita or Frank.

### *Book Marketing Plan*

As part of our 40<sup>th</sup> Anniversary Celebrations last year, the Buddhist Discussion Centre Australia launched our new Dhamma book entitled *Bringing Wisdom to Life*. In 2019, our intention is to bring the book to wider audience so they can benefit from the valuable teachings it contains. We plan to do this using a number of approaches.

Currently we are in the first stages of this project which involves gathering information about the





# Brooking Street Bulletin

Issue #87, April 2019



## 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 03 9754 3334

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

most effective methods of publicizing the book. The avenues we have identified include traditional publishing, online marketing, approaching book shops directly and applying to libraries to identify what their method of acquiring new work is. We will also identify relevant radio and television programs that may be interested in interviewing Anita and Frank Carter about *Bringing Wisdom to Life*, and explore newspapers and magazines that could be interested in publishing an extract from the book.

### *Wat Sereychum community celebration of Cambodian New Year*

The community of the Vipassana Buddhist Meditation Association of Wat Sereychum Australia celebrated their Khmer New Year of the Pig Buddhist Era 2563 at the Cranbourne Community Hall on Sunday 7 April.

Following the offering of dana to the Venerable Sangha, were performances of traditional Khmer offering dances, then a formal welcome by Mr Kimben Lim, Association President.

Speaking on behalf of the Venerable Abbot, Rakkitakusalo Kim Minh, Venerable Sangha, Committee and the Khmer Buddhist Community in Cranbourne, Mr Lim wished everyone a happy new year, and extended wishes to all for the fourfold Buddha Blessings of Longevity, Nobility, Happiness and Strength. In the Pali language as spoken at the time of the Buddha these are: Ayus, Vannas, Sucha and Pala.

Honoured guests included, local Member of Parliament, Ms Pauline Richards MP; Cr Youhorn Chea, City of Greater Dandenong; Mr. Thay Horn Yim, Secretary/ Public Relation Manager of the Cambodian Buddhist Monk Council of Australia and New Zealand, Mr. Korm Inthavong President, Wat Lao Geelong Buddhist Community Inc.; and Mr Julian Bamford, from the

Buddhist Discussion Centre (Upwey) Ltd, representing Mr Frank Carter, President, our Abbot Anta Carter, Directors and Members. He was accompanied by Emma Song.

The occasion was also the Samaki Fundraising Ceremony for Wat Sereychum. The Vipassana Buddhist Meditation Centre of Wat Sereychum, was founded in 2015 and they moved from Noble Park in July 2018 to their new home at No.4 Philbert Court in Cranbourne North. The meaning of Wat Sereychum in the Khmer language is place of welcome, unity, harmony and peace to all who come.

Thanking all for their kindness, time and generosity in joining in the celebration, and supporting the prosperity and aims and activities of the Vipassana Buddhist Meditation Association of Wat Sereychum Australia, Mr Lim wished the community, and all communities, enjoy abundant happiness, good health, success, safety and prosperity throughout the coming year and beyond.



Article and photograph Author: Julian Bamford





# Brooking Street Bulletin

Issue #87, April 2019

**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 03 9754 3334

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

