



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 3rd November

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Pudding*

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10 Steps to Mindfulness

"Smile, breathe and go slowly." - Thich Nhat Hanh

The idea of being mindful - being present, being more conscious of life as it happens - may seem contradictory to those who are used to sacrificing living for pursuing their goals ... but cultivating mindfulness will help you achieve your goals and enjoy life more. In fact, you're more productive when you're mindful.

But more importantly, being present is undoubtedly the only way to enjoy life to the fullest. By being mindful, you enjoy your food more, you enjoy friends and family more, you enjoy anything you're doing more. Anything. Even things you might think are drudgery or boring, such as housework, can be amazing if you are truly present. Try it -

wash dishes or sweep or cook, and remain fully present. It takes practice, but it's incredible.

Life in the Present: A 10-Step Approach

- 1. Do one thing at a time.** Single-task, don't multi-task. When you're pouring water, just pour water. When you're eating, just eat. When you're bathing, just bathe. Don't try to knock off a few tasks while eating or bathing or driving. Zen proverb: "When walking, walk. When eating, eat."
- 2. Do it slowly and deliberately.** You can do one task at a time, but also rush that task. Instead, take your time, and move slowly. Make your actions deliberate, not rushed and random. It takes practice, but it helps you focus on the task.
- 3. Do less.** If you do less, you can do those things more slowly, more completely and with more concentration. If you fill your day with tasks, you will be rushing from one thing to the next without stopping to

think about what you do. But you're busy and you can't possibly do less, right? You can. I've done it, and so have many busy people. It's a matter of figuring out what's important, and letting go of what's not.

4. Put space between things. Related to the "Do less" rule, but it's a way of managing your schedule so that you always have time to complete each task. Don't schedule things close together - instead, leave room between things on your schedule. That gives you a more relaxed schedule, and leaves space in case one task takes longer than you planned.

5. Spend at least 5 minutes each day doing nothing. Just sit in silence. Become aware of your thoughts. Focus on your breathing. Notice the world around you. Become comfortable with the silence and stillness. It'll do you a world of good - and just takes 5 minutes!

Continued Page 3...

steamed marmalade pudding

If you wish, you can use low-fat cheese in this recipe.
It still tastes delicious.

Ingredients

12 wheaten biscuits (Digestives, Granita)
45g caster sugar
120g butter, melted
4 eggs
400 tin sweetened condensed milk
¾ cup pouring cream
4 limes, juiced and rind finely grated

method

Preheat oven to 170°. Lightly grease the sides of a 23cm springform tin and line the base with baking paper.

Place biscuits and sugar in a food processor and pulse until fine crumbs form. Mix through melted butter and place in the base of the prepared pan. Refrigerate until needed.

Whisk eggs, condensed milk, cream and lime juice and rind. Pour into the prepared crust. Place in preheated oven and cook for about 45 minutes until set. Cool and refrigerate until ready to serve.

98
sweet things

bread and butter pudding

If you wish, you can use low-fat cheese in this recipe.
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99
sweet things

Food for Thought

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

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

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

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

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

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

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

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

Association of Engaged Buddhists Annual General Meeting

10.30am

Sunday 3rd November 2013

(immediately before offering of Dana day)

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Agenda

Presentation of Annual Report & Financial Statements

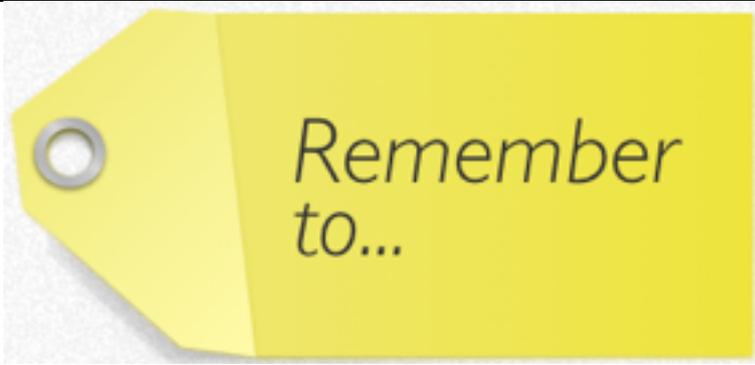
Election of a new Management Committee for 2014

...

All welcome



DON'T
FORGET



Remember
to...

...Continued from Page 1

6. Stop worrying about the future - focus on the present. Become more aware of your thinking - are you constantly worrying about the future? Learn to recognize when you're doing this, and then practice bringing yourself back to the present. Just focus on what you're doing, right now. Enjoy the present moment.

7. When you're talking to someone, be present. How many of us have spent time with someone but have been thinking about what we need to do in the future? Or thinking about what we want to say next, instead of really listening to that person? Instead, focus on being present, on really listening, on really enjoying your time with that person.

8. Eat slowly and savor your food. Food can be crammed down our throats in a rush, but where's the joy in that? Savor each bite, slowly, and really get the most out of your food. Interestingly, you'll eat less this way, and digest your food better as well.

9. Live slowly and savor your life. Just as you would savor your food by eating it more slowly, do everything this way - slow down and savor each and every moment. Tune into the sights and sounds and awaken your senses to the world around you.

10. Make cleaning and cooking become meditation. Cooking and cleaning are often seen as drudgery, but actually they are both great ways to practice mindfulness, and can be great rituals performed each day. If cooking and cleaning seem like boring chores to you, try doing them as a form of meditation. Put your entire mind into those tasks, concentrate, and do them slowly and

completely. It could change your entire day (as well as leave you with a cleaner house).

Keep practicing. When you get frustrated, just take a deep breath. When you ask yourself, "What should I do now, Self?" The answer is, "keep practicing."

"When you drive around the city and come to a red light or a stop sign, you can just sit back and make use of these twenty or thirty seconds to relax - to breathe in, breathe out, and enjoy arriving in the present moment. There are many things like that we can do."
- Thich Nhat Hanh

Reprinted from

<http://www.thirdage.com/aging-well/10-steps-to-mindfulness?>

Retreat News from Vejjasala

Felicity Lodro organised an 8-day retreat for the Yeshe Nyima Centre at Vejjasala during August, and pronounced it very successful. Megan Thorpe also led a shorter retreat there in September and will be leading another, for women only, in November. We are all delighted to see Vejjasala used by other groups.

Sue Toohey will be holding a fully-booked yoga retreat for mental health and well-being during the long weekend in October, and there will be a half-day meditation (mid-day to 5pm) on Sunday October 20, led by Lynne Boussefield, Grahame White and Steven Smith. Bhante will be holding a weekend retreat on 15-17 November for which bookings are now open.

There are already requests to reserve Vejjasala for retreats next year, and we shall shortly be creating a 2014

timetable. If you are aware of groups who would like to use Vejjasala for suitable purposes, please do let them know of its availability and refer them to our website.

Caroline Lurie

Upcoming Events at Vejjasala

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

23 - 24 November, Megan Thorpe will lead a weekend of Meditation & Self Care for Women.

Watch the email newsletter or the website for future details.

Membership Due

Membership of the Association is due this month and we encourage all our friends and supporters to join or renew.

The benefits of membership are:

- financial support for the operation of the Association
- copy of the One Hand One Mind, the Association's Newsletter every, two months
- priority booking and reduced fee for Association retreats at Vejjasala
- maintaining the viability of the Association as a charitable organisation for tax benefit purposes.

Please use the form that is included in this issue of the Newsletter or pick one up at Sangha Lodge and complete all details (even if you are renewing) as this helps with keeping our membership database up to date.

Association News

Sue Toohey

Bhante Takes a Short Break

After a long winter of ill health Bhante took a short 10 day break to see if the warmer Queensland sunshine could improve his cough. He reports that although the break was pleasant, the cough has not diminished. Our thanks go to Jim Teoh who provided two very stimulating Dhamma teachings while Bhante was away and also to Lachlan Warner who presided over silent sitting on Monday night during Bhante's absence.

Dhamma Bites

Our third Dhamma Bites, lunch and discussion, will be held at Sangha Lodge on Saturday, 23 November. Kahren White will lead off discussion by talking about her experience as a novice nun in England, the work she has done in palliative care and how it connects with her Buddhist practice. Please bring a plate to share and join in a lively discussion.

Yoga Retreat at Vejjasala

I have just returned from Vejjasala where I led a yoga retreat over the October long weekend. Vejjasala was looking particularly beautiful in the spring sunshine thanks to all of the recent work that has been done on the buildings and grounds. Our theme – *Body Leads Mind* – taken from a talk by Thich Nhat Hanh, introduced the idea of using the physical practice of yoga to influence the mind and we worked on yoga practices designed to help with depression and anxiety. With 14 participants we had a group of all ages,

ranging from 93 down to one as yet unborn. As Caroline and I were checking people in for the retreat, we discovered that one participant whom we had booked in as a man was in fact a woman and the mother of young children. When we apologised for the mistake, she said "Oh no it wasn't a mistake. But my husband and I had a discussion – you might even say an argument – about who needed this retreat more – and I won!" Later in the retreat she asked me if I were thinking of running the retreat again? I said I might offer it twice a year if people found it useful. Oh, she said, I was rather thinking I'd like to come here every 6 weeks or so.

All of the yogis seemed to enjoy the retreat and we had a lot of positive feedback. My thanks go to Caroline Lurie, our retreat organiser and to Jan & Chris McCarthy who cooked their beautiful food again - without them the retreat would not have been possible.

Annual Picnic

Don't forget our end of year picnic – 11.00am – 3.00pm on Sunday 10 November. Same place as last year – Bellamy Picnic Area, Cumberland State Forest, 5 Castle Hill Rd, West Pennant Hills. As a small thank you to all of those who worked at the Food Fair, we'll provide the satays and the sausages for the barbeque, together with some salads and fried noodles. Please bring any drinks and other foods you'd like to share.

Raffle Winners

Our annual raffle, which contributes funds for the operation of the Association was drawn on Dana Day in September.

Here is a list of the lucky winners:

- 1st prize - Scenic or aerobatic joy flight - Jane Lim
- 2nd prize Life coaching 4 sessions - Jane Lim
- 3rd prize - Hair styling from Hairvolution, Bondi Junction - Eng Kong Tan
- 4th prize - 5 yoga classes with Sue Toohey - Steven Liew
- 5th prize - Massage with Raymond - Noel Pierson
- 6th prize - Kitchen King Pro Manual Food Processor - Clifford Chong
- 7th prize - AEB Vegetarian Cookbook - Ay Lim
- 8th prize - Hand made shopping bag - Noel Pierson

Our special thanks to all our prize donors and to all who purchased tickets.

With much metta to everyone

Sue Toohey

Quotable Quotes

"Whenever two people meet, there are really six people present. There is each man as he sees himself, each man as the other person sees him and each man as he really is."

Henry James

American Philosopher and Psychologist
1840-1910

Dhamma Blossoms

Some give of faith, others out of friendship,
Do not envy others for the gifts they
receive, or you will have no peace of mind
day or night. Those who have destroyed
the roots of jealousy have peace of mind always

Dhammapada verses 249-250

News from Vejjasala

Bruce Chatfield, formerly resident manager at Wat Buddha Dhamma has been working at Vejjasala for the past 3 months, on a number of building / maintenance projects. To date he has built a new front door, moving the main entrance so that it opens into the office, rather than immediately adjacent to the shrine room; a new back deck, which is the most delightful place to have breakfast; painted the whole of the outside of the main building; installed more shelter at the entrance to the kutis plus clothing hooks and shelves.

Currently he is working on converting what is marked on the plans as an existing animal shelter and which we have come to refer to as the pig sty, into a beautiful teacher's kuti. It is almost complete, with the walls made from beautiful old recycled boards from the original structure and panels of galvanised iron, with large windows looking into the trees. My only fear is that when the Council planners come to inspect for our development application they are going to look at it and go, "That is an animal shelter?"

David Denton has been down at Vejjasala many days working on the grounds, mowing, clearing rubbish, blackberries and other weeds and chopping firewood. With all the spring flowers in bloom the gardens are looking really lovely. Fran and Ron Poulton have built several rustic seats on the walk to the waterfall, including a table and benches at Waratah Flat,

where they have also planted white waratahs. The red waratah that Fran planted at the entrance is in bloom. Try to make it for the End of Rains picnic and you will really see the place at it's best.

Vejjasala Cook Book Available for Sale

Food for Thought - the Vejjasala Cook Book by Jan & Chris McCarthy is now available for sale. You can order it through the website, or at Sangha Lodge. The beautiful book includes vegetarian recipes for all occasions and will make an ideal gift. It has been produced in full colour, spiral bound to open flat when you're cooking and professionally designed by Emma Kiner, a final year Design student at the Catholic University. It contains 110 vegetarian recipes and the cost is \$25.

Management Committee

If you wish to nominate yourself or another member for the 2014 Management Committee, please send an email with the name of the person being nominated to office@engagedbuddhists.org.au. If you are nominating someone other than yourself, please check with the person you are nominating to ensure that they are happy to be nominated.

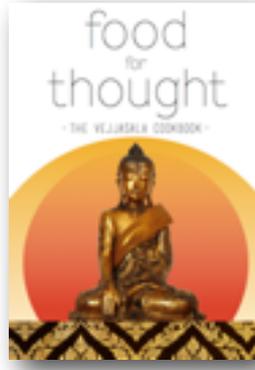
Existing committee members please nominate yourselves if you are happy to stand for another year.

Election of members will be by secret ballot at the AGM.

You must be a current financial member of the Association and have been a member for at least one year in order to stand for Committee.

The work of the Management Committee is vital in continuing the activities of the Association of Engaged Buddhists. We thank all present Committee Members for their tireless efforts and warmly invite all members to consider nominating for the Committee for 2014.





A Reader Recommends

For this issue Caroline Lurie, our Retreat Coordinator reviews *Food For Thought: The Vejjasala Cookbook*. In addition to giving her thoughts on the cookbook itself she gives a personal recommendation to the Caramelised Onion Couscous saying that it is easy as well as being delicious.

FOOD FOR THOUGHT : The Vejjasala Cookbook, Compiled by Jan McCarthy and introduced by Tejadharmo Bikko, Designed by Emma Kiner

For years I was convinced it was really, really, difficult to ensure enough protein, iron etc. in the diet without eating meat or fish. I now believe this is nonsense, though obviously it is necessary to make sure one eats sufficient pulses and other protein-rich foods. What was lacking in my life was a really easy-to-follow vegetarian cookbook.

The recipes in this nicely-produced book are wonderfully simple and all the ones I have tried so far have been delicious. They are divided up into Soups, Salad, Mains, Pasta, Rice & Grains, Vegetable, Sweet Things and Cakes & Biscuits, with useful endnotes on sauces and dressings, as well as basics such as how to make pastry, basic vegetable stock, different spice mixes etc. Someone who had never cooked in their lives would only need to follow the recipes exactly to come up with the desired result; more experienced cooks can play around a little, substituting one herb, spice or vegetable for another to achieve a slightly different taste.

The spiral binding means the books lies flat on your counter, and the glossy paper makes it easy to wipe off the inevitable spills. The attractive cover,

with Sangha Lodge's own golden Buddha statue encircled by the traditional Buddhist colours, makes the book a pleasure to pick up.

For those who really want to be vegetarian but have been convinced it's too hard, here is the book for you. A snip at \$25, it would also make a delightful, thoughtful Christmas present for a friend.

Caroline Lurie

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. We would be pleased to publish verses members have written in the Newsletter.

As Spring advances and many of us go to work in our gardens, word from Thich Nhat Hanh may help with being mindful in our everyday life.

Earth brings us into life and nourishes us.

Earth takes us back again.

Birth and death are present in every moment.

Our Essence

I am you and I am I
I am a tree, a flower,
a turbulent wave
agitated by the wind.
I am sun and desert
I follow life gamely
like an impertinent,
pretentious shadow.
The divine dust in me

is your ancient dust as
it is my blood, my cells, and
the perpetual essence in me.

... And your pain is mine
like it is the space
that separate and join us
because there are no distances
between souls, only in
atoms — colliding particles
of neutrons and protons,
life eternal ...

death a metamorphosis.

... and again I am
the lion that eats the deer
and I am the deer
eaten by the lion.

I fly above flapping wings
with flamingos in formation
creating a red cloud.

I am a Japanese fighting fish
hidden in aquatic forest
waiting for its prey.

I am a Balinese ballerina
chased by ghosts and devils
my tiny feet floating above
pretend rice paddies
in the theatre of existence.

A king, a poet, a pauper,
a teacher, a dreamer,
a lonely beggar,
an orphan, a tyrant,
I am all until death
sneakily reaches me again,
then I become perfume,
a rock, a star, a dream

Beatriz Copello

ASSOCIATION OF ENGAGED BUDDHISTS MEMBERSHIP APPLICATION / RENEWAL 2013-2014

If you are joining the Association for the first time, we welcome you to join as a Friend of the Association.

As a Friend of the Association of Engaged Buddhists, you will receive our newsletter One Heart, One Mind every second month by mail or email and have all the same rights as other members of the Association do, but you cannot vote at the Association's general meetings, nor be on the committee of the Association. After being a Friend of the Association for a year, if you renew your annual subscription you will automatically become a full member of the Association.

As a Member of the Association of Engaged Buddhists, you are entitled to elect members of the organising committee, vote on any significant matters affecting the Association at the Annual General Meeting and receive the newsletter every second month by mail or email.

The annual subscription fee is \$50.00 (for both Friends and Members)

Payment can be made by cheque to :

Association of Engaged Buddhists and mail to 20 Victoria Street, Lewisham 2049

Or a direct deposit to the bank account:

Bank: St George

BSB#: 112 879

Account#: 131328823

Account Name: Association of Engaged Buddhists.

Please email us an advice when the transfer has been made at office@engagedbuhhists.org.au

We hope you are keen to join or renew because we really appreciate your involvement and support.

Thank you.

I wish to Renew my membership Become a Friend of the Organisation (join for the first time)

First Name:	
Last Name:	
Address:	
Suburb:	
Postcode:	
Telephone (mobile):	
Telephone (home):	
Telephone (work):	
Email:	

Subscribe to newsletter: E-mail Post No thanks

Donations

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

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

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

Association Membership

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

For Those in Need

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

Prayer for Freedom from Suffering

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

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

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

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

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

The Association of Engaged Buddhists
Sangha Lodge
20 Victoria St
Lewisham NSW 2049

