



One Heart- One Mind

*The Newsletter of the
Association of Engaged Buddhists*

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Meditation & Dhamma Teaching

7.30pm every Monday night.

- Join with others in sitting practice.

7.30pm every Wed night.

- Meditation evenings include a Dhamma talk followed by around half an hour of guided sitting practice. Beginners or more experienced meditators are equally welcome.
- There is no charge for the teachings although donations are welcome as this is Sangha Lodge's only means of support.

Dana Days

Dana Days are held on the first Sunday of each month. Attendees bring food to offer to the Sangha and to share with each other. This is a great way to show respect for the Sangha and enjoy a delicious meal with others in the lay community.

Please note that we must start promptly at 10:30am in order for the Sangha to finish eating by noon. The Next Dana Day will be Sunday 1st September

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On Wellbeing and Generosity

Are you well?

Do you have enough to eat?

Are you living in harmony?

When the Buddha visited his disciples he would sometimes ask these three simple questions. They illustrate beautifully the Buddha's practical concern for the well-being and happiness of his disciples and indeed all living beings.

Well-being is at the heart of the teachings of the Buddha and good nourishment is one very important part of being well.

Developing a middle way in all things includes our engagement with food. When we share a meal or offer a meal to others we are wishing them well and supporting their life. This is the beginning of dana or generosity and practical metta or loving-kindness. The mindful, careful and loving

preparation of food is also an opportunity to practise real mindfulness with good intention. Understanding our dependence on food, appreciating the labour of growers, producers and providers helps to generate real gratitude (Katannu) and illustrates our interdependent nature. The very act of sharing of it can be an act of selflessness.

Inviting another to share a meal is also an occasion for real mudita or joyfulness at the well-being and good fortune of others. At Vejjasala our place of Healing the food we offer is an important part of healing the body heart and mind.

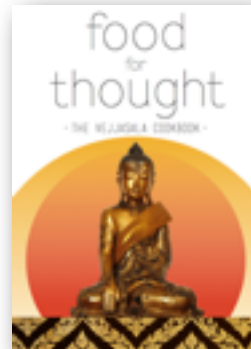
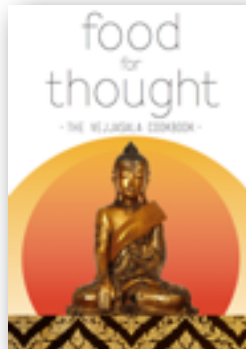
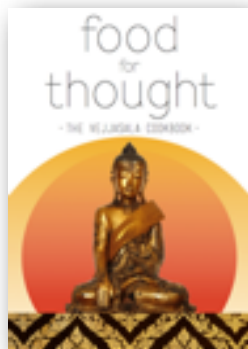
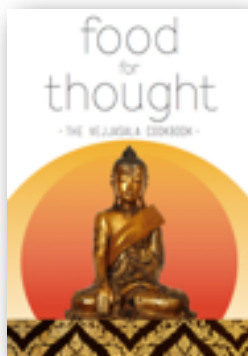
There is great care, generosity, love and joy in this book. May you enjoy partaking of this yourself and may you generously share the spirit of the Dhamma with others.

May all beings be well, have enough to eat and dwell in harmony. May we never cease from making an effort to realise this teaching for all.

This passage is taken from the introduction to the new Vejjasala

Cookbook Food for Thought created by Jan McCarthy (ably assisted by Chris McCarthy!). The cookbook was conceived and developed by Jan as a fundraising vehicle for our retreat centre but also as a practical adjunct to our work at Vejjasala. Chris and Jan look after the preparation and cooking of meals for our retreats and all participants have uniformly agreed about the excellence of their cooking; the cookbook is a way of inviting others to share in and offer some of their excellent cooking at home.

We have just had a wonderful Food Fair at North Rocks in which many many generous people offered their time and expertise to set up, prepare, cook and offer food to the many hungry and appreciative people who attended this year's event. This annual function which is now a fixture on the Associations calendar not only raises essential funds so that the Association can continue its work and activities but also provides an occasion which brings people together to celebrate the



Dhamma and the Associations work in an atmosphere of great happiness, joy and sharing.

The fund raising is of course very important and without it we could not continue our work and activities but it must not be lost of sight of how important the communal aspect of this event is. An enormous amount of effort goes into the planning and execution of the Food Fair. Over the years we have had many fine and wonderful co-ordinators and so many kind, generous and skillful helpers. The first Food Fair many years ago held at Erskineville Public School, was the brainchild of KK & Molly Lim if memory serves me right. This year Alex Lee did a marvellous job of co-ordinating the event with a very gentle but extremely well organised and efficient approach. People really enjoyed themselves in an atmosphere of great mudita and generosity. Music was provided again by Jerry and his wonderful group of musicians and by Bruce and his fantastic accordion.

We were blessed with so many stall holders and their helpers and not to be forgotten are those who so generously set up the hall and stayed behind to do the clean up afterward. The atmosphere was one of great happiness & generosity working together for something good and beneficial for the wider community.

The Association and its friends should be deeply grateful to all those who made such an effort again this. This event is a great example of the Dhamma in action, of very practical metta and karuna and of the wholesome enjoyment and joy which arises from Dhamma inspired activities.

Sadhu and Thank You to all our wonderful friends for this wonderful act of Dana. May all of you be blessed and continue to cultivate such good and wholesome kusala kamma. May you continue to be a source of great joy and happiness for each other and all suffering sentient beings.

At Vejjasala Bruce Chatfield has built a beautiful deck at the rear of the main building which now allows people to sit in the warm sunshine to have meals, enjoy a cuppa, do yoga, read or contemplate the forest before them. This is one of many projects Bruce is so kindly undertaking for us whilst he is staying at Vejjasala. Lindsay Edmonds and his wife Gail have kindly & generously donated the materials needed for the building work carried out by Bruce. Dave Denton has continued his amazing clearing project having just cleared the whole area under our power lines and made the dreaded blackberries tremble at the sight of him! Fran and Ron continue to construct the circuit walking track and contemplation groves throughout the bushland. Noel and Natasha have built a beautiful vermin proof vegetable garden near the front next to the kitchen.

You should make an effort to get down to Vejjasala to have a look for yourself.

Visitors are welcome and helping, willing hands even more so!

With every blessing of the Dhamma,

Bhante Tejadhammo

P.S. Don't forget to order your copy of the Vejjasala Cookbook!

Food for Thought

The Association is pleased to have produced *Food for Thought*, a recipe book written by Jan McCarthy who does the catering for our retreats at Vejjasala.

Food for Thought is an A5 (150X 210 cm) spiral bound book of 128 pages, with many photos in full colour. It features 10 chapters and over 100 vegetarian recipes. All proceeds for the sale of the book go to The Association.

Copies of *Food for Thought* can be bought from Sangha Lodge (see Gus Real or Sue Toohey) for \$25.

You can also purchase copies by mail order. To do this please arrange and electronic funds transfer for \$30 (\$25 for book and \$5 for postage and handling) to the Associations bank account. The details of this are:

Association of Engaged Buddhists
St George Bank
BSB: 112 879
Account number: 131328823

Please put FFT and your full name in the reference box for the transaction and email a copy of the transaction confirmation along with your full postal address to Jan McCarthy at

janmccarthy.1@gmail.com and Cc to kahrenwhite@iprimus.com.au

Alternatively, you can pay by cheque, forwarding this and your full address (printed clearly) to Jan McCarthy, 10 Carysfort St, Blackheath, NSW, 2785.



Food Fair 2013

This year the Association's Food Fair was held at the Don Moore Community Centre, North Rocks because our usual venue was under renovation. Another change for us was that the fair was held on a Saturday rather than our regular Sunday. These changes brought something new for us, but we were confident that our army of supporters and helpers would manage well as most were old hands at doing the things that needed to be done. Saturday dawned as a lovely day and by 8:30 the Centre was a buzz with people setting up tables for stall holders and patrons. By 9:30 patrons were already strolling in and very soon the numbers grew to a stream. Food from all corners of Asia were on sale: Malaysia, Indonesia, Korea, Sri Lanka, in both vegetarian and meat dishes.. Each stall had numerous helpers but even so, they were just able to keep up with demand.

Outside the air was filled with the spicy smells of garlic and chilli as noodles were fried and satays grilled. Both stalls are so popular that experience has taught them to have a system of tickets to handle orders from their crowd of patrons.

The ever popular desert stalls were also well patronised, customers walking away with multiple boxes of Malaysian kuih and tubs of ice kachang

This year, in addition to a well supplied white elephant stall we also had a substantial book stall and a stall selling activity kits and toys for children. Nearby was one of the highlights of the fair this year, the stall selling our recently published cookbook: *Food For Thought*, The author, Jan McCarthy and her husband Chris cook for our retreats at Vejjasala. and were on hand to sell

copies of the book as well as their tasty marmalades and chutneys. Later in the day it was our pleasure to be able to acknowledge the wonderful work Jan, Chris and graphic designer Emma Kiner have done in producing the cookbook, all profits from which go to the Vejjasala project.

Thee line up of musical entertainment was even better than in previous years as we not only had our longstanding performers, Jerry and Bruce to play and sing for us, but also a drummer, violinist and singer to widen the range of offerings. This meant that we had non-stop music for most of the day.

You can see more photos from the 2013 Food Fair at our website. <http://www.engagedbuddhists.org.au/>

John Wagner

For Your Diary

The Association will hold its annual End of Year Picnic on November 10. This is a very special event for us, as not only is it a chance to catch up with old friends, but it is our way of expressing our thanks to the many supporters who volunteered their time and hard work at out Food Fair.

Cumberland State Forrest has been a very popular place for our picnics in the past ,so we will a be holding it there again this year. Put November 10 from 11:00 to 3:00 your diary so you can join us.

Quotable Quotes

In the end, just three things matter:

How well we have lived

How well we have love

How well we have learned to let go"

Jack Kornfield

Author and Dhamma teacher 1945-present

The Key

In this unreal world
we blind ourselves
with delusions,
pursuing unrealities,
or temporary pleasures
of momentary delights
and ephemeral happiness.

Soon we come
tumbling down
crashed by lies.

But there is a way out
of our cage of "wanting"
Buddha gave us the key
to open the door
of our fools gold prison.

Beatriz Copello



Association News

Sue Toohey

Dhamma Bites

Our second Dhamma Bites, lunch and discussion, was held on Saturday 15th June. The discussion topic was 'What is Enlightenment?' Everyone who attended was given a free copy of Thanissaro Bhikku's small book *Mind Like Fire Unbound* as a discussion starter and a lively discussion ensued with many people finding it hard to let go and go home. As is always the case with food occasions at Sangha Lodge, lunch was plentiful and delicious.

Weekend Retreat Saturday & Sunday June 29th & 30th

Coming at the end of a very wet week, the weather for our weekend retreat did not look promising but wood fires kept us warm and cosy and the weather cleared on Sunday to enable us to do walking meditation outside. Grahame White and Venerable Tejadhammo led the retreat with Bhante taking an unusually relaxed approach so that silence was not required between practice sessions. This seemed to work well, people practiced diligently both walking and sitting meditation but being allowed to speak made room sharing and task sharing easier at other times. Jan & Chris McCarthy provided beautiful vegetarian food and feedback on the weekend was very positive.

Upcoming Retreats

Traleg Rinpoche's group will take over Vejjasala for a week in August for a retreat with a visiting Tibetan Lama.

On the long weekend in October (5-7 October) Sue Toohey will lead a yoga retreat – Body Leads Mind – with the

theme of yoga for mental wellbeing and yoga practices designed to help with depression and anxiety.

On Sunday 20 October, Graeme White, Steven Smith and Lynne Bousefield will lead a half day of Vipassana practice and teaching, from 12-5pm.

15-17 November Venerable Tejadhammo will lead a retreat for Association members and friends.

News from Vejjasala

Bruce Chatfield, formerly resident manager at Wat Buddha Dhamma has taken up residence for a month, to work on a number of building/maintenance projects. These projects which have been planned with the committee, include moving the main entrance so that it opens into the office, rather than immediately adjacent to the shrine room; creating a new entrance between the living room and the shrine room, which will enable better access for people with disabilities, plus many smaller maintenance tasks, such as installing clothing hooks and shelves in kutis. A very generous donor has offered to fund the cost of all the building materials. We greatly appreciate the work that Bruce is doing as it allows us to get many things done that we otherwise could not afford to pay for so many thanks to Bruce. Bruce does not have a car, so he is dependent on us bring food down at regular intervals. If you are going to Vejjasala please get in touch either with Bruce directly (you can ring the Vejjasala land line in the evening around 6pm) or through Bhante or Sue and we can organise for you to take whatever is needed.

Annual Raffle

There's still a chance to buy raffle tickets before our annual raffle is drawn on September 1st at Dana Day. Tickets are \$2 each. We have some great prizes this year, including the following:

- A Scenic / Aerobatic joyflight on a jet plane or a C14 trainer plane with AirCombat Australia, with commercial value from \$500 to \$2000, depending on aircraft and duration.
- Life coaching – 4 sessions for one individual
- Kitchen King Pro Manual Food Processor that chops/slices/juliennes/mix/blend
- 5 Dru Yoga sessions at Sangha Lodge
- A Massage with Raymond
- Hair styling with Hairvolution, Bondi Junction
- Custom hand made patchwork shopping bag
- A copy of the new full colour AEB Vegetarian cookbook

Food Fair

By the time you read this our 2013 Food fair will be over. Thanks to everyone who worked so hard to make it a success – stallholders, cooks, volunteers who did setting up, cleaning and taking down of all the tables and equipment, all the people who donated ingredients for food stalls & items for white elephant and book stalls, musicians who played for our enjoyment and especially our customers – thank you all.

With much metta to everyone,

Sue Toohey

Dhamma Blossoms

All created things are transitory; those who realise this are freed from suffering. This is the path that leads to pure wisdom

All created beings are involved in sorrow; those who realise this are freed from suffering. This is the path that leads to pure wisdom

All states are without self; those who realise this are freed from suffering. This is the path that leads to pure wisdom

Now is the time to wake up, when you are young and strong. Those who wait and waver, with a weak will and a divided mind will never find the way to pure wisdom

Dhammapada verses 277-280

Mindfulness in Everyday Life

Gathas are a rich and beautiful aid to help us remain mindful during the course of a busy day. Why not try writing your own as to help with your mindfulness practice. If you have written a gatha, why not share with friends to assist them. We would be pleased to publish verses members have written in the Newsletter.

With the days crisp and sometimes ever warm and the light lengthening it is a perfect time for taking walks. Thich Nhat Hanh reminds us of the wonderful opportunity waking is for mindfulness... not of our destination, but of the present moment and the joy that each step holds.

Walking Meditation

The mind can go in a thousand directions

But on this beautiful path, I will walk in peace.

With each step a gentle wind blows.

With each step a flower blossoms

Present Moment Wonderful Moment

Grounds and Gardens at Vejjasala

Bruce, Dave and Pip have been very busy at Vejjasala the last couple of months. Bruce has split and stacked the wood from the pine trees that were

felled earlier this year. This will ensure a good supply of firewood for the next few winters. Bruce has also been busy clearing and burning off ground fuel round the perimeter of the back paddock and has cleared the section in front of the cottage which was overgrown with bracken.

Ron and I will be erecting seating and planting out this section in Spring to create a pleasant sitting area. Meanwhile, Noel and Natalie have started building the new vegetable garden, which will be completed by the end of July.

Dave and Pip have been very busy clearing and beautifying the tree fern area and the area around the pond. Dave has also erected carpark signage and fencing.

A big thank you to you all

Work on stage two of the ring track is progressing and Ron will start work in Spring to connect a water supply to Waratah Flat. This needs to be done alongside building up the soil before any additional planting can go ahead as the soil is very poor and absorbs almost no water.

Winter flowers are now in full bloom, creating a lovely display in these cold months.

There will be no August working bee as there will be a retreat taking place, so the next working bee will be 13th and 14th September.

Fran Poulton





A Reader Recommends

This month our recommendation is from Caroline Lurie, our Retreat Coordinator. Caroline says that she was recommended to the book by Sue Toohey and would like to share the wisdom that she has gained from it.

[Living as a River](#)

This book is one of the best explanations of what the separate self is, what it does, and how being free of the static sense of a separate self benefits humanity, leaving us "peaceful yet engaged." It reminds us of why awakening is not just about personal freedom, but also compassion, ethics, action, and care and concern for all sentient beings. These elements are sometimes missed in our modern attempts to translate Buddhist texts in order to "rush to a personal awakening."

"I wrote *Living as a River* because I'm fascinated by the Buddhist Six Element Practice and I wanted to communicate my explorations. But my book isn't really about the Six Element Practice (which is really just the framework for the explorations it contains). It's a way of letting go of our clinging so that we can, eventually, lose our clinging and find freedom. But that's not a very adequate description of the book either" says Bodhipaksa.

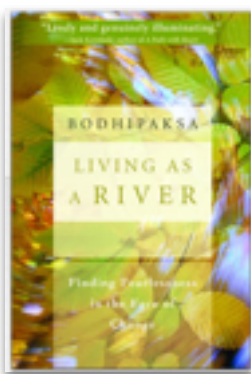
Living As A River contains a great balance between explaining awakening and giving direct injunctions to the reader to bring about the awakening. As Bodhipaksa explains, like a river - life is dynamic, vibrant, ever-changing. The static, fixed views of ourselves, others, and the world freeze us, stifling our creativity, and turning us away from the inherent love within each of us.

Bodhipaksa adds: "I could describe the book in just two words: "embracing change." So that's what the book's about. It uses the structure of the Six Element meditation in order to face up to the reality of change, and to help us let go of clinging so that we can embrace impermanence."

This book perfectly illuminates the real purpose of awakening, which is not to just talk about that river or even enter the river, but to realize we are it - fully. *Review by Scott Kiloby, author of Love's Quiet Revolution, Reflections of the One Life, and Natural Rest: Finding Recovery Through Presence.*

About the Author

Bodhipaksa was born Graeme Stephen in Scotland and currently lives and teaches in New Hampshire. He is a Buddhist teacher and author who has been practicing within the Triratna Buddhist Community since 1982 and has been a member of the Triratna Buddhist Order since 1993. Bodhipaksa runs the online meditation center Wildmind to increase awareness of the positive effects of meditation. His published works include the audios *The Wisdom of the Breath* and *Still the Mind* and the book [Wildmind](#).



Peaceful June Retreat at Vejjasala

Venerable Bhante Tejadhammo and Grahame White lead a very peaceful and interesting retreat on 29th and 30th June. During the retreat we also had the pleasure of doing Yoga with Sue Toohey and eating the delicious food cooked by Jan McCarthy and her husband Chris.

During the retreat Bhante and Grahame White spoke about the importance of mindfulness when meditating and its four aspects, including: awareness of the body, of the mind, of feelings and sensations and other mental phenomena. When trying to be mindful we need to observe the body and notice what is going on, what in the body is distracting us, what the body is doing in every situation, what posture do I have, what is happening in the moment with my body. We also need to notice what sensations and feelings we are experiencing, and do we react to them. Noticing our feelings is also very important as well as what is going on in our mind.

Grahame White discussed Vipassana, in Theravada Buddhism is a form of Meditation involving concentration on the body, or the insight that this provides. He also said it means a special way of seeing, insight, a flashing forth in the mind. Graham said that Vipassana is a long term process and requires intensive practice. The goal of Vipassana is to release the mind and fully understand attachment, craving and delusion. Vipassana requires reflection, looking without judgement, we need to pay attention to what arises in the mind and by being mindful we observe the object of experience therefore gaining insight. *Continued on Page 7...*



...Continued from Page 6

During the retreat we experienced three different style of meditation practices: we observed the breathing, we observed the body by becoming aware of our posture, sensations, discomfort, and we paid close observation to our feelings and thoughts.

Venerable Bhante Tejadhammo as well as Grahame White emphasized the importance of not being judgmental of your practice while meditating, also the importance of not letting the I come into the experience. For example if we feel pain while meditating it is important to realise that it is the body that it is in pain and not the mind. With Venerable Bhante Tejadhammo we also explored some beautiful poetry from Dhammapada, Subhuti, Vimala, Matangaputta, and Patacara, poetry which explores the theme of meditation. Bhante also reminded us that to follow the Buddha's Path we need to train in Virtue, in Meditation, and in High Wisdom, and we need to do this with enthusiasm.

This June retreat it was very beautiful with very profound teachings and with a lot of practice in meditation.

Beatriz Copello

This Month's Recipe from *Food For Thought*



Donations

You may or may not realise that Sangha Lodge is solely funded from your donations. Following the teaching of the Buddha, we do not charge for teachings or meditation evenings, preferring instead to rely on our members' generosity. Unfortunately, this often means a shortfall when it comes to meeting our weekly expenses from the donation box on a Wednesday night. It would be much easier for the Centre to function if we were able to rely on regular donations from more members and guests of the centre.

One easy way to arrange for funds to be regularly transferred is via Internet Banking. Most Banks now offer a 'pay anyone' service whereby you are able to set up a regular monthly transfer to any nominated account. If you would like to set up this kind of regular donation to Sangha Lodge you will need the following account information - Bank: St George BSB#: 112 879 Account#: 131328823 Account Name: Association of Engaged Buddhists. If you would like to make a tax deductible donation to the Building Fund please make your direct transfer to the following account: Bank: St George BSB: 112-879 Account Number: 430589986 Account Name: Association of Engaged Buddhists.

In order that we can budget our funds effectively and where appropriate supply you with a receipt for tax purposes we would appreciate it if you would email office@engagedbuddhists.org.au with the details of your regular transfer or tax deductible donation. Your Dana (generosity) is greatly appreciated by the many people who come to the centre or are served by it in the wider community (hospitals, hospices and private visits by the Sangha). Please help, even a small monthly donation can make a big difference to Sangha Lodge.

Association Membership

If you would like to become a member of the Association and thus receive this newsletter (if you don't already!), please fill in a membership form and leave it with a Committee member. You can pick one up from Sangha Lodge the next time you visit, or ring our office and get one posted to you. Membership is due for renewal each September and costs \$50/year.

For Those in Need

Please keep our brothers and sisters who are ill or struggling with some other distress in your thoughts during the day. This short prayer for freedom from suffering may help you be mindful of their needs.

Prayer for Freedom from Suffering

May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses.

May those frightened cease to be afraid, and may those bound be free.

May the powerless find power, and may people think of befriending one another.

May those who find themselves in trackless, fearful wilderness--the children, the aged, the unprotected--be guarded by beneficent celestials, and may they swiftly attain Buddhahood

If you know of someone who would like to be remembered by our community, let Bhante know and we can mention them in future issues of the Newsletter. Even when there are no particular friends to remember, we ask you to send thoughts of good will in general to those who are experiencing hardship or pain.

