



# Brooking Street Bulletin

Issue # 90, August 2020



## 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*

Dear Friends in the Dhamma

I beseech you, please practice with all your heart.  
Place great effort into knowing the path realising  
the path and following the path.

You are incredible beings, having this human birth,  
make it count. Be active in pursuing your goals.

Practise being mindful and generous daily.  
Consider your achievements at the end of the day.  
Plan each day and follow your script.

Chant the Ratna Sutta to bring peace and harmony  
to you and all around you.

**Love Anita**

### Important Dates

<i>Every Saturday</i> (via Zoom)	<u>8 pm – 10 pm</u> Buddhist Meditation & Discussion Class
<i>5 September – 31 October</i> (via Zoom)	2 pm – 4 pm Introduction to Buddhism
<i>25-27 September</i>	Spring Bhavana Course
<i>27-31 December</i>	Summer Bhavana Course
<i>Every Saturday</i> (temporarily suspended)	<u>11am – 10 pm</u> Dhamma Day Meritorious activities and Classes when scheduled
<i>Every Sunday</i> (temporarily suspended)	<u>4 pm – 5 pm</u> Buddhist Hour live on 3MDR 97.1fm
<i>Saturday</i> (temporarily suspended)	<u>11 am – 12.30 pm</u> Chan Painting Class (Monthly)



# Brooking Street Bulletin

Issue # 90, August 2020

## **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)



### *Pujas*

Sukhavatti – 5th September 11 am

### *Padmasambhava TSOK*

28<sup>th</sup> August

26<sup>th</sup> September

26<sup>th</sup> October

24<sup>th</sup> November

24<sup>th</sup> December

### *Zoom Classes due to Covid-19*

Due to Covid-19 restrictions, all classes have been conducted via Zoom since March 2020. This has created a new platform for some existing and new members to join our ‘Introduction to Buddhism’ and regular Saturday evening classes. A big welcome to all participants!

### *Membership Renewal*

Thank you for supporting the Buddhist Discussion Centre Australia in the past twelve months of 2019-2020. Your involvement supports the activity of all past, present and future members to provide a place where beings have the rare opportunity to meet the Buddha Dhamma in Australia.

Notice of annual membership renewal has been sent to all members. We look forward to receiving your continued support.

We welcome new members to join our centre and application form is available upon request.

**Article Author:** Brenda Chen

### *Golden Buddha Temple Pavilion Update*

We have made a lot of progress in the construction of our beautiful pavilion over the past few months. Our building team are our Members who have completed a safety training course and been issued with a “White Card” which is the Victorian construction industries ID for working on a registered building project. The team so far is Anita, Frank, David, Julian, Des, Mike, and Simon.

Originally, we had a completion date of October this year as our Building Surveyor is retiring in mid-October. Our building schedule to reach completion by that date was very full of work needing to be done on three or four days of every week. However, recently we got the news that our Building Surveyor has been suspended by the Victorian Building Authority for some issues that relate to another company that he is a Director of. This means we need to find a new Building Surveyor.

Getting a new Building Surveyor and transferring our project to them can take up to a month to complete because all the documents, plans and reports need to be taken up by the new surveyor and the transfer needs to be processed and authorised by the Victorian Building Authority. In the meantime, what building work we are permitted to carry out is very limited. It seems the most we can do is have our plumber complete fitting the steel roof to protect the work we have done so far and a few other minor works.

However, an important milestone has been reached on the 7<sup>th</sup> of August with the building passing both the stump and framing inspections which were carried out by a Building Engineer.

Our new projected completion date will be around the end of this year.



# Brooking Street Bulletin

Issue # 90, August 2020



## **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)



Updated picture of the new Buddha House in August 2020

**Article Author & photo:** Frank Carter

### *BDC Websites*

There are three website developments which have occurred recently.

Firstly, we found out that our BDCU website was close to exceeding its capacity on our hosts servers. The host we were using was prompting us to change to a more expensive plan to get more space allocated for our site. Kieran Scott who kindly built this website for us advised that the host was not using up to date software on their servers which made it difficult to do upgrades and add new features which we wanted.

To move to the new host required Kieran to basically rebuild our site on the new host servers as there was no easy way to simply transfer our site to the new servers in one piece. This took him many hours of work to complete. We express our deep

gratitude for Kieran’s kindness and generosity in making this change happen for our centre.

Secondly, we have added a new feature to our website which is online practice modules which invite the visitor to choose from a number of guided meditations, join in a guided puja, or do some chanting by simply clicking on the button. This feature can be accessed from our website Home page.

The puja section allows our site visitor to join in a videoed puja we have previously recorded at the Centre. The puja chanting sheets can be viewed online or downloaded, and Anita provides the puja instructions throughout the video. The chanting section gives the recorded mantras from our Centre’s chanting CD so our visitor can join in with our chanting team by selecting from a list of selected chants.

This online practice feature was suggested by Anita to help people who were not able to visit a Buddhist temple to practice because of the COVID social restrictions. Please visit these practice pages and join in!

The third development is our new Dhammastream website which is still in construction. This will offer much of our heritage Dhamma teachings and resources online. The basic design and structure is 95% complete. We now need to load the hundreds of Buddha Dhamma articles, podcasts, pujas, meditations, and so on which are the main element of this new site. We expect to launch Dhammastream in the next few months.

Please visit the site using the link [www.dhammastream.org](http://www.dhammastream.org)

Members are invited to please help us prepare some of these Dhamma articles to be uploaded to the new site. To help please contact Frank.



# Brooking Street Bulletin

Issue # 90, August 2020



## 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)

**Article Author:** Frank Carter

### *Update on Buddha House Fundraising*

From the bottom of our hearts, we say thank you to every single person who has donated toward the construction of our new Buddha Pavilion. At the time of writing, we have raised \$9,505.67 through the Go Fund Me Campaign and Sponsor-A-Stump fundraiser!

Dozens of items have already been sponsored however we have many items still available including stumps, doors, windows, floorboards, roof sheets, the frame and more!

This is an auspicious opportunity to make an offering of light, shelter and protection to the Buddha, as well as to the many practitioners who will visit our Centre in the future.

### *About the Sponsor-A-Stump Project*

We invite you to take part in this wonderful project and further share in the merits created by sponsoring some specific building materials that will become the new Buddha Pavilion.

You may also wish to sponsor building materials on behalf of a loved one or someone who has passed away, dedicating the merit to them. The names of sponsors (or loved ones) will be written directly onto the construction materials.

Please visit our website [www.bdcu.org.au](http://www.bdcu.org.au) to find our sponsorship form and view items still available

Thank you once again.

May all beings be well, happy and safe.



**Article Author & photos:** Claire Ransome



# Brooking Street Bulletin

Issue # 90, August 2020



## 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)

### *'Bringing Wisdom to Life' - update*

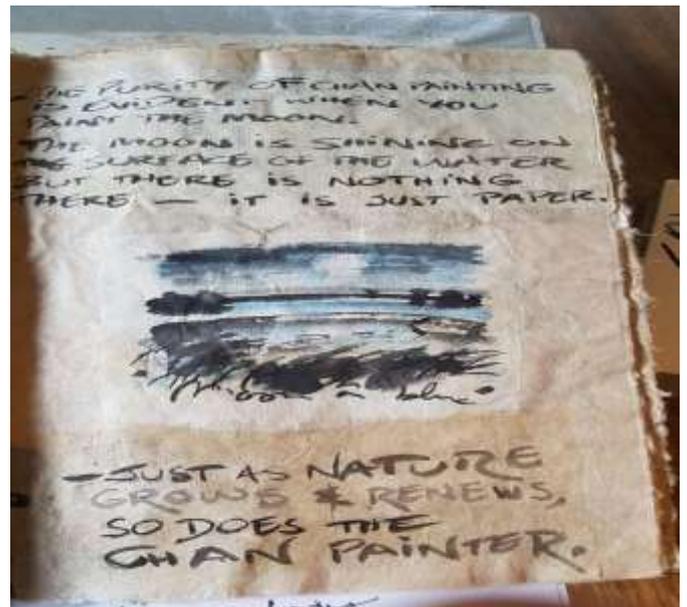
As many of you know, in 2018, we self-published our text *Bringing Wisdom to Life*. Originally this was completed through a company called Tablo. The next instalment of our plan was to contact Buddhist Publishers that produce works that are distributed free of charge in order to expand the reach of our text. We are delighted to announce we have accepted a most generous offer to publish *Bringing Wisdom to Life* from The Corporate Body of the Buddha Educational Foundation. Vinse Chueng is facilitating the process with the foundation and we expect to have our text published in approximately 6-8 months. They have informed us they will print 2000 copies, 1000 of which they will distribute through their networks and the other 1000 they will send to us. As they will be distributing our book for free, we will no longer have the book available for sale.

**Article Author:** Simon Kearney

### *Chan Painting Class*

Sit quiet, rice paper, gently aware.  
Bamboo and glue, old friends.  
Morning light, dancer on the well.  
Forefinger and thumb, ink stick.  
Heaven and earth.  
Brush raised, greet the paper.  
Lift the mind, breath, passing thoughts.  
Clouds above, body below.  
Touch the sky.  
Master points.  
Student bows.  
Mind appears.  
Mountain and moon.  
Vast is the space.  
Still is this moment.  
Nothing created, no story found.  
Bamboo moon.

Heart smile.  
Sit quiet.  
Empty sound.



**Article Author & photos:** Julian Bamford



# Brooking Street Bulletin

Issue # 90, August 2020



## **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)

### *Members' News*

#### *Martin's Sri Lankan and Swedish travels – A Buddhist journey*

Before I relate the story of my trip which took place from mid-November 2019 to mid-March 2020, I should first like to introduce to you my host during that time, Dr Sumana Ratnayaka. Dr Ratnayaka, (“Sumana”), is an eminent, world-scholar in the discipline of Theravadan Buddhism and the ancient language of Pali. I met Sumana through my connection with Dhammasarana Vihara, in the Melbourne suburb of Keysborough. Sumana and his wife, Srma, had been spending time at the Temple as guests, and were about to return to their home-country of Sri Lanka when Sumana enquired from his old friend, the Venerable Vijita, whether he knew of anyone who might assist him with the creation of an English-language Dhamma book which he was eager to produce. As luck would have it, I was asked if I would like to help Sumana. I said that indeed I would, and left my phone number for Sumana to get back to me, which he did shortly after.

On the evening of his visit to my home to discuss his project, Sumana requested my assistance, as a native English speaker, to transform stylistically his PhD thesis into an easy-to-read and understand English-language Dhamma book for non-academic Buddhists and those interested in Buddhism. Most honoured, I replied that I would be happy to be involved. Having further discussed our mutual interests in Pali and Sanskrit, we resolved to become comrades in the Dharma. Before Sumana left that evening, he offered me an invitation to visit Sri Lanka and stay with him to work on the thesis. I thought about this overnight and decided to seize the moment and accompany both Sumana and Srma back to Sri Lanka. Sumana also mentioned that he had a home in Sweden and that I was most welcome to stay there also, it was a very exciting

time, full of new travels, adventures and fulfilling my passion for Buddhist acadamia.

On 15<sup>th</sup> November Sumana, Srma and I arrived at his home just outside the small hillside village of Hindagala, just south of the university town of Peradeniya, which is a few kilometres from the city of Kandy in the central highlands of the country. I stayed there for two and a half months, working each day at rewriting his thesis into a book-form. Shortly after we arrived in Sri Lanka, both Sumana and Srma departed for several weeks to fulfill other scheduled engagements, while I was left to happily continue on Sumana's book-project alone. During that time, however, I was not altogether alone. I was looked after by a kindly young English-speaking monk named Bhante Sudewa. It happened that on the morning I arrived in Sri Lanka, my mother died. (It was not a surprise to me: the family was expecting her to go soon.) So Bhante Sudewa conducted a little puja for her while he was with me. Other than this, Bhante prepared meals for me, kept me company at times, and we even did a little Pali (for me) and English (for him) together. A particular highlight of his time with me was a tour we did one lovely morning of the vast, beautiful, tropical Peradeniya Botanical Gardens.

Sumana and Srma returned in due course, Bhante Sudewa returned to his Vihara, and for the next month and a half I continued with the book-project. Sumana joined me on translation and sometimes we would spend many hours talking about the Dhamma and burning the midnight oil. We slowly refashioned the book: shortening, altering, eliminating and adding as we went. We also altered the whole style of the language, improving the expression. At times we gave the project a brief rest and went visiting. We visited Sumana's family – his mother, brothers and sisters; a couple of times we visited Kandy, or the large, lovely-looking university just out of Peradeniya, where Sumana had worked as a senior lecturer until his retirement



# Brooking Street Bulletin

Issue # 90, August 2020



## **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)

in 2018. On one such occasion, Sumana introduced me to some of his former colleagues in the Department of Pali and Buddhist Studies. Some very erudite scholar-monks they are! for the most part, quite fluent, like Sumana, in speaking Pali.

During my time in Sri Lanka I also met Bhante Sumedha, who lives in a Vihara within the town of Peradeniya. He contacted me when I first arrived in Sri Lanka, and I was given an open invitation to visit and receive Dhamma teachings from him for several hours, each time on a one-to-one basis. Bhante Sumedha is very knowledgeable in the Pali Canon: in all the important Suttas, especially, the Abhidhamma. To this day, he contacts me regularly on Messenger to give me valuable teachings. As is the case with listening to Sumana, I have learned much valuable Dhamma from Bhante Sumedha.

Yet another highlight was a trip to the ancient former capital of Anuradhapura, to a ceremony in which a bodhi-tree seedling was presented to a Sri Lankan-born Tibetan nun, called Lekdron, who resides in Bendigo, here in Australia. The intention is that this seedling be planted at Atisha Centre in Bendigo. Lekdron, by the way, happens to be a friend of a friend of mine living in Melbourne. The seedling arrived safely in Bendigo, but until the Coronavirus has passed, the ceremony has been postponed. Lekdron has recently told me that when it happens, I will be invited to attend.

On 1<sup>st</sup> February this year Sumana and I left for Sweden as planned. Srma stayed behind in Hindagala to look after their house. After our arrival, Sumana and I stayed put for a couple of weeks in his apartment in Klarinettgränden, a dormitory suburb of the lovely south Swedish town of Lund. We worked solidly on the book during that time and then took a more extended break. We travelled by train to Stockholm and went to stay with his brother Sarath, and his wife and two young children, for about ten days. During that time, we

visited the Stockholm Buddhist Vihara, which Sumana had established himself many years before, when he introduced Theravada Buddhism into Sweden. We also attended the Stockholm Vipassana Group several times, a little group not unlike the BDCU, made up of Swedish-born Buddhists, and led by Staffan, a former Buddhist monk.

A further, final highlight was a four-day excursion to Oslo, in Norway. There we stayed as guests at the Oslo Buddhist Vihara, some distance outside the city of Oslo. There, I met two very nice monks, who, during that time, showed Sumana and me some great sights in and around Oslo. Among them were notably the Nobel Peace Centre, and most notably of all, for me, Vigeland Park, a vast park featuring many truly amazing large individual and group sculptures made in the figurative (realist) style. Truly impressive: not something to be missed by any tourist!

On our return to Lund, we returned to the book. As on previous times spent before the computer and the gradually developing book, we had some great chats during that final time together, especially on the Dhamma. Mostly though, we just got on with it, transforming the thesis and shaping the book towards its conclusion. As before, a lot came out and a lot of new material went in, making a really wonderful Dhamma book of enormous value to the serious practitioner. Sumana came up with a great title. The book is to be called “Mindfulness: Beyond Time and Space”. I offered to him the choice of illustrating its front cover with a pastel-painting that I had finished (and which Sumana had seen) shortly before leaving Australia. I have called it “The Inner Infinity: As Above and Beyond, so Below and Within”. He may decide to use it, but he also offered an idea of his own, which I intend to realize for him by creating from it firstly a workable design, and then a lovely, luminous oil-painting. Anyway, apart from a large Pali-English



# Brooking Street Bulletin

Issue # 90, August 2020



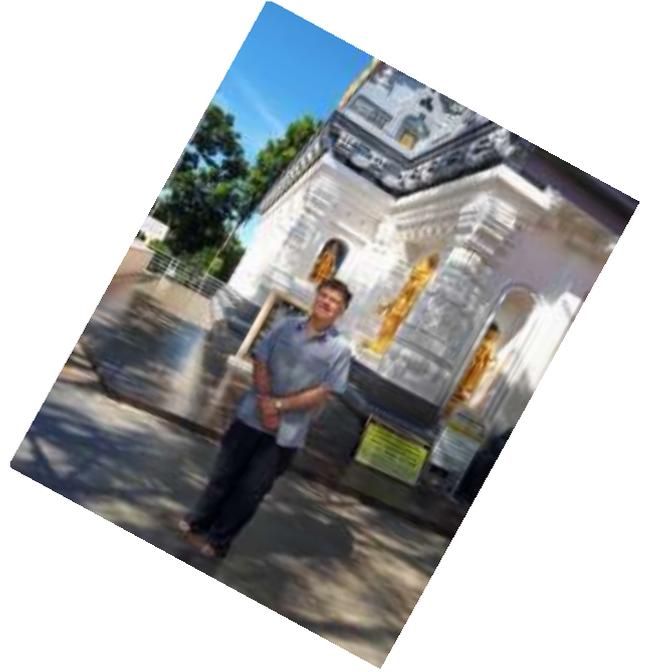
## **Buddhist Discussion Centre (Upwey) Ltd.**

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)

glossary, and the Index, we eventually completed the task to our great satisfaction.

I returned to Australia on the weekend of 14<sup>th</sup> and 15<sup>th</sup> March, getting out of Sweden just in the nick-of-time, with barely an hour or two to spare before the trains to Denmark’s Copenhagen airport were stopped, due to the looming virus, without notice! A wonderful, memorable time it all had been. But so glad to be home again now! “Borta bra, hemma baest!” (“Away is good, but home is best!”)



**Article Author & photos: Martin Lawless**



# Brooking Street Bulletin

Issue # 90, August 2020



## **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)

### *Des' Launching the Lunar Food Stall*



Photo taken Friday 24<sup>th</sup> July 2020 "Mock Setup"

Dear Friends,

I hope this letter finds you and your loved ones safe and well during these challenging times.

As some of you may be aware, in late 2018 I made the aspiration to start my own business venture in the form of a food stall serving plant-based cuisine. It has been difficult at times with a number of setbacks (the most recent being the pandemic), but I remain determined to take this leap as a chef and an entrepreneur.

There are still a few more preparations to be completed before the stall is ready. However, I have set a firm date for the first food stall to take place on Sunday 8<sup>th</sup> November 2020 at the Belgrave Big Dreams Market. Hopefully by then restrictions will have eased and local markets are back in operation.

Save the date and I look forward to serving you all a Vietnamese Bánh Mì (Baguette).

Stay safe and take care.

With Metta,  
Destin

### *David's Renovation Project*

Dear all members of the BDCU

I write to share what I have been up to over the past month or two while we are isolated due to the beneficial COVID 19 restrictions.

As Carol has returned to Shanghai it has been confirmed that her Park Orchards house is to be sold. I have undertaken to manage and to participate in the updating of the house and garden so as to get the best return possible for her house. As the property has had no major updates for what I suspect is 30 or 40 years, it is a big undertaking. Carol has been very fortunate in finding trades people who can make great improvements to the property for minimal expense. So far the repairs have included the repair of four roof leaks, gutters that overflowed back into the roof cavity and then back into the house in two places, a severe drain blockage that originated at the time of construction resulting in major flooding under the house. Some facias and eaves have been replaced as they were rotten. The carpets were died a mid brown colour, house has been painted inside, new light fittings in all but a few rooms, new blinds throughout, a new shower, new hand basins and taps throughout, benchtops were resurfaced along with new splash back tiles. All exposed brick work inside was plastered and the chimney was painted charcoal black from floor to ceiling.....

Oooh and a science fiction style light was installed in the newly created dining area. It looks like it is a solar system that has fallen into the middle of the room as it is suspended quite a way from the ceiling but not low enough that I would hit my head



# Brooking Street Bulletin

Issue # 90, August 2020



## 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)

on it. When it is turned off the globes still glow, so it acts like a giant night light.

The house is starting to look finished but there is still lots more to be done before it is ready for sale. While I am attending to and working on Carol's house, I recall that I am doing all these things for the benefit of many beings and that I am building a better future for myself in the process through helping others. This will aid me in my future lifetimes so that when I return in times to come others will recognise me, will teach me and will assist me so that I can continue to assist others who request my help in times of need.

May all beings have happy thoughts, may we all be blessed and fortunate to do meritorious actions.

Metta  
Dave

**Article Author:** David Yates

### *Claire's yummy recipe:*

#### ***Peanut Butter Date Treats***

This is one of my favourite snacks to have when that 3 o'clock slump hits, especially during the pandemic while working from home! It's yummy and sweet but fairly healthy (compared to a chocolate bar, anyway!)

#### Ingredients:

Medjool Dates (2 per person)

Peanut Butter

Walnuts / Any other kind of filling!

Optional - Pinch of salt

1. Carefully make a lengthwise incision in the Medjool Date and remove pit;
2. Scoop out a small amount of Peanut Butter

- (approx. 1/2 tsp) and scrape it into the date;
3. Add a Walnut, or any other kind of topping (or leave as is with the Peanut Butter). Other suggestions are sesame seeds, pepitas, chocolate chips;
4. Optional - Sprinkle a couple of grains of salt if you like salty things! It's fine without.

You could make this extra fancy by drizzling with melted chocolate and letting it set. I imagine it would be similar to a Peanut Butter Cup.

Enjoy!





# Brooking Street Bulletin

Issue # 90, August 2020

**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)

