



# Brooking Street Bulletin

Issue #93, August 2022



## 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

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### Abbot's Message



#### *Namo Tassa Bhagavato Arahato Sammāsambuddhassa*

The Dhamma gives you freedom to act as you wish to, freedom to say what you wish. It only asks that you don't harm anyone. To be ahimsa (harmless) in the world.

It allows you to engage on all levels with wisdom. It follows the Middle Way of not too much and not too little. The Dhamma gives you a window of opportunity to approach, when the time is right, to see the emptiness of everything.

*Love Anita*

### Padmasambhava Tsok Days in 2022

Sunday, 7<sup>th</sup> August  
Monday, 5<sup>th</sup> September  
Wednesday, 5<sup>th</sup> October  
Thursday, 3<sup>rd</sup> November  
Saturday, 3<sup>rd</sup> December

### Pujas in 2022

Green Tara Puja - 3<sup>rd</sup> September  
Vajrasattva Puja - 1<sup>st</sup> October  
Padmasambhava Puja - 12<sup>th</sup> November  
Medicine Buddha Puja - 10<sup>th</sup> December

### Important Dates in 2022

<b>Every Saturday</b>	<u>10.00am – 10.00pm</u> Dhamma Day Meritorious activities
<b>Every Saturday</b>	<u>8.00pm – 10.00pm</u> Buddhist Meditation & Discussion Class
<b>Every Sunday</b>	<u>4.00pm – 5.00pm</u> Buddhist Hour Live on 3MDR Radio 97.1fm
<b>Monday, Wednesday, Friday &amp; Sunday</b> <b>ONLINE - Zoom</b>	<u>8.00pm – 8.30pm</u> Nightly guided meditation by senior students
<b>Every Tuesday &amp; Thursday</b> 2 <sup>nd</sup> & 4 <sup>th</sup> August 9 <sup>th</sup> & 11 <sup>th</sup> August 16 <sup>th</sup> & 18 <sup>th</sup> August 23 <sup>rd</sup> & 25 <sup>th</sup> August 30 <sup>th</sup> August & 1 <sup>st</sup> Sept 6 <sup>th</sup> & 8 <sup>th</sup> September 13 <sup>th</sup> & 15 <sup>th</sup> September 20 <sup>th</sup> & 22 <sup>nd</sup> September	<u>8:00pm - 9:30pm</u> Introduction to Buddhism Course “Bringing Wisdom to Life” via Zoom (8 weeks in total)
<b>Saturday, 13<sup>th</sup> August 2022</b>	<u>2pm – 5pm</u> Annual General Meeting (AGM)
<b>Sunday, 14<sup>th</sup> August 2022</b>	<u>6.00pm – 9.00pm</u> Grand Annual AGM Celebration Dinner
<b>Sunday</b> 4 <sup>th</sup> September 11 <sup>th</sup> September 18 <sup>th</sup> September	<u>1.30pm – 2.30pm</u> Children's Buddha Dhamma Class
<b>Saturday &amp; Sunday,</b> 24 <sup>th</sup> & 25 <sup>th</sup> September	Spring Bhavana Course BDC Library
<b>31<sup>st</sup> December 2022 to 4<sup>th</sup> January 2023</b>	Bhavana Course <i>Topic to be confirmed</i>



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### Notice of Annual General Meeting

Our Annual General Meeting (AGM) will be held at 33 Brooking St, Upwey on the 13<sup>th</sup> of August 2022 at 2pm.

All members are encouraged to attend the AGM. Please let us know if you cannot attend and wish to obtain a copy of the meeting minutes, we can send you a copy via email.

Hope to see you there.

Article: Connie Siow

### Membership Renewal

Thank you for your support over the past twelve months. Your involvement supports the activity of the past, present and future members to provide a place where beings have the rare opportunity to meet the Buddha Dhamma.

The 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 the application form is available upon request.

Article: Connie Siow

### Introduction to Buddhism Online Course “Bringing Wisdom to Life”

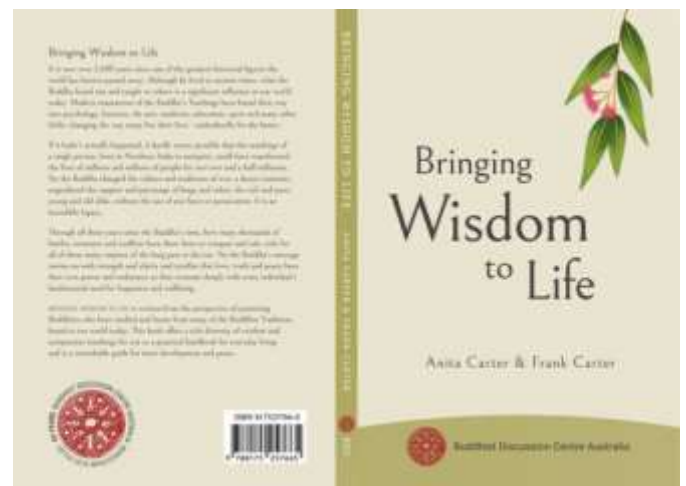
Join us on a “Bringing Wisdom to Life” journey, through our free 8-week Introduction to Buddhism online course offered by the Buddhist Discussion Centre.

Suitable for anyone interested in Buddhism, our course entitled "Bringing Wisdom to Life", explores the Buddhist approach to practices such as mindfulness, virtue, morality, letting go and meditation which offer us a way to build a more fulfilling and happier life.

The course structure is weekly online Zoom interactive sessions led by our centre’s Abbot, teachers and senior students, every Tuesday & Thursday evenings at 8.00pm -9.30pm. Please refer to the online course dates on page 1 of the Bulletin.

The Introduction to Buddhism online course is structured on the book titled, “Bringing Wisdom To Life” written by Anita Carter & Frank Carter. This book is a culmination of Teachings given at the Buddhist Discussion Centre Australia over the past forty years. It is a practical guide for implementing the Buddha Dhamma in everyday life.

To obtain a copy of *Bringing Wisdom To Life* in PDF format please visit:  
<https://dhammastream.org/pdf/Bringing-Wisdom-to-Life.pdf>



“Bringing Wisdom to Life” written by Anita Carter & Frank Carter

### Children’s Buddha Dhamma Classes

In Term 1 and Term 2, 2022, we have offered a series of Buddha Dhamma classes for Children. Our classes have been well-attended with around 8-12 children attending each session, along with their



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parents.

The families have had the opportunity to learn about the story of the Buddha, be introduced to Buddhist Teachings such as mindfulness and generosity, participate in guided meditations, learn Buddhist songs and do activities such as colouring in and crafts.

We have received great feedback from both the children and parents that they have found the sessions engaging and beneficial. Thank you to our teachers Claire, Sally, Simon and Brooke for leading the classes.

The next series of classes will be held in Term 3 on 4th, 11th and 18th September 2022.



Article: Claire Ransome

### Digital Marketing Promotion

It is part of the Centre’s Dhamma Dissemination Plan to bring Dhamma to more people, allowing them to learn and practise the Dhamma. With this in mind, we have chosen several digital marketing platforms to promote our ‘Introduction to Buddhism’ course and the online evening meditation sessions.

These digital marketing platforms are:

- Facebook – including Facebook posts, Facebook ads and sharing posts on various Facebook groups
- Weekend Notes
- Meet Up
- Eventbrite

We thank Claire, Des, Jenny and Vinse for offering their time and expertise for this beneficial project.

There are two digital marketing projects in the pipeline:

1. The Dhamma Buddies – led by Destin Nguyen
2. Dhamma Drops – led by Connie Siow and Jenny Liu

If you have any suggestions or feedback on our digital marketing projects or want to get involved, please contact Des or Connie.

Article: Connie Siow

### Dhammastream.org Website

The Buddhist Discussion Centre Australia now hosts the Buddha Dhamma learning and practice website [Dhammastream.org](https://dhammastream.org), located at <https://dhammastream.org> - which offers Buddhist sutta’s and sutras, Dhamma Teachings and articles, podcasts, videos, artworks and practices sourced from the main Buddhist traditions for the purpose of supporting Buddha Dhamma learning and practice in our current times.

A main *subject index* is provided to easily locate and access Dhamma topics and subjects of particular interest across the different information formats on the site.

Further Dhamma resources will be added regularly.



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### *BDC Dhamma Podcast “Lifetimes of Learning”*

Did you know that the Buddhist Discussion Centre Australia has a Dhamma podcast? The Lifetimes of Learning Podcast is part of the broader vision and mission of the Buddhist Discussion Centre Australia to:

- Spread the Buddha Dhamma to foster more wisdom and reduce suffering
- Support the Sangha
- Help those who wish to learn and practice the Buddhist Path.

We have had over 11,000 downloads of our podcasts on Podbean with over 100 episodes to choose from. You can also find us on Spotify - search for 'Lifetimes of Learning'. <https://bdca.podbean.com/...>



**LIFETIMES OF LEARNING**  
BUDDHIST DISCUSSION CENTRE  
AUSTRALIA

Article: Mark Fowler

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

Thank you to all Members and friends who supported our Mother's Day Flower Stall Fundraiser on Sunday, 8<sup>th</sup> May 2022. It was an incredible success and we sold out of all of the flowers by 1.30pm. Our volunteers worked joyfully, harmoniously, and effectively together to sell flowers to the general public and make lots of good causes.

This year we ran three stalls, the first at our usual spot on the corner of Applegum Drive & Burwood Highway, and the other two stalls on Stud Road near the Police Paddocks in Rowville, going inbound and outbound.

We are delighted to report that we raised \$6,090 for our Centre and \$77 for Dharmarajika Orphanage in Bangladesh.

In addition our income was much higher this year than in previous years because we ordered more flowers after selling out by midday in 2021. All sites were very successful and we will increase our order once again next year so that our fundraiser can continue through to 4pm.

Thank you to all who offered their time, energy and enthusiasm for these activities that greatly benefit our Centre and the children at Dharmarajika Orphanage. May the blessings of your good actions support you on your Buddha Dhamma path and in all your endeavours.

Thank you also to our suppliers of flowers, Voights and Floramax for providing such beautiful bouquets for us to sell.

May all Mothers, children and families be well and happy!

Sadhu Sadhu Sadhu

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*Mother's Day Flowers*



*Vinse, Nam and Herro at the Stud Road Flower Stall*

*Article: Claire Ransome & Mark Fowler*

*Photos: Vinse Cheung*



*Brooke's daughter, Simon, Brooke and Alice at the Flower Stall on Applegum Drive (from left)*

## ***Ksitigarbha Altar***

For many years the stone image of Ksitigarbha Maha Bodhisattva was standing on the wooden platform to the side of the Golden Buddha Image prior to the platform being dismantled and the subsequent building of the new Golden Buddha pavilion. It was thought that a separate altar for Arya Ksitigarbha's image was needed to venerate this prince of Dhamma and where offerings could be made to Ksitigarbha who has dedicated himself



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to the protection of many beings to rescue beings from great suffering in the Hell realms.

A suitable site for the altar was found next to the main entrance. The foundation from the previous installation was left undisturbed and now supports the foundation for the Ksitigarbha altar. Mark cleared the site and made it ready for the altar to be constructed. Frank and Connie made up the formwork in which the concrete base was formed. David applied the slate tiles, cut the red polished granite and installed it. Des design a roof that reflected an Asian theme and John presented a roof framework design that supports Des's themed roof. Anita and Frank found some beautiful wooden lattice panels that will form the sides and back of the altar to protect the image from the weather. David is currently working on a method of securing the roof framework to the altar base.

*Article: David Yates*

### *Library Report*

Homage to the Buddha, Dhamma and Sangha.

The Buddhist Discussion Centre, like many other Buddhist temples, offers a place where beings come to hear, practice and realise the Dhamma, the words and teachings of Lord Buddha. Preservation and dissemination of the Dhamma is at the core of our Centre's mission.

Since our Centre was founded in 1978 over 6000 texts have been collected, of which approximately 4000 have been catalogued to date. We continue to receive generous donations of Dhamma texts each year, and therefore we need many helping hands to help us catalogue our uncatalogued books.

For our upcoming Bhavana Course, to be held on 24th-25th of September 2022, we will invite our volunteer librarian Jade, who is qualified and works at RMIT Library in the city, to come and give her professional advice on how to look after

our library and explain to us the processes of cataloguing books. Members will get hands on experience during the course to learn to a sufficient level of competency the cataloguing process.

Having gained this valuable skill, members can assist with looking after the Centre's heritage library collection as part of your regular merit making activity. Also we will schedule library days when we will work together for a full or half day cataloguing our remarkable collection.

The Dhamma is rare to meet, we must look after it well and make the causes for ourselves and others to meet with the Dhamma again and again. May we always have the fortune to meet with the Dhamma, practice the Dhamma and realise the Dhamma for the benefit of self and all sentient beings. Thank you for assisting to keep the Buddha Dhamma in the world.

Sadhu Sadhu Sadhu. *Article: Vinse Cheung*





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Anita and Vinse celebrate their Birthdays



Vinse and Jenny at the UN Day of Vesak Celebration at Daham Niketanaya, Yuroke.

## *Occupational, Health & Safety Report*

The First Aid kit has been given a new lease of life thanks to David's interest in supporting a safe place for humans who are in attendance at the BDCU and while running off site events.

The new first aid kit was designed in the hope that everyone will be able to easily use this kit with or without having first aid experience or training. The revised first aid kit is in a large red carry bag in the office. Having a portable kit will allow it to be taken to the individual needing attention minimising stress for the individual and can be supported wherever they happen to be.

The items in the kit have been grouped into injury category modules: Burns, Minor wounds - and children's needs, Major issues - CPR, bleeding and sprains, Medications, Everyday needs, Personal Protective Equipment, Bio hazard clean up and Assessment and reporting. It is hoped that this will remove the challenge for first aiders in finding the specific item that they require. Having the first aid information sheets and patient report forms in the top of the bag allows the attending person to easily complete the necessary and obligatory reports with little effort while attending to the person.

Article: David Yates

## *BDC June 2022 Bhavana Course*

A two day Bhavana Course was held at the centre on Saturday the 11<sup>th</sup> and Sunday the 12<sup>th</sup> of June 2022. The course topic was the Dragon King Sutra Stanzas and Abbot Anita Carter was the Teacher.

The course began with a dana offering to Venerable Sor Sathay from Wat Khmer, Springvale Road, Springvale. Venerable teaches



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Abhidhamma to both lay persons and Sangha Members from his temple and other temples with courses being up to one year long with classes 5 or 6 days a week. After lunch Venerable kindly taught Abhidhamma to our students.

In the afternoon students viewed a documentary called “Our Brain” Series 1 Episode 2 which was available on the internet via iView. The documentary explained four ways in which the unskilful use of the internet and social media can have mild to serious negative impacts on mental health and even the physiology of the brain itself.

The documentary discussed four main points:

- Data Deluge which relates to the volume and rate at which data is provided by online sources often exceeding our brains capacity to process the information with discernment. The program suggested we strategically limit our intake to what will be useful or needed rather than not having an agenda, or by setting limits to our data consumption.

- Digital Distraction which relates to our mind not being able to deal well with frequent interruptions and our effort to process the fractured flow of data leads to a blurred state of awareness. Our minds nature is to pay attention to one source of incoming data. Whilst we are living in a world of interruptions, the way digital media presents and edits information chops the flow into smaller and smaller segments creating disjoint sequences which scatters our mind and breaks up our attention span.

The program also advised that research has shown that our efforts to multi-task can cause problems for our mental health. Our mind actually can only have attention to one object at a time. The mind does not multi-task by nature when viewed second by second. A persons attempt to multi-task places stress on our mind which is not beneficial and quickly burns up mental energy. The suggestion is

to learn to be in the present and focus on doing one activity at a time. Then consciously change to another activity and focus singularly on it.

- Digital Dimension which relates to studies that show our mind does not process, understand or record information provided from a digital source as fully or effectively as paper-based content delivery.

- Digital Deduction which states that our minds when presented with cluttered and rapid information does not get the chance to absorb the significance of the information to a level of deep thinking which can occur when we can control the pace at which data is consumed. The program suggested that we set aside break times of 5 minutes 5 times a day for our minds to recharge and relax. It also suggested we should regularly try new things and change our daily habits so we maintain our mental flexibility and adaptability.

On Saturday evening we conducted a Dragon King Sutra Puja led by Anita.

On Sunday Members did merit making projects, we conducted a Children’s Dhamma Class, the Radio Team broadcast the Buddhist Hour Radio program and some students had interviews with Anita.

Thank you Venerable Sor Sathay, our Teachers and all who contributed offerings and meals during the course.

*Article: Frank Carter Photos: Vinse Cheung*

## ***BDC Easter 2022 Bhavana Course***

Beginning on Saturday the 16<sup>th</sup> of April and concluding on Monday the 18<sup>th</sup> of April 2022, The Buddhist Discussion Centre ran a three day Bhavana course on the theme of loving kindness, or metta in Pali. On



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the first day students watched a short documentary entitled *Sanghasena: The Silent Reformer*. It charts the inspiring work of Venerable Sanghasena, founder of the Mahabodhi International Mediation Centre.

In 1992, on barren land in Ladakh, Venerable Sanghasena first opened a hostel to provide disadvantaged girls in the area with an education and lodgings. He established a hostel for boys in 1996 and today there are a total of two hundred and seventy students studying under his guidance. The school gives equal importance to moral, social and spiritual knowledge. Many of his former students have returned to the school as teachers and

administrators.

Venerable Sanghasena's story shows us what is possible to achieve with commitment, merit, determination and and focus. It reminds us not get distracted by adversity in our lives – whether that be a lack of progress in our development of wholesome mental qualities or in managing challenging circumstances – effort, persistence and consistency will bring the results we are looking for. Venerable Sanghasena demonstrates what universal compassion looks like and how it can be attained.

Members were provided with an opportunity to





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develop and enhance their level of loving kindness through a guided meditation by Venerable Mahinda. His recording leads practitioners to first love themselves, then send metta to a person close to them, a stranger and finally to learn to send loving kindness to a person they may disagree with or find challenging. Venerable Mahinda's meditation is very powerful and its positive effect on the energy of the environment is palpable. During the merit making section of the course, members were encouraged to send loving kindness while completing tasks. The sound of the temple bell was employed intermittently to remind participants to stop, pay respect, and re-establish their loving kindness during the engagement of Dhamma activities. To embed loving kindness, members were asked to memorise the Metta Sutta and write it down. Memorising, recording and reciting the Metta Sutta has a significant effect on our kammic stream, helping us to increase our protection and assisting to develop and maintain positive relationships.

Article: Simon Kearney

### *Treasure Vase Offering Ceremony*

From time to time our Centre conducts special Buddhist ceremonies which request the Buddha's and other holy beings to offer their Blessings for the benefit of ourselves and others, and to provide harmony, health, and wellbeing for the world.

Recently our Abbot Anita Carter advised that it would be very beneficial to conduct a Treasure Vase Offering Ceremony at our Centre to create Blessings for sentient beings who reside in our region.

The Treasure Vase Offering Ceremony was conducted during our Easter Bhavana Course on Monday, 18<sup>th</sup> of April 2002 and was led by Venerable Lama Tendar from the Medicine Buddha Tantrayana Meditation Centre. All

members in attendance wore white and 4 sets of 7 small bowls with various kinds of offerings for the ceremony were prepared as a requirement.

The 9<sup>th</sup> century founder of Tibetan Buddhism, Indian Buddhist Master Padmasambhava taught the ancient method of The Treasure Vases Offering Ceremony.

*“Through his wisdom and compassion, Padmasambhava gave specific instructions for the creation of treasure vases to assist with the healing of the environment and the restoration of vital energy during these degenerate times. The treasure vase is an ancient remedy that can replenish the essence of the elements—earth, air, fire, water, and space. When the outer environment is purified, beings are released from suffering caused by pollution and are therefore rejuvenated. This restores the energy to all realms.*”

*For the human realm, the treasure vase has the power to magnetize wealth and abundance, improve health, and remove obstacles to long life. Its effects help pacify anger and warfare and increase wisdom and compassion for all.”*

Source: The Practice of Tibetan Treasure Vases Autumn, 2003 issue of the Snow Lion Newsletter, Shambhala Publications

The Treasure Vases we offered were prepared in the USA by specially trained Lama's who have preserved and learnt this tradition over many years to use the ancient Blessing practices of the past to provide help to sentient beings during difficult times. The vases are filled with specified ingredients including 25 precious substances: the five precious jewels, the five precious essences, the five precious medicines, the five precious scents, and the five precious grains; plus special holy relics and holy substances, medicine pills, holy water and mantra's which increase merit, prosperity, and abundance with the intention to benefit all beings. Upon completion, the treasure vases are consecrated in a seven-day ceremony.



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Members gratefully made contributions of \$2,500 towards the purchase of the two Treasure Vases for our ceremony which were imported from the Nyingma Lineage Pema Osel Ling Retreat Centre in California where they have been prepared.

The Treasure Vases Offering Ceremony was a very special day in the history of the Buddhist Discussion Centre and we are very grateful for Venerable Lama Tendar leading this highly auspicious traditional ceremony. Thank you to Julian for arranging Venerable Tendar's participation.



*Anita and Frank with Venerable Lama Tendar during the Treasure Vases Ceremony*

*Article: Mark Fowler Photos: Vinse Cheung*

## *Victorian Observance of the United Nations Day of Vesak 2022*

On Sunday the 29<sup>th</sup> of May in 2022, Members from the Buddhist Discussion Centre Australia organised, ran and participated in the Victorian Observance of the United Nations day of Vesak. Each year, celebrating the UN Vesak together offers a valuable opportunity to build and strengthen links of friendship, co-operation and unity between our various Buddhist traditions, international cultures and the wider community.

This year, the UN Vesak committee decided to accept a generous offer by our Sri Lankan friends from Daham Niketanaya in Yuroke to host a Sangha dana. Our event was blessed by members of the Venerable Sangha and supported by at least nine different organisations from five diverse cultural backgrounds. It began with a small procession with a sample of all the food offerings that were placed on the main altar of the temple. The Sangha dana included the completion of a Pindapata, chanting from the major traditions, the offering of food to the Sangha followed by gifts of various kinds to the monks and nuns present. The members of the Daham Niketanaya put in a tremendous effort in assisting us to organise a highly successful commemoration. On behalf of the UN Vesak organizing committee, we express our heartfelt gratitude to Most Venerable Kotte Santhindriya, Most Venerable Thich Phuoc Tan, Mala, Arosha and the members of the Daham Niketanaya committee who put in a joyous effort in supporting our event.

*Article: Simon Kearney Photo: Mark Fowler*

## *WFB 30th General Conference October 2022*

The World Fellowship of Buddhists will be conducting its 30<sup>th</sup> WFB General Conference in Bangkok, Thailand from the 18<sup>th</sup> – 21<sup>st</sup> of October



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2022. The World Buddhist University, of which we are an associated institution, will hold its 12<sup>th</sup> Council meeting concurrently at the same location.

The WFB has decided that for the first time, mainly due to COVID considerations, the conference can be attended by Regional Centre representatives via Zoom webinar.

Our Centre has sent a delegation to attend past WFB General Conferences on every occasion since 1998 to work as conference Rapporteurs. We have also performed this service for the World Buddhist University Council Meetings. This has been a major ongoing commitment of our Members to help at the conferences and to have this great experience as part of our Dhamma learning and practice.

On this occasion the situation is different. The conference is being held at the WFB Headquarters in Bangkok. The WFB Secretariat will have their own personnel and equipment available onsite to record the proceedings and produce the minutes themselves without need of our help. Also on this occasion we have the possibility to participate via the online webcast, and we won't need to incur any costs by comparison to attending in person.

When we get closer to the event we can decide if we will join the webinar for every session or just some of the sessions over the three-day period. Members are welcome to join in the online sessions at the Centre to view the conference proceedings. It is also likely we will participate in the WBU Council Zoom webinar which is a meeting lasting between 2 and 3 hours.

*Article: Frank Carter*

### ***Vimokkharam Forest Hermitage Building Opening Celebration***

Our friends at Vimokkharam Forest Hermitage in Kallista conducted a Grand Opening Celebration of their new hermitage building on Saturday the 30<sup>th</sup> of April starting from 9.30am.

The Abbot of the Hermitage, Ajahn Hasapanno had kindly invited us to attend the opening ceremony and Anita and Frank along with five of our Members including Life Member Jeff Radford were fortunate to join in this rare occasion.



*Simon Kearney's President's Speech on the occasion of the UN Day of Vesak Celebration.*



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The event commenced with a traditional owners of the land Smoking Ceremony, followed by a dana offering to the assembled Sangha, several Dhamma talks including one given by Venerable Hasapanno, and Sangha chanting.

The hermitage name plaque was unveiled by the most senior monk present, the Venerable Tan Chao Khun Samai. Venerable was ordained in Thailand in 1963 after having been a novice monk since 1957. He first came to Australia in 1974 and assumed the position as the leader of the Dhammayutta Sangha in Australia and New Zealand in 1998. He currently serves as a spiritual advisor to the Dhammayutta Sangha Council, and is the Abbot of Wat Pa Buddharangsee in Leumeah, NSW. Venerable is also an Advisor to Vimokkharam Forest Hermitage.

There were 13 Sangha Members present including Phra Maha Boonsom, Abbot of the Melbourne Thai Buddhist Temple in Box Hill.

The Hermitage was originally founded in 1998 as the 'Sanghāloka Forest Hermitage' under the advice of great Thai Master Ajahn Boowa. Members of our Centre have been very fortunate to attend for dana offerings to the Sangha since those early days and we have always been welcomed by the Sangha and the community of lay supporters.

We thank Venerable Hasapanno for inviting our Members to attend this occasion and we very much look forward to offering dana to the Sangha there for many years to come.

### *Repairs to Wat Khmer Sangha Residence*

In the week leading up to our June Bhavana Course I visited Wat Khmer Temple in Springvale Road, South Springvale to request the Abbot Venerable Sen Then if Venerable Sor Sathay could visit our

Centre for the dana offering at our upcoming course.



*Venerable Sangha at the opening ceremony at Vimokkharam Hermitage new building on the 30<sup>th</sup> of April*

*Article: Frank Carter Photo: Mark Fowler*

When I arrived there, I noticed Venerable Sen Then looking carefully at the front porch of the Sangha's residence. The porch was broken in some places and at the end where people step on to it the wood was breaking up and falling off the bearers beneath.

It was a cold day and I hesitated for a moment about saying what was on my mind. I was contemplating if I should offer for our Centre to fix



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the deck for his temple? I knew even though it could be a difficult job in the cold weather they definitely needed our help as the deck had been like this for a long time.

So I said to the monk, “Venerable would you like us to fix this deck for you?” Venerable looked at me smiling and said “No, committee will fix”. Later I wondered about this. Perhaps he was reluctant to put us to so much trouble.

During our June course I mentioned our offer again to Venerable Sor Sathay and he said he would talk with the Abbot about it. A few days after our course Venerable Sen Then rang me and asked if I could help with their deck.

On Sunday the 19<sup>th</sup> of June, with Jenny’s friend John who is a builder, we started work on the project. It was a really unusual experience because the work went so easily. Everything we did went perfectly the first time. Every solution we tried worked perfectly. It was the easiest building job I can remember doing. We both worked really hard that day as I wanted to get as much done as we could. The monk frequently came out and watched us. He sat on one end of the deck for about an hour as we worked.

I needed to go back another day to finish the work and I made some time during the following week on Wednesday the 22<sup>nd</sup> of June. The air was cold but the physical work made it less noticeable. The work went as easily as the first day. When I needed to find a piece of wood to fit, the piece nearby on the ground was perfect. At one point I made what seemed like a small “mistake”, but it turned out to be a solution that worked well. Anita mentioned later the devas were so happy the porch was being fixed they helped a lot.

By the end of the afternoon the deck was rebuilt and I could offer it on behalf of our Centre to the Sangha. Venerable was very happy with the outcome. He inquired about payment. “No

payment”, I said. “This is a gift from our temple in Upwey to your temple”.



Article: Frank Carter Photo: David Yates

## Sutta Study Corner

Vinse Cheung and I recently started a Pali Cannon Sutta study and discussion night as part of our weekly practice. Anita’s suggestion for consolidating the learning through sharing with you led to the creation of this ‘Sutta Study Corner’. I am delighted to share this journey of Sutta study and reflections with you. May this be of benefit to you and your practice.

### MN 46 The Greater Discourse on Ways of Undertaking Things (Mahādharmasamādāna Sutta)

#### Sutta Summary

Buddha gave a teaching on what helps us experience more desirables and the four ways of undertaking things to monks while staying at Sāvattthī in Jeta’s Grove, Anāthapiṇḍika’s Park.

He gave examples of the four ways differentiated by the current and consequential feeling:

1. There is a way of undertaking things that is painful now and ripens in the future as pain.



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2. There is a way of undertaking things that is pleasant now and ripens in the future as pain.
3. There is a way of undertaking things that is painful now and ripens in the future as pleasure.
4. There is a way of undertaking things that is pleasant now and ripens in the future as pleasure.

Buddha distinguished how an ignorant person and a wise person would approach this differently. He explained experiencing more undesirables in this and future birth is caused by having no wisdom on what we should and shouldn't follow and cultivate, as well as by unwholesome intention, speech and conduct. He promoted having wholesome pleasure as a result of right view and abstaining from unwholesomeness.

### Reference

Sutta Central ([Bhikku Bodhi translation](#) and [Bhante Sujato translation](#))

### Learning Reflections & Actions

- What are the scenarios in our life that are examples of the four ways of undertaking things?
- How can we antidote and avoid doing things that will result in pain regardless if it's now pleasant or unpleasant?
- What are ways to enable us to do things that might be unpleasant now but will fruit in wholesome pleasure in the future?

Below are some example antidotes and strategies we came up with to implement, based on a few scenarios we reflected on.

- Think what if someone else, or teachers are

watching our unwholesome thoughts/speech/action.

- Make a promise to others on a Dhamma practice commitment to increase our commitment level.
- Remind ourselves that we are representatives of Dhamma practitioners and that we wish to be a good role model.
- Remind ourselves of the consequences of continuing the unwholesome is future suffering.
- Apply retrain and quota if some deep-rooted habits cannot be immediately dropped.
- Replace unwholesome habits with less harmful and more beneficial activities.
- Minimise craving trigger contact and make stimulants less interesting and enjoyable.
- Buddy up with someone to practice together.
- Set goals and break down the steps to make the steps more achievable.

Article: Jenny Liu

### Member's Recipe

#### Lamb Koftas with Yoghurt dressing

Serves: Approximately 4 people

#### Ingredients:

##### Koftas

- 500 grams lamb mince
- ½ onion
- ¼ cup breadcrumbs (I use panko)
- 2 cloves crushed garlic
- 2 tablespoons chopped fresh coriander

##### Kofta Spices

- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons smoked paprika
- 2 teaspoons ground cinnamon
- 1 teaspoon cayenne pepper (optional as this is a bit spicy)



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- 1 & ½ teaspoons salt
- ½ teaspoon pepper

### Yoghurt Sauce

- 1 cup plain Greek Yoghurt
- 1 tablespoon cumin
- 2 tablespoons honey

### Method:

1. Yoghurt Sauce: Combine all yoghurt sauce ingredients and keep in fridge until needed.
2. Koftas: Grate the onion into the bowl, add remaining Kofta ingredients (including spices) and mix well with your hands.
3. With damp hands, divide the mixture into 8 equal pieces and roll into short cigar like shapes.
4. Cook in a heated pan with a tablespoon of oil over medium high heat for 5 -8 minutes or until browned all over. Turning regularly to ensure even cooking. Can also be cooked on barbeque using same process.
5. Serve with yoghurt sauce, flat bread and a simple fresh salad such as tabouli.



*Des celebrating his Birthday in December at the Centre*



*Article: Brooke Cross Photo: Brooke Cross*



*Venerable Sor Sathay with BDC Members during the Winter Bhavana Course*