

Buddhaloka

The newsletter of the Buddhist Society of Victoria



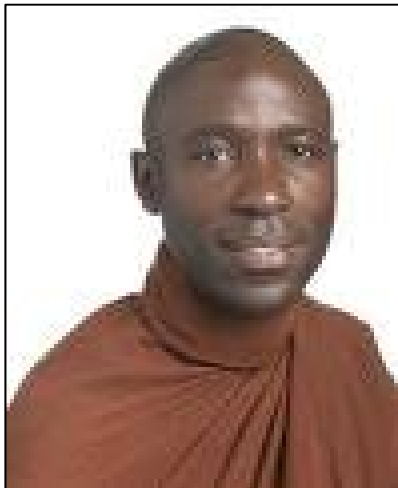
VOLUME 15, NUMBER 2

SUMMER 2011 / 2553

The Buddhist Society of Victoria (BSV) is a centre for the learning and practice of Buddhism in Victoria, Australia. The BSV conducts regular meditation classes and retreats, and facilitates talks given by monks, nuns and respected lay teachers.

ALL TEACHINGS AT THE BSV ARE FREE AND OPEN TO EVERYONE.

BHANTE BUDDHARAKKHITA AT THE BSV



Bhante Buddharakkhita is arriving at the BSV on 28th February for a 2 month stay. Bhante Buddharakkhita was born and raised in Uganda, Africa. He first encountered Buddhism in 1990 while in India, and he began practicing meditation in 1993. After living in Asia for seven years, Bhante decided to continue his Dhamma practice in the USA.

In June 2001, he began monastic training, and in November 2002 he received Higher Ordination by his Preceptor the late Venerable U Silananda at Tathagata Meditation Center, California. He continued his meditation practice under the guidance of Bhante Gunaratana for eight years at the Bhavana Society, West Virginia.

Author of *Planting Dhamma Seeds: The Emergence of Buddhism on African Soil*, and founder of the Uganda Buddhist Center, Uganda, he has been teaching meditation in Africa, Brazil and the United States.

Besides spending time at the Buddhist Center in Uganda, Bhante also teaches at the Bhavana Society and is also the Spiritual Head of Flowering Lotus meditation center, Magnolia, Mississippi, USA.

GOING AND COMINGS AT THE BSV

Farewells were finally over to our much respected and loved Ajahn Ariyasilo after lunch dana on Tuesday 11th January as he left for the airport to return to Amaravati Monastery in the UK. His warmth, open-heartedness and wisdom are much missed by us all but we are fortunate in that plans are already in place for his return in late 2011, in time for the “in-house” Christmas – New Year retreat and a residential retreat in January.

Meanwhile we are organizing visiting Sangha to the BSV: the Sri Lankan monk Bhante Jinalankara has offered a short visit early in the year; Bhante Buddhagevesi will return for a weekend in March; Ajahn Achalo has offered to undertake some teaching over a 6 week period from mid- May onwards; Ajahn Nissarano will come for a short visit to Perth this year as he is still keen to

practise in Sri Lanka and will be at the BSV for about 2 weeks; the Ugandan monk, Bhante Buddharakkhita will pay us a 6 -8 week visit but we are not clear yet of dates; and from late November until about 10th December we will be honoured with a return visit from Ajahn Sucitto from Chithurst Forest monastery in the UK. And of course, Ajahn Brahm will lead our Wesak celebrations. More information will be provided in our next newsletter, which will come out early in May, on our website and in regular emails to our members. Upon going to press, we have not been able to organize Sangha in residence for the Vassa, but will be continuing to make efforts.

STOP PRESS: *Bikkhu Buddharakkhita is arriving at the BSV on 28th Feb. for a 2 month stay (see front page story).*

CHRISTMAS / NEW YEAR RETREAT 2010

The Christmas / New Year Retreat has become quite a tradition in recent years at the BSV and attendance numbers are increasing each year. Meditators are encouraged to come whenever they can and while some sit and walk quietly and mindfully all day and often every day, others pop in for an hour or two when they can leave other commitments. Ajahn Ariyasilo commented that by mid afternoon the quality of meditation really improves and a lovely stillness prevails – especially towards the end of the week as mindfulness increases over the days of practice.

SANGHAMITTARAMA FUNDRAISING DINNER

The community at Sanghamittarama continues in fundraising mode to keep the accounts healthy and in the hope that property can be purchased in the not too far distant future. Such events are necessary to help care for the nuns who have dedicated their lives to follow the spiritual path set out by the Buddha while they in turn offer the community the Buddha’s teachings.

The latest team effort was the raising of about \$3000 from a dinner held at the vihara at 40 Chesterville Drive on Saturday, 15th January. Food was produced by the many friends and the weather was conducive. If you would like to know about these occasions and others you could contact Kanthi on 9579 6056 and be placed on the emailing list.

HEALESVILLE RETREAT WITH AJAHN ARIYASILO

Between 11th-16th December 2010 BSV booked Maitripa Contemplative Centre in Healesville for what was to have been a retreat led by Sayadaw U Lakkhana. However some weeks before that time the Burmese government imposed travel restrictions on Sangha and he could not come. However, once again Ajahn Ariyasilo came to our rescue and through his compassion agreed to lead the retreat so it could go on.

We enjoyed a beatific time with gum-trees, kookaburras and the now mandatory low-chopper-flyby.....yes, last retreat with Ajahn Dtun had Elvis bushfire helicopters in the next-door paddock, and at Maitripa 2 gentlemen in plainclothes driving a 4wd told us halfway through the retreat not to worry but ‘copters and dogs would be searching around for an escaped criminal so could we look also in our outhouses.

We saw no sign but it was all-good because it made us more acutely alert on walking meditation outside!

Many thanks to organisers, including Lydia Brown, cooks Yong and Abbey for their ambrosic victuals and hard work, and all at Maitripa for a flawless and peaceful retreat with humorous, commonsense Dhammic wisdom given us by Ajahn in his Dhamma Talks.

SADHU!SADHU!SADHU!



NEW YEAR'S EVE WITH MINDFULNESS RATHER THAN MINDLESSNESS!

At BSV this year on New Year's Eve an intrepid group assembled at 8.30 pm to see in 2011 with peace and joy. We were privileged to be treated to a mix of chanting of blessings and Parittas [protective chants] and loving-kindness and sharing of merits.

It was quite amazing that with lengthy Pali chants Ajahn Ariyasilo was able to apparently not lose his stride once he later told us he was “kept up to the mark” by Sri Lankan members of BSV who know all the Pali words of the arcane chants and would know instantly were he to falter! It needed a concentrated mind and mindfulness for success.

One of the Parittas was used by Lord Buddha and Ananda to cleanse Vesali of “snake-breath plague” [Ratana Sutta], and all of them have been chanted for many generations following original Pali texts.

Following our meditation and short Dhamma discussion we all lit candles symbolizing our Buddha -nature, and carrying them with incense representing our good conduct or the Sangha, and flowers reminding us of our impermanence, we proceeded to circumambulate the Sala three times, chanting loving-kindness verses, to the bemusement of passers-by in Darling Rd!

Unlike the previous year when a tempest with rain was blowing, our candles held out, or to quote the bard on our mortal predicament [with a bit of poetic licence]:

“Our candles burn at both ends, they will not last the night,

But Ah! To our friends and others, they're such a lovely sight!”

SADHU! SADHU! SADHU!

BSV LIBRARY NEWS

Since the opening of the new library in November 2009, the library has provided a bright and spacious space for visitors and BSV members to browse the collection in comfort. It has also been used for the popular Sunday forums, Sutta discussions, BSV committee meetings, meditation retreats and the Dhamma School.

In addition, during Ajahn Brahm's visit, we have been able to accommodate the overflow from the Meditation Hall!

I have received many donations for the Library collection, which continues to grow. Volunteers have assisted with book covering and Bich has enhanced the audio collection by producing many CDs & MP3s of talks by Bhikkhu Bodi, Ajahn Bram, Ajahn Ariyasilo, Ayya Khema to name a few.

I have just completed an annual stocktake of the book collection and will be sending reminder emails/notices to members who have outstanding items from the Library.

The general collection is available to current BSV members for loan. Non members and guests are welcome to browse and read in the Library.

LIBRARY OPENING HOURS

The Library is open on:

- **Sundays** 10.30am-12.30pm; and,
- **Tuesdays & Thursdays**, 7pm-9pm.

SANGHAMITTARAMA INVITES CHI KWANG SUNIM TO GIVE PUBLIC TALK

Sanghamittarama has invited Chi Kwang Sunim to give a public talk at the BSV on Sunday 13th February. Chi Kwang Sunim, a bhikkuni for more than 30 years in the Korean tradition and president of the Australian Sangha Association will give the Dhamma talk

AYYA DHAMMANANDA BHIKKHUNI

Ayya Dhammananda Bhikkhuni, who is currently in residence at Sanghamittarama, is scheduled to teach on the Buddhist Approach to Emotional Transformation at the 2011 Buddhist Summer School (15-20 January, Maitripa Centre, Healesville).

This course will provide an overview of the Four Brahma Viharas, which is a meditation practice used to transform our emotional experience. The first session will be an introduction to Metta, or 'loving-kindness' meditation, the second session will be on Karuna, which means 'compassion meditation'. This will be followed by an introduction to Mudita, which can be translated as 'sympathetic joy' and the last session will provide an overview of Upekkha, or equanimity. There will be an opportunity to practice the meditation techniques during the sessions.

Ayya Dhammananda is a Theravada Buddhist nun (Bhikkhuni) originally from Vietnam. She has trained in both Burma and Sri Lanka, and has studied a variety of meditation techniques under the guidance of several renowned Burmese Buddhist masters. After four years of study and practice in Burma, she graduated from the Buddhist Missionary University in Yangon, Myanmar with a Bachelors degree in BuddhaDhamma. She continued her studies at Kelaniya University in Sri Lanka where she completed an MA in Buddhist Philosophy and Psychology, and a PhD in Buddhist Studies. *Source: brochure.*

CREATIVE CORNER

This is a segment featuring poems, short stories and drawings on Buddhist themes. We encourage all, especially younger members and Dhamma School students, to send in their creative work.

This is a beautiful message on “Happiness” which a very dear friend sent to me a while ago and which I treasure and kept close at hand to contemplate from time to time, particularly when I am down. Although written by a non Buddhist, it embodies many Buddhist values and is very relevant developing mindfulness, Metta, Karuna, Muditha and Upekkha. *Rohan Jayasinghe.*

HAPPINESS:

We convince ourselves that life will be better once we are married, have a baby, then another.

Then we get frustrated because our children are not old enough, and that all will be well when they are older. Then we are frustrated, because they reach adolescence and we have to deal with them. Surely we’ll be happier when they grow out of the teen years! We tell ourselves our life will be better when our spouse gets his/her act together, when we have a nicer car, when we can take a vacation, when we finally retire . . . The truth is that there is no better time to be happy than right now.

If not, then when? Your life will always be full of challenges. It is better to admit as much and to decide to be happy in spite of it all. For a long long time, it seemed to me that life was about to start. Real life! But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, a bill to be paid. Then life would start.

I finally came to understand that those obstacles were life. That point of view helped me see that there isn’t any road to happiness. Happiness IS the road. Enjoy every moment!

Stop waiting for school to end, for a return to school, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, waiting for a new car, for your mortgage to be paid off, for spring, for summer, for fall, for winter, for the first or the fifteenth of the month, for your song to be played on the radio, to die, to be reborn . . . before deciding to be happy. Happiness is a voyage, not a destination. There is no better time to be happy than . . . NOW! Live and enjoy the moment!

AND HAPPINESS IS ALSO HELPING OTHERS:

Some time ago, at an International Para-Olympic event, nine athletes, all mentally or physically challenged, were standing on the start line for the 100 m race. The gun fired and the race began. Not everyone could run well, but everyone wanted to participate and win. They ran in threes . . . A boy tripped and fell, did a few somersaults and started crying. The other eight heard him crying. They slowed down and looked behind them. They stopped and came back . . . all of them. A girl with Down’s Syndrome sat down next to him, hugged him and asked, “Feeling better now?” Then, all nine walked shoulder to shoulder to the finish line. The whole crowd stood up and applauded. And the applause lasted a very long time . . .

People who witnessed this still talk about it. Why? Because deep down inside us, we all know that the most important thing in life is much more than winning for ourselves.

The most important thing in this life is to help others to win. Even if that means slowing down and changing our own race!

MEMBERSHIP

MEMBERSHIP RENEWAL

With the exception of those who joined as new Members since October of the previous year, renewal of Membership of the Buddhist Society of Victoria falls due on the first of January of each year and must be paid by the AGM date of the year (usually held in March/April).

In the event of non-payment of subscriptions due for two years or more, the Membership is not renewable and the person will be required to join as a new Member.

Renewing members may submit the membership renewal form either online, or by delivering personally or by post*.

** Note: Applicants for new membership must always submit their form in person.*

RENEWING ONLINE

1. Transfer the payment to:

Bank: Commonwealth Bank (CBA)

BSB Number:063001

Account Number:0091 0907

Account Name: Buddhist Society of Victoria

2. You need to identify the fund transfer as "Subs" followed by a dash and your name. For example, if your name was John Smith, enter "Subs – John Smith"

3. Note down the bank's receipt reference number for the transaction.

4. Complete the Online Membership Renewal Form, add the bank's receipt reference number and submit.

RENEWING PERSONALLY OR BY POST

Download and fill out the membership form then post or deliver personally with the appropriate subscription.

NEW MEMBERS

Membership classes

ORDINARY MEMBERSHIP is for persons who take refuge in the Buddha (the Teacher), the Dhamma (His teachings) and the Sangha (Buddhist Monks and Nuns and those who have realised His teachings).

ASSOCIATE MEMBERSHIP is for those wishing to have the benefits of Membership without making that particular commitment.

Both classes of the above Membership have the same privileges except that Associate Members do not have any voting rights. Associate Members who have taken refuge in the Buddha, the Dhamma and the Sangha may apply to transfer to Ordinary Membership. The Members so transferred will be entitled to full benefits of Ordinary Membership from the date they joined the Society.

FAMILY MEMBERSHIP entitles Members of one's immediate family to borrow from the library and enjoy discounts on meditation retreats. Ordinary Family Membership is entitled to have one (1) vote. Individuals constituting Family Membership may transfer to Ordinary Membership by application and subscription. The Member so transferred will be entitled to vote after two (2) years from the date of transfer.

CONCESSION MEMBERSHIP is provided to full time students and persons who are retired or otherwise not able to afford the full subscription. This is applicable to both Ordinary and Associate membership.

All applicants for **NEW MEMBERSHIP** must have a sponsor sign their application form.

Any Ordinary Member of the Society who is both financial and eligible to vote at the Society's AGM may be a sponsor.

In both cases, see also the "Membership" pages at:

[HTTP://WWW.BSV.NET.AU/](http://www.bsv.net.au/)

BUDDHIST SOCIETY OF VICTORIA
 71 - 73 Darling Rd, East Malvern Vic 3145.
 Web: <http://www.bsv.net.au>
MEMBERSHIP APPLICATION / RENEWAL FORM

Please fill in all details requested below. (Print)

Date/...../20.....

Title:.....**First Name(s):**.....

Family Name:.....

Address:.....**Postcode.**.....

E-mail .(Please print):.....

Phone:.(Home).....**Mobile**.....

(Work)

Tick Renewal or New Application

Renewal - Year:20..... **New Application** ↓

I agree with the conditions of BSV membership

Signature:.....

Please note: New applicants need to have a sponsor sign this application.

Sponsor's Name (Print):.....

Sponsor Signature:.....

Committee Approval Date:

Tick Membership Type

Ordinary **Associate**

Tick Membership fee **Year 2010,Oct. on(Inc. GST)**

Single \$80 **Family \$100** **Concession \$50**

Donation (If any) \$..... **Total Enclosed** \$.....

Tick If payment is for Building fund.
 (Donations to building fund are tax deductible.)

If payment is by cheque, tick if a receipt is required.
 (A receipt will be provided for all cash payments)

Cheques should be made payable to: "Buddhist Society of Victoria"
All payments should be forwarded to: The Treasurer, BSV.
71-73 Darling Road East Malvern Victoria 3145.

Reasons For Becoming A Member Of The Buddhist Society Of Victoria

- To support the Buddhist Society Of Victoria's free teaching programme by contributing to the costs of:
 - Upkeep of the Buddhhaloka Centre;
 - Bringing visiting teachers to the centre and their ongoing support.
- To formalise a commitment to support a Centre for the Buddhist Community.
- To receive the following tangible benefits:
 - The right to borrow from the BSV library;
 - Discounts for meditation retreats,
 - Receive a copy of the Society's regular newsletter per E-mail or Post.

Notes On Membership

- Sponsorship:** New members are required to have a sponsor sign their application form. A sponsor can be any member of the Society who is both financial and eligible to vote at the Society's Annual General meeting. Anyone seeking to join the Society can approach a member of the Committee for assistance on this matter if they do not know of anyone who can sponsor them.
- Approval process.** An applicant does not become a member of the Society until the Committee formally approve the applicant's nomination.
- Voting rights** Only financial Ordinary members of not less than two years standing may vote, stand for election to the Committee of the Society or nominate members who wish to stand for election.
- Main Classes of Membership**
 - Ordinary Membership** is for those prepared to commit themselves as Buddhists (i.e. go for refuge to the Buddha, Dhamma and Sangha).
 - Associate Membership** for those wishing to have the benefits of membership without making that particular commitment.

Both classes of membership have the same privileges but Associate Members may not vote at Annual or Special General Meetings.
- Sub Classes of Membership**
 - Family membership.** Entitles members of ones immediate family to borrow from the library and enjoy discounts on meditation retreats. For voting purposes is regarded as being a single membership.
 - Concession Membership** This is provided for members who are retired or otherwise not in a position to afford the full ordinary membership subscription.
- Membership Renewal** Except for those who have joined as new members since October of the previous year, Membership of the Buddhist Society of Victoria falls due on January 1 & must be paid by the AGM date of the year..

Please note: Full details of membership rights and responsibilities are laid out in the constitution of the Society available for browsing in the library.

Cut on This Line



LETTER FROM CHINA

Here in China, it's the coldest winter for 30 years. The frozen pipes in my apartment are giving out groans instead of running water. And being indoors more than usual, I'm enjoying Dhamma talks, with a particular interest at the moment in Ajahn Sumhedo. His teachings could be summed up in three expressions; "Bear with" "The here and now" and "That's the way it is." I have found these really useful while here, muddling along as one does, without much of the language, all sorts of situations arise where the only course of action is to 'bear with'.

While in terms of Dhamma practice, if you want to study 'Buddhism' as such, Thailand would be a better option (especially for the weather!) or Sri Lanka. But what has resonated most for me in Ajahn Sumhedo's teachings is that there are no special conditions required to study Dhamma. It is here and now. It has been the most challenging situations that provide the most beneficial situations to contemplate "the way it is".

The buses, for example. Or waiting in line. Or trying to be understood.

Each morning, I walk past the vendors, wrapped up like mummies, selling their steaming dumplings. The circles of seniors, up at the crack of yawn, silently focused on their Tai-chi. The extraordinary kindness of complete strangers that anyone who has travelled in Asia experiences. This is all good fuel for reflection.

At the local supermarket, music is played on crackling speakers and spontaneous ballroom dancing happens in the car park out front. Groups of ladies, laughing away, heads wrapped in scarves, slowly waltz arm in arm on the icy concrete. It's very hard not to be moved by it in some way that helps with practice

I leave you with this snapshot of China, where I am "learning to bear with", but not to avoid challenges, seeing their "rise and cessation", inspired greatly by local fortitude.

I have been following the floods at home here and the locals keep kindly asking me "Is your family ok?" There is always someone worse off, isn't there.

www.dhammatalks.org.uk

Rod McDonald, member of the society, is currently teaching VCE English in Jiangsu province.

A MEMBER'S PHOTOGRAPHS FROM CHINA



MITACINTI JATAKA 114

This Jataka tale was included in the last newsletter and is reproduced again with the addition of the Dhamma School instructions for making a model of the fish!

Once upon a time when Brahmadata was reigning in Benares, there lived in the river of Benares three fish, named Appacinti (thoughtless), Bahucinti (over thoughtful) and Mitacinti (thoughtful).

These three fish went downstream from the wild country to where men lived. Thoughtful said to the other two, "This a dangerous and perilous neighbourhood, where fishermen catch fish with nets, basket traps and other things. Let us go back to the wild country again." But so lazy and greedy were the other two fish, that they delayed going back day after day until three months had passed.

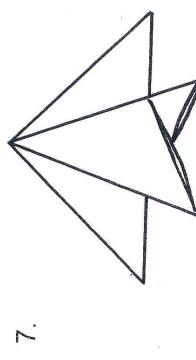
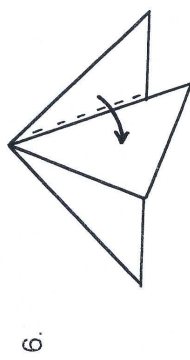
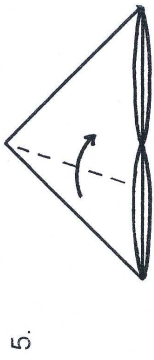
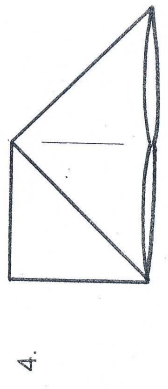
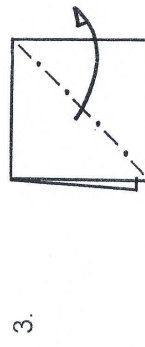
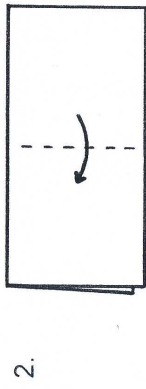
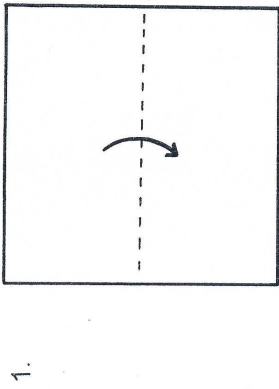
One day some fishermen cast their nets into the river, and Overthoughtful and Thoughtless, who were swimming on ahead in search of food, blindly rushed into the net. Thoughtful, who was following behind, saw what happened to the other two.

"I must save these lazy fools from death," he thought. So first he dodged round the net, and splashed in the water in front of it like a fish that has broken through and gone upstream. Then doubling back, he splashed about behind it like a fish that has broken through and gone downstream.

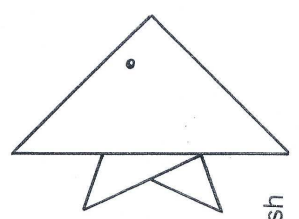
Seeing this, the fishermen thought the fish had broken the net and swam free so they pulled it in by one corner and the two fish escaped from the net into the open water again. So the two fish owed their lives to Thoughtful.

ORIGAMI FISH

You will need one piece of origami paper or perfectly square coloured paper.



Add an eye



Completed fish

SANGHAMITTARAMA THERAVADA NUNS' MONASTERY

Sanghamittārāma provides a supportive living environment for bhikkhunis to practise and grow on the Path to Awakening. It is the first residence for ordained Buddhist women in the Theravada tradition in Victoria.

Presently residing at Sanghamittārāma are Venerable Atapi Bhikkhuni and Venerable Dhammananda Bhikkhuni.

Venerable Atapi Bhikkhuni, who is of Sri Lankan background, arrived at Sanghamittarama from the Perth nuns' monastery, Dhammasara, in March 2008 and we are very fortunate that she is still in residence. She provides valuable continuity of knowledge of the operations and organisation of the Ārāma and on-going spiritual support and guidance to the community.

Venerable Dhammanandā Bhikkhuni, who is of Vietnamese background, has recently returned to Sanghamittarama from Santi Forest Monastery in NSW. She is a very welcome visitor to Melbourne.

Our vision is to create a secluded residence for women following in the footsteps of the Buddha and his foster mother Mahapajapati Gotami, Sanghamitta, and many other great arahat bhikkhunis, whose system of training is still available for women's true emancipation.

We envision a centre which offers:

- Training for Buddhist women who are ordained or intend to ordain
- Support for the life of women monastics
- Facilities for lay women to practise temporarily

Our long-term goal is to establish a forest monastery outside Melbourne, a quiet and delightful ārāma, an environment conducive to mental cultivation.

*Driven only by fear,
do men go for refuge to many places-
to hills, woods, groves, trees and shrines.*

*Such, indeed, is no safe refuge;
such is not the refuge supreme.
Not by resorting to such a refuge
is one released from all suffering.*

*He who has gone for refuge
To the Buddha,
His Teaching and his Order,
Penetrates with transcendental wisdom
The Four Noble Truths –
Suffering
The cause of suffering,
The cessation of suffering,
and The Noble Eightfold Path
leading to the cessation of suffering.*

Dhammapada, 188–191

AGM DATE

The Annual General Meeting of the Buddhist Society of Victoria will be held at the Buddhhaloka Centre - Hall, 73 Darling Road, East Malvern, 3145 on:

SUNDAY 3RD APRIL, 2011 AT 12.30 PM.

The matters under consideration at the Annual General Meeting (AGM) are very important to the Society. Hence, all Members are requested to attend.

ELEGIBILITY TO VOTE

Honorary Members & Ordinary Financial Members of not less than two (2) years standing are entitled to vote.

SUBSCRIPTIONS

To be eligible to vote at the AGM, Members must be Financial. In the past many Members have chosen to renew their Membership subscriptions on the day of the AGM. In order to minimise delays to the AGM, everyone is encouraged to renew the Membership NOW.

VOTE ALLOCATION TO ELIGIBLE MEMBERS

1. Every Honorary Member one (1) vote
2. Every Ordinary Member one (1) vote
3. Ordinary Family Members one (1) vote for the family.

AGM - AGENDA & MOTIONS

Motions (if any) by the Committee to the AGM will be circulated closer to the actual date. An agenda incorporating all Motions will be made available prior to the meeting. Members wishing to submit any Motions to the AGM in accordance with the Constitution Clause 17 (xxiii) j (j), are requested to give prior notice in writing to the Honorary Secretary, not less than seven (7) days prior to the date of the meeting.

NOMINATIONS FOR THE OFFICE BEARERS / COMMITTEE

In accordance with the Constitution only Financial Members Eligible to Vote may: Stand for election to the Committee, or as Office bearers of the Society; Nominate or second a candidate for the purposes of such election. Written nominations are required to be submitted for the election of the Committee not less than fourteen (14) days prior to the Annual General Meeting, i.e. by 20th March 2011. Duly completed nomination forms are to be handed over to the Honorary Secretary on or before this date.

PROXY APPOINTMENTS


A Member entitled to vote may appoint another Member in writing as a Proxy to vote. Proxy forms will be made available from 13th March 2011. Please have these duly completed proxy form hand over to the Honorary Secretary not less than two (2) days prior to the election (i.e. by Fri 1st April).

GARY DELLORA HONORARY SECRETARY BSV

28TH JANUARY 2011

SANGHAMITTARAMA

40 Chesterville Drive, East Bentleigh, VIC 3165

 (03) 9579 0450

www.Sanghamittarama.org.au

Program – February / March

(check the web page for recent updates)

Chanting and silent meditation

Every Thursday and Saturday, from 7:30 pm to 9:00 pm

Chanting, meditation with guidance and Dhamma teaching

Every Friday, 7: 30 pm

Meditation day

Every last Saturday of the month, from 8.00 am to 5.00 pm

8:00am Possibility to take the Eight Precepts; Paritta chanting

9:00 am Guided meditation

10:00am Walking meditation

11:00 am Dana (almsgiving to the bhikkhuni Sangha and sharing food with everyone)

12:30pm Dhamma Reflections followed by walking meditation

1:30pm Sitting meditation

2:30pm Walking meditation

3:30pm Tea Break

4:00pm Dhamma discussion

5:00pm Sharing of merits and closing

BSV and Sanghamittarama Young Adults Group (Dana and Guided meditation)


Every first Saturday of the month, at 10:30 am

Meditation and Dhamma teachings for the Young (age over 18)

Every second and fourth Sunday of the month, at 7:00 pm

BUDDHALOKA CENTRE

71-73 Darling Road, East Malvern, VIC 3145

 (03) 9571 6408

www.bsv.net.au

Regular Program – February

(check the web page for recent updates)

Tuesday	7:30pm-9:00pm	Meditation for beginners and experienced meditators. <i>Instructional tapes will be played in the absence of a teacher.</i>
Thursday	7:30pm-8:30pm	The Meditation Hall will be open for silent meditation. <i>Sayadaw U Pandita will be away until 03rd February 2011.</i>
Sunday	8:30am-9:30am	Silent meditation
	9:30am-10:30am	Dhamma talk (audio/video) followed by communal lunch <i>Children's Dhamma School 9.30-10.30am during school term.</i>

Forthcoming Events

We are expecting Bikkhu Buddharakkhita from Uganda (see 'stop press' and article) to join the BSV at the end of February for a 2 month stay. We hope Bikkhu Buddharakkhita will be available on Tuesdays and Sundays for meditation and Dhamma talks.

Buddhaloka

The newsletter of the Buddhist Society of Victoria



The Buddhist Society of Victoria (BSV) is a centre for the learning and practice of Buddhism in Victoria, Australia. The BSV conducts regular meditation classes and retreats, and facilitates talks given by monks, nuns and respected lay teachers.

ALL TEACHINGS AT THE BSV ARE FREE AND OPEN TO EVERYONE.



Buddhāloka
LIGHT OF THE BUDDHA
Newsletter of the Buddhist Society of Victoria

POSTAGE PAID
AUSTRALIA

Buddhist Society of Victoria, Inc, A0023538B