



# Uganda Buddhist Centre



October Newsletter  
2022

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## UBC CELEBRATES KATHINA FESTIVAL

The Kathina festival is the largest alms-giving ceremony in the Buddhist calendar. It is a robe offering ceremony which has been preserved for 26 centuries since the Buddha's time. This practice was established by the Buddha where he permitted lay devotees to make robes offering to the monastics who have finished the three months rains retreat. As envisioned by the Buddha, Kathina was to foster harmony and sharing among his four-fold disciples, and to allow righteous monks with torn robes to receive new ones. This act of giving and receiving is very meritorious,

and for the donor, yields very positive and wholesome results.

The sponsor of this year's Kathina robe was Mr. Geethan Krisantha Bandara a Sri Lankan devotee who works with the United Nations in Entebbe. Together with his family and other Sri Lankan Buddhists in Uganda also for the three months rain retreat donated alms to the monastics.

On October 16, 2022, Uganda Buddhist Centre celebrated Kathina robe. The celebrations commenced at 5:30 am with the bringing the Kathina robe to the Temple which was followed by Buddha

puja. At 10:30am, the kathina robe was offered to the monks. Burmese devotees led by Ms. Moe Moe offered gifts in form of cash to support the monastics.

Bhante Buddharakkhita who delivered a Dhamma sermon on the significance of Kathina ceremony, highlighted that kathina underpins the Buddha's vision of harmony and sharing among his disciples. Devotes live in harmony, unity and in support of each other. Bhante further extended his gratitude to both our international and local communities for the

selfless support. The local people have slowly learned to integrate these values into their daily living.

We would like to thank the Sri Lankan Buddhist community, the Burmese community and the Vietnamese group in USA for supporting monastics throughout the three months rain retreat.

May you all attain freedom and true happiness!



*Bringing the kathina robe to the temple*



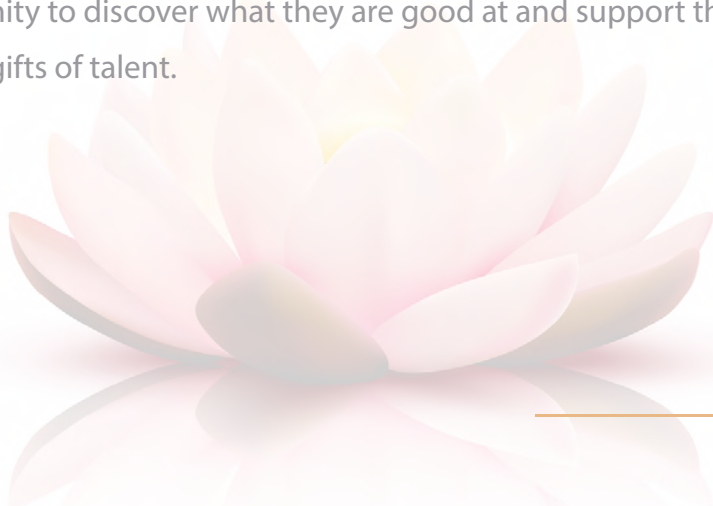
*Offering the kathina robe to the monks*





## **BUDDHIST PEACE SCHOOL HOLDS ACADEMIC DAY**

On October 21st, the Buddhist Peace School, the nursery section held an Academic Day. The Academic Day is a day in a term where parents get involved in their children's education. Parents review the academic performance of their children. Nursery school is the most crucial time for parents to stay active and get involved in the growth of their children as they create room for them to grow and gain independence. Through our early childhood development education, children are given an opportunity to discover what they are good at and support them to develop in their natural gifts of talent.





## Peace School making their cultural dance presentation to their parents





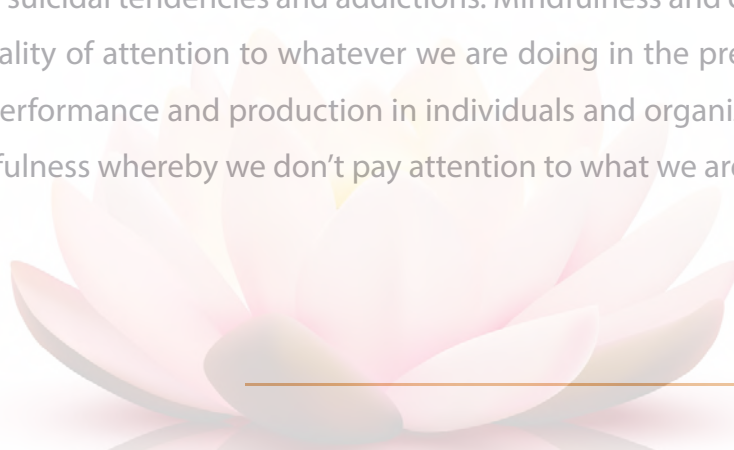


## **BHANTE GIVES KEYNOTE SPEECH AT EAST AFRICAN PSYCHOLOGY CONFERENCE**

Bhante Buddharakkhita was invited to give a keynote speech at the 8th International East African Psychology Conference. The conference was organised on the theme of "Community Mental Health after COVID-19 Pandemic around the Globe" by the University of Kisubi in collaboration with the Uganda Behavioral Health Alliance and Sebastian Family Psychology Practice.

In his keynote speech, Bhante emphasised the need to develop culturally sensitive interventions that take into account the locally existing approaches that are underpinned by the African philosophy, "Ubuntu"—You are because I am. I am because you are. He said that "Cultural or spiritual healing practices lead to cultivation of positive virtues such as self-compassion, knowing the interconnectedness of our comm(unity) and indigenous wisdom."

Furthermore, he demonstrated to his audience through a mindfulness practice that "The practice of mindfulness can lead to awareness of our thoughts, emotions and moods that when unchecked can lead to suicidal tendencies and addictions. Mindfulness and concentration meditation increase the quality of attention to whatever we are doing in the present moment, thus leading to increased performance and production in individuals and organizations. This is quite the opposite of forgetfulness whereby we don't pay attention to what we are doing."



He also impressed upon his audience the Buddhist Approach to community mental health through the practice of the Noble Eightfold Path which include:

1. Right understanding
2. Right thought
3. Right speech
4. Right action
5. Right livelihood
6. Right effort
7. Right mindfulness
8. Right concentration

He concluded by saying that the conference “does not only reflect our commitment to advancing the field of psychology, but also gives us an opportunity to move beyond territorial debates, research and scholarship. It gives many of us an opportunity to develop new evidence-based approaches and practices to healing our communities and addressing the postcovid-19 pandemic effects.”





# SUPPORTING UGANDA BUDDHIST CENTRE

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

## UBC still needs your support:

To maintain resident teachers/monastics

To maintain the Temple

To build monks accommodation facilities

To construct and operation of Buddhist Secondary School

## How to Donate

1. For donors in the USA

1. Please write out the Check/Cheque to:

Universal Virtue Buddhist Charities

2. Please Write in the Memo of the Check:

Dana for Uganda Buddhist Centre or Bhante Buddharakkhita

3. Please take a photocopy of the check and send it via email: [ugandabuddhistcentre@gmail.com](mailto:ugandabuddhistcentre@gmail.com)

4. Please Mail the check to the physical address below:  
Universal Virtue Buddhist Charities  
C/O Hung Pham  
10222 Larson Ave.  
Garden Grove, CA 92843

### Donate Online

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

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

<https://dashboard.flutterwave.com/donate/hd1cwapst9gc>

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!

### HOW TO DONATE. 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.

