



**Welcome to the latest issue of the UBC Newsletter**

It's been a busy month here at Uganda Buddhist Centre. Here are a few of the numbers of our February engagements.

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## Sunday Dhamma Program

On Sunday 19th February, Bhante Buddharakkhita led sessions of silent meditation and Dhamma talks. Talks included question and answer sessions. Most of the participants from the village were curious to know how and why Bhante came to be a monk. Very smilingly, Bhante replied, "I was looking for something which could help me develop awareness of my entire being and how I can attain calmness and happiness." On the same occasion, members from Bulega village also got a chance to aver their gratitude for Bhante for the programmes and projects such as Bead of Empowerment, water projects as well as women empowerment programmes. The Sunday Dhamma program is now conducted every Sunday at UBC— including meditation and interesting



Dhamma talks from very inspiring monks, Ven. Buddharakkhita, Ven. Sangharakkhita and Ven. Adicca. This program has been designed to help people from the neighboring villages increase and strengthen their experience in meditation Dhamma. The program is open to all individuals from all walks of life and spiritual background.



**Small gifts with great love. Bhante offering sugar to women from Bulega village (left).**



## Meditation and Yoga at Thammaphon Thai Restaurant

We have initiated a Meditation and Yoga group as part of our outreach program. The group meets at Thammaphon Thai Restaurant in Entebbe near Victoria Mall. This program is held every Monday evening from 6:00pm to 08:00pm.

During the sitting, participants practice mindfulness meditation, Yoga, Tai chi and Qi gong which

help them develop a stronger sense of presence and awareness of our entire being. This awareness is aimed at helping us to manage stress, depressions and other day to day problems.

We have so far conducted two sessions of these series, where we have been joined by people from various backgrounds. This Monday we were graced to

have a Hindu Swami, Burmese and Thai participants.

We welcome you all to join this group meditation group, expand your horizons of knowledge and revitalize your inner potentials.



## Meditation at Thammaphon Restaurant

# Dhamma School Still Study under Tent

Since the arrival of Ven. Adicca, our Peace School children have enjoyed learning and practicing meditation. Children feel inspired and reenergized towards learning, and the number has now doubled. However, children learn from a temporary tent and their parents have raised concern about the well-being of their children studying under a tent in this unsympathetic weather. During sunny days, the tent becomes increasingly hot, and in rainy days, children get wet and

are open to getting coldness and sickness.

In the past few days, we have experienced a big change in weather—that is, heavy rainfall which have affected our regular classes.

To solve this problem, we want to construct permanent classrooms. With your blessings and your coming forward to donate towards this project will make a difference in the lives of our children, and help us improve the education system in our community.

\$500,000 needs to be raised, and with your coming on board, we will make it happen. Please, take this rare opportunity to participate in this project through your generous donations. In doing so, you will find that you have made a difference in the lives of our children, and they will become happy and prosperous—which we all desire.

In the Vinaya Pitaka, it is said that, those who build residence, “for them, merits increase both by day and by night. Those are the people going to heaven, established in Dhamma, endowed with virtue.”





## Construction of Sima Building



**The phase at which Sima is now.**

Centre in Entebbe, senior monks from Sri Lanka, Mexico, Myanmar, Bangladesh, India and Thailand demarcated the Sima building ground. The construction started in February and it is expected to be completed very soon. This building will stand as the only sima building in the whole of Africa—and we expect that many people will be able to ordain from Uganda who cannot afford to travel to overseas for ordination.

Our deepest gratitude and merits to those who donated towards this project.

From our humble beginning, we have achieved a remarkable growth. We are now constructing a sima building. In the recent years, we

have been sending aspiring monks to overseas for ordination. During the International peace conference in June 2016 at the Uganda Buddhist

## New Kitchen under Construction

We would like to share with you the news that our small kitchen is going to be replaced by an elaborate and state-of-the-art new kitchen, complete with space and enough air. Our kitchen has been too small; our volunteer cooks need space to keep the food stuff, and a kitchen with enough air.



## Giving Safe Water with Great Love

As a Buddhist organization, preservation, dissemination, development and promotion of the Buddha's teachings is our major focus. However, in a community with critical need for the basic life-necessities, we need to create a synergy between our major area of focus and sustainable development in our communities. We cannot achieve our aspirations when our communities are in a great need for life-saving water.

In order to harness and contribute towards community development,

UBC has evolved various projects and programmes. One of our major project which has been ongoing is the water and sanitation project. Three boreholes now are functional, serving Bulega village and the neighboring communities.

However, there is still a critical need for reliable and safe water in the surrounding communities. About 2 kilometers before you reach the Uganda Buddhist Centre, there is a school (St. Paul primary School) with hundreds of children trapped in the crisis of water. This

is a moving a crisis, yet we have been moving with it. Recently, the principle of this school wrote a letter requesting the Uganda Buddhist Centre to provide them with a borehole to supply water.



**Borehole under construction.**

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The Uganda Buddhist Centre with great love and compassion answered their request and mobilized funds for this project.

As you walk around the school, you can't help but be struck by the overwhelming situation of poor sanitation and hygiene. In these situations, we are providing life-saving critical assistance. You ever wonder how to change or heal the world? It is changed and healed by those who show up even in hardest times—not those who are rich.

Overall, this borehole will benefit hundreds of school children, the nearby Christian church and villages. We are confident that this synergy will help to harness our energies to those from our communities.

We are greatly indebted to our kalyanamittas (honest and reliable friends), who are funding this project to improve lives of individuals and strengthening communities by way of increasing access to reliable and sustainable water supply.



**Bhante Buddharakkhita inspecting the borehole under construction at St. Paul Primary School.**

## **Land Purchase for Extension**

UBC is purchasing a plot of land next to the temple. We have received donations from our Australian Buddhist supporters. We still need US\$ 5,000 to purchase this plot of land in order to build accommodation for meditation participants and visitors to UBC.

Our visitors are camping in tents due to lack of accommodation and space for expansion. The current unsympathetic and changing weather has affected of visitors and volunteers.



**Current accommodation at UBC**



**Bhante Buddharakkhita pointing to the plot of land UBC needs to annex.**

## **Volunteer with us:**

**As we build on the success of our history, we want you to be part of this noble and historic work of the Uganda Buddhist Centre—help to reach Dhamma into the lives of individuals in Africa.**

**We kindly invite you to financially support this cause. We also invite you to come and share your work, experiences and knowledge of Dhamma with us.**

**If you would like to get involved in our work, please send your interest, by emailing [ugandabuddhistcentre@gmail.com](mailto:ugandabuddhistcentre@gmail.com)**

## 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**

### Our Address and Contact Info

Uganda Buddhist Centre

Off-Entebbe Road, Bulega, Garuga, Entebbe

P.O. Box 898, Entebbe, Uganda

Tel: +256 (0) 392 – 000926

Mob: +256 (0) 775 – 019180

E-mail: [ugandabuddhistcentre@gmail.com](mailto:ugandabuddhistcentre@gmail.com)

Website: [www.ugandabuddhistcentre.com](http://www.ugandabuddhistcentre.com)