



Buddhāloka

L I G H T O F T H E B U D D H A

Newsletter of the Buddhist Society of Victoria

Volume 14 No. 27

Autumn 2010 / 2554

AGM 2010 - Report from the President↓

2009-2010 has been a busy year for the BSV. We had a full calendar of activities dedicated to Dhamma teachings and discussions, instructions in meditation and retreats provided by the resident Bhikkhu Ajahn Ariyasilo, visiting Bhikkhus and the lay teachers. The hall and the new library were utilized very well during this year.

The Sangha

Ajahn Ariyasilo arrived at the BSV in May of 2009 and he is likely to stay until the middle of 2010. We sincerely hope that he is able to return to BSV sometime after the Vassa. His compassion and willingness to teach has brought new energy to the BSV. His regular program included Tuesday evening meditation and Sunday morning Dhamma talks. During the last Vassa, in addition to his regular program, he conducted Sutta readings and had meditation and chanting on some weekends. He also conducted an in-house retreat during the last week of December 2009. From next week he will also be available, on Wednesday evenings, for silent meditation followed by a short Dhamma talk.



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Ajahn Brahm, our spiritual advisor, once again visited the BSV for the Vesak program from the 16th to the 19th of May 2009. He gave two public talks at the Monash Religious Centre on the 17th and 18th and on the 19th the public talk was given at the BSV. He conducted in-house meditation retreats on the 18th and 19th and all these activities were very well-attended, as usual. Ajahn was extremely kind in offering necessary advice to the Committee on important matters.

Ajahn Sucitto, from the *Chithurst Monastery* in England, visited the BSV in November of 2009. He hosted an in-house retreat from Nov 27th-Dec 1st.

Sayadaw U Lakkhana, a Burmese monk, led a 7 day meditation retreat starting the 10th of December at Maitripa Contemplative Centre at Healesville.

Sayadaw U Pandita, the resident monk of the *Dhammasuka Meditation Centre* in Springvale, continued to provide Thursday evening guided meditation sessions at the BSV.

Ajahn Sujato, also visited the BSV when he was in Melbourne for the World Parliament of Religions conference.

Ajahn Dtun conducted a very successful meditation retreat from the 12th-21st of March of 2010 at Forest Lodge in Anglesea. He also gave a Dhamma talk on the Tuesday, March 23rd, to a well-attended

gathering of devotees at the Buddhāloka Centre. Ajahn Dtun is a respected Thai meditation teacher and has been a bhikkhu for over 29 years, originally training under Ven. Ajahn Chah.

The BSV had the pleasure of sponsoring a public talk by **Ajahn Sumedho** on the 16th of December at the Monash Religious Centre which was well-attended.

Ayya Sucinta was teaching regularly on Sunday mornings at the BSV until Ajahn Ariyasilo arrived in May of 2009.

Bhante Buddharakkita has kindly accepted the Society's invitation to spend the Vassa this year at the vihara in East Malvern. He was born in Nigeria and trained under Bhante Gunaratana in the United States.

Sanghamittarama Bhikkhuni Vihara

Ayya Sucinta, left Sanghamittarama in January 2010 and after spending some time in the nun's monastery in Perth she returned to Germany. We are grateful for the enormous amount of work Ayya has put in for the establishment for the Bhikkhuni Vihara and the dedication to its success. We thank her for the many Teachings she has offered both at Sanghamittarama and at Buddhāloka Centre. Before she left in January, she participated in the Buddhist Summer School at Melbourne University and she has recently contributed to a conference in psychology and Buddhism in Healesville at *Maitripa Contemplative Centre*. We wish her well for the next year and we also hope that she will be able to return to *Sanghamittarama* sometime in the future.

Ayya Athapi, who received Bhikkhuni ordination on January 15th of 2009 in Nagpur, India, is permanently residing at Sanghamittarama. She conducts guided meditation and chanting on a regular basis and is also involved with Dhamma teachings for children once a month. She also visited Buddhāloka Centre on a few occasions for guided meditation.

Ayya Dhammanandā, who first ordained as a Mahayana nun in 1994, is a Theravada bhikkhuni for the past 6 years. After spending her last 4 years in Sri Lanka earning her PhD, she came to Australia to train under Ajahn Sujato at the *Santi Forest Monastery*. In March of this year, she took residence at the *Sanghamittarama* and we hope her knowledge and enthusiasm will invigorate the activities of the Bhikkhuni Vihara. She has indicated her desire to have regular Dhamma talks on Saturdays at the Buddhāloka Centre for Vietnamese-speaking Theravada devotees.

I would like to mention, at this stage, that *Sanghamittarama* is a self-funded Bhikkhuni centre supported by the BSV. The funds received from the generous supporters of the Bhikkhuni Vihara have been sufficient to provide for the day-to-day needs of the bhikkhunis and the maintenance of the residence.

Retreats

Five residential retreats were held last year under the auspices of the BSV.

1. The two-day in-house retreat, led by Ajahn Brahm, in May.
2. The five-day in-house retreat, conducted by Ajahn Sucitto, in November at the Buddhāloka Centre. His emphasis at this retreat was the relevance of the teachings on Kamma in the practice of meditation, mental action that helps to terminate some of the unconscious habitual mental activities such as worry, anxiety, frustration that adds to the suffering of beings.
3. The retreat conducted by Sayadaw U Lakhana at the *Maitripa Contemplative Centre* from 10th December to 16th December. Silence was very easily observed as the meditation instructions were made very clear each evening by the Sayadaw and were ably translated for the many non-Burmese people present. Sayadaw is a highly respected practitioner and teacher of the Mahasi meditation method. We thank Lydia Brown for organising the day-to-day running of the retreat and Nandene Rajapakse who volunteered to do the cooking.

4. The in-house retreat at the Buddhāloka Centre between Christmas and New Year conducted by Ajahn Ariyasilo. New Year's Eve Ajahn led a celebration bringing in the new year which included paritta chanting close to midnight.
5. Ajahn Dtun conducted a retreat from March 12th to 21st at Anglesea. This retreat was attended by many bhikkhus as well as lay persons.

The BSV was also able to arrange few retreats, during this year, conducted by experienced lay meditation teachers. Sally Clough, from California, held a day retreat this year on 13th March at the Buddhāloka Centre on the theme of "Making Friends with the Mind." Yesterday, we had a day retreat by Jason Siff on the theme of "Samadhi". Jason also gave a talk on Friday evening on "Recollective Awareness Meditation."

Vassa and Katina Celebrations

Ajahn Ariyasilo observed Vassa at the Buddhāloka Centre. During this period he offered a generous teaching program as mentioned previously. Katina was celebrated on Sunday, 18th October and a big crowd of 100-150 members and friends took part in the traditional offering of a robe to Ajahn and listened to Ajahn's paritta chanting and short Dhamma talk on the life of a renunciant and the tradition of robe-giving at the end of the Vassa.

Other BSV Matters

Library:

I would like to thank the librarian, Yasmin Moore, for organizing and running the library in an efficient manner. The library has a number of books and CDs for borrowing and reference. Library space was well-utilized during the Vesak, where the overflow of devotees could see and listen to Ajahn Brahm with audio-visual aids. This space has been used for Sutta discussions and for the Sunday Forum.

Dhamma School:

The Dhamma School is becoming more popular and this also gives an opportunity for the parents to listen to the morning Dhamma talk on Sundays while the children are attending the Dhamma School. I'd like to thank the Sunday school's coordinator, Suzanne Palmer-Holton, and Trevor Holton and Gary Dellora, for their dedicated efforts to teach our young children about Buddhist history and values. On Friday the 29th of May, the Dhamma School presented their annual play at the Glen Waverley Community Centre and the funds raised were donated to the Buddhāloka Centre and *Sanghamittarama*. The Dhamma School children made cards for Vesak and offered the cards for sale at a stall during the celebrations.

Fundraising Dinner:

A food fair was held on the 13th of June, 2009 as a fundraiser for both BSV and *Sanghamittarama*. The Food Fair made over \$5,000 and we thank those who provided food and their assistance on the day.

Sunday Forum:

We held the first meeting of the Sunday Forum on November 1st, 2009, in the BSV library hall. These interactive sessions discuss Buddhist topics as well as other ethical and moral themes. Our intention is to have these sessions once a month on a Sunday from 12:30pm to 2pm. The past forum discussions were led by Dr. Padmasiri De Silva, Dr. Sathis Wimalajeewa and Dr. Grandville Dharmawardna and they were popular and well-attended.

Buddhist Council of Victoria (BCV):

BSV has a representative in the Buddhist Council and we support the BCV school teaching program with a regular donation. In September, BSV members had a sweet stall at the food fair on 26th September at the St Kilda Town Hall and raised about \$600 to donate to the BCV.

Newsletter:

Buddhāloka is published quarterly. David Cheal has been editing this newsletter for some time and I thank him for the enormous effort he has put into the publication. The newsletter is also available online. We welcome members to submit articles of interest on Buddhist matters to the newsletter.

BSV Webpage:

I would like to thank the current webmaster, Peter Lee, for managing webpage, who has taken over this task from Joni Gani.

Korean Buddhist Group:

BSV has offered the BSV hall to the Korean Buddhist Group to conduct their religious activities once a month. We were very pleased to offer the hall to the Korean Buddhists who had no proper facilities in Melbourne.

Building and Grounds:

One of our members, Pynfui, has taken a keen interest in maintaining the gardens of the BSV. Her plantings and pruning have enhanced the property hugely. We also thank Bala for regularly mowing the lawns. Ajahn Ariyasilo has taken a personal interest in keeping the front garden near the Buddha Rupa neat and tidy. The hall is kept nice and tidy thanks to those who have volunteered their time to the cleaning roster. I would also like to thank those members who attend the regular Working Bee sessions. Recently, we raised the car park gate to enable tall vehicles to enter the car park. The car park needs resurfacing and this will be a task for the new committee in the coming year.

Thank You

I would like to thank the Committee for the hard work each one of them has put in throughout the year. We have two members leaving the Committee this year. Our committed Secretary Sarath Weerakoon, we thank for his dedicated work to the Society and we hope he will rejoin the Committee again. I would also like to thank our Treasurer, Judy la Brooy, for looking after the finances of the Society we hope to see her back in the Committee sometime soon.

The Buddhist Society of Victoria has nearly 300 members, but less than 100 of them have renewed their membership for this year at this point in time. We would like to see a strong membership for 2010-2011 and we encourage those who regularly attend various activities of the BSV to kindly join the Society so that they can continue to enjoy the programs and the facilities. As I have already said, the activities of the BSV have grown tremendously thus demanding a lot of time and effort from the Committee and the few members who are always involved. Therefore, I kindly request the other members to lend a hand, in any way possible, to the over-worked Committee members in running the activities of the Society.

from Dhanajaya Jayasekera, BSV President

AGM 2010 - Report from the Dhamma School

Following the opening of the new library building towards the end of 2008, the school was able to use the new space for the whole of 2009. We have settled in well and become used to the specific acoustics of the building which have improved as more books and furnishings have been installed. We still look in vain for the BSV copies of the Pali Canon that used to grace the library shelves and were a useful resource for the school. The number of students who attended the Dhamma school at sometime during

2009 was 63. This was an increase of 13 from the previous year. Note that in the previous year we had increased by 8, so you see that the actual increase is itself increasing!

Over the whole year we gave a total of 31 Dhamma lessons. This does not include the extra time spent rehearsing the series of plays. The average attendance over the whole year was 26 children per week. The largest number who attended at any one time was 36. This was the third week of the school year, March 1st. It interesting to see that that the lowest attendance was immediately following the Dhamma Play performances when only eleven children attended on June 7th. Perhaps the children were tired after their stage performances, or perhaps the winter weather was responsible!

We are continuing to divide the school into three classes according to their school grades. At present this divides the children so that the secondary school children are in the oldest class and the primary school children are divided between the other two classes – Suzanne specializing in the very young children.

In 2009 the Dhamma school children were involved in card making for Vesak as well as the preparation and performance of a series of plays. This time, at the president's suggestion, the direction was taken over by the school itself. Three short plays were produced, relating to the three different classes. The performance was enjoyed by all those who attended as well as those who took part. A review of both of the above activities appeared in the Buddhāloka newsletter.

Plays for this year's Vesak are under production and will be performed on 29th May.

Term one has already concluded this year and we have given 5 lessons and 34 students have attended. We still cater for a very wide geographical distribution.

from Suzanne Palmer-Holton

AGM 2010 - Report from the Library

The space created in the new Library has been used for a variety of functions in 2009, namely Sunday forums, accommodate the overflow of visitors during Vesak and other major events, BSV committee meetings, a quiet place for meditators during day meditation retreats and last but not least the Sunday school - for teaching and as a stage for play rehearsals.

The Library collection continues to grow. The backlog of cataloguing during the renovations is slowly beginning to decrease. In total 95 books were catalogued in 2009.

In 2009, Dr Mendis retired from his duties managing the audio visual collection. Bich has taken over this position and is currently updating the labelling of the collection and continues to process and catalogue new material.

New shelving has been ordered to house the Reference and Children's collections and an additional shelving unit for our ever expanding CD/DVD collection. The new shelving will be installed by May 2010.

Book, DVD and CD sales

\$2990 was raised in sales in 2009. We also collected \$1451 in donations for books available for free distribution. We hope to order more free books from Taiwan later this year.

Library sub-committee

Shane and Rohan assisted in opening the Library on Tuesdays and Thursdays in 2009. Their invaluable support is much appreciated. I hope to get more volunteers to assist with library operations in 2010.

Sunday Forums at the Library

Three forums were held in 2009, beginning with "Near death experience" by Gerald Frape, "The nature of emotions & techniques for managing negative emotions : a Buddhist perspective" and "The place of

body in emotional experience & meditative insights” by Professor Padmasiri de Silva. All forums were well attended and were followed by lively discussion. We hope to continue the forums in 2010.

Conclusion

I wish to thank Dr Mendis very sincerely for the many years he managed the Audio visual collection in the Library. We are forever grateful for his service. I am indeed fortunate to have Bich who has taken over the reins. She works tirelessly maintaining this popular collection. Heartfelt thanks to volunteers who assisted at the Vesak Bookstall and generous donors for their continued support with the new Library.

from Yasmin Moore, Librarian, BSV

DRAFT MINUTES of the ANNUAL GENERAL MEETING

Sunday 28th March 2010

The President Dr.Jayasekera opened the meeting. There were over 23 eligible voting members present [as well as a number of proxies], thus there was a quorum in terms of Constitution article 17[xi].

Apologies: Dr.Priya Mendis [note read out later during the meeting]

The Minutes of the AGM 5th April 2009 were circulated, accepted and tabled.

Proposer: Dr.Metta Muniratna, seconded Prem Nawaratne

Special Resolution for establishment of a nun’s monastery

The amended resolution was not put for discussion as Jinanie pointed out sufficient notice not given for it. Discussion and vote on the original Resolution with amendment deleted proceeded.

Results of the vote [including proxies]: 24 in favour, 19 against, one informal, so the resolution was not carried as three –quarters majority were needed in favour for the motion to be carried.

The President’s report was read, presented and tabled

The BSV’s representative on the Buddhist Council of Victoria [Helen Richardson] was invited to give an account of her activities with the Council. She accepted the post for another year.

The treasurer’s report and auditor’s report were presented by Judy La Brooy, accepted and tabled

Proposer: Prem Nawaratne, seconded: Jinanie De Silva

The Sunday Dhamma School annual report was presented by Suzanne Palmer-Holton, and tabled.

The Librarian’s report was presented and tabled by Yasmin Moore

Election of Office Bearers 2010 proceeded, and Satish Wimalajeeva temporarily took the chair for this. There were 9 nominations and nine committee positions so all were elected uncontested. Prem Nawaratne had been nominated before the meeting as Secretary, but due to health issues he declined the position and Gary Dellora was nominated from the floor as Secretary, and accepted and Prem accepted a non-office-bearing role as a committee member.

Position	Nominee	Proposer	Seconder
President	Dhananjaya Jayasekera	Cora Thomas	Ngoc Bich Huynh
Vice President	Cora Thomas	Dhananjaya Jayasekera	Padmini Perera
Secretary	Gary Dellora	Cora Thomas	Judy La Brooy
Treasurer	Swee Kiew (Alice) Chin	Judy La Brooy	Cora Thomas
Committee	Padmini Perera	Ngoc Bich Huynh	Alice Chin

	Ngoc Bich Huynh	Padmini Perera	Alice Chin
	Prem Nawaratne	Dr.Jayasekera	Sarath Weerakoon
	Chin Look Tan		
	Mala Gamage	Alice Chin	Dr.Jayasekera

There were no questions without notice.

Ajahn Ariyasilo offered a blessing to conclude.

Sangha

Ayya Dhamma Nanda is now in residence at *Sanghamittarama*, following an invitation from the Committee.

Bhante Buddharakkita has kindly accepted the Society’s invitation to spend the Rains retreat this year at the vihara in East Malvern.

At an earlier date, Jason Siff led a Saturday of practice of Recollective Awareness in meditation, where he encouraged us to monitor and closely recall our experiences and observations mindfully following our formal sitting meditation. We thank him and the organizers for this retreat day also.

from Committee member Gary Dellora

Forthcoming Retreats

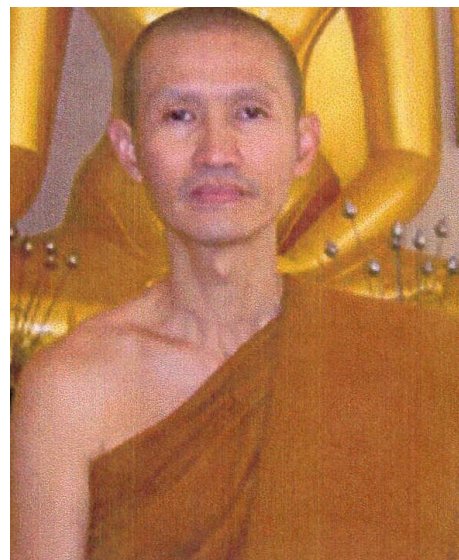
Ajahn Dtun Retreat

Past Retreats

From 12th to 21st March BSV and other yogis were privileged to receive Teachings at a meditation retreat led by Ajahn Dtun (below), a meditation master invited from Thailand by Dr.Priya Mendis.

Lay Retreat Teachers

In mid April 2010 BSV members and others were treated to a 2-day retreat[titled right speech, wise relationship] led by Gregory Kramer and Mary Burns [a Dhamma psychotherapist]. The topic was Insight Dialogue, upon which Gregory has a book published. He has been a monk before, and is founder of *Metta Foundation* [metta.org], a non -profit Dhamma Foundation.



A much neglected area of our lives is Right Speech, and by interweaving formal meditation practice with very mindful short dialogues on Dhamma topics infused with loving-kindness and wisdom, it is possible to see more clearly the clinging to all forms of “self” causing suffering and help to let this go. Steps in right speech with insight dialogue are helped with the aphorisms: pause, relax, open, trust emergence, listen deeply and speak the truth. At the retreat, participants donated over \$350 to the BSV. We are very grateful to the Teachers for their many kindnesses and to the organizers of what was a very deep and fruitful experience for all.

The gum trees and wallabies added icing to the cake as far as the venue at Coastal Forest Reserve Anglesea went. An interesting ironic interlude occurred for a few days when the adjacent field was used as a re-fuelling depot for half a dozen large water-bearing helicopters when a DSE slow -burn in the heathland got out

of control. [As they ascended one wit said “Elvis has left the building”!] Yogis had a chance to send metta to animals suffering during the fire. Monks and others adopting silent low technology lifestyle were serenely reminded by the Ajahn to not allow their minds to be shaken by the vibrating meditation hall.

All the attendant Sangha of monks and nuns were greatly inspiring examples for the lay yogis. Many written questions [seemingly an inexhaustible supply] were answered by Ajahn, just as inexhaustibly, with much smiles and laughter from all. The accompanying Thai entourage were helpful and cheery and we thank them, as well as donors, sponsors etc. The retreat was very well attended and we have a debt of gratitude to Ajahn and hope to see him soon back for his inspiration, wisdom and compassion.

Also to be thanked are the cook Yong Kooi and assistant for his delicious, healthy meals and especially to Michael Wells for organizing the retreat.

Sadhu!Sadhu!Sadhu!

from Committee member Gary Dellora

Workshop with Bhikkhu Buddhagavesi 24th April

I am so glad I came to what I had expected to be a retreat on Saturday 24th April at the BSV. I was a little tired that morning so not so enthusiastic about coming to the temple... As it transpired it was actually a workshop of ideas and the Teachings we were offered by Bhante and the discussions we were able to have were extremely valuable.

The main theme centred on perception and how perception is “I” and the cause of all experiences – for example, it forms our likes and dislikes and our expectations. We also talked about how in our lives such and such happened “because....because.....because....” all of them perceptions. It is not difficult to see such perceptions within ourselves and it is these that cause us so much suffering. Bhante explained how mental and physical illness are caused by our perceptions.

During a most interesting discussion about depression Bhante suggested that this pain is caused by there being too many dislikes in our lives and too many expectations. Again perception at work! He put forward to us the idea that we actually choose our own memories, which are past perceptions and these remain stuck in our conscious and sub-conscious. Sometimes it is very difficult to be free them. That which is stuck in our memories is our kamma, often negative.

He asked us to offer metta meditation to our mothers during a short meditation period and suggested we actually make a transaction with her during which we say that we are sorry for blaming her for negative experiences. Of course she accepts our apologies. Sibling rivalries also are very prevalent and can be reduced or freed from or memories in the same way. Bhante emphasized the necessity of the transactional nature of this metta meditation if we wish to free ourselves from suffering and depression. His final message was that we need to step away from our perceptions and train the mind by examining our likes and dislikes in the light of the Four Noble Truths.

This is a brief summary which leaves out much and does not do justice to the day’s activities. I know that many others also found this workshop inspiring. One newish member of the BSV remarked straight after as the workshop ended “*The good old BSV does it again!*” We’d like to invite Bhante for a three-day retreat and workshop next time!

from Vice-president Cora Thomas

From the Committee

Library works – The bookshelves in the Library are to be extended soon.

Video Camera – The Committee approved the purchase of a video camera (at a cost of around \$800) to be used for recording Dhamma events at the vihara.

UN Vesak Day

The annual celebrations are scheduled for 22nd May this year at the Melbourne Town Hall.

from Shaun Wong

Memberships

A reminder that membership was due by the AGM which was last month. Please, if you haven't paid do so as quickly as possible. Even if you only come to the BSV occasionally to hear a specific Teacher or take part in a particular retreat, the present situation is that we can offer such attractions for you to choose from. Unless we can keep up our membership it will be impossible to bring to the BSV such a wide range of excellent Teachers and we might have to reduce the rich variety of spiritual offerings. Insurance alone at the BSV costs about \$4000 each year which is about one third of our annual membership takings.

It would be wonderful if others who come to the BSV and are not yet members would consider joining. We can all take delight in such an action as it ensures the safe continuation of the Buddha Dhamma for all.

from Vice-president Cora Thomas

Pali for Daily Reflection

A Pali Word a Day by the Mahindarama Sunday Pali School is a publication of the Buddha Dharma Education Association Inc. It aims to assist new Buddhist students who are unfamiliar with some of the Pali words often used in Buddhism. An example excerpt follows –

Cakḅka – ... a wheel

The *Dhamma Cakḅka Pavatthana Sutta* (the discourse to set in motion the Wheel of Dhamma) teaches us the Four Noble Truths. It forms the basis on which the system of Buddhist philosophy was founded.

1. The Noble Truth of Suffering (*Duḅḅha*).
2. The Noble Truth of the Cause (*Samudaya*) of Suffering - that is, Craving (*Taḅhā*).
3. The Noble Truth of the Cessation (*Nirodha*) of Suffering – the attainment of Non-rebirth (*Nibbāna*).
4. The Noble Truth of the Path Leading to the Cessation of Suffering – *Āriya*

Aḅḅhagika Magga (the Noble Eight-fold Path).

The first Truth is to be comprehended while the second one is to be eradicated. The third one is to be realized and the fourth one is to be developed.

The Noble Eightfold Path, also known as the Middle Way (*Majjhima Paḅipadā*), is the method of avoiding the two extremes: Self-mortification that weakens one's intellect and self-indulgence that retards one's moral progress.

It consists of the eight Right Factors folded together for one to proceed in his journey of Truth and Liberation.

extracted from A Pali Word a Day – A selection of Pali Words for Daily Reflection pub. Buddha Dharma Education Association Inc, email <bdea@buddhanet.net>

New Members

The following new members are welcomed to the Society –

John Bright

Domenico Gaetano

Jayadi Inneke

Kumar Kanda

Jen Shaun Wong

We hope they find that the Society is of real assistance in aiding their understanding of the Dhamma and of the value in permitting the Dhamma to guide our daily lives.

As from a heap of flowers many a garland is made. Even so many good deeds should be done by one subject to birth and death.

Dhammapada 53

The *Dhammapada* ('Words of Truth') is a collection of 423 verses in Pali, uttered by the Buddha on some 305 occasions for the benefit of

all. The stories about the circumstances in which the verses were uttered were added by the commentator Buddhagosa in the 5th century CE. It is generally believed that most of these stories associated with each *Dhammapada* verse have been handed down orally for generations since the days of the Buddha. The Buddha's teachings were not committed to writing until more than 400 years after his *Mahā Parinibbāna* (passing away).

Copies of the *Dhammapada* are available for loan or purchase from the library. We have also received many boxes of books for free distribution from *The Corporate Body of the Buddha Educational Foundation* of Taiwan, including copies of the *Dhammapada*. Contact our librarian, Yasmin, if you'd like a copy.

The scent of flowers cannot go against the wind; nor the scent of sandalwood, nor of tagara, nor of jasmine; only the reputation of the virtuous ones pervades in every direction.

There are the scents of sandalwood, tagara, lotus and jasmine; but the scent of virtue surpasses all scents.

Dhammapada 54 & 55

This edition of *Buddhāloka* was edited by David Cheal. The views contained within do not necessarily reflect those of the Buddhist Society of Victoria. We welcome member contributions to the newsletter of the Society. These may include news of events, personal news, accounts of trips or retreats, happenings around the temple or comment on Buddhism as it unfolds in Australia or elsewhere. If you would like to make a contribution, please leave it in the library at the BSV or email it to the Society. Electronic contributions on disk or CD are particularly easy to incorporate, but typed or hand-written contributions are also welcome. The Newsletter is published quarterly. Deadlines for contributions are the end of the first weeks in July, October, January and April.

Vesak Celebrations

to commemorate the birth, enlightenment and death of the Buddha

Program – Sunday 16th May 2010

- 8:00 am - Taking of Precepts (five or eight)
- 8:30 am - Meditation
- 9:30 am - Dhamma talk by Ajahn Brahm
- 10:15 am - Buddha Puja (offering of flowers and incense)
- 11:00 am - Offering of Dana to the Sangha
- 11:30 am - Community lunch in the dining area. Eight preceptors served first.
- 12:30 pm - Meditation
- 2:00 pm - Dhamma discussion and meditation with Ajahn Brahm
- 3:30 pm - Afternoon tea
- 4:00 pm to 5:00 pm - Dhamma discussion with Ajahn Brahm

8:00 pm - Dhamma talk by Ajahn Brahm at Monash Religious Centre, Clayton



↑ Ajahn Brahm at Vesak

In-House Day Retreats conducted by Ajahn Brahmavamso

Program - Monday 17th May 2010

- 8:00 am - Meditation
 - Meditation Instructions
 - Short Break
 - Questions – Discussion
- 11:00 am - Break for offering of Dana
 - Lunch for participants
- 12:30 pm - Meditation
 - Meditation instructions
 - Short Break
 - Questions – Discussion
- 3:00 pm - Tea
- 3:30 pm - Meditation
 - Meditation Instructions
 - Short Break
 - Questions – Discussion

8:00 pm - Dhamma talk by Ajahn Brahm at Monash Religious Centre, Clayton

Program - Tuesday 18th May 2010

- 8:00 am Meditation
 - Meditation Instructions
 - Short Break
 - Questions – Discussion
- 11:00 am Break for offering of Dana
 - Lunch for participants
- 12:30 pm Meditation
 - Meditation instructions
 - Short Break
 - Questions – Discussion
- 3:00 pm Tea
- 3:30 pm Meditation

Meditation Instructions

Short Break

Questions – Discussion

8:00 pm - Dhamma talk by Ajahn Brahm at BSV (Buddhāloka Centre, 73 Darling Road, East Malvern)

Activities at Sanghamittarama

Dear Friends of Sanghamittarama

We welcome Ayya Dhammananda to Sanghamittarama very warmly and we hope that she will stay with us for a long time. Ayya Dhammananda is not new to us as she has been with us shortly last year during the Vesak month.

Last month we had a visiting nun staying with us who is Samaneri Khema Sarani before she attended Ajahn Dtun's retreat. She is an Australian nun practising in Thailand.

This year full moon Vesak day falls on the Friday 28th of May. We have our Vesak meditation day on the 29th Saturday the following day after the actual full moon day.

On the 23rd of May we celebrate Vesak at Sanghamittarama and the program is as follows:

9:00 am Welcome

9:15 am Chanting followed by meditation

11:00 am Communal Dana

12:30 pm Dialogue on Dhamma practice in different traditions (as we expect some nuns guests from Mahayana tradition) in English.

2:30 pm Dhamma talk (possibly in Vietnamese) by Ayya Dhammananda in the Shrine room.

Relating stories from the life of the Buddha (for young and children) in English by Ayya Atapi in Summer room.

3:30 pm Closing.

Children's Vesak Evening will be held on the 30th at 5:30 pm, for children and their parents. This program includes circumambulation, chanting and Dhamma stories relating from the life of the Buddha.

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The regular program at Sanghamittarma will be as follows.

Chanting and silent meditation

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

Chanting, meditation with guidance and Dhamma teaching

Every Friday, 7: 30 pm

Sutta discussion

Every first and third Saturday of the month from 4pm to 5.30pm

Meditation afternoon

Every second Saturday of the month, from 2:00 pm to 6:00 pm

- 1:00 pm Meditation instructions are given as needed*
- 2:00 pm Chanting followed by sitting meditation with guidance*
- 3:00 pm Walking meditation*
- 3:30 pm Sitting meditation*
- 4:30 pm Walking meditation*
- 5:00 pm Sitting meditation*
- 6:00 pm Sharing of merit and closing*

Meditation day

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

- 8:00 am Possibility to take the Eight Precepts; Paritta chanting*
- 9:00 am Guided meditation*
- 10:00am Walking meditation*
- 11:00am Communal Dana (almsgiving to the bhikkhuni Sangha and sharing of food with everyone)*
- 12:30pm Dhamma Reflections followed by walking meditation*
- 1:30 pm Sitting meditation*
- 2:30 pm Walking meditation*
- 3:30 pm Tea Break*
- 4:00 pm Sitting meditation*
- 5:00 pm Sharing of merits and closing*

Mediation and Dhamma teachings for Young Adults

Every second and fourth Sunday of the month, at 6.15pm

Dhamma teachings for Children (age 6- 12)

Every last Sunday of the month, at 3 pm

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Mind precedes all mental states

Mind is their chief;

they are all mind-made.

If with an impure mind

*a person speaks or acts,
suffering follows him like the wheel
that follows the foot of the ox.*

*Mind precedes all mental states
Mind is their chief;
they are all mind-made.
If with a pure mind
a person speaks or acts,
happiness follows him
like his never-departing shadow.*

Dhammapada 1,2

From Sanghamittarama, with much metta

Buddhāloka Centre

71-73 Darling Road, East Malvern 3145

tel: (03) 9571-6409

www.bsv.net.au

REGULAR PROGRAM

(check on the web page for recent updates)

- Tuesday 7:30 pm – 9:00 pm Meditation for beginners & experienced meditators with Ajahn Ariyasilo
- Thursday 7:30 pm – 9:00 pm Meditation for beginners & experienced meditators with Sayadaw U Pandita
8:30 pm – 9:00 pm Dhamma talk for all by Sayadaw U Pandita
- Sunday 8:30 am – 9:30 am Silent Meditation.
9:30 am- 10:30 am Dhamma talk
11.00 am Offering of dana to the Sangha followed by a shared meal. All are welcome to enjoy the food brought by members and friends. You may bring some food, as you wish.

The **Dhamma School** is held on Sundays from 9:30 am – 10:30 am during the school term.

For enquiries contact Suzanne Palmer–Holton on 9776 4425

All regular activities of the Buddhist Society are free and open to the general public. Non-members may not borrow from the library and do not have voting rights.



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

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