



Brooking Street Bulletin

Issue #91, January 2021



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 web – www.bdcu.org.au

Abbot's Message



Namo Tassa Bhagavato Arahato Sammāsambuddhasa

As we start the New Year 2021, focus on mindfulness. The New Year is exciting with new beginnings and we get caught up in celebrating this. Please consider the wise Buddha has said to live in the present, forget the past as it doesn't exist, only in your memory. Forget the future as it has not occurred yet, it only exists in our fantasy.

Mindfulness means embracing everything you come in contact with. Wisdom is knowing what is beneficial to embraced and what is not.

Happy New Year!

Love Anita

Padmasambhava Tsok Days for 2021:

January 23 Saturday
February 22 Monday
March 23 Tuesday
April 22 Thursday
May 21 Friday
June 20 Sunday
July 19 Monday

Important Dates

| | |
|---|---|
| <i>Every Saturday</i> | 11am – 10 pm Dhamma Day Meritorious activities |
| <i>Every Saturday</i> | 8 pm - 10 pm Buddhist Meditation & Discussion Class |
| <i>Every Sunday</i> | 4 pm – 5 pm Buddhist Hour live on 3MDR 97.1fm |
| <i>Everyday Except Saturday</i> | 8 pm – 8:30 pm <i>Daily Evening Meditation Class</i> <i>ONLINE - Zoom</i> |
| <i>Saturday</i> 20 April 20 March 17 April 15 May 19 June 17 July 21 August 18 September 16 October 20 November | 11 am – 12.15 pm Chan Painting Class (Monthly) |
| <i>Short Course Saturday TBA</i> | 2 pm - 4pm Introduction to Buddhism 'Bringing Wisdom to Life' |



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BDC Daily Online Meditation Classes

On 14 December 2020 our centre launched daily evening meditation classes via Zoom. The classes are led by a different teacher each night. The session is approximate 30 minutes; starting at 8.00pm with chanting, followed by mindfulness and metta meditation and a dedication of merits.

Meditation Teachers for each night are as follows:

- Monday - Vinse
- Tuesday - Simon
- Wednesday - Claire
- Thursday - Des
- Friday - Frank
- Sunday – Anita

Zoom login details:
Meeting ID: 668 974 9216
Password: BDCU

Everybody is welcome to join us!

Zoom Classes during Lockdown

Our centre successfully transformed our classes from in-person format to Zoom platform during the 9 months lockdown period. We offered a short course titled Introduction to Buddhism, based on our Abbot Anita Carter and Frank Carter's book 'Bringing Wisdom to Life'. We were delighted with the attendance of some existing members and new students.

Over this period, two Bhavana Courses were conducted via Zoom in April and October. The regular Saturday evening classes have provided an important opportunity for members to stay in touch with our centre, teachers and Dhamma teachings.



Article: Brenda Chen Photo: Vinse Cheung

Golden Buddha Temple Pavillion

Work on our pavilion continued at a slower pace during the COVID lockdown. The external walls are mostly completed and painted so the next stage is our work on the interior. The electrician has done the preliminary wiring which is to be followed by us fitting the insulation and plaster.

During December our focus was on other things as we needed to spend two weekends on fire fuel reduction and preparations for the upcoming fire season, also we found termites had done quite a bit of damage to Anita and Frank's residence which has required a lot of repair work by David and Simon and finally, we installed a new 90cm SMEG stove and oven in the house kitchen. Thus we had three or four projects going along at the same time as were needed.

Thank you to our happy building team of David, Simon, Mike, Herro, Anita, Des, and Frank who have contributed a lot of time and effort to creating this fabulous offering to Buddha, our Members and those who will benefit from its use for many years to come.

At this stage it seems likely that we will have just enough funds in our building fund bank account to complete the project. We hope to finish the project towards the end of March 2021 in time for a Grand



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Opening Lantern Ceremony at the start of May in conjunction with Anita's 60th Birthday celebration!

New Stove Dana

Our members made donations for the purchase of a new SMEG stove and oven in the house kitchen. With this new equipment, our centre can be more effective in preparing and offering meals for members and friends.



Anita has provided the following guidelines when using Anita and Frank's house kitchen:

1. Please make a daily flower offering to the Kitchen God at the Kitchen God Altar in the kitchen.
2. Please keep your mind inside when cooking and cleaning.
3. Chanting is helpful (Vandana, Three Refuges, Om Mani Padme Hum ...etc)

Article & Photo: Frank Carter

'Bringing Wisdom to Life'- Books Available

We recently received a shipment of 16 cartons of Dhamma books including 14 cartons of our own Bringing Wisdom To Life publication printed in Taiwan by the Buddhist Education Foundation. The book is now available for free distribution and Members are welcome to have copies for giving away to whoever may benefit from receiving a copy.

On the 17th of January a small group of our Members took several boxes of the books to other Buddhist Temples in Melbourne to offer them as Dhamma Dana. These visits we made to Quang Minh Temple, Braybrook and to Hoa Nghiem Temple, Springvale.



Article: Frank Carter Photo: Claire Ransome

Special Blessed Events

On Sunday the 13th of December 2020, our centre received a visit from the Abbot of the Melbourne Thai Buddhist Temple, Venerable Boonsom and three senior monks.

We shared an informative conversation in our spring garden. Venerable Boonsom and the senior monks Blessed our centre by chanting in our garden and in the Meditation Hall. Our Abbot Anita led the attending members in flower and tea offerings.





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Our centre also had the honour to receive a visit from Venerable Sambath Sam from Wat Buddharangsi and a Monk from Wat Khmer Temple, on Monday the 28th of December 2020, the second day of our summer Bhavana course.

Venerable Sambath Sam generously gave a Dhamma talk and chanted Blessings for our Centre and the Members on our course.

Our members offered food and flowers dana to the venerable monks; and Frank invited them to view the construction progress of the Golden Buddha Temple Pavilion.

Article & Photo: Brenda Chen

Big Welcome to Our New Friends

We would like to welcome our new friends Ben Sturgess and Jade Hackett.



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Jade Hackett has commenced her work at our Centre to help us develop and support our precious library. The first project Jade is working on is with Vinse to complete uploading our library collection online to the Libib online library platform. To browse our library collection on Libib visit the following page <https://bdcu.libib.com/>. Welcome Jade. Thank you for kindly helping our Centre!

Ben is a practicing Buddhist and has professional experience and knowledge in social media and marketing. After some in-depth discussions, Ben has been able to provide our Online Dhamma Content Team with guidance in managing our social media productions and output.

Since our team met with Ben they have been creating suitable new content for our Facebook page and website.

BDC ‘Journey 500’

We are excited to advise our new planning project ‘Journey 500’. The main objective is to enhance our centre services, and secure the longevity of our Centre in preserving and disseminating Buddha Dhamma.

On 21st November 2020, we completed our review of our Centre’s future planning with a view to creating a stable foundation for our Centre’s growth and development for years to come.

Thank you to all who participated in these meetings leading to a harmony of purpose which has given us all a bigger and clearer picture of how to look after our Centre.

Following on from this planning we now have 10 teams each of which have clear statements of objectives and purpose to be fulfilled without stress.

Our teams will manage and schedule their activities using Google Calendar. This program allows each team members to access and input into their team’s calendar group and all groups’ program activities will be viewable on the Centre’s main calendar page. 3 Cheers!

The following teams have been established:

Fire Fighting Team
IT Team
Marketing Team
OH & S Team
Online Dhamma Content Team
Secretariat Team
Abbot & Dhamma Team
Fundraising Team
LAPAM Team
Public Relations Team

BDC Teams Update

Online Dhamma Content Team

Starting in November 2020, our Online Dhamma Content Team, with the help of our new Social Media Consultant Ben Sturgess, began discussions on how to expand our online presence and disseminate the Buddha Dhamma to a larger audience.

Subsequently our team has published Members testimonials on our Facebook page, has uploaded a new “Meet our Community” feature on our website Home page and has started hosting nightly 30 minute Zoom meditation sessions. The 8:00 pm Zoom sessions include mindfulness and metta (loving kindness) meditation. To attend these sessions, please visit our website or facebook page for more details.

The Online Dhamma Content Team, along with other members, have been capturing photos and videos of activities occurring at the centre and



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displaying them on a new Facebook photo page we have created. This will provide the team with a wide selection of imagery to use when creating both micro and macro content for online media. For more information regarding guidelines for taking suitable photos for our Centre's use we have produced a written set of instructions for Members. Please let Frank know if you would like a copy.

Well done and thanks to everyone who has contributed to the project. This includes Members who share photos and videos captured on their phones, to those who created content for our social media posts. Also thanks to Peter Marshall for recording, editing and publishing the various videos. Please keep up the great effort and joyful energy into the New Year.

If members would like to participate in the Dhamma Online Content project or share photos and videos for content creation, please do not hesitate to contact Simon, Frank or Destin.

Article: Destin Nguyen

Members Testimonials

To create the Members Testimonial video for our Facebook page and website our Teachers and many Students participated and provided personal insights in response to two questions asked of them.

1. What first attracted /brought you to the Centre?
2. What keeps you coming back?

We have enjoyed a positive response and engagement from our Facebook audience thus far.

The videos highlight the gender, age and ethnic diversity of people attracted to the Buddhist Discussion Centre Australia and some of the motivations and aspirations of our students.

A longer and more detailed version will be put together and available on our website soon.

Thank you to all the people who made the time to participate in this endeavour and to Simon who organised and conducted most of the interviews.

Article: Peter Marshall

Welcome to Our Community Feature

To give our online audience a greater understanding about our Centre, we have created a slide presentation which has been uploaded to the Home page of our website. The slide presentation shows how our community puts our Centre's core values into practice, namely friendliness, cultural adaptability, professionalism, practicality, and scholarship.

Article: Vinse Chuang

Insight Timer

A popular app where meditation teachers from around the world have placed recordings of meditations that people can listen to is called Insight Timer. There are around 9,600 teachers listed on the app and it has about 6 million followers world-wide.

Our centre has two meditations available via our Insight Timer page and we have 182 followers. Each week somewhere between 10 and 20 people on average listen to one of these meditations. In the near future we will be uploading more meditations onto the app and also some Dhamma talks/podcasts in a section for talks on the app.

In addition, our senior students who give our Centre's evening meditations via Zoom will be starting their own Insight Timer pages over the next few weeks. Anita, Frank, Vinse, Claire and Des will each create their own Insight Timer page to share their meditations with an audience who they



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have a karmic connection with. Over time each of these Insight Timer pages will grow with a selection of meditations they wish to offer and also Dhamma talks they may have given.

It is likely that our Centre's online audience can grow significantly through this project. We will advise how our audience is growing through future editions of the Bulletin. Well done to our Online Dhamma Dissemination Team!

Article: Frank Carter

Occupational Health & Safety Team

Our OH&S team is established to review and update the Centre's procedures and policies to keep our members safe when attending our Centre's activities. We put strong focus on preventing hazards, and will also formulate emergency plans as part of our safety management strategy.

In previous years there was an OH&S Manual updated every year. This process is commenced again this year and the manual will be distributed to Members once our review is completed.

As part of the updated Incident Management Plan, we have requested members to provide additional information including:

- emergency contact details
- allergies information
- first aid certificate details
- a photo image of the Working with Children Check.

Thank you for all who have supplied this information. Your answers have been compiled and listed in our Emergency Response Procedure. There is no change to our current Incident Reporting procedure.

We have some safety training in place, like safe

manual handling procedures, hand hygiene and food safety. In the future, we will introduce New Member Induction, First Aid training for suitable members, and fire emergency procedures.

The team will soon carry out an assessment on Centre safety, risks and hazards. Please let us know if you have any hazard concerns or suggestions. Thank you for keeping the Centre safe for all members and visitors.

Fire Fighting Team

Fire safety and prevention is one of the essential and most important things we must do at our centre. Everything can be destroyed by fire including our own life can be lost.

Our Fire Fighting Team is responsible for minimizing the risk of fire and protecting the Centre when a fire threat exists such as during a bush fire in our local vicinity.

Thank you to all who helped at our two fire fuel reduction working bees held during December. Our Fire Fighting Team has done an audit of the fire risks on the property, also an audit of our fire fighting equipment, fire extinguishers and fire blankets and produced a Do List to be worked through throughout December and January. Our two working bees enabled us to get many important fire fuel reduction tasks completed.

Also on the Fire Fighting Teams Do List is to fit new smoke detectors where they are needed and to replace batteries in the existing smoke detectors, to purchase and locate fire blankets where they are most needed, and to replace any of our fire extinguishers which have passed their use by date.

During the Christmas 5 day Bhavana Course we conducted a brief Emergency Fire Procedures training session with the Members that were



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present. Points that were discussed include:

- * That the Centre will not be open on high fire risk days where the temperature exceeds 36 degrees;
- * That in case of fire emergency in the immediate area anyone who is at the Centre and is not a member of our Fire Fighting Team should leave the centre and go to a Local Fire Refuge such as Burringja on Glenfern Road. In actual fire conditions it may not be easy to leave the area as the main roads can be blocked by many vehicles trying to leave the area also.
- * That candles on our altars should be extinguished before all Members leave our meditation hall.
- * That visitors to our Centre avoid parking in Brooking Street on the opposite side of the road to another parked car because fire trucks cannot fit between the two vehicles.
- * That if a fire is seen when it is still quite small it is better to use a fire blanket to extinguish it that a fire extinguisher. The powder from the fire extinguisher can destroy items and materials which are not yet burning.

We need to have a culture at our Centre where everyone sees fire risk management as their business.

Article: Frank Carter

“The Buddhist Hour” Radio Script Catalogue

Our Centre has completed the physical and digital cataloguing of many past radio scripts that have been written and produced for the Buddhist Hour Radio Program. Our founder Mr John Hughes started this wonderful project over 21 years ago and the very first script was dated February 1998. Our

Centre has now broadcast over 1065 scripts on our Buddhist Hour program, and it is an enormous and rich resource for our students.

All files have been saved in our system for easy access and research.

We would like to thank all members and friends who have taken part in this project.

Fundraising Activities

Christmas Donation to EDVOS

Thank you so much to all who contributed to our Christmas Donation to EDVOS as part of their Christmas Toy Appeal! We raised \$760 which was donated on Saturday 19th December. Sadhu, Sadhu, Sadhu!

Here is some information from EDVOS about their Toy Appeal:

“End-of-Year is often the most difficult and stressful time for women and children experiencing family violence. In 2020, there have been enormous challenges for Victorians and our clients due to the collective consequences of bushfires and the COVID-19 pandemic.

For many years EDVOS has asked for a donation of toys which are then in turn displayed at our offices for clients to make a selection in person.

However this year EDVOS seeks your support to provide a financial donation due to our need to follow state government health protocols and physical distancing. Your financial contribution will assist us to support our clients to purchase gifts for their children.

Last year, as a result of your generous donations, EDVOS was able to provide gifts to almost 300 children.



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Thank you for helping us make sure we leave no one in need this Christmas.”

We thank you all for your incredible kindness and generosity. It will certainly help to bring smiles and relief at this challenging time of year.

For further information, please visit:
<https://www.givenow.com.au/edvostoyappeal>

Standing Committee on Women

Our Centre is a member of the World Fellowship of Buddhists Standing Committee on Women. Anita, Brenda and Claire regularly attend the monthly meetings on Zoom.

Over the last few years, the committee has been working on a book entitled *‘Family Living: creating a happy family life with Buddhist principles*. We are pleased to report that the book is almost ready to be published and will be distributed in many countries across the globe.

We commissioned a local artist and friend of Anita, Elaine Li (XF Illustration), to illustrate the book and she has created a series of delightful illustrations that bring colour and fun to the book and engage our young audience. Below is an example of one of the illustrations:



Illustration by Elaine Li (XF Illustration) for the new book by the WFB Standing Committee of Women, *‘Family Living: creating a happy family life with Buddhist principles*.’

We look forward to sharing the book with you and your families soon!

Articles: Claire Ransome

Martin Lawless’ articles

The Three Baskets of the Buddha’s Teaching

The Buddha’s Teaching — which we know as the Buddha-dhamma — has come to us in three distinct groups or sections in the set of scriptures known as the Pali Canon. That is why they are also collectively called the Tipitaka.

The Pali word ‘ti’ means, in English, ‘three’; the Pali word ‘pitaka’ means ‘basket’. So Tipitaka — in Sanskrit, Tripitaka - means the Three Baskets.

These ‘baskets’ of the Buddha’s Teachings are meant for the instructing of four distinct groups of person - the monk (or bhikkhu), the nun (or bhikkhuni), the male lay-devotee (or upasaka) and the female lay-devotee (or upasika). The three are called, in Pali, the Vinaya Pitaka, the Sutta Pitaka, and the Abhidhamma Pitaka. Each conveys in its own way the message of the Buddha from its own particular, different perspective’.

The Vinaya Pitaka is the first of the three sections. ‘Vinaya’ means ‘discipline’ in English. It is a set of training rules and procedures for the monks and nuns, who are the members of the monastic community which we call the Sangha. In one’s practice of the Buddha-dhamma, it is essential to gain and maintain control of one’s mind. So, a program or training of discipline is required. This is also of great importance for nurturing harmony with the laity - the society of lay men and women who are the support for the monastic community.

The Sutta Pitaka is the second of the three sections. It consists of about 10,000 discourses given by the Buddha over the 45 years in which He taught.



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These are instructive discussions which the Buddha had with His disciples and others. The suttas constitute the basic core of His Teaching. They contain the essence and spirit of Buddhist principles and their practices, which one must follow in order to escape the cycle of suffering and rebirth. The Sutta Pitaka is also known as the Nippariyaya Desana — the ‘Teaching in Various Ways’, which refers to its method of teaching by way of metaphors, similes, and personal involvements.

The Abhidhamma Pitaka is the third of the three sections. The Buddha’s message, His Teaching, conveyed in the Sutta Pitaka, is here conveyed directly, without the use of metaphors, similes, and so forth. It is also a condensation, or summary, of His Teaching. A common understanding of what the Abhidhamma is - the general, traditional understanding - is that it is a higher, more profound level of the Buddha’s Teaching. This is, in fact, a historical misunderstanding, which arose due to certain factors long ago, and is sustained only by the force of tradition. It is not a view accepted by the modern scholars of Buddhism, whose work is the extensive study and critical analysis of the Dhamma. The Abhidhamma Pitaka is certainly important and useful, but it is not ‘higher’ or more valuable than the suttas — the discourses of the Buddha as they stand in the Sutta Pitaka — and is thus not itself essential and indispensable for the attaining of Enlightenment.

The Dhamma and the Abhidhamma

According to my Pali dictionary, the Pali word ‘sammuti’ (that-is-the-correct-spelling) means, among other meanings, ‘common consent’, ‘general opinion’, ‘convention’, ‘that which is generally accepted’. The Pali word ‘paramattha’ is related to the Sanskrit word ‘paramartha’, which means ‘the highest good’, ‘ideal’, ‘truth in the ultimate sense’, ‘philosophical truth’.

The prefix ‘abhi-’ can indeed mean ‘higher’, but not in every context. And as a prefix to the word ‘Dhamma’, it does not have that meaning. Initially, the term ‘Abhidhamma’ was interchangeable with the term ‘Dhamma’. The term ‘Abhidhamme’, for example, couched grammatically in the locative case, simply meant ‘with regard to the Dhamma’, just as ‘Abhivinaye’ meant ‘with regard to the Vinaya’. After the Buddha’s time three kinds of custodian of the Tipitaka arose. These were the Vinayadhara — ‘those who remember vinaya’, the Dhammadhara — ‘those who remember suttas’, and the Matikadhara — ‘those who remember doctrinal topics and subject matter’. This last category of custodians refers to those monks who, at a later stage, gave a bare summary - an abstract of the Teachings as found in the suttas, classifying them into doctrinal topics and subjects, eliminating the use of metaphorical devices, similes, personal interactions of the Buddha with others, and so on, which is the style in which the Sutta Pitaka is presented, and simply conveying the Buddha’s message in brief (See Anguttara Nikaya, p.170).

The Vinaya II (Cullavagga Pali) refers to the First Theravada Council in which the elderly monks rehearsed ‘Dhammo ca Vinayo ca’ (‘the Dhamma and the Vinaya’). This does not mention the Abhidhamma specifically, because what is called Abhidhamma is there in the Dhamma. That which is found in the Dhamma — that is, the suttas, can be called Abhidhamma. So the Abhidhamma Pitaka, though important and useful, is simply the teachings of the Buddha in a different, briefer format.





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Member's Recipe

Baked Salmon with Coconut Cream

A simple, nutritious and delicious meal; one can modify the ingredients and quantities as required. Generally, 1 portion of salmon (fish) per person; this recipe is for approximate 3-4 persons.

You can be creative with the ingredients to create your unique dish!

Ingredients:

- 3-4 portions of salmon (or firm fish fillets)
- 1 can of coconut cream
- 1 bunch of kale, or any hardy vegetable
- 2 sweet potatoes or potatoes
- 1 large red onion or spring onion
- 2 rashers of bacon (optional)
- 6 anchovies (optional)
- Salt & pepper (optional)

Method:

1. Place the vegetables at the base of a large baking dish
2. Layer sweet potatoes or potatoes
3. Layer the fish fillets
4. Sprinkle onion, bacon pieces and anchovies
5. Pour coconut cream over all ingredients
6. Cover the whole dish with foil and piece venting holes
7. Place the dish in pre-heated oven 180 degrees for approx. 40-45 minutes
8. Serve with rice, pasta or couscous

Enjoy!

Recipe created by: Brenda Chen

We would like to share the blessings to you all, and wishing you a safe and peaceful 2021!



May you be well and happy!



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