



Uganda Buddhist Centre Newsletter

Volume 1 | Issue 1 | January 2017

UBC Receives 5 Acres of Land

IN THIS ISSUE:

***UBC Receives 5
Acres of Land,
pg. 1***

***Small Things
with Love Are
Motivating Chil-
dren to Attend
School, pg. 1-2***

***More Dhamma,
Less Drama,
pg.2***

***My Journey to
Uganda-Africa: An
Interview with
Ven. Adicca, pg. 3***

***How to Support
Us, pg. 4***

It is always a matter of time for people to realize and appreciate how valuable the Dhamma is. It took the Buddha some time and effort for people to understand the unconcealed treasures of Dhamma. With the appreciation of the teachings, many lay devotees started to offer their lands (where monasteries were established) towards the growth and spread of Dhamma throughout the Indian sub-continent. The gradual development of Buddhism in Uganda today, is not far from this drift.



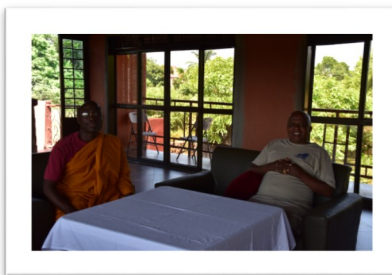
**The land, donated to the
Uganda Buddhist Centre**

letters—and once again, we are delighted to report that the Uganda Buddhist Centre has received a generous donation of 5 acres of land. The land, located on Bukasa Island in Ssesse, was donated by Mr. James Semakadde, a businessman and former Director of FINCA Uganda Ltd. Upon his short return to Uganda, Bhante visited Ssesse

Island to see and tour the land.

It is with our immeasurable joy, gratitude and metta that we recognize and appreciate the generosity and compassion of Mr. Ssemakadde. Our best wish is to use this land for Dhamma activities which will benefit many striving beings to liberation.

We kindly invite every one to support the establishment of a new meditation centre on this newly acquired land. We are convinced that once we establish a new meditation centre, we will be able to reach out, and support many beings suffering to realise the noble truth of suffering in order to come out of their own misery.



**Bhante Buddharakkhita with
Mr. James Semakadde**

It started with a one Bhante Buddharakkhita, and gradually, Buddhism is touching the hearts and minds of the local Ugandans. In this, there are individuals who have come up to support the growth of Buddhism by way of donating their valuable lands to use it for Dhamma works.

We have always been reporting about land donation from the Kingdom of Kooki in our previous news-

2017 International Peace Meditation and Yoga Retreat

Join us for the 2017 International Peace Meditation and Yoga Retreat! Led by Bhante Buddharakkhita, this is the very first 7-day retreat organized in Uganda, his hometown. The retreat will incorporate sitting, walking and standing meditation as well as mindfulness yoga and taichi. We have received interests from Australia, Singapore, South Africa, India, US, and Germany, so this is a very good opportunity to meet the like-minded people from around the world.

Date: 10-16 April 2017

Cost: AUD\$610 for twin-sharing room or AUD\$660 for single room.

If you have extra time after the retreat, join us for local culture explorations and volunteering works.

Interested to find out more about the retreat and how to book? Please visit:

<https://2017-ubc-international-retreat.eventbrite.com.au>

Email: retreat.ugandabuddhistcentre@gmail.com

Small Things with Love Are Motivating Children to Attend School



There are currently 20 children attending the UBC Dhamma school program. These are young children between the ages of 6-15 from underprivileged families. We are continuing to support these children as they grow and strive to expand their experience of Dhamma.

Our volunteers have always reported an overwhelming shock at the interest of these young children towards education.

This month, January 29th, we provided children with scholastic materials as they prepared to get back to school. The materials included exercise books, pens and pencils, donated by the Ven. Adicca—a resident monk at UBC.

We are supporting a girl

named Prossy Nakijoba. Prossy is one of the most inspiring and hardworking children in our Dhamma class. She has a keen interest to learn meditation. She never misses our evening group meditation at the temple. Prossy, after her Dhamma classes, she assists Ven. Adicca in learning Luganda, the local language. She wakes up every morning to go to work with her mother in order to raise money for her school fees. Ven. Adicca identified her situation and saw that she is in the greatest need, so he offered to contribute 200.000 Ugx for her school fees. This year, she is sitting her O' level at Vision High School in Mukono district. In her story, Prossy says meditation has helped her to manage

anger—she was very reactive—and now she is able to make clear decisions because of meditation. She dreams to help develop a food sustainable community. She feels her community is consuming foods, full of chemicals.

There are other children in the same need, who wish to see their dreams a reality. And they have a strong belief that education is the only vehicle towards their goals. Unfortunately, we are limited in financial resources. We are unable to support the big number of children at our hands. Our appeal goes to every one of you to come onboard to support the dreams of these young hardworking children. Their dream, your dream, our dream!



Prossy receiving a donation from Ven. Adicca.

More Dhamma, Less Drama

Bhante Budharakkhita at the Vipassana Centre in Honolulu.

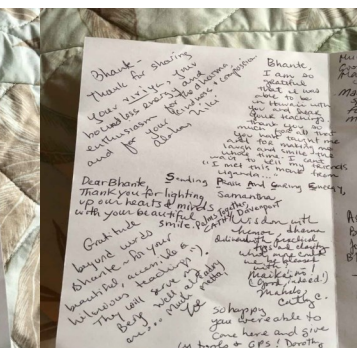
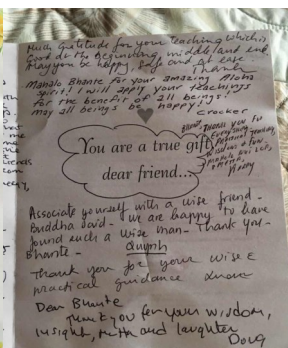


The above title is a statement Bhante Budharakkhita is always emphasizing in his wonderful talks. Bhante has always stressed that if we embrace and practice Dhamma in our lives, we will root out our dramatic actions that make us agitated and unhappy.

In the year ended 2016, Bhante spent almost half of it in Australia, Singapore and Sri Lanka, where he inculcated more dhamma, less drama. His talks sooth his audience. This year has yet begun another busy for Bhante in his international

Dhamma engagements. Since January 15th, Bhante has been leading dhamma activities in Hawaii, USA at the Vipassana centre in Honolulu. Bhante was also invited to give lectures on Mindfulness and Skillful Living at the University of Hawaii. The audience was stunned by Bhante's smiles and inspiration which lighten up people's hearts and minds.

Bhante is expected to return to Uganda Buddhist Centre on February 9th, where he intends to conduct a number of Dhamma activities and projects to support the Bulega community.



My Journey to Uganda, Africa: An Interview with Ven. Adicca



**Ven. Adicca
at the Ugan-
da Buddhist
Centre**

How are you doing Bhante?

Mhh!! Great, enjoying the cool weather here, you know it is quite different in Myanmar where we have three Seasons: Winter, Rainy and Hot Seasons which last 4 months each.

How do you finally join the Sangha?

As a youth, I was so close to my parents and they advised me that, that was the best way I would liberate myself and be more impactful to my society by helping them in education and health.

Kindly take us through your background as a monk

I took on a Novice hood at the age of 13 and my Preceptor is Ven. Kondinnya. I continued to University in Sagaing Region previously known as Monywa (Town) Where I hoped to pursue a Bachelors of Law. I was later ordained as a monk by the late Ven Uttara Mahathera.

What was your particular interest in Bachelors of Law?

As a young man I observed the few lawyers that we had in our country and how they manipulated the existing laws to their benefit, I hoped through taking that direction, I would be able to change the existing trends for the betterment of our people. After that I joined SIBA for BA, MA (part I) in Buddhism for seven years.

What compelled you to come to Uganda, Africa?

I should say it is a combination of many factors; I had previously read about the biography Of U Setthila who distributed Dhamma in United Kingdom during World War II and I envied him. After world Buddhist Peace Conference at SIBA and meeting Dr Kumara who is the Assistant Rector at SIBA in Saging and Venerable Buddharakkhita, Dr Kumara declared announcement for the monks who are interested in sharing Dhamma by self-help. I want the people to get an opportunity to practice Dhamma (the nature of truth). And I wanted to know not only Ugandan, but also African culture and communicate the culture between Uganda and Myanmar (Burma). So, I later contacted Bhante Buddharakkhita and he welcomed the idea of me

visiting Africa. At the beginning of last year when I talked to Dr. Sundara, who is the Asst. Chancellor of Sagaing International Buddhist Academy about visiting Uganda, he urged me to go on my journey.

What is your Ugandan (African) experience?

Haha! Multi-religions that have co-existed with much harmony, the hospitality is tremendous which I never expected. You see Idi Amin is well known in Asia and it's a different picture the Asians have out there. I hope they get to know the actual reality. The Ugandan food, unlike in Myanmar where rice is the staple food where Cassava, Matooke and sweet potatoes are desserts, these are staple foods for different tribes here, Wow!!!!

How did you overcome this fear factor?

Dr. Sundara, one of my masters advised me that it is never easy to stay in a new territory, however, always remember these three factors, Patience, Patience and Patience. The Buddha taught us to be patient and not to be shaken in whatever vicissitude we face in life.

What direction do you have for Buddha's teachings in Uganda?

I have always emphasized taking meditation that makes us peaceful and relaxed and the observance of the Five Precepts. I do believe that all beings can purify their minds through the practice of virtues and meditation.

You have been in Uganda for 6 months, what challenges have you faced?

Oh! Language barrier. Only two Burmese people here and I speak very little English. I do intend that I study the local language while I am here and if possible, the Dhamma be translated into the local language so that people can easily understand the nature of truths.

We have few books here which limit access to the knowledge of the Buddha's teachings and I call upon any well-wishers to support this noble cause. There are few Buddhist people here and they are not able to sustain the desired growth and expansion of Dhamma.

What further aspirations would you want to do in Uganda?

If I have the chance, I would construct a temple in Jinja next to the second largest lake in the World (Lake Victoria) and the longest River in the world (River Nile).

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

Website: www.ugandabuddhistcentre.com