



Uganda Buddhist Centre

October Newsletter | Volume 10 | Issue 10

Many Thanks for a Big Hand!

True giving arise from the intention beneath our act of giving. We often give or donate in order to cultivate virtues and to deepen our spiritual experience as well as to provide sustainability for others. These take form of shelter, food, clothes, education, medicine and many more. Most of all, donation along with compassion and love is the foundation of thoughtful shared social action.

Early this October, we received the generous donation of plastic tables from U Than Soe, Daw Nilar Kyi and Daw May Mya Lwin from Myanmar who are currently living in the central African Republic. The tables donated come after the Uganda Buddhist Centre has been spending a lot of money to hire tables and chairs whenever there are events at the Temple.

At the Uganda Buddhist Centre, we would like to thank the donors for their generous giving and mindfulness to share their experience and virtues with those at the Uganda Buddhist Centre. We are delighted, and your contribution will go to a worthy cause.



U Than Soe, Daw Nilar Kyi and Daw May Mya Lwin offering some items to Ven. Adicca.

UBC Celebrates Abhidhamma Day

On 16/10/2016, Uganda Buddhist Centre joined the rest of the Buddhist community to celebrate "Abhidhamma day". Abhi means higher or special, and dhamma is doctrine or teaching. Abhidhamma can be understood as Special Doctrine, which gives amicroscopic analysis of a human being.

Abhidhamma Day is celebrated on the full moon day during the Lunar month. This month usually begins in October. It is celebrated to mark the Buddha's return to this earth after preaching the Abhidhamma. The Abhidhamma was later collected into what is known as Abhidhamma Pitaka. As a result this day is celebrated with lot of fervour and offering lights in front of the image of Gautama Buddha.

People also perform good deeds to mark the day. Although the day is filled with merriment, it carries a lot of spiritual significance.

At Uganda Buddhist Centre, Ven Adicca led the celebrations of this wonderful day. We started early in the morning by taking the five precepts and meditation which was preceded by his wonderful Dhamma talk. He emphasized the four ultimate realities, Citta (Consciousness), Cetasika (Mental states), Rupa (Matter) and Nibbana (The psychological state of freedom from attachment). He further advised that we change our minds from attachment to generosity, from hatred to loving-kindness, from ignorance to wisdom, from violence to peace and from evil mind to noble mind so as to create a peaceful and harmonious world.

These words of enlightenment were nothing but as perfect as the light



Ven. Adicca guiding a meditation session

which was lit later in the evening that brightened the inside and outside of the temple. This depicted the noble life one should



Thammaphon Longthale guides children during the offering of lights.

SPRING IN MELBOURNE

"Melbourne's weather is changing all the time. It's not a harsh weather, and there's no snow. The winter here is mild compared to the winter in the US. And summers can't be hotter than in India. [This changing weather] continually reminds me of change itself"

With this one fleeting comment on the nature of Melbourne's weather, Bhante Buddharakkhita reminds us to one of the quiet Buddhist teachings present in our everyday lives - impermanence. That everything is continually changing, just like the ephemerality of the seasons.

The last two issues of the UBC newsletters (August & September) have reported Bhante's activities here in Melbourne. This is Bhante's last month before he travels to different countries for the next few months. We asked what Bhante likes about Melbourne, and he commented about the weather (as written in the opening paragraph) as well as the tranquillity of Melbourne's neighbourhoods, the lovely parks, and the people, who are quietly respectful of Buddhist monastics.

Bhante's ability to see things from different perspectives, and his ability to adapt quickly to the occasion at hand, characterise his method of teaching the Dhamma – thinking from the perspective of whomever he is teaching, and considering how best to convey the Dhamma to them. This is one of the many reasons why Bhante's stay in Australia has attracted lots of audiences from different ages to join his talks and discussions. He actively engaged with different groups in many programs not only organised by the Buddhist Society of Victoria (BSV), but also by local elementary schools and other monasteries and organisations. Here is the recap:

- BSV: Among his favourite activities were the forums for in-depth sutra studies, an open dialogue of



questions and answers. Not only did they allow the audience to truly contemplate their understanding of the Dhamma, but Bhante also appreciated how the questions made him ponder his own understanding as well. Similarly, Bhante also enjoyed teaching the CityZen (the BSV's Buddhist youth group), especially when it came to correcting the misconceptions of people new to Buddhism. He found it very rewarding to be able to clarify the misunderstandings of those new to Buddhism since Bhante himself, as an Ugandan monk, didn't have anyone to sort out misconceptions for him.

- Local schools: Bhante enjoyed teaching mindfulness to kids. He taught three local schools during his stay. *"Kids are very perceptive and then can understand mindfulness if you break it down for them...but they're more inclined to understand awareness. Kids like actions and you have to give them short tasks"*
- Other monasteries and organisations: Bhante gave countless talks and guided meditations to executives at ANZ bank; Vietnamese, Cambodian, Indonesian and Sri Lankan families who invited him to speak the Dhamma at their homes. One of his most famous talks (which is available online) is "Buddha's way to Heaven," which can be broken down into three very simple steps: do not get angry, be generous, and tell the truth.

The most frequently requested talks, Bhante noted, were those related to dealing with human emotions, such as how to deal with fear, how to make a decision, and how to deal with grief. *"Helping people with their emotions is my trump card, and is the topic of most of my talks. I want to pursue understanding emotions because dealing with difficult emotions is a practical problem that people face in their daily lives."* Bhante is particularly skilled in the field of human emotions for he is currently pursuing a PhD at one of Sri Lanka's top universities, his thesis entitled, *"Healing trans-generation trauma: a critical role of right mindfulness and African wisdom."* With this thesis, Bhante hoped he would be able to assist



those who suffer to understand the causes of trauma and overcome them.

Bhante celebrated his birthday in BSV, where the community offered a birthday cake made by one of the community members. On his last day in Melbourne (which was toward the end of vassa period), he was offered a robe by the BSV community as an expression of their gratitude.





It has been very enriching. For through teaching, I also learn. Teaching is a two way street because you have to really think [about your understanding of the Dhamma] before you answer a question.

Bhante is particularly grateful to those who has supported him, and would like to extend his appreciation and well wishes to all hard-working, dedicated BSV volunteers, friends, and board members. *"I am grateful for all the people who are helping me for I am full of ideas. I see myself as responsible for the whole of Africa, since Buddhism hasn't really spread there. I gave up a lot to relieve other people's suffering so when people understand my vision, even a little bit, I feel very grateful – I am eternally grateful."*

And yes, Bhante plans to be back to Melbourne in December 2016 and stay until the New Year!



Written and produced by Casimira Karunaratne and Vali Ratanavali (the CityZen Young Adult Group)

Gratitude to All Our Supporters

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful for your kind and generous donations.

UBC still needs your support:

- To maintain resident teachers/monastics
- To maintain the Temple
- To establish the African Buddhist School/College
- To run Buddhist activities
- To build accommodation facilities

How to donate:

1. By paypal:

Please follow the link below to make a secure donation online:

<http://ugandabuddhistcentre.com/site/donate/>

2. wire transfer

Beneficiary's Bank Details:

Bank Name: Bank of Africa Uganda Limited

Bank Account # 01178230007

Account Name: Uganda Buddhist Centre

Swift address: AFRI UG KA

Address:

Main Branch, Plot 45, Jinja Road.

P.O. Box 2750, Kampala, Uganda.

THE INTERMEDIARY / CORRESPONDENT BANK DETAILS

FOR U.S DOLLAR TRANSFERS:

Citibank, N.A.

399 Park Ave.

NY, NY 10043, USA

A/C 36883378

SWIFT Address: **CITIUS33**