



UGANDA BUDDHIST CENTRE

NEWSLETTER

May 2022



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Vesak Day: Celebrating the Birth, Enlightenment and Passing Away of the Buddha

The Vesak eve celebrations started on 14th May with the lighting of candles to signify the dawn of wisdom and enlightenment. The theme for this year's celebration was "***Compassion in times of crises: Buddhist practices for Healing our community.***" The world is facing so many challenges and difficulties. These range from poverty to deficits in governance; climate change, refugee crisis and many others. The Buddha is an embodiment of great compassion and wisdom. Therefore, we need to deeply reflect on such wholesome qualities especially when we celebrate the Vesak Day.

On 15th Bhante led the Vesak celebrations and emphasized the practice of compassion and wisdom especially in times of crises. This auspicious day began with the temporary

ordination of 12 novice monks making a total of 21 novice monks at the temple. The ordination was followed by meditation, reflecting on compassion as the only hope for peace, and then the bathing of the newly born Buddha.

In the afternoon, guests were led to the newly constructed Buddha Medical Centre for commissioning.





Bhante Buddharakkhita bathing the Buddha to be.



Children getting ready for ordination



The newly ordained novice monks



School children attendig Vesak day celebrations



The Soft Opening of Buddha Medical Centre

On the occasion of Vesak Day celebrations, the Buddha Medical Centre was opened by Bhante Buddharakkhita. Bhante reiterated that this medical centre is “going to serve all people from the surrounding communities, not only Buddhists. When people here in the village get sick including myself, they have to go to clinics and hospitals in Entebbe or Kampala. With the opening of the medical centre, people at the temple and those in the surrounding villages will get medical care.” We are prioritizing the health and wellbeing of our community. Extending medical assistance to our neighbours gives us joy,

as it is one of the ways of ending suffering.

Dr. Patrick Chou and Dr. Li Yang our visitors (from USA) who also participated in the opening ceremony of Buddha Medical Centre donated some medical supplies. Dr. Li and Dr. Patrick conducted several free medical check-ups for people from the community. Dr. Li is a practitioner of alternative and Chinese medicine. She taught about pain relief, self-healing and basic health practices families can take on to curb minor ailments. She also administered acupuncture treatment on elderly people who had back pain. The community is delighted by this development.



Dr. Patrick Chou donating medical supplies



Community Wellness Workshop

The workshop emphasised the use of Moringa, meditation, pain relief and self-healing for community wellness. The workshop had four panellists including; Bhante Buddharakkhita who gave the opening and closing remarks on the workshop.

Dr. Li Chen Yang is a specialist in Chinese medicine and an acupuncturist. Dr. Patrick Chou is the CEO and Co-founder of Moringa for Love a US-based non-profit organisation promoting Moringa (the “miracle tree”) across the world. Their mission is to use Moringa to combat malnutrition, poverty and deforestation in the world.

Dr. Juuko Ndawula is the Director of the International Research Institute of Alternative and Complementary Medicine (IRICAM), and his speech centred around physical and spiritual wellbeing.

Dr. Patrick’s presentation centred on the benefits of moringa including Vitamins A and C, potassium, Calcium and proteins. Moringa seeds and powder were distributed to the participants and we hope to have more than 100 moringa trees in our community in a years’ time.

The workshop was conducted in the multipurpose hall of the Buddhist Primary School, and participants were welcomed by the Buddha Cultural Group.



The Buddha Cultural Group welcoming participants of the workshop



The Buddha Cultural Group, monks and pupils of Buddhist Primary School in photo.



Participants receiving moringa seeds and oil,



Dr. Patrick Chou addressing the audience during the workshop



Buddhist Tzu Chi Charity Foundation and Uganda Buddhist Centre Donate Relief Food

The Buddhist Tzu Chi Charity Foundation a Taiwanese based organisation in partnership with the Uganda Buddhist Center donated 12 tons of food relief to 232 families affected by the fire disaster at the Ndese landing site in Kigungu, Entebbe.

On December 5, 2021, Ndese landing site in Kigungu, Entebbe was engulfed by a fire disaster. The cause of the fire until today still remains un-

known although there claims that the fire could have been caused by a kerosene lamp. Residents lost all their property worth millions of shillings and were left helpless. Local leaders called for collective response to give relief to the people affected.

Bhante Buddharakkhita learned about this ordeal through the Mayor of Katabi Town Council, Mr. Ronald Kalema. The Uganda Buddhist Centre staff made several visits to the landing site. The team was dismayed by the sight, espe-

cially the scenes at the “Lost City.”

After assessing the need for relief, Bhante contacted Buddhist Tzu Chi Charity Foundation who funded the purchase of the relief food items.

In a program Compassion Hunger Relief, both organisations worked together to provide food relief to the 232 families affected by the fire disaster at Ndese Landing site in Kigungu, Entebbe, Uganda.

The food was distributed on Friday May 6, 2022. Each family received 30kg of maize flour; 15kg of beans; 3 bars of soap; 2kg of sugar; and 2 litres of cooking oil.

According to the area landlord, out of 240 homesteads that were there before the fire, only 30 have been able to rebuild their houses. The rest of the people either rent daily in the nearby lodges because they cannot afford a lumpsum to rebuild their homes.

Some of them left, while others (living in what they have named the “Lost

City”) sleep in open spaces covering themselves with polythene papers to avoid rains and coldness at night.

Ndese landing site is located in Kigungu, Entebbe municipality, and it is typically a fishing village. Their source of income is fishing. Since the new government regulations were introduced a few years back that restrict fishing, it has been very challenging for many fishermen to earn a living. Many of them don’t have an alternative skillsets that they could use to earn a livelihood.

The benefiting families were touched by the compassionate minds of the Buddhist community and many of them have started coming to the Temple every Sunday. They say that their leaders have promised them support, but till today, they haven’t received that support.







Developing the Parami of Giving

In Buddhism, giving is one of the noble qualities known as the ten perfections (*paramis*). The others being virtue, renunciation, discernment, equanimity, patience, persistence, truth, determination and goodwill. Practicing the ten perfections is one of the ways in which we can bring the path to enlightenment into our every day life. Wherever we are, we need these qualities whether in our homes, or at work and in all our interaction with others. If we prioritise developing and practicing these paramis, our lives become more complete. If we make material things a priority then when we lose our very intrinsic nature, and our life starts depending on these material things for our peace and joy. If we develop these qualities, they can bring us joy, and we have control over them unlike material things.

We applaud those working on the path and developing the quality of generosity by way of giving alms not only to the Mahasangha, but also to the lay community. This month Mr. Sundar and his family (in the picture above) together with the family of Phyu from Australia offered alms to over 50 people.

Dakamagyi Moe Moe, a long-time supporter of the Uganda Buddhist Centre along with her friends have been generously donating and offering alms to the Temple. We say, Sadhu! Sadhu! Sadhu!



Mr. Sundar and family offering alms



Peace school children offering alms on Vesak day

UBC VOLUNTEERS

This month we were blessed with a full house of volunteers including Panchasheel from India, Oloo Oludia from Kenya and Sophie Schade from Germany, Dr. Patrick Chou and Dr. Li Yang are Taiwanese American. They gave the monastery a sense of joy and happiness and children were excited by the new skillset and love they received from the volunteers.

Panchasheel is an IT expert and he was conducting computer classes with the children. They refer to him as a magician because he always made time for them and played magic games besides the computer lessons.

Sophie on the other hand was teaching German language and helped in cleaning and updating the website as well as other office related duties. She has stayed with us for more than three months. She also donated six water purifiers. Danke! Danke! (Thank you).

Mr. Oloo is what I call a “book worm”. He read almost all every book in our library. His keen interest in Buddhism always kept him in the

temple or somewhere under a tree reading about Buddhism. He preferred spending time with the kids as he was impressed and he claims he always learnt a lot from them. Oloo loved hearing them chant. He also pitched in designing our newsletter.

Dr. Patrick and Dr. Li came in with a whole other aspect of health living, the nutritious benefits of moringa and all other green vegetation around us was highlighted. Dr. Li taught the different ways of managing pain and how families can help each other, how to eat healthy, the red flags of hypertension and how to curb it early enough.

All the volunteers got to have a special trip with Bhante Buddharakkhita, Sophie, Oloo and Panchasheel visited the source of the Nile in Ninja well as Dr Patrick and Dr Li visited the Rain Tree Moringa Farm in Masindi (Western Uganda).





Volunteers serving breakfast to our pupils



Panchasheel, Sophie and Oloo's day out



Panchasheel conducting computer lessons and Sophie engaging students



Panchasheel relaxing with the kids, Dr. Li teaching them proper sitting posture

PUBLICATIONS



Bhante Buddhharakkhita is a renowned author of several books, including *Planting Dhamma Seeds: The emergence of Buddhism in Africa*. We have decided to make them accessible to our dear community, so you are happily invited to download them on our website at <https://ugandabuddhistcenter.org/publications/>

If you enjoy Bhante's books, please feel free to spread the word about our work and help plant Dhamma Seeds across the world.

Caring for Our Planet: Buddhism and the Environment

"We must remember our interconnection with and responsibility toward the world around us - the environment protects one who protects the environment!"

HOW TO DONATE

1. For donors in the USA

1. Please write out the Check/Checkue to:

Universal Virtue Buddhist Charities

2. Please Write in the Memo of the Check:

Dana for Uganda Buddhist Centre or Buddharakkhita

3. Please take a photocopy of the check and send it via email:

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4. Please Mail the check to the physical address below:

***Universal Virtue Buddhist Charities
C/O Hung Pham***

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Garden Grove, CA 92843

Donate Online

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

<https://ugandabuddhistcenter.org/donate-now/>

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Please note that this payment gateway accepts 3D secure transactions only.

This means that only cards that are Verified by Visa, and Mastercard secure code will be accepted. If your donation doesn't go through, kindly contact your bank to ensure you are secured. Thank you!

3. wire transfer

Beneficiary's Bank Details:

Bank Name : ***Orient Bank Limited***

Bank Account Number:

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Bank Account Name: ***Uganda Buddhist Centre***

Swift Address: ***ORINUGKA***

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

Gratitude to All Our Supporters

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful to the Buddhist Global Relief of USA, Huong Tu Lovingkindness Foundation USA, Buddhist Fellowship of Singapore, Tan Teo Charitable Foundation, and all our beloved donors from around the world.

We Need Your Support

How can I support the Uganda Buddhist Centre?

- Give funds for the construction of the first Buddhist-founded secondary school
- Volunteer as a teacher for our schools
- Volunteer at UBC in many other activities



May all beings be well!
May all beings be happy!
May all beings be peaceful!



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