



# One Heart- One Mind

*The Newsletter of the  
Association of Engaged Buddhists*

SANGHA LODGE: 20 Victoria St Lewisham NSW 2049

Ph/Fax: (02) 9590 3617 E: [office@engagedbuddhists.org.au](mailto:office@engagedbuddhists.org.au) W: [www.engagedbuddhists.org.au](http://www.engagedbuddhists.org.au)

## 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 July***

## Association News

*Healing meditation retreat at Vejjasala – June long weekend*

*Vejjasala – Installation of the Kutis*

*Food Fair – Help Wanted*

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## Food Fair

*Sunday 29th July  
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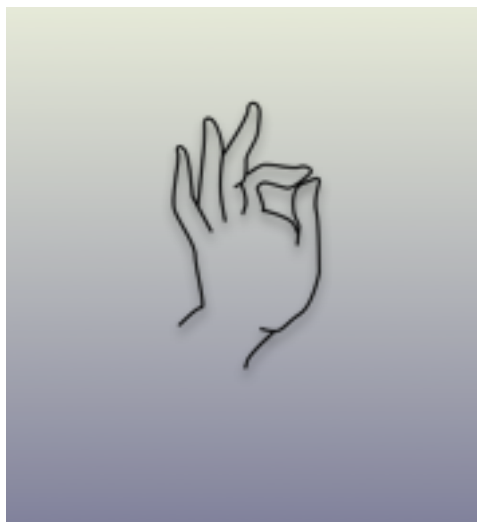


# The Buddha and Suffering...

*Once When the Buddha was wandering about teaching and preaching, he came upon a community of his monks in which one of them was suffering from a debilitating skin disease. Sores that continually oozed blood and pus covered his body from head to foot.*

Too weak to wash himself or his stained robes, a nauseating stench had settled about him which none of his brother monks could bear. And so he was left alone, unable to fend for himself. It was in this pitiful state that the Buddha found him and immediately proceeded to look after him.

First, the Buddha went to boil some water and brought it back to bathe the monk. Then, as he was trying to carry the monk outside to bathe him, the other monks saw him and came to help. They all took hold of the couch that the sick monk was



lying on and carried him to a place where he was gently scrubbed clean. In the meantime, his clothes were taken away and washed.

When they were dry, they dressed the sick monk in fresh clean robes, which made him also feel clean and fresh. The Buddha then admonished the bhikkhus present, saying, "Bhikkhus, here you have no mother or father to take care of you when you are sick. Who will take care of you then if you don't take care of one another? Remember whenever you look after a sick person, it is as if you were looking after me myself."

He then followed with a small sermon in which he said that although it was true that the body would one day be as useless as a fallen log, while it was still alive, it should be taken care of.

In the state of heightened alertness in which the sick monk dwelled, brought on in part by the fresh bath and fresh clothes, he attained enlightenment at the end of the sermon. Before long, alas, this body will lie lifeless on the ground, discarded like a useless log.

The Association members and friends and those involved with our new Vejjasala retreat project at Wingello would do well to be attentive to this small story from the life of the Buddha. The Buddha is attentive to the suffering which arises through the simple fact of physical existence. Disease and dis-ease are not ignored or dismissed but addressed in a very straightforward and practical way by the Buddha even when his disciples fail to do the same. His intention is to relieve suffering at this most basic level.

I write this at a time in which we are becoming more and more aware for example, of the terrible suffering of the people of Syria and especially of their young children. This is where the Buddha's approach to Dukkha begins; with the simple fact of suffering - Dukkham Ariyasaccam.

**Continued on Page 2...**

The Buddha's concern goes well beyond this very obvious experience of suffering however and seeks to overcome suffering / dukkha in its emotional, psychological and spiritual forms as well as confronting the dukkha of Avijja or ignorance. Think of all the times you or your loved ones have experienced great suffering through relationships and their sometimes turbulent nature or of the pain arising out of bereavement, separation, loss and grief. There are many examples in the Suttas of the Buddha meeting with these all too ordinary human experiences. How he dealt with these is very instructive, helpful and inspiring for us who try to follow his Dhamma 2,500 years after his passing.

Please read and reflect on these short stories which beautifully illustrate the way the Buddha addresses suffering wherever he finds it.

And Kisa Gotami had an only son, and he died. In her grief she carried the dead child to all her neighbours, asking them for medicine, and the people said: "She has lost her senses. The boy is dead. At length Kisa Gotami met a man who replied to her request: "I cannot give thee medicine for thy child, but I know a physician who can." The girl said: "Pray tell me, sir; who is it?" And the man replied: "Go to Sakyamuni, the Buddha."

Kisa Gotami repaired to the Buddha and cried: "Lord and Master, give me the medicine that will cure my boy." The Buddha answered: "I want a handful of mustard-seed." And when the girl in her joy promised to procure it, the Buddha added: "The mustard-seed must be taken from a house where no one has lost a child, husband, parent, or friend." Poor Kisa Gotami now went from house to house, and the people pitied her and said: "Here is mustard-seed; take it!" But when she asked did a son or daughter, a father or mother, die in your family?" They answered her: "Alas the living are few, but the dead are many. Do not remind us of our deepest grief." And there was no house but some beloved one had died in it.

Kisa Gotami became weary and hopeless, and sat down at the wayside, watching the lights of the city, as they flickered up and were extinguished again. At last the darkness of the night reigned everywhere. And she considered the fate of men that their lives flicker up and are extinguished. And she thought to herself: "How selfish am I in my grief! Death is common to all; yet in this valley of desolation there is a path that leads him to immortality who has surrendered all selfishness." Returning to the Buddha, she took refuge in him and found comfort in the Dharma, which is a balm that will soothe all the pains of our troubled hearts.

Patacara lived some 2500 years ago in ancient India. She was making the traditional trip home to her parents to birth her second child. The baby came midway on the journey and while her husband struggled to make a shelter in a storm he was bit by a poisonous snake and died. Continuing her journey both her sons died as she attempted to cross a river. When she came to the town of her family she discovered her parents and

brother died when their house collapsed in a fire. The ashes were still smouldering. Mad with grief she wandered about walking in circles and tearing at her cloths. As a ragged and now homeless person people threw trash at her. One day she entered a grove where the Buddha was teaching and the audience attempted to keep her away. Nevertheless the Buddha approached her and said "Sister, recover your presence of mind."

Her mind became clear at that moment and after hearing his words of wisdom she asked to be ordained. On the spot he left the audience and took her to a community of nuns where she was accepted.

Then she recounted to him the tragedy that had befallen her. The Teacher listened to her with compassion and then made it clear to her that these painful experiences she had gone through were only tiny drops in the ocean of impermanence in which all beings drown if they are attached to that which rises and ceases. He told her that all through many existences, she had wept more tears over the loss of dear ones than could be contained in the waters of the four oceans. He said:

"But little water do the oceans four contain, Compared with all the tears that man hath shed, By sorrow smitten and by suffering distraught. Woman, why heedless dost thou still remain?"

Once, a long time ago, when the Buddha was staying on a hill at Calika, his main companion was a very worthy man called Meghiya. And one day Meghiya noticed a pleasant grove of Mango trees on the bank of the Kimikala River, near the village of Jantu. 'That grove of Mango trees,' he thought to himself, 'Looks like a really good place for some-one like me to go and meditate quietly by myself. I'm sure that if I went there I should be able to relax my mind and achieve wisdom.'

So he went up the Buddha and asked permission to leave him for a while in order to go and meditate in the Mango grove on the bank of the Kimikala River. However, the Buddha replied: 'Meghiya, at the moment we are all alone; why don't you wait until some of the others arrive?'

Meghiya was disappointed. He said, 'For you, Reverend Sir, nothing is needed at this moment. But for me, I really need to go and meditate in that Mango grove of the banks of the Kimikala River. I'm sure it would be good for me.' Again the Buddha protested, and again Meghiya insisted. But when Meghiya asked him a third time, the Buddha said, 'All right, since you are convinced it would be good for you, go and do what you think you need to do.'

So off went Meghiya to the Mango grove to meditate, leaving the Buddha all alone. But to his surprise, when Meghiya tried to meditate, there in the Mango grove on the bank of the Kimikala River, he found he couldn't relax his mind at all. He found that he couldn't stop thinking about all the things he wanted but didn't have, and he couldn't stop feeling irritated at people who had done things he didn't like. So after trying for

several hours he gave up, left the Mango grove and went back to the Buddha.

He went up to the Buddha, bowed low and said, 'Reverend Sir, I think I need help. I thought that grove of Mango trees was so quiet and pleasant that I would easily be able to meditate there and achieve wisdom. But when I sat down I found that I couldn't stop thinking about all the things I wanted but didn't have, and I couldn't stop feeling irritated at people who had done things I didn't like. What shall I do? What is wrong?'

'Ah,' said the Buddha, 'When you find that your mind is filled up with thoughts and feelings like that, there are five things that you need to remember.

'The first is that you need to remember how helpful it is to have the support of good friends and companions – your Sangha – if you are to make progress.

I hope that you might reflect on the way the Buddha approaches suffering and his wish to overcome it, to be of help to others and think of the difference we may often find in our own approach.

First the Buddha is open to and aware of suffering in all of its forms. He never seeks to lay blame. He never asks about the worthiness or otherwise of the sufferer to receive assistance. He offers the heart of friendship not judgement. He has no thought of 'self' in his actions with regard to helping others to overcome dukkha. He does not see others as "others" but rather as beings in distress and in need of the healing balm of Dhamma. Think of his teaching to Rahula in the Maharahulaovada sutta. He is empowered with Wisdom and Energy. Finally he never asks what he will get out of helping others to overcome dukkha. Always for the well-being and happiness of the many is his way.

Vejjasala is an important attempt by the Association to follow the Buddha in overcoming suffering. We are making great strides and making many beneficial changes to the place BUT we always need our friends, their skills and talents to realise this living Dhamma at Wingello. Please think about the Buddha and his way of encountering suffering in all its forms and come and join us in helping yourself and others to become free of dukkha.

**With every blessing and deep gratitude  
Bhante Tejaddhammo Bhikku**





## Association News

*Healing meditation retreat at Vejjasala – June long weekend*

The Association will hold its first healing meditation retreat at Vejjasala over the June long weekend (Friday 8 June – Monday 11 June).

Venerable Tejadhammo explains the purpose of this long-weekend retreat is “to explore the experience of sickness, illness, disease, dis-ease, pain and the nature of the suffering inherent within these in the light of the teaching & life experience of the Buddha. We will attempt to offer a Buddhist path for establishing or regaining health, wholeness and healing through concrete practices and methods that have their origins in the life and teaching of the Buddha. We will seek to overcome our natural fear and aversion to the suffering of illness and disease and to establish instead some spacious ease and courageous vision.

We will work in a slow, gentle and supportive way to introduce and make methods taught by the Buddha available to all the participants. People will leave the retreat with some solid ways of practice that they can explore, deepen and develop in their own time.

Notes & guidelines of practices will be provided for all participants. All are welcome whether experienced or new meditators, and whether practicing Buddhists or not.”

By the time you read this registrations for the retreat will be about to close so if you’re interested in attending please contact Caroline Lurie as soon as possible ( [carolurie@primus.com.au](mailto:carolurie@primus.com.au) ).

*Vejjasala – Installation of the Kutis*

As many of you will know Lily Koo has been fund raising assiduously to get together the money to build some kutis (meditation huts) at Vejjasla. Thanks to your generosity, Lily raised more than \$30,000. We decided that yurts seemed to be the best way to go in constructing the kutis since they are fully constructed off-site, are demountable and can be moved to another location on the site should we need to do that in future. Also, being demountable, they do not require building approval from the local council.

Bhante and Lily negotiated a very good price for three yurts with David and Janelle at Goulburn Yurtworks. They will be fully and properly

insulated and lined internally and the price covers the erection on site with all the footings. A small verandah and awning will also be added to each kuti so that people can sit outside under cover. The kutis are now nearing completion at the Yurt Factory and will be installed within the next two weeks so look out for them the next time you are at Vejjasala. We are hoping to purchase one more slightly larger kuti which will function as the main teacher’s kuti and are waiting as a second hand yurt (originally built and installed by Goulburn Yurtworks) is likely to come on the market quite soon as its current owners are planning to replace it with a larger model.

You can see examples of the yurts at the Goulburn Yurtworks website [www.yurtworks.com.au](http://www.yurtworks.com.au) or in the images above. Our kutis are the smallest model and will have straight sides and a small verandah.

Thanks to all the generous donors who contributed to the kuti fund.

*Food Fair – Help Wanted*

See the beautiful new flyer for this year’s Food Fair elsewhere in the newsletter and thanks to Jocelyn Tan for the design work. As our biggest fund-raiser for the year we hope you have the date in your diary – Sunday July 29th at our usual venue – Roselea Community Centre.

As always we are looking for many volunteers to help make this event a success. We are looking for a Raffle Coordinator, a Media Coordinator (particularly someone who can help in establishing awareness through Facebook and Twitter) and a Parking Coordinator – a job that requires an uncommon blend of tact, firmness and strategic skills.

In addition to these specialised jobs we need the usual helpers who can set up and clear up tables, distribute containers, collect rubbish, and transport food and equipment. If you think you might be able to help with any of these please contact either Ray Lee (Food Fair Coordinator - [rlee123@optusnet.com.au](mailto:rlee123@optusnet.com.au)) or Sue Toohey ([suetoohy@gmail.com](mailto:suetoohy@gmail.com)).

*Dinner dance*

Our fund raising committee is moving ahead with plans for a dinner dance to be held at Petersham Town Hall on Saturday 6th October.

Situated at 107 Crystal Street, Petersham and not far from Sangha Lodge, this beautiful old hall is

one of the few remaining Art Deco town halls that has been maintained in original condition and is very popular for concerts, dances, meetings and conferences. The buffet dinner will include a range of Malaysian favourites and the music will be coordinated by a popular DJ.

Many of our supporters are accomplished dancers but if you are not, don’t let that stop you attending. Take a table with friends, enjoy dinner and cheer on the dancers.

Tickets are \$50 per head – contact Sue Toohey for tickets if you would like to come (0421 973 785 or [suetoohy@gmail.com](mailto:suetoohy@gmail.com)). We are also looking for volunteers to serve and clear dinner.

*Lunch Raises more than \$5000*

The fund raising lunch held on Saturday March 31 at the Crystal Seafood Restaurant in Strathfield was fully subscribed with 144 tickets sold. Profits from the lunch and proceeds of the raffle came to \$3530. (Thanks to Bunny Tan for donating the wonderful prize hamper for the raffle.)

In addition there were donations directly to the Building Fund of \$1750 so in total the event raised \$5280 – a wonderful result. Thanks again to our peerless organizers and ticket sellers - Saw Gaik Chong, Bunny Tan, Molly Lim, Janet Chuah and Amy Wan.

**With much metta to everyone**

**Sue Toohey**





## Charity Dinner Dance

Standard, Latin, New Vogue and Old Time

Venue:

- Petersham Town Hall, 107 Crystal Street, Petersham NSW 2049

Date:

- Saturday 6 October 2012 Time: 7.00pm till late

\$50.00 per person (includes buffet dinner, desserts, tea and coffee)

Thank you for your support!

Organised by: Sangha Lodge | Incorporation No. Y2247331. Contact – 0416 308 306 or [slcharitydinnerdance@gmail.com](mailto:slcharitydinnerdance@gmail.com)

## Visiting Teachers

20th June - Grahame White

- Grahame began his studies in England in the late 60's. He was later ordained as a Thai Buddhist monk. His training also includes many visits to Burma over the last 30 years to continue his own studies. Grahame has been teaching meditation for the past 15 years, in Australia, Hawaii and Sri Lanka. Grahame has been a regular guest speaker at the Buddhist library in Sydney and is a founding member of the Blue Mountains Insight Meditation Centre at Medlow Bath NSW.

25th July - Dharmagatu

- My name is Dharmagatu which means the "Singer of the Dharma" or, as I prefer, the "Truth Singer". I am an ordained member of the Triratna Buddhist Community and my sangha meets at the Sydney Buddhist Centre in Newtown an inner suburb of Sydney. I was ordained into the tradition in 2011 during a four month retreat at our centre in the mountains of Southern Spain. I came to the Dharma a little over 10 years ago when I found myself in an emotional black hole and decided to try meditation to get free of my misery. I regularly attend study classes, celebrations and pujas at the Sydney Buddhist Centre where I also teach.

## Gardens & Grounds

*Many who attended the April retreats or Wesak will have seen that there are two areas in the front of the house that are works in progress. The circular garden near fir tree has been partly dismantled, and will eventually become part of the lawn area. I need help to remove the remaining rocks, relocate the plants to the rear garden, back fill, level the area and seed it.*

The other area is the larger area by the house. After Wesak I spread some 4 tonnes of soil but it requires a further 8 tonnes of topdressing, levelling, pathways and a circular sitting area to be developed before planting out. It is not physically possible for me to move this amount of soil so I need a bobcat to do it. There is only \$9.00 left in the garden account so none of this work can be done until I receive further funding. It will cost approximately \$2,600 to develop these two areas.

I had contemplated erecting a dry stone wall in the shape of a sheepfold in this garden and it would need to be done before I started developing the surrounding garden. It would be an absolutely stunning feature and a lovely sitting area but funding would be a problem even though I can organise free labour. If some members came along to help, we would have people skilled to do future projects round Vejjasala. The cost for materials and a bobcat would be about \$2,500.00, (plus lunch for the workers). Perhaps we can think about this as a future project in some other section of the grounds.

Meanwhile, a track meandering through the bush which connects our first contemplation glade to the waterfall has been marked out and will gradually be developed.

There's some maintenance work round the house and cottage that I'd like to hand over to volunteers so that workloads are shared, as it is becoming too much for just Ron and myself to do.

### Garden Volunteers.

The next gardening days are June 15th and 16th and July 13th and 14th. There will not be an August garden work day as it is just too cold!

If you would like to come and help and get your hands dirty, please contact me on 0411 043 621 or at [raghnall@westnet.com.au](mailto:raghnall@westnet.com.au)

Fran

## Retreats at Vejjasala

*Our first two retreats at Vejjasala were something of a test. We were really keen to know whether the accommodation and arrangements were satisfactory or not, so prepared a questionnaire for retreat participants to complete.*

According to the feedback we have received, people were happy with the accommodation and, of course, the teaching and positively delighted by the very careful, thoughtful catering offered by Jan and Chris Macarthy.

Yoga was requested, and Sue Toohey very generously offered classes during the Anzac Day retreat. Some helpful suggestions have been made on practical matters, and we shall be following these up over the next few months.

Both April retreats dealt with the Four Brahmaviharas: Metta, Karuna, Mudita and Upeka. Or, if you prefer, Loving Kindness, Compassion, Joyfulness with others and Equanimity. During the days available, we were able to both contemplate and practice these qualities under Bhante's creative guidance.

It was a source of endless pleasure and amusement to watch the birds feasting on the persimmon trees. The wonderful atmosphere at Vejjasala is conducive to joyful practice, and the roof of sparkling stars, hanging low and dense on some nights, puts everything into proportion.

Our next retreat will be on the Queen's Birthday weekend (June 8-11). Please register early, as Vejjasala has limited accommodation. If you have not already received information about the retreat, email [sanghalodgeretreat@gmail.com](mailto:sanghalodgeretreat@gmail.com) for detailed information.

**Caroline Lurie**  
Retreat Co-ordinator



# MEGA MULTICULTURAL FOOD FAIR

Sunday 29 July 2012  
10.00am to 3.00pm

ROSELEA Community Centre  
645 – 671 Pennant Hills Rd  
CARLINGFORD

## Indonesian



Curry Laksa

Tea, coffee, teh tarik, drinks

Apam Balik (Msian pan cake / Ban Jian Kuih)



Fried Kuih Teow



Ais Kacang

Zongzi (chang)

## Sri Lankan

Curries and mixed dishes

## Nyonya Kueh



## Nasi Lemak



## Malaysian

## Chinese

Wu Tow Ko



Curry Puffs



Satay Spring rolls

## AND MORE...

Bargains, Plants, Books, Bric-a-Brac  
AND



[www.engagedbuddhists.org.au](http://www.engagedbuddhists.org.au) (for further info and photos of dishes)

Organised by



The Association of  
Engaged Buddhists

## 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](mailto: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.

## 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.

## 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 \$30/year.

