

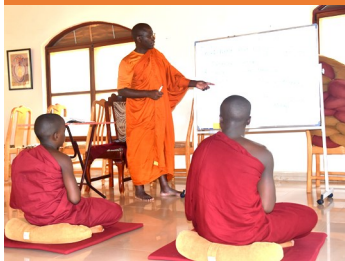


NEWSLETTER

In this Issue:



*Uganda Buddhist Centre
Receives Donation from
Insight World Aid, Pg. 1*



*Bhante Spends Time
Teaching Novice monks.
Pg. 2*



*Construction of Monks Ac-
commodation Project, Pg. 2*

Uganda Buddhist Centre Receives Donation from Insight World Aid, USA

The Uganda Buddhist Centre (UBC) received a donation of US \$2,200 from Insight World Aid (IWA), a US based non-profit organisation. This was to support the Centre during Coronavirus disease (COVID-19) country lockdown and curfew.

The donation was used to purchase a motorbike, refrigerator and food items for our community. The motorbike is used to collect food from the market and UBC's farm, and the refrigerator to store food.

We would like to thank IWA for their earlier communications with Bhante Buddhakkhita and for their generous giving.

We would also like to thank Elke, Dawn Perryman and others who sent us donations for food during the COVID-19 period. .



Uganda Buddhist Centre Peace School

We would like to thank John Misfud and other donors for hosting campaigns to raise funds to support the Uganda Buddhist Centre Peace School. So far, they have skilfully raised US\$ 3,000 in Oakland in California to support the Peace School baby class. We also thank David, Kim and others for their continued support to our school.



Construction of Monks Accommodation Project

UBC envisions a world of peace, true happiness and ultimate freedom inspired by the teachings of the Lord Buddha. The Centre now, stands as a major initiative in Entebbe, providing a stable source for Buddhist studies in Uganda. In

the past years, we have fully ordained three monks from Egypt, Rwanda and Uganda.

Presently, we have a temporary ordination program to ordain novices during school holidays. The program has been successful and, so far, we have ordained six novices, who had to disrobe in order to return to their respective schools. Plans are underway to construct a Buddhist primary school which will integrate the national curriculum with Buddhist education approaches. In this connection, we need to expand our accommodation for both monks and novices so they can attain their education at our school without disruption to their ordination programme. Moreover, we are frequently faced with shortages of accommodation whenever we have international visiting monks at the temple. We usually resort to



camping and hotels which are costly, unsuitable and unsustainable.

Anyone who visits the Centre, will see that accommodation for monks is urgently needed. The two novice monks at the temple currently share a room and have to line up for the bathroom, which is also shared by the guests. This long-awaited building, which is planned to be located on a beautiful hilly site overlooking Lake Vic-

toria, will solve many of these challenges.

The first phase of the project will be to construct two-storeys, with a roof terrace. We have already done the site clearance and created an access road through the eucalyptus and pine trees. This new building is planned to occupy 2 acres of land to the south of the temple. In order to realize the Centre's goals, we have embarked on this vital project for the establishment of the first monks' accommodation building which will house both international monastics and local monastics from our community to foster the monastic training program.

We are inviting all our Dhamma brothers and sisters to contribute to this meritorious deed. If you would like to make a donation, please email us at: ugandabuddhistcentre@gmail.com.

Bhante Spends Time Teaching Novice monks



Following Buddha's missionary injunction, Bhante Buddharakkhita spends most of his time teaching worldwide. However, during COVID-19 lockdown, Bhante is now spending more time teaching the two novice monks in Uganda.

When COVID-19 embarked on its world tour, Bhante decided to return back to Uganda from USA On march 17. By this time, he was co-teaching a one-month meditation retreat at Spirit Rock Meditation Center in Woodacre, San Francisco, California.

According to Chinese language, every crisis carries with both a challenge and an opportunity to meet it. It is an opportunity for novices here at the temple to learn from Bhante Buddharakkhita. He presents the Dhamma the way Buddha proclaimed 2,600 years ago in its original and pure form.

Moreover, he gives the Dhamma an African flavour to address the needs of African people in modern times. Bhante's concern for suffering and the simple prescriptions for healing are a source of strength for every individual lost in stress and problems of our everyday life.

"The beauty of generosity is that it not only brings us happiness in the moment—we feel good when we give—but it is also the cause for happiness to arise in the future."
—Joseph Goldstein

UBC Computer Literacy Program

This program is aimed at enhancing computer skills for our staff, Peace School children, novice monks and youths from the neighbouring communities. We would like to thank our Dhamma sisters and brothers from Buddhist Fellowship of Singapore (BFS), for donating 12 computers to the Uganda Buddhist Center. Our computer laboratory is almost ready and we will open when the COVID-19 lockdown is lifted. However, we are lacking 13 chairs and 1 table cost US \$1,400. We would like to welcome you to contribute to this meritorious deed.



COVID-19 in Uganda: What it teaches us?

Uganda has so far found 89 positive cases and no death of COVID-19 so far registered, and 52 have been reported to have fully recovered. People are encouraged to stay home. Public transportation as well as private means of transportation have been stopped. Churches, bars, night clubs and other congregational places have been closed down. Businesses, except food markets have been closed, and vendors in these markets are advised to sleep at their places of work.

Towards the end of March, I camped at the Buddhist Centre in Entebbe so I can use my days of quarantine in a more meaningful and enlightening way. 14 days past....and now another 21 days of perfect peace and tranquillity. My life here has continued to be very benefiting.

The forest behind the center is blossoming with beauty, teeming with monkeys and squirrels.

Groups of monkeys come every day to visit us. It feels as though we are in a zoo. The air is fresh and clean...the night roses all over the compound are so fresh and aromatic. Birds singing every night and day...I enjoy the serenity here.

The government asked us to stay home...we are encouraged to exercise from home and observe generous social distancing. What a rare opportunity to take an inward journey! ...as the Chinese say 'every crisis carries an opportunity'.

Practicing meditation and breathing techniques here has given me a sort of inner resource that allows me to be comfortable and content in my simple surroundings.

In my little room, I sometimes feel seated under a tree listening to the Buddha giving his original meditation instructions. What he taught over the last 2,600 years ago, are still original and valid instructions for practitioners like us today to quickly experience the positive and profound uplifting of our mind.

When we read and practice meditation, we find the Buddha's promise of transformation of suffering, stress, depression and confusion into joy, peace and wisdom that is so healing and liberating.

Life under the lockdown is teaching us quite a lot...For instance, there is more to life than spending whole night in a night club. It has reunited us together with our families. At the Uganda Buddhist Centre, we are able to meet frequently to discuss how we can best practice and promote Dhamma in our community. Ultimately, COVID-19 is a sharp reminder of the Buddha's teaching of interdependence—what one does as an individual, can affect their communities and the entire universe. This sort of awakening is very transforming and fulfilling.

Let's use this time to meditate or practice yoga as methods of personal growth and profound spiritual attainment. Also, this time can be used wisely to write or read a book for growth and learn new skills.

The qualities that underpin the Sangha community are unity, harmony, and support. Let's stay connected and support each other in this very chaotic and challenging situation. Remember: all conditioned things are of the nature of changing, and COVID-19 is no exception to this natural law. Finally, challenging situations are moments for us to reflect on our potential to make choices for the benefit of all sentient beings.

May beings be safe, happy and peaceful!

Andrew Bakaki

COVID-19

This Too Shall Pass

A mistake is to see the current Covid-19 pandemic as out of the ordinary.

It is not. It is nature.

Like nature, it will arise with the 'right' cause and condition.

We may not truly know the exact science,

but we can be sure that Man's ignorance (*avijjā*) and greed (*taṇhā*) must underlie a critical part of the cause and condition for Covid-19's arising.

But it is our fear and selfishness that will nourish and sustain Covid-19.

When we refuse to comply with social distancing, to mask up and to stay at home

because we resent that they are inconvenient and disruptive to our lives,

Covid-19 will thrive and proliferate. More people will be infected.

Mortality will go up. Lockdown of our society will continue.

Our economy will suffer. More jobs will be lost.

If we would only calm down, and wait it out.

Take the big picture perspective.

Accept that our generation is now in the front seat of yet another global pandemic, which is not much different from what Man, through the ages had gone through.

In fact, this time round we are much better armoured than our forefathers.

We have better knowledge of viruses and medicine.

We know how to contain the outbreak and have the means to enforce them.

What then should we do? We just have to hunker down and stay put.

Listen carefully to the advice given by the medical staff and comply with the measures.

Accept in good faith. Be socially responsible.

Be generous (*cāga*) and set aside our own desires for the well-being of others.

Have empathy and consideration. Let go of hankering over 'what ifs' and 'why like that'.

Don't whine, complain, or finger point. Instead stay positive and wholesome.

In time, Covid-19 will be starved of the conditions for its arising and CEASE.

As with many challenges and crisis before, this too shall pass.

With right understanding (*paññā*), appropriate restraints and endeavour (*sīla*),

and a peaceful and accepting mind (*samādhi*),

just like how it was in the past, we, too will ride out Covid-19.



SYLVIA BAY

Dhamma Scholar and Practitioner



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 run Buddhist activities
- To build monks accommodation facilities

How to donate:

1. Donate online:

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

<https://ugandabuddhistcenter.org>

<https://xpresspay.ug/payments/ugandabuddhistcentre/index.html>

2. wire transfer

Beneficiary's Bank Details:

Bank Name : Orient Bank Limited

Bank Account Number: 41261302010523

Bank Account Name: Uganda Buddhist Centre

Swift Address: ORINUGKA

Bank Address: Orient Plaza, 6/6A, Kampala Road.

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.ugandabuddhistcenter.org