



# One Heart- One Mind

*The Newsletter of the Association  
of Engaged Buddhists*

SANGHA LODGE: 20 Victoria St Lewisham NSW 2049

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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 6th March 2016*

## Association News

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## 20 Years of Dana!

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Welcome all to the Year of the Monkey, but not just any old monkey, this year is that of the Red Fire Monkey! According to those who know such things, "Those born in Monkey years (1908, 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016) are clever, sharp, mercurial, and entertaining. They are wonderful to be around because they are fun, creative, and bring the sparkling energy that only Monkey can provide. Monkeys embody strong leadership potential and, like their best friend the Dragon, won't allow anyone to tell them what to do. Uninhibited Monkey rarely gets embarrassed by anything, and is free to express herself fearlessly in all

walks of life. The red Fire Monkey; Red means go! Fire brings passion, creativity, and joy. Fire types are strong, dynamic, and can overcome illness and obstacles." To truly understand Monkey, I recommend you read the story of Monkey's transformation as explained in the Chinese classic novel "Journey To The West."

So in this monkey year it is time for us to get going, to be energised and to move forward especially to move forward in our study, understanding and practice of the Dhamma. The Association has just completed the construction of two new kutis for meditators at Vejjasala. The kutis, which are very beautiful were assembled by our own members & volunteers. They were made possible and therefore available for all to use and benefit from by very generous donors. Without people who are generous with their time & skills they could never have been assembled. Without people who are generous with their money they could never have been purchased and offered.

Without our very generous friends and members who have worked tirelessly for many years, there would be no land on which they could stand to be available as a place of practice for many, many people. The Association rests on the ground of Dhamma and Dana. Vejjasala, the Place of Healing rests upon the wonderful treasure of Dana or generosity.

In the Anguttara Nikaya the Buddha gives a teaching in which he refers to the treasure of Dana or giving in the following way.

"Monks, there are these seven treasures. Which seven? The treasure of conviction, the treasure of virtue, the treasure of conscience, the treasure of concern, the treasure of listening, the treasure of generosity, the treasure of discernment.

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“And what is the treasure of generosity? There is the case of a disciple of the noble ones, his/her awareness cleansed of the stain of stinginess, living at home, freely generous, open-handed, delighting in being magnanimous, responsive to requests, delighting in the distribution of alms. This is called the treasure of generosity.

Whoever, man or woman, has these treasures is said not to be poor, has not lived in vain.

Dhamma-vision should be cultivated by the wise, remembering the Buddhas' instruction.”

~ AN 7. 6 Dhana Sutta: Treasure

Now we have 5 wonderful kutis for people to rest, dwell and cultivate their hearts and minds in. Of course there is other accommodation at Vejjasala but spending time in a kuti is special when it comes to meditation. What is a “Kuti”? In Pali it meant originally a very temporary shelter or dwelling place rather like a Gunyah which was a small, temporary shelter made from bark and tree branches, traditionally used by our first peoples, the Aborigines. Gunyahs were often placed against the side of a tree and so sometimes called in English a “lean-to”. A gunyah is impermanent like our own present bodies and much else besides. This is also a very nice connection with our Buddhist practice of leaning into the Bodhi tree and dwelling there in order to cultivate a heart and mind of Dhamma. We do this of course in order to see what has not been seen before, to realise what has not been realised before and to release the heart and mind from the strictures of greed, hatred and delusion. We practice to come into greater spaciousness, openness and even greater generosity arises out of this practice.

In this year of 2016 I would encourage all of us to really make an effort to practise generosity.

Practising opening the heart and mind (Citta) by being generous to other suffering beings wherever they may be in whatever state or condition they may dwell is one of the Paramis and the first virtue taught by the Buddha whenever he went into a new village or town. This generosity or Dana is a strange thing indeed because the more we make an effort to open our hearts to others the more we are blessed in return. The Buddha reminds us of this fact in the Samyutta Nikaya.

“I have heard that on one occasion the Blessed One was staying near Savatthi in Jeta's Grove, Anathapindika's monastery. Then a certain devata, in the far extreme of the night, her extreme radiance lighting up the entirety of Jeta's Grove, went to the Blessed One and, on arrival, having bowed down to him, stood to one side. As she was standing there, she recited these verses in the Blessed One's presence:

When a house is on fire the vessel salvaged is the one that will be of use, not the one left there to burn. So when the world is on fire with aging and death, one should salvage [one's wealth] by giving: what's given is well salvaged. What's given bears fruit as pleasure. What isn't given does not: thieves take it away, or kings; it gets burnt by fire or lost. Then in the end one leaves the body together with one's possessions. Knowing this, the intelligent man enjoys possessions & gives. Having enjoyed & given in line with his means, uncensured he goes to the heavenly state.”

~ SN 1. 41 Aditta Sutta: The House On Fire

I wish all of you a very happy, healthy, prosperous New Year but above all a year in which you will actively seek out opportunities to practice generosity though body, speech and mind/heart.

May you be well and happy. With much Metta and every blessing of the Dhamma,

**Bhante Tejadharmo**

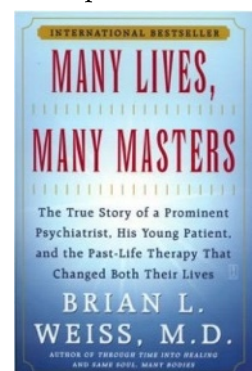
## A Reader Recommends

As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks.

His skepticism was eroded, however, when she began to channel messages from “the space between lives,” which contained remarkable revelations about Dr. Weiss's family and his dead son.

Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career.

Lalith Gunisinghe says of ‘Many Lives, Many Masters’ – ‘I am certain that it will provide a revealing perspective and reinforce some of the values we share. I hope that you will encounter interesting and beneficial aspects in it.’







# Association News

*K K Lim*

## Bhante Tejadhammo's Travel

Bhante is scheduled to leave on 11 April, returning in late June on a trip to Japan and France. Whilst he is in Japan, he plans to do part of the Kumano Pilgrimage Walk and visit Koyasan Holy Mountain. He will travel from Japan to France where he will again spend some time at Thich Nhat Hanh's retreat centre, Plum Village.

We have a special Dana Box at Sangha Lodge for people who wish to donate to assist with Bhante's travel expenses. The Committee expresses gratitude for the generous donations from supporters.

## Bhante Pandit's Visit

During Bhante Tejadhammo's absence, Bhante Pandit has kindly agreed to come to Sydney from Bangkok as visiting Sangha. He is scheduled to arrive on 19 April and stay till the end of June.

Over the period of his stay, he will conduct weekly teachings on Wednesday, lead meditations on Monday evenings, hold the ANZAC weekend retreat from 22-25 April and participate in a joint Wesak Day celebration at the Buddhist Library.

We already have a list of volunteers who have registered on a roster with Lily Koo and Lachlan Warner to assist Bhante, including offering food to Bhante Pandit during his stay at Sangha Lodge.

## Volunteers' Register

One of the ways for Buddhists to practise dhamma is generosity. The AEB has since its beginning, operated totally by volunteers who have given their time, effort, skills and financial donations to keep the facilities going over the past 22 years. Many of the

same people also provide volunteer work elsewhere.

A register of volunteers was started in December 2015 as an initiative aimed at helping to manage the opportunities for offering Dana, both within the AEB as well as to other organisations.

Recent volunteers include:

- Megan Thorpe as Retreat Coordinator from end of March (Lean Lee is interim coordinator);
- Lean Lee and Meredith Tan's son at PAL Buddhist School;
- Bronwyn Sweeney for design and promotion for Vejjasala events;
- Michael Chuah helping Robert Lubjic and Alex Lee in the building maintenance team;
- Volunteer cooks for retreats at Vejjasala

Anyone who is interested in volunteering their time can contact a committee member or Su Ling Lee who manages our database of volunteers ([office@engagedbuddhists.com.au](mailto:office@engagedbuddhists.com.au)).

## New Kutis at Vejjasala

Over the New Year holiday period, a group of volunteers went up to Vejjasala to help Dave Denton set up two kutis that were purchased in December. These were donated by two very generous donors who gave the money to AEB in early 2015. You can view the new kutis at our gallery on our website. Vejjasala now has a total of 5 kutis which will help to alleviate rather cramped accommodation at the main building during retreats.

Sadhu, sadhu, sadhu to all the helpers and the donors for their Dana.

## Jill Shepherd

We had some wonderful teaching on Dana by Jill Shepherd, a great practitioner of Insight Meditation on

Wednesday 10 February at Sangha Lodge. She spoke about the role of Dana as an integral part of Buddhist practice as the first of the 10 Paramis or Perfections.

## Upcoming Events

### Picnic 28 February

We will hold our annual picnic to thank the stall-holders, helpers and all participants at our July 2015 Food Fair. The fantastic results came from the Dana that so many people contributed to by preparing the groundwork, making the food, helping out on the day and purchasing the products.

This picnic at the usual venue at Bellamy Picnic Area, Cumberland State Forest will give us the opportunity to get together as a community to enjoy the day in each others' company. By the time this newsletter is printed, the event will probably have been held and we hope to have some photos for the gallery on the AEB website!

### March Dana Day at Vejjasala 6 March

The monthly Dana Day for March is scheduled to be held at Vejjasala. The usual offering of food to Bhante will be followed by an afternoon of teaching and practice that will also include teachers, Lynne Bousfield, Grahame White and Steve Smith. It will be a great opportunity to see the improvements at Vejjasala as well as look forward to a day of learning and sharing.

### Jim Teoh's Teaching 10 March

Our visiting teacher in March is Jim Teoh who will be teaching the Wednesday evening programme on the topic of Mudita or Joy with Others.

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Jim is a lay teacher well known to most of the AEB community for his tireless efforts and generosity towards the association as well as other communities.

#### **Yoga Retreat 8-10 April**

Sue Toohey is leading another yoga retreat in April at Vejjasala entitled Moving into Mindfulness. Registration for this retreat can be made on our website.

#### **ANZAC Day weekend Retreat 22-25 April**

Bhante Pandit will lead the Chachakra retreat during his stay at Sangha Lodge. Details and registration are available on the AEB website.

#### **Wesak Day Celebrations 8 May**

This year's Wesak celebrations is organised jointly with the Buddhist Library and will be held at their premises. The event will include a panel of monks from Theravada, Mahayana and Tibetan traditions who will lead prayers and to whom devotees can offer dana, share lunch together and listen to teachings.

#### **Chris and Jan Macarthy's Camino Walk dana**

Chris and Jan who have been wonderful supporters of the AEB through their retreat cooking and their cookbook are taking a long break from March to June. Whilst they are stepping back from their role as Retreat Coordinators, they are using this opportunity to continue their generosity by seeking sponsors for their aim to walk the Camino Pilgrimage Trail in Spain from 8 to 25 May. This walk has been completed by Bhante who commented on the beautiful countryside and kindness of villagers along the way.

Information on this walk is available on the AEB website. Chris and Jan are donating proceeds from sponsorships to the AEB as their dana.

**K.K. Lim**

## **20 Amazing Years of Dana**

A group of dedicated people celebrated their 20th year of generosity at The Uniting Church at Ashfield Fish and Loaves restaurant in November. An amazing feat in the world of volunteering! Who are these people and how did they get started?

Jim Teoh was the initiator. It began 20 odd years ago when he wanted to do some volunteering on his own. He was and still is a good friend and supporter of Sangha Lodge (before the Association of Engaged Buddhists (AEB) was formed). His idea of volunteering on his own changed after he heard a sermon by Bhante Tejadhammo at Sangha Lodge. Unfortunately we can not recall that particular sermon but it made an impact on Jim that he decided he would invite a few members and supporters of Sangha Lodge to join him in this venture. An opportunity came when he was talking to Rev Bill Crews from the Ashfield Uniting Church (before Fish and Loaves Restaurant was set up). Rev Crews suggested Jim form a Buddhist group and take up a Saturday each month to cook and serve lunch to those in need and who come to his church.

Jim, of course, jumped at this opportunity. (It was meant to be.) After a few months and with members and supporters from Sangha Lodge, as well as other friends, a group was formed. On the third Saturday of each month this group took over the kitchen at the

Uniting Church and started chopping, cutting and cooking. The menu was Chinese style food – fried rice, BBQ pork and noodles, spring rolls. The first meal was served by Chuck Lee and Lily Koo, members of Sangha Lodge. They started off feeding 65 people on the first day and that snowballed to 280 or 300 people on a busy day.

As the crowd grew so did the number of volunteers and supporters – all eager to help and make a little difference in the lives of these people in need with their dana and the Sangha joined in too. We had a nun helping us - Sister Ayya, an Australian nun from AEB, who was in her eighties. She was a regular visitor of the group for many many years - walking around talking to the people who were there for the food and also helping where she could until she passed away couple of years ago.

Besides volunteers helping on the ground, there are also a number of supporters working behind the scene. They are very important to the whole effort, supplying ingredients and money.

The volunteers and supporters are too many to name here and we all know without them we would not have been able to continue at Fish and Loaves for so many years.

We also thank Rev Bill Crews for opening the door and allowing us to do our Dana. In his generosity and open heartedness, we are all given the opportunity to practice the Dharma- in compassion and generosity.

We hope to be able to continue our monthly efforts for another 20 years or more.

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# Quotable Quotes

*Chaung Tzu was fishing with his bamboo pole in Pu river. The Prince of Chu sent two vice-chancellors with a formal document:*  
*"We hereby appoint you Prime Minister."*

*Chaung Tzu held up his bamboo pole ; still watching Pu river, he said : "I am told there is a sacred tortoise, offered and canonized three thousand years ago, venerated by the Prince, wrapped in silk, in a precious shrine, on an altar in the temple.*

*"What do you think: Is it better to give up one's life and leave a sacred shell as an object of cult in a cloud of incense three thousand years, or better to live as a plain turtle, dragging its tail in the mud?"*

*"For the turtle," said the vice-chancellor, "better to live and drag its tail in the mud."*

*"Go home," said Chaung Tzu, "and leave me to drag my tail in the mud."*

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The photos show a cake that was a gift from Rev Bill Crews as recognition of the efforts of the group and also a small selection of the volunteers.

**Amy Wan**

## Member Profile:

**Megan Thorpe**

*Many of our readers will remember Megan as a regular visiting teacher at Sangha Lodge and this year she will take over as our Retreat Coordinator.*



*In her day job Megan is the Manager of the Bereavement Counselling Service at Sacred Heart Hospice in Darlington, part of St Vincent's Hospital. She has worked as a spiritual care counsellor for people in the last months of their lives, and has trained and supervised many palliative care*

*volunteers to work with people who are dying and their families. She regularly offers workshops in Grief and Bereavement, Self-Care, Buddhist Psychotherapy and runs groups on Mindfulness.*

### **When did you first encounter Buddhism and where?**

I first heard a talk about Buddhism when I was 17 and used to go to lectures at the Theosophical Society in Sydney. I knew it would be something I would come back to and learn more about. In the 1980's I moved to the UK and found that adjusting to life in a new country was a stressful experience. I remembered that meditation was helpful for calming the mind and I enrolled in a course at the local Buddhist centre called "Introduction to Buddhism & Meditation". As I have heard many people say over the years, I felt as if I was coming home. Not only did I find a way of dealing with stress, I was introduced to the teachings of the Buddha, and I met a number of wonderful people who have remained lifelong friends.

### **What is it in Buddhism that appeals to you?**

I love the simplicity of the Dhamma. It just makes sense to me – develop wisdom, cultivate compassion, be kind to others, help where you can. The Buddha taught us not to take his word for it but to try things out for ourselves and to take on what is useful. I find this experiential approach very helpful.

### **How do you integrate practice into your daily life?**

I am fortunate that I work in an area of right livelihood – that of helping people through the process of death, dying and grief. My work as a bereavement counsellor brings me into contact with people who often feel despairing and hopeless and who can't imagine living without the physical presence of the person or people who have died. We know that life and death are two sides of the same coin. The Buddha asked the mother Gotami, who was crazed with grief following the death of her son, to "Go...into whatever house has never before experienced any death, and take from them a mustard seed." She returned empty handed having learned that all people experience the death of those close to them. I like to think that I can be a companion to those who are suffering from grief and walk along side them and offer a little comfort in their pain. Recently I have been running mindfulness groups for bereaved people and these have been very well received. It helps to provide a focus on the body and the breath and offers a way of recognizing that there are always tools available to help. Several of my colleagues and I meditate together at lunchtime each Tuesday. This gives us space during our busy day to take a pause and do some joint practice.

### **How did you first come into contact with Sangha Lodge?**

I first met Bhante when I was working as a spiritual care counsellor with people who had been diagnosed with a terminal illness. I knew of his interest in helping people who were sick and

dying and I made contact with him. I was recruiting volunteers who wanted to work with patients who were dying and their families, and a number of practitioners from Sangha Lodge came forward and signed up. Bhante has been a great support to me ever since and I remain grateful for his insights and practical advice.

### What motivates you to keep practicing?

I had the great good fortune to go to India and Nepal on pilgrimage with Bhante Sujato in 2014. We visited the four sacred sites and walked in the actual places where the Buddha walked and taught. I found it incredibly inspiring to be there and watch the Buddha's world come to life. My faith deepened through the experience, and I have subsequently made a commitment to myself to practice as well as I can. This includes doing regular retreats, study and volunteering.

## Upcoming Retreats

### Moving into Mindfulness – A Weekend of Yoga & Meditation With Sue Toohey

Friday evening 8th April to Sunday afternoon 10th April, 2016

Booking is essential (before 31st March, 2016)

**ABOUT THE WEEKEND:** Let us use our yoga practice this weekend as a way of exploring more deeply the body, the mind and the heart. We will enrich our physical practice of yoga by seasoning it with mindfulness and we will enrich our meditation practice by grounding it in the body.

We will explore the Buddha's teaching on the path to happiness and freedom of heart and mind. For the body we will engage in two yoga sessions per day. We will enjoy the beautiful Dru Yoga practices that are designed to release tension and stiffness from the muscles and the joints, and to increase strength and vitality in all the systems of the body. Our asana practice and our breath work will help us cultivate sensitivity and awareness of body, breath and mind - the gateway to ease of being.

For the heart and mind we will practice daily meditation sessions combining mindfulness and insight practices with a mood of metta or loving kindness.

All are welcome whether experienced or new yogis, and whether practicing Buddhists or not. If you suffer from any health conditions that might affect your ability to do yoga please ask your doctor for advice before registering.

Sue Toohey is an experienced yoga teacher, qualified in both Hatha and Dru styles of yoga. She teaches a range of weekly yoga classes in Sydney's inner west. Formerly a university teacher in the School of Public Health at UNSW she has a lifelong interest in using yoga to develop mental as well as physical well-being. She has been a Buddhist practitioner for 30 years.

**LOCATION:** The retreat will take place at Vejjasala, our retreat centre in the Southern Highlands:

[www.engagedbuddhists.org.au/vejjasala/](http://www.engagedbuddhists.org.au/vejjasala/)



**COST:** Retreat cost is \$160 for members, \$200 for non members which covers accommodation and food. In the Buddhist tradition there will be an opportunity to make an offering to the teacher.

**BOOKING:** Is essential as accommodation is limited. To reserve your place, register online at: [www.engagedbuddhists.org.au/events/](http://www.engagedbuddhists.org.au/events/)

**Chachakka Retreat with Pandit Bhikkhu**  
**Friday evening 22 April to Monday**  
**afternoon 25 April 2016**

Taking a step forward in our mindfulness training, this retreat looks at developing our mindfulness based on the classic Theravada Buddhist model of the six senses - the eye-medium, the ear-medium, the nose-medium, the

tongue-medium, the body-medium, the intellect-medium.

This six-sense format was the most common model used by the Buddha to understand experience and to develop a clear meditative detachment. However in modern times it tends to only be referred to in passing, despite being as close as we can get to the Buddha's own original teaching method. An exposition of mindfulness in this way is found in the key Chachakka Sutta.

With warmth and flexibility Pandit Bhikkhu will lead us through this practice, showing how it feeds into and enhances other forms of meditation.



This long weekend retreat is suitable for people with some experience of meditation. This, however, does not preclude anyone who has the motivation and intention to learn more about this model of retreat.

Pandit Bhikkhu is a British monk ordained in Thailand since 1996. He has a degree in psychology and in Buddhist Studies from the Thai monk's university Mahaculalongkorn, just outside Bangkok. He runs the little Bangkok Sangha, which is the only English speaking group in Bangkok for Theravada Buddhism.

Having had experience in meditation styles of Mahasi Sayadaw, Ajahn Chah, Dhammakaya, and some Tibetan, Pandit Bhikkhu claims no lineage other than Buddhism. His own approach uses reflection on the six senses to hold the mind in empty alert awareness. But there are various techniques that are useful for people at different times in their practise. Just so long as you keep making an effort, with the right goal in mind, progress will be made.





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Pandit Bhikkhu currently teaches psychology, logic, public speaking and communication, and academic writing at Mahaculalongkorn University, Thailand and gives regular public talks.

For more information or to register go to our website

<http://www.engagedbuddhists.org.au/events/april-chachakka-retreat/>

**Registrations close on 11th April.**

## Camino Walk

The [French Way](#) or [Camino Francés](#) is the most famous and popular Camino de Santiago route, attracting nearly 70% of all Camino pilgrims. Starting in St Jean Pied de Port, at the foot of the Pyrenees, the Camino Frances makes its way across Northern Spain taking pilgrims all the way to Santiago de Compostela, in Galicia, and its spectacular cathedral. The vineyards of La Rioja, Burgos Cathedral, Ponferrada

Castle and the mountains of O Cebreiro are some of the most magnificent sights along this epic 800-km Camino route.

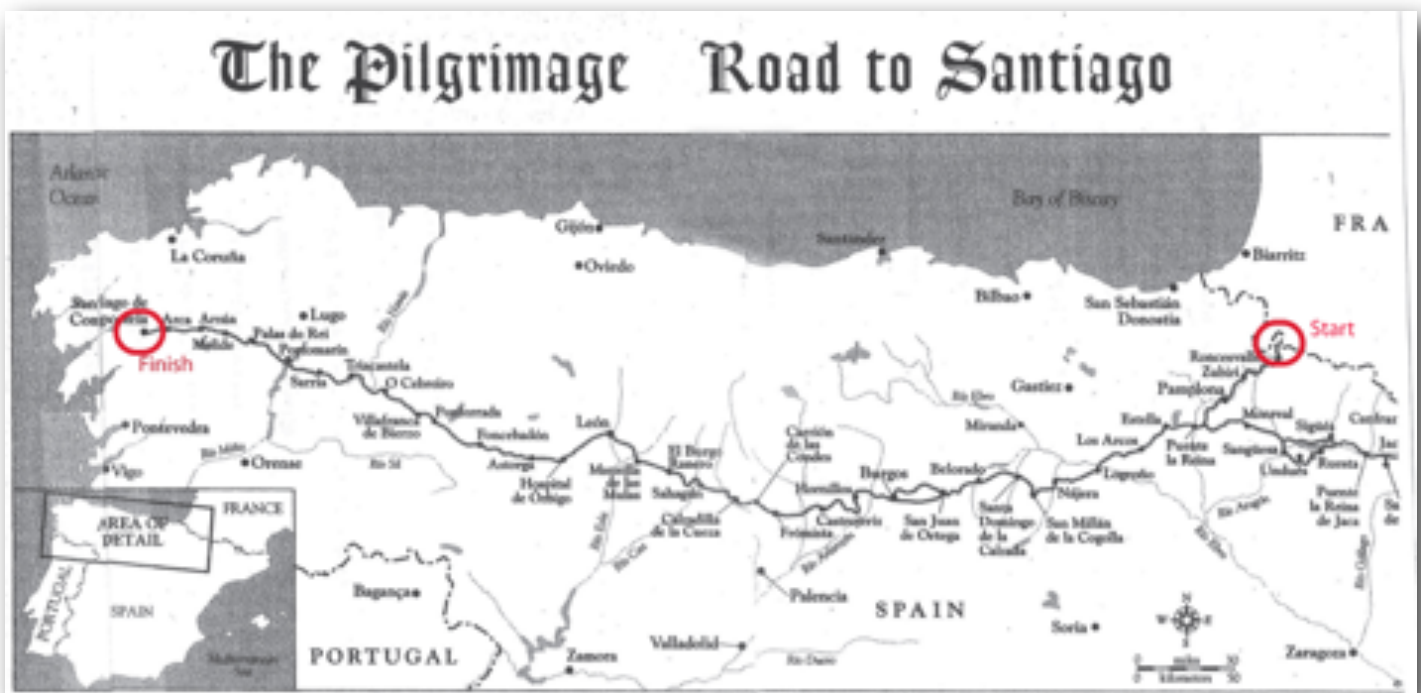
It should take just over a month to complete the [whole Camino Frances route](#) on foot. Below is a map of the journey which Chris and Jan McCarthy are undertaking. Each step of the journey is meant to be informed by a spiritual intention and traditionally can be offered for the well being of others. Jan and Chris very generously want to share their walking with the Association Community and our friends. You can participate in this pilgrimage by sponsoring them for whatever amount you choose and the dana raised will be offered to the Association of Engaged Buddhists. Dana doubly blessed by the effort & endurance of the walkers and the joyful giving of their sponsors.

Contact Molly Lim or a committee member to find out how you can participate. Our Bhante has undertaken this journey twice.

## Accommodation Request

Genevieve Lawlor is one of our overseas members who lives in Ireland. Last year she came out during her long-service leave and spent several weeks in Australia. You may have met her at Wednesday meditation or at one of the retreats she attended at Vejjasala.

Genevieve is hoping to come out again but that will be partly dependent on finding some accommodation at a reasonable cost. If any of our members has a spare room and wouldn't mind a visitor, Genevieve would be happy to pay some rent. She has no immediate plans to travel but is looking to explore possibilities. If you have the space perhaps you could drop her an email at [genevieve@eircom.net](mailto:genevieve@eircom.net)



## 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.

## 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.

