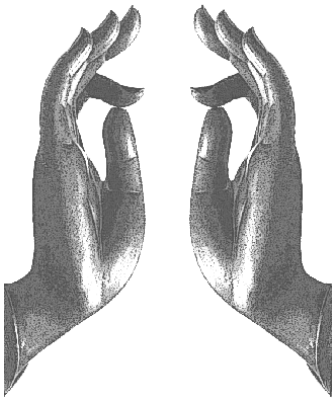


ONE HEART-ONE MIND

THE NEWSLETTER OF THE ASSOCIATION OF ENGAGED BUDDHISTS

JUNE 2011

Sangha Lodge:

20 Victoria St
Lewisham NSW 2049
Ph/Fax: (02) 9590 3617
sanghalodge@optusnet.com.au
www.engagedbuddhists.metta.org.au

Please note: Friday is a day of silence at Sangha Lodge, please call or visit at another time.

Meditation and 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 3rd July

THE BLESSED ONE ADDRESSED ANANDA

The Blessed One addressed Ananda in behalf of the order, saying: "What, then, Ananda, does the order expect of me? I have preached the truth without making any distinction between doctrine hidden or revealed; for in respect of the truth, Ananda, the Tathagata has no such thing as the closed fist of a teacher, who keeps some things back.

"Surely, Ananda, should there be any one who harbor the thought, "It is I who will lead the brotherhood,' or, 'The order is dependent upon me,' he should lay down instructions in any matter concerning the order. Now the Tathagata, Ananda, thinks not that it is he who should lead the brotherhood, or that the order is dependent upon him. Why, then, should the Tathagata leave instructions in any matter concerning the order?

"I am now grown old, O Ananda, and full of years; my journey is drawing to its close, I have reached the sum of my days, I am turning eighty years of age. Just as a worn out cart cannot be made to move along without much difficulty, so the body of the Tathagata can only be kept going with much additional care. It is only when the Tathagata, Ananda, ceasing to attend to any outward thing, becomes plunged in that devout meditation of heart which is concerned with no bodily object, it is only then that the body of the Tathagata is at ease.

"Therefore, O Ananda, be ye lamps unto yourselves. Rely on yourselves, and do not rely on external help. Hold fast to the truth as a lamp. Seek salvation alone in the truth. Look not for assistance to any one besides yourselves.

"And how, Ananda, can a brother be a lamp unto himself, rely on himself only and not on any external help, holding fast to the truth as his lamp and seeking salvation in the truth alone, looking not for assistance to any one besides himself? Herein, O Ananda, let a brother, as he dwells in the body, so regard the body that he, being strenuous, thoughtful, and mindful, may, whilst in the world, overcome the grief which arises from the body's cravings. While subject to sensations let him continue so to regard the sensations that he, being strenuous, thoughtful, and mindful, may, whilst in the world, overcome the grief which arises from the sensations. And so, also, when he thinks or reasons, or feels, let him so regard his thoughts that being strenuous, thoughtful and mindful he may, whilst in the world, overcome the grief which arises from the craving due to ideas, or to reasoning, or to feeling.

"Those who, either now or after I am dead, shall be lamps unto themselves, relying upon themselves only and not relying upon any external help, but holding fast to the truth as their lamp, and seeking their salvation in the truth alone, and shall not look for assistance to any one besides themselves, it is they, Ananda, among my bhikkhus, who shall reach the very topmost height! But they must be anxious to learn."

Then the Blessed One addressed the monks, "Now, then, monks, I exhort you: All fabrications are subject to decay. Bring about completion by being heedful." Those were the Tathagata's last words. And the Blessed One addressed the bhikkhus, saying: "Behold now, bhikkhus, I exhort you: All compounded things are subject to vanish. Strive with earnestness!"

This was the last word of the Tathagata.

In these two short passages taken from the Mahaparinibbana Sutta [Digha Nikaya 16] the Buddha exhorts his disciples and followers to make the effort themselves and not to be constantly looking for outside guidance and direction. Having heard the Dhamma and hopefully having seen at least some of it as per the example given in the Gotami Sutta [Anguttara Nikaya VIII.53] we should begin to truly understand and accept that our spiritual life and our progress or lack of it is our own responsibility. This understanding of personal responsibility is of course understood to be within the Buddha's instruction that the whole of his teaching is about good spiritual companionship or friendship. So we must be responsible within a community of beings struggling with suffering (Dukkha) and striving for Nibbana.

Continued on Page 3...

Food Fair 2011 – Sunday 24th July

Preparations are underway for our annual Food Fair which is booked into Roselea Community Centre for Sunday 24th July. Please put the date in your diary.

We are looking for volunteers to help with all aspects of the Food Fair – distributing flyers, donating and preparing ingredients for food, setting up tables, managing parking & signs, clearing tables and managing rubbish, serving on food stalls and on the White Elephant stall. The Food Fair is our major fund-raiser for the day-to-day expenses of Sangha Lodge. For the past few years it has provided about a third of the operating budget for Sangha Lodge. So we really need your help to make it a success. If you can give some time on the day or before the day send me an email (suetoohey@gmail.com) and I will put you in touch with our coordinator.

Buddhist Expo at Marrickville

This year the Buddhist Council held its Buddhist Expo on 14 & 15 May to celebrate Vesak and introduce Buddhism to the wider community. The association took a stall at the Marrickville Town Hall with our secretary Beatriz Copello organising a roster of volunteers to staff our stall throughout the weekend. The expo provided an impetus for us to update our current brochures, including a new one on Vejjasala and Beatriz produced a beautiful postcard of the Buddha image at Sangha Lodge to give away. Alongside the stalls representing the Buddhist groups in the local area there was an interesting program of Dhamma talks and guided meditations, an art exhibition and a book stall from Bodhi Books at Newtown. Thanks very much to all our volunteers for making it such a pleasant experience for visitors.

Dhamma Discussion Group and Visiting Teachers

We would really like your ideas about topics for the Dhamma Discussion Group (3rd Saturday of the month, 4-6pm). If you have a question about any aspect of the Buddha's teachings that you would like to explore have a chat with Sue about it. Or perhaps you've seen a short film or something on the web that really sparked your interest. The Dhamma Discussion group is intended to be just that – a discussion – not a presentation by an expert. If you feel shy about leading a discussion, don't be – we can probably find another discussion leader to work with you.

We also welcome suggestions about Dhamma teachers from other centres or traditions whom we might invite to be our visiting teacher for the month. If you've recently heard an interesting speaker let us know, we may be able to invite him or her to Sangha Lodge.

With much metta to everyone

Sue Toohey

DHAMMA DISCUSSION GROUP JUNE AND JULY

Saturday 18 June 4-6pm

Gus Reale will lead a discussion on The Spiritual Warrior. As an introduction to his topic he writes:

Every Wednesday we chant the words of the Buddha that the Dharma is "to be seen here and now, not a matter of time, inviting one to come and see, leading inwards, to be know by the wise each for themselves". The invitation of the Dharma Discussion on Saturday, June 18 is follow through on this encouragement of the Buddha and in this instance to explore the idea of "The Spiritual Warrior: Promises and Perils".

There is bad press about this concept from media stereotypes to those of the religious. This enquiry asks us to look deeply at our world view, fears, beliefs and aspirations. It is about how we might reconcile or change our views to live in a congruent way with one particular vision of the spiritual warrior: the Bodhisattva ideal. In particular we will focus on how our interpretation of taking refuge in the three jewels is relevant. How we might find some sense of renewal and inspiration as we share our experience.

Some books I have found most useful in this context include:

Guide to Bodhisattava's Way of Life by Shantideva

The Wisdom of No Escape by Pemma Chodron (excellent section on understanding what Refuge entails), most if not all of her work is probably useful

World as Lover, World as Self by Johanna Macy (good, succinct account of four world views we tend to adopt)

Shambhala,The Sacred Path of the Warrior by Chogyam Trungpa

and the teachings of Thich Nhat Hanh, especially his book *Interbeing.*

Non Buddhist writers include Joseph Campbell and the poet Robert Bly's book, Iron John .

Saturday 16 July 4-6pm

Michael Harding and Alex Voevoda will be exploring Samma Ditthi, Right View.

Come along and join in a lively and informal discussion and a cup of tea.

VISITING TEACHER

Wednesday 15th June

Our visiting teacher for this meeting will be, Dr Chien Hoong Gooi

Chien Hoong is a Clinical Psychologist and Buddhist teacher who seeks to integrate western psychology with the practices of Buddhist meditation. He was previously involved in clinical research applying mindfulness practices in the treatment of anxiety disorders at The University of Sydney and also served as the Buddhist Chaplain at the University of New South Wales.

...continued from Page 1.

Human beings so often seek for an authority outside to give direction, to ensure safety and to able perhaps to blame when things go wrong. The many rules and rituals of our lives may be a part of this way of approaching experience. The Buddha very strongly urges us to take a stand against this approach and to grow up into full, wonderful, human beings. The Buddha's words of advice are perhaps among the earliest urgings to accept responsibility but they are certainly not isolated.

Étienne de La Boétie in his important work, "Discours de la servitude volontaire" wrote in 1555, «N'ayons qu'un seul maître... » I see no good in having several lords; Let one alone be master, let one alone be king. These words Homer puts in the mouth of Ulysses, as he addresses the people. If he had said nothing further than "I see no good in having several lords," it would have been well spoken." The one who should alone be master is of course oneself. His great friend and thinker Montaigne writes in his Essais, "Not being able to govern events, I govern myself..… We can be knowledgeable with other men's knowledge but we cannot be wise with other men's wisdom. " Montaigne adds wisely though that we need to know with an inner certitude & wisdom based in experience and not just cling to our own opinions and views, "Stubborn and ardent clinging to one's opinion is the best proof of stupidity." A view which the Buddha would also advocate and share.

Now that the Association has finally managed to purchase the property at Wingello to be transformed into our Vejjasala or Place of Healing we need to think about this advice of the Buddha again. We have reached a point along the road as an Association and as individuals with a commitment to Dhamma and to the "good and the well-being of the many" and now it is time to reflect and think carefully on how we can bring this dream of a Vejjasala into being in such a way that it is of the greatest benefit and blessing to suffering sentient beings and ourselves. Each member and friend of the Association needs to re-consider their personal commitment to this place of healing, to take stock and to ask what is my place in this project.

Some people may feel a little uneasy or even fearful and wish to retreat into lots of rules and regulations. I well recall attending a Sangha meeting many years ago when a new monastery was being established and one of the monks when asked what should be done first stated that lots and lots of signs had to be put up to tell people what they could and could not do. One of the older monks wisely suggested inviting people to come and have tea and talk after this he said no signs would be needed since all would feel the real spirit of the place. Again I am reminded of a small piece in Montaigne, "He who fears he shall suffer, already suffers what he fears. " and of course the Buddha's own reassurance in the Abhya mudra or gesture (palms facing outward and open) of "nothing to be afraid of".

So in this small newsletter I am asking you to think again about the nature of your commitment to the Vejjasala project and to ask yourself what can I bring to this new and exciting venture which seeks to overcome suffering and sorrow, grief and lamentation. We do not need lots of signs, rules or instructions. We need above all open hearts and minds filled with a generous spirit, motivated by compassion and seeking the wisdom which is to found within our own hearts and minds but which can be mirrored for us in the lives of others.

We need a great deal of help at Wingello / Vejjasala with many different things in order to enter into and understand the Dhamma for ourselves and to offer it to others. Please don't be stingy with yourself and with others. "Meditators, there are these five forms of stinginess. Stinginess as to one's:

1.lodgings 2.family 3.gains 4.status 5.and stinginess as to sharing the Dharma.

These are the five forms of stinginess, and the pettiest of these five is stinginess as to sharing the Dharma."

"However, with the abandoning of these five forms of stinginess, one is capable of entering and remaining in these four meditative attainments and of realizing these four noble fruits. - Anguttara Nikaya 5

"A disciple of the Buddha must not be stingy or encourage others to be stingy. He should not create the causes, conditions, methods, or karma of stinginess. As a Bodhisattva, whenever a destitute person comes for help, he should give that person what he needs. If instead, out of anger and resentment, (33) he denies all assistance -- refusing to help with even a penny, a needle, a blade of grass, even a single sentence or verse or a phrase of Dharma, but instead scolds and abuses that person -- he commits an offense." - From Brahma Net Sutra trs. Kumarajiva ca. 400 AD

After all, the Gift of Dharma (dhamma-dana) is the best of all gifts. For not only does it lead to enlightenment and nirvana, it promotes all other forms of giving. Likewise, it is said, liberation is the sweetest of all tastes (Dhammapada).

I wish all of you every good thing and express my heartfelt gratitude and congratulations to you on what you have already achieved in acquiring Wingello / Vejjasala. I encourage you most seriously now to re-commit yourself in your life and practice to bringing Vejjasala into flower.

"The perfume of flowers blows not against the wind, not does the fragrance of sandalwood, tagara and jasmine, but the fragrance of the virtuous blows against the wind; the virtuous man pervades every direction." – from Pupphavagga – Flowers chapter of the Dhammapada

With Metta,

Bhante Tejadhammo

FOOD FAIR 2011

Mains

- Fried Kuih Teow – Hawker style
- Malaysian Laksa
- Satay
- Malacca Curry Chicken Rice
- Malaysian pancake – "Mun Chang Kuih"
- Sri Lankan mixed dishes with rice
- Hainanese Chicken Rice
- Indonesian Gado-gado
- Vegetarian noodles
- Fried Kuih Kak
- Wu Tow Koh (Yam Cake)
- Asian Pancake

Snacks, Sweets, Beverages

- Sweet cakes - Malaysian Kuihs
- Curry Puffs, Spring Rolls
- Salad - Malaysian Rojak
- Shaved ice - Ice Kachang
- Cakes & Pumpkin soup
- Special Herbal Tea
- Coffee & Drinks

Bargains

- Plants, Bric-a-Brac
- Art Collection – Auction

MEGA FOOD FAIR

24 JULY 2011
SUNDAY
10.00AM TO 3.00PM

ROSELEA
COMMUNITY CENTRE
645–671 PENNANT HILLS RD
CARLINGFORD

The 2011 Mega Food Fair is organised by the Association of Engaged Buddhists, a group of Buddhist practitioners who are committed to promoting the development of Buddhism in Australia through active social service. We would like to sincerely thank you for the generous support to the Fair and welcome you to find out more about a Buddhist way of life.

Our meditation centre at **Sangha Lodge at 20 Victoria St, Lewisham** offers regular meditation classes and Buddhist teachings. For more information please call 9590 3617.

Association of Engaged Buddhists
Sangha Lodge
Lewisham

Forgiveness

We all have at one time or another been emotionally hurt by someone. In most people that emotional injury remains with them for a long time. That bundle of pain is like a poison, it seats there corroding our emotional wellbeing. Forgiveness as a coping strategy in response to a transgression. Forgiveness can dissolve pain.

Un-forgiveness has been associated with stress, anger, anxiety, hostility, resentment, animosity, hatred, bitterness, and revengefulness — the type of emotions that can damage our psychological wellbeing.

Holding a grudge, refusing to let go of anger and blaming is harmful, not only for our psychological but also for our physical health as negative emotions are stressors that accumulate overtime.

Forgiveness is for the person who forgives not for the benefit of the transgressor. Forgiveness does not involve denying, ignoring, minimising, tolerating, condoning, excusing or forgetting the offence. Forgiveness does not require reconciliation.

You forgive for your own benefit and not to please a God, a higher power, or the aggressor. You forgive because it will liberate you from the chains of pain. So if you have been hurt, let go and forgive, you will feel great. With Metta.

Beatriz Copello

Healing Meditation Retreat in Hartzer Park

Our retreat opened on Friday evening with two short video clips of the Dalai Lama talking about illness, medicine, and the effects of lifestyle.

Bhante pointed out that although our modern environment is full of material convenience and wealth, it doesn't seem to have made us happy. Modern medicine provides much relief in illness, but cannot provide happiness. The Buddha gave us teachings on understanding unhappiness.

We were invited to ask ourselves: am I truly happy? And went to bed with some written notes on skilful and unskillful approaches to healing practices, as well as a booklet of writings intended to help our minds remain focused during the weekend.

Next day Bhante explained the carefully constructed shrine, with its picture of the Medicine Buddha, and an image of the same, carved by an untrained Thai rice farmer who copied it from a postcard. There was also a small image of the Buddha's personal doctor, to remind us that the Buddha suffered physical ailments like anyone else. And Bhante's own teacher was pictorially present. 'If you have a body,' he used to say, 'what do you expect?'

We went through some different models of dis-ease: the physical model, which is true but not the whole truth; the psychosomatic model that all illness arises in the mind, a view which lacks compassion and which the Buddha contradicted; and the spiritual model, in which we shift the blame for our illness onto the spiritual realm, yet another false view. The Buddha encourages us to take a larger, broader view, with unhappiness (dukka) at its centre. If we can open our hearts to it, dukka has much to teach us.

We looked at two approaches to healing meditation: the conceptual, in which we use our reason to think about what is happening, whether the illness be physical or emotional, mental or spiritual. In this way we can train our minds to take a more beneficial attitude to what is happening to us. The second approach is contemplative awareness, where we begin by focusing on a particular object, but then unite our awareness with our meditative experience. Through this contemplation, we can develop an open, non-judgemental attitude to whatever we are experiencing.

The importance of using the power of our imagination was also emphasised. By using the capacity of our citta, we can conjure positive images, words or feelings. This is completely different from the crude 'positive thinking' advocated by self-help books of some decades ago.

To demonstrate the teachings, Bhante set us to do walking or sitting meditations. We experimented with some specific healing meditations, such as the Body of Light and the Micro Cosmic Orbit Meditation, powerful practices which allowed us to experience for ourselves precisely what he was talking about. Because of limited time, we could only practice a few of the many healing meditations available, but Bhante handed out instructions for several more so that we could try them at home later.

We were also fortunate to have a wonderful yoga teacher in Jo Blackman, who kindly helped us to uncurl, stretch out and relax both our bodies and minds. The combination of teaching and practice, working inside and outside, made the weekend extraordinarily rejuvenating on many levels. The beautiful grounds of Hartzer Park, with its deciduous trees beginning to turn, were also soothing and refreshing.

Our next retreat is planned for early October, and will be held in our new Vejjasala on the edge of Wingello. There is much work to be done on the property between now and then, work which we hope will be both enjoyable and rewarding.

Caroline Lurie

April 2011

May Dana Day at Vejjasala

With everyone invited to Dana Day at the new Vejjasala retreat centre at Wingello we had no idea how many people would turn up on the day. Quite a lot of preparatory work was already underway by the first weekend in May –

- Bhante with help from Christian Poisson had stripped the dark wall paper from the shrine room and begun preparing and painting the walls in lighter brighter colours;
- Lily Koo had cleaned the whole house from top to bottom and with some help from volunteers begun sorting bed linen and kitchen utensils;
- Fran and Ron Poulson had done an amazing clean-up in the shed, begun eradicating blackberries in the grounds and replaced the handrail on the footbridge;
- Lachlan Warner was clearing the gutters of leaves and installing gutter guard;
- Luke Beckman had provided a very complete first aid kit and compiled a contact list of all the health services in the local area.

On the day we were surprised and delighted that more than 60 people arrived. The weather was clear and sunny but Wingello in autumn is considerably cooler than Sydney. However we found that the slow combustion stove in the living room did a great job of warming the whole building. Bhante spoke, welcoming us all to Vejjasala and explaining his hope that it would always be a place where visitors would find true kindness and warmth. A great Dana Day feast was laid out for everyone to share and we all enjoyed the fact that there was so much space to eat after the often cramped conditions at Sangha Lodge. After lunch and a blessing, people split up – some to explore the property others to help move some heavy pieces of furniture to the shed.

The drive to Wingello flowed very smoothly – no traffic to speak of on Sunday morning and it seems to get quicker the more often you do the route - but for most of us the drive home was very slow. A bad traffic accident in which a man was killed brought traffic to a standstill along the highway while the road was cleared. I hope the slow trip home won't deter you from visiting Vejjasala again in the near future.

Ongoing Work at Vejjasala

We held our regular committee meeting at Vejjasala on the afternoon of Dana Day and devoted the whole of the agenda to reports from the Vejjasala team leaders and setting priorities for work to be done in the immediate future.

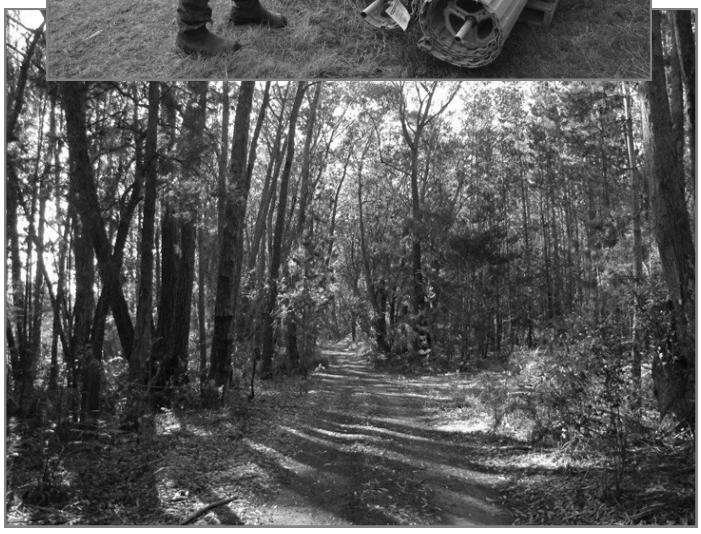
For the Building Maintenance team the immediate priority is work on the roof. Noel Pierson (Team Leader for Building Maintenance) and Lachlan Warner have scheduled a weekend working bee for the weekend 28 & 29 May to replace some of the guttering, replace fascia boards and try to improve drainage on the roof. Inside the house, the priorities are to replace a section of damaged ceiling in one of the bathrooms and to remove the sleeping platforms in the dormitory bedroom and organise for this room and another bedroom to be carpeted. (At present with no floor coverings and bare concrete floors these rooms are very cold.) Since our committee meeting the Burmese Vihara has generously offered us a large quantity of neutral coloured carpet in good condition which they no longer have a use for. We would like to thank them for this gift, with particular thanks to Henry Chan who organized it, as it will save us many hundreds of dollars.

The Garden & Grounds team (Team Leader, Fran Poulton) is working on eradicating blackberries as an immediate priority. (Blackberries are listed as a noxious weed in NSW and property owners must remove them.) Fran has scheduled two gardening working bees to work on this, on Friday 10 & Saturday 11 June and Friday 8 & Saturday 9 July. If you could spare some time on either of these weekends and like being in the outdoors send Fran an email at - raghnall@westnet.com.au

Lily Koo (Team leader, Housekeeping) is currently occupied with furnishing the bedrooms. More bedside lamps and bedside tables will be needed as well as some additional single beds. If you have any of these in good condition that you would like to donate please let Lily know at k.liangkoo@hotmail.com We have also been offered some bedside tables which will need to be sanded and repainted.

As you can see there is plenty of work to be done and all of the Vejjasala teams would welcome more members. (As well as the teams listed above there are teams for Admin & Finance and for Activities.) If you're interested in working in any of these areas please contact Molly Lim at mollyataeb@gmail.com . It is not necessary to commit to any particular amount of time. If you are on the list for a team the team leader will let you know when work is planned and you can decide then whether you can participate at that time or not.

Sue Toohey



Dhamma Blossoms

If you find a friend who is good, wise and loving.
walk with him all the way and overcome
all dangers
If you can not find a friend who is good, wise and loving,
walk alone, like a king who has renounced his kingdom
or an elephant roaming at will in the forest. It is better
to live alone than to live with the immature. Be contented
and walk alone like an elephant roaming in the forest
Turn away from evil
Dhammapada
verses 328-330

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.

Tich Nhat Hanh reminds us that "Our beautiful Earth is endangered. We are about to exhaust her resources by polluting her rivers, lakes and oceans, thus destroying the lovely habitats of many species including our own. We are destroying the forests, the ozone layer, and the air. Because of our ignorance, fear and hatred of one another, our planet may be destroyed as an environment hospitable to human life.

The Earth stores water, and water gives life. Observe your hands as he water runs over them. Do you have enough clear insight to persevere and protect the beautiful planet, our Mother Earth?"

Perhaps this gatha might keep these thing in the forefront of our minds:

Water flows over these hands

May I use them skillfully

to preserve the planet.

The Moment of Peace

One hour, one million people, united in silence. Saturday June 18 at 8:00pm will see the biggest single gathering of meditation, prayer and mindful silence in the history of the world.

Join all those who want to unite and simply be present with each other right around the world. To find out more go to www.themomentofpeace.com

Quotable Quotes

Kindness in words creates confidence.

Kindness in thinking creates profoundness.

Kindness in giving creates love

Lao-Tze

POSSESSIONS

You are not your clothes,
your jewels, or your shoes.

You are not your house,
your television, nor your DVD.

You are not your PC,
your car or your mobile.

You are not your job,
your possessions or your money.

You are your essence
Eternal and pure
you are one with the universe.

Beatriz Copello

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#:** 112879 **Account#:** 131328823

Account Name: Association of Engaged Buddhists

In order that we can effectively budget our funds, we would appreciate it if you could email us at sanghalodge@optusnet.com.au with the details of your regular transfer.

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 $30/year**.

The next issue of One Heart-One Mind will be published in August 2011.

Sender:
The Association of Engaged Buddhists
Sangha Lodge
20 Victoria St
LEWISHAM NSW 2049