



# 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

W: 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 5th October 2014*

## Association News

*Marigold Lunch*

*Changes to Association Positions*

*Thanks to Visiting Teachers*

**Page 4**

## Food Fair

*A great success*

**Page 5**



## Finding the Real Middle Way

Having been away on retreat recently I have had much time to contemplate the path of practise and the realisation of that path in the middle way. The Buddha emphasises from his first public teaching until the end of his life the need to follow the middle way and yet we seem so often to find ourselves well away from the middle. Sometimes we might even feel that our lives are a bit like a pendulum swinging slowly or wildly from one extreme to the other. Expressed in the broadest possible terms this is the swinging arc between "giving oneself over to sensuality or giving oneself over to self-mortification". What drives this movement is of course our clinging and craving, our dissatisfaction and our aversion all col-

oured by the cloud of unknowing, ignorance or avija. It is relatively easy to see why we are caught in this apparently perpetual motion between these extremes if we look for the pivotal point of this crazy pendulum. The pivotal point, the place where the cord of the pendulum is pinned is of course our "self".

Whichever end of the arc we find ourselves at, whether pleasure or pain, sensuality or self-mortification we recognise in a wordless way that we are not able to remain there, that like Newton's third law : For every action, there is an equal and opposite reaction, we find ourselves moving away as soon as we arrive. Try as we might we cannot stay in the spot we have arrived at and if we choose to exercise some kind of force to do so we simply give rise to even more dukkha or suffering and unsatisfactoriness. This was a personal realisation of the Buddha and one that he wished to share with his first disciples. When we express it in this way it seems so simple and yet I think if we are honest we may know about this trap but still find our-

selves caught up in it. the Buddha's advice is in a way very simple, "avoiding both extremes",

"Avoiding both these extremes, the Tathagata (The Perfect One) has realized the Middle Path; it gives vision, gives knowledge, and leads to calm, to insight, to enlightenment and to Nibbana. And what is that Middle Path realized by the Tathagata? It is the Noble Eight-fold path, and nothing else, namely: right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration. This is the Middle Path realized by the Tathagata which gives vision, which gives knowledge, and leads to calm, to insight, to enlightenment, and to Nibbana."

- from SN 56.11 *Dhammacakkappavattana Sutta: Setting in Motion the Wheel of Truth*

*Continued Page 2...*



...Continued from Page 1

This too may sound rather simple in a way and we might nod wisely, knowingly and say to ourselves that oh yes we can see what the Buddha is talking about, but knowing in an ordinary and conventional way and realising it like the Buddha are two different things. In fact it is possible that we may only have a vague sense of this middle path as we swing wildly past it on our way to the other extreme. In order to realise this teaching and to truly benefit from the experience and advice of the Buddha we must slow down the pendulum swing and come to rest. There is a wonderful paradox here of course and that is that the middle is always available to us if only we can see and recognise clearly where we are along the arc of dukkha, craving and aversion. Having seen where I am in the present moment it is possible to let go and return to the centre. Far too many of us however identify our "self" with one extreme or the other and so find it really difficult to let go and come back to the middle, the centre, the place of real and deepest peace. Only when we can let go of the whole idea of "self" and see its feeding grounds in sensuality or mortification can we become truly free and return to the centre. When we touch into the centre, the middle path, then the Noble Eightfold Path arises by itself because truly it has been there all along. It is simply that we have failed to see it. Oscillating wildly may be very exhilarating and exciting (or terrifying) but it is no way to live a full and happy life.

Give yourself a break, look carefully to see where you are and come back to the middle path. Let go of the pendulum's cord and enter into the deep pool of Nibbana.

May you be well and happy now and always,

*Bhante Teja*

## Fundraising Lunch

After months of planning, preparation and hard work by a small team of members, the day of the 2014 Sangha Lodge Fund Raising Lunch finally arrived on Saturday 30 August.

This was the biggest fund raising lunch that the association had ever held, and inevitably, there had been some nervousness. I was myself awed by the size of the restaurant. Even the day before, we were still busy reshuffling the seating arrangement due to late notices of non-attendance. But I would like to thank Amy Wan's faith and encouragement. She said, "Our faith in the Triple Gem will always bless us in our good deed". And true enough, the day has gone smoothly.

The lunch, by all accounts, was a resounding success. It was a amazing fund raising event, as well as a great community event that bring various sanghas in one event. We even had inquiry if this would be an annual event! We raised over \$18,000, a much needed funds to maintain Vejjasala and the association's activities.

500 guests had enjoyed the food and the beautiful music and songs by Jerry's band, Suara Merdu. Two birthdays were celebrated on the day, Mae Ang's and Ray Lee's. Lachlan had been a great MC, making sure that the program ran on time. Who knows, with the Triple Gem on our side, we may do this again!

*Lean Lee*

## Poems

### Prayer

May I deny myself that that I don't need.  
May I deny myself that that harms me.  
May I deny myself that that indulges me.

May I deny myself that that is frivolous.  
May my life be filled with wisdom.  
May my life be filled with love.  
May my life be filled with peace.  
May my life be filled with friendships.

*Beatriz Copello*

When we are really sick  
We look for a miracle...  
but miracles don't come by.  
For it is in the seat of the heart and mind (citta)  
That Clarity and healing begin.  
So give peace to our mind and search no further

or we go deep into a dark forest  
with no light to lead us out of the woods.

*Lily Koo*







# Association of Engaged Buddhists Meditation Retreat

September Fri 12th ~ Sun 14th, 2014

คุณเบื่อหรือยัง

Can't understand this?

Are you bored, sick of yourself and your bad habits?

Well, bring all of them to our September meditation retreat with Venerable Tejadhammo

*Just as the dawn is the forerunner and first indication of the rising of the sun, so is right view the forerunner and first indication of wholesome states.*

~ Anguttara Nikaya 10:121

Our next retreat is an opportunity to explore the whole range of our habits both bad and good. Meditation practice offers us a chance to meet our habits and to foster those which are most beneficial and let go of those which are not. What is a habit? What does the Buddha mean by wholesome and unwholesome? How can we most effectively and helpfully work with these things which we live with every day? Are there habits in our approach to meditation itself which may be wholesome or unwholesome? The weekend will be based in meditation and the teachings of the Buddha.

*From seeing clearly, clear intention springs up. For one of clear intention, whole speech*

*springs up. For one of whole speech, clean action springs up. For one of clean action, wholesome livelihood springs up. For one of wholesome livelihood, wholesome effort springs up. For one of wholesome effort, spacious mindfulness springs up. For one of spacious mindfulness, complete concentration springs up. For one of complete concentration, real knowledge springs up. For one of real knowledge, complete deliverance springs up.*

Anguttara Nikaya 10:121

*One can cultivate the wholesome*

*If it were not feasible, I would not ask you to do it.*

*If this cultivation of wholesomeness would bring harm and suffering*

*I would not ask you to cultivate it.*

*But as the cultivation of wholesomeness brings benefit and happiness*

*Therefore, I say "Cultivate what is wholesome!"*

The Buddha

**This retreat is fully booked. Please check the Association website for other retreats late in the year.**

## Searching for a New Retreat Coordinator

Our present Retreat Coordinator, Caroline Lurie, would like to retire from the position at the end of this year. The Retreat Coordinator plays a vital role in our Association and is one of the keys to success in making Vejjasala a true place of healing. Caroline has been our retreat coordinator for a number of years and has streamlined all the tasks involved in

organizing a retreat. She would be very happy to train her replacement and pass on templates for letters and forms. The Retreat Coordinator does not need to attend all of the retreats although it is clearly useful if they attend from time to time. Most of the work can be done from home.

The tasks involved in the job –

- with Bhante and other retreat leaders plan the dates for retreats in the coming year;
- organise a roster of volunteer cooks to cater for each retreat;
- together with the retreat leader, write the brochure for the retreat and organise printing & distribution as well as distributing an electronic version of the brochure through the email list;
- answer (by phone or email) queries from people who are interested;
- send confirmatory letters/emails to those coming to retreats, assist in arranging lifts for people without transport;
- consolidate the feedback from each retreat into a brief report for the management committee and also for the newsletter;
- liaise with other Buddhist teachers/groups who may be considering using Vejjasala for their own retreat.
- compile a brief annual report on the number of retreats conducted, participation etc.

If you think you might be interested in taking on the position please talk to Sue Toohey or to Caroline. You can contact either of us on the retreat email – [sanghalodgetretreat@gmail.com](mailto:sanghalodgetretreat@gmail.com)



# Association News

*Sue Toohey*

## **Food Fair 2014 - Roselea Community Centre- Sunday 27 July, 10am – 3pm**

Thanks to everyone who contributed so much to the success of our Food Fair on Sunday 27th July. We were blessed with fine weather and another great crowd and the renovations at Roselea Community Centre provided a new deck which allowed many people to sit outside in the sunshine. Jerry and the band provided some great music, with Bruce filling in the interludes with quieter acoustic numbers. As usual many stalls sold out. The Food Fair was a great financial success, raising more than a third of the operating budget for Sangha lodge for the coming year.

We want to say a huge thank you to everyone who participated, particularly to the other Buddhist Groups who supported us by running stalls, all of our own members who ran stalls, bought and prepared ingredients and all of those who helped on the day with parking, set-up and clean-up and container distribution. Special thanks are due to our Coordinator, Alex Lee, for thinking of everything, being in many places at once and showing great ability to inspire confidence with his calm leadership.

Finally, thank you to everyone who came to enjoy lunch on the day – we hope to see you again next year.

## **Upcoming Changes to Association Positions**

*Membership Secretary:* We would like to thank Michael Harding, for the work he has done as our Membership Secretary. The Membership Secretary keeps the register of members and their contact details, as required by the government for all incorporated associations. Michael did not so much choose this role as inherited it, so we applaud his perse-

verance in continuing to keep the records and wrestling with the rather unforgiving software over the past 2 years. Our treasurer, Lean Lee, will take over this role on a trial basis and attempt to bring the membership records into our MYOB financial system so that membership details are recorded at the same time as membership dues are paid. Good luck to both Michael and Lean.

## **Coming Retreats and Workshops**

As Wingello can be very cold in the winter (at least for those used to the very mild Sydney climate!) we have decided not to schedule retreats for the two coldest months of the year. Consequently our next planned retreat will be one for AEB members and friends on the weekend of 12 – 14 September and led by Ven. Tejaddhammo. Look out for the flyers and registration forms closer to the date.

## **Cooking for Retreats**

Since the last newsletter we have had 2 retreats each of which was catered for by a new cooking team. The quality of the food was mentioned many times in the feedback sheets as one of the delights of the retreat. Both sets of cooks found it an enjoyable experience and if you are thinking that this is something that you might like to do in future we can arrange for you to talk to someone who has done it and who can give you some tips. We have recipes and menu plans available or you can work with your own favourite recipes. Please talk to Caroline 9692 9540 or Sue 0421 973 785 if you would like to give this a try.

## **Updates to Buildings & Grounds at Vejjasala**

The buildings and grounds at Vejjasala are looking very well cared for thanks to all of Bruce Chatfield's work on maintenance and the gardening work that has

been done by Dave Denton together with Alex Lee and a party of volunteers.

Starting this month Bruce will be working to convert the bathroom adjacent to the Smith room to one that is suitable for wheelchair access. Sara Chesterman, a wheelchair user who was a guest at Vejjasala has provided extensive notes on what is needed and Bruce will undertake the work of removing a large walk-in wardrobe to enlarge the bathroom area, bringing the shower floor up to level with the bathroom floor, retiling the floor, replacing vanity basin and shower screens and installing hand rails. Our gratitude goes to Bruce for all of the hard work and also to Alex Lee for donating the new tiles.

## **Thanks to Our Visiting Teachers**

We would like to thank the many visiting teachers who came to teach at Sangha Lodge during Bhante's retreat, both on Wednesday evenings and on the May & June Dana Days. They include Venerable Sujato, Ajahn Ariyasilo and Ajahn Khemavaro from Wat Buddha Dhamma, Wandering Monk, Bhante Jason, Rev. Shigenobu Watanabe from Hongwangji Buddhist Mission of Australia at Lindfield, Dr Chien Hoong Gooi and Jim Teoh from the Buddhist Library, Grahame White from Vipassana Illawarra and Lynne Bousefield. It was a privilege to hear so many different expressions of the Dhamma from different traditions. We appreciate the considerable efforts that many of these teachers made to be with us and we look forward to future close relationships with them and with their support groups.

With much metta to everyone

*Sue Toohey*



# Food Fair 2014

*This year the Association's Food Fair was able to return to The Rose Lea Centre, after very significant renovations to the complex...*



We were delighted with the new features at the Centre the most significant being a welcoming entrance lobby and a large terrace area overlooking the playing fields at the back.

We had had rain in the week leading up to the Food Fair, causing some worry for the success of our day. However the Sunday dawned bright and clear and by 8:30 the Centre was a-buzz with people setting up tables for stall holders and diners. By 10:00 patrons were already strolling in and very soon the numbers grew to a stream. The hall was filled with the smells of spices and the sounds of cooks busy at their work. 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. Soon the hall was a buzz with people enjoying tasty meals and good conversation with their friends. The patrons kept coming and so did the food.

Outside the hall, the air was filled with the spicy smells of garlic and chilli as noodles were fried and satays grilled. The new terrace area provided a large space for many of the new stalls that



Alex Lee, our Food Fair Coordinator and helpers had recruited. The terrace also provided a very pleasant outdoor area for informal dining.

Our two popular popular desert stalls were as busy as ever. Happy customers walking away with multiple boxes of Malaysian kuih and tubs of ice kachang

At the front of the hall a White Elephant stall was set up and patrons who were not eating browsed among the household items and book for bargains. The Association stall at the back of the hall also had a range of book on Buddhist topics on display and took enquiries about the work of the Association.

This year, again we were pleased to have a stall worked by Jan McCarthy and her husband Chris who were selling their cookbook: *Food For Thought*, and a range of their tasty marmalades and chutneys.

Musical entertainment by Bruce on his accordion and Jerry and his band played almost non-stop during the day and many people paused to join in popular Malaysian and western favourites.



Special mention should be given to the team who kept the tables clear of finished plates so that new patrons had somewhere tidy to sit and enjoy their meal.

The Association Committee would like to thanks all who helped make the Food Fair this year such a success Your efforts and generosity have helped in a very significant way to enable the Association to continue to do its work...

You can see more photos from the 2014 Food Fair at our website.  
<http://www.engagedbuddhists.org.au/>



# Quotable Quotes

Bhante's teaching on the Rhinoceros Sutta prompted some thoughts on how to be in a relationship and still seek solitude. Perhaps some suggestion comes from the words of Rainer Maria Rilke:

"I hold this to be the highest task of a bond between two people: that each should stand guard over the solitude of the other."

Rainer Maria Rilke

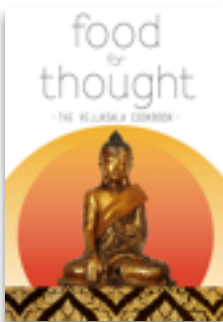
German Poet 1875-1926

## 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 the book can be bought from Sangha Lodge (see Gus Real) 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.

## Vejjasala Grounds Report

Just a note firstly about how beautiful the buildings and grounds of Vejjasala are looking. The work that Bruce has done fixing up the main house is amazing. I got a clear sense that the house is being cared for and that will hopefully be the feeling that people get when they visit.

The work that Dave, Pip and Fran's have done on the grounds is a joy to behold. There are jonquils out everywhere and a light coloured wombat was walking around taking things in with me. Birds everywhere!

On the development side, we are just about to resubmit our change of usage so that Vejjasala becomes recognised as a "Place of Worship" by the local council. Our initial application was sent back to us as needing more information and a new application will likely be submitted by around the end of June.

Much metta

Lachlan

## Reader Recommends

For this issue, our reader who recommends a useful book is Sue Toohey, our Association Chairperson. Her recommendations is:

*Living in the Light of Death: On the Art of Being Truly Alive* by Larry Rosenberg

Shambhala Publications, 2001, ISBN: 9781570628207

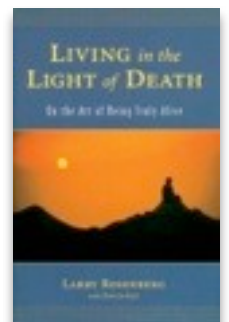
Sue says that she has read the book twice now and finds it very clearly written and filled with useful advice on dealing with pain, aging and loss. She notes that this may sound depressing but it's really not.

The publishers give the following outline:

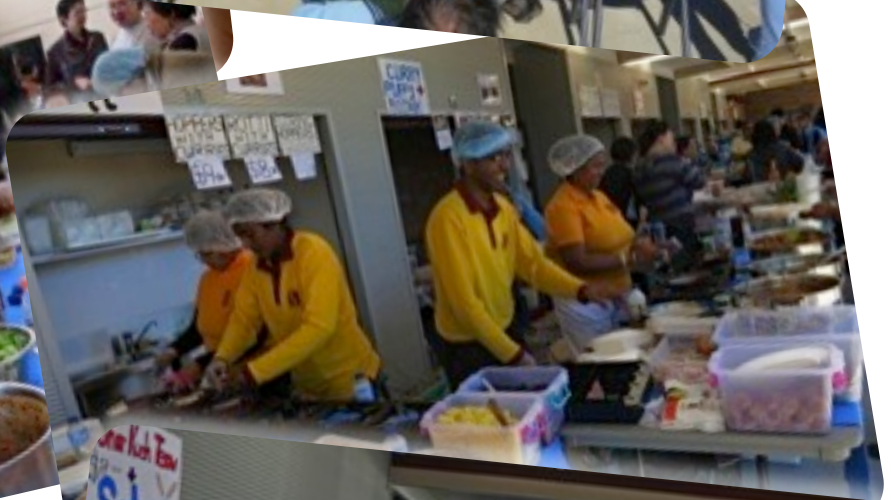
*This book presents the Buddhist approach to facing the inevitable facts of growing older, getting sick, and dying. These tough realities are not given much attention by many people until midlife, when they become harder to avoid. Using a Buddhist text known as the Five Subjects for Frequent Recollection, Larry Rosenberg shows how intimacy with the realities of aging can actually be used as a means to liberation. When we become intimate with these inevitable aspects of life, he writes, we also become intimate with ourselves, with others, with the world—indeed with all things.*

<http://www.shambhala.com/living-in-the-light-of-death.html>

*Living in the Light of Death: On the Art of Being Truly Alive* is available from the Buddhist Library







## 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.

