



# Uganda Buddhist Centre

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# IN THIS ISSUE

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UBC OPENS A NEW MEDITATION  
CENTER IN KAMPALA

01



A DAYLONG MEDITATION TO  
USHER IN THE NEW YEAR

02



UBC HOLDS 2022 ANNUAL  
GENERAL MEETING

04



UBC HOLDS A COMMUNITY  
HEALTH WORKSHOP

05





## UBC OPENS A NEW MEDITATION CENTER IN KAMPALA

On January 1, 2023, Uganda Buddhist Centre opened doors of its newest Kampala's branch, offering a sanctuary for individuals to find inner peace and tranquility. The center in Bunga, which is located in a serene setting, provides a space for individuals to escape the stresses of daily life and connect with their inner selves.

The new center is set to offer a variety of meditation classes, workshops, and retreats for individuals of all experience levels. Whether you are new to meditation or have been practicing for years, there is something for everyone at the center.

The classes include traditional mindfulness and concentration practices, as well as yoga. The workshops and retreats provide an opportunity for individuals to deepen their

practice and gain a greater understanding of the benefits of meditation.

The center is open to all people from all walks of life. Overall, the new meditation center offers a wonderful opportunity for individuals to learn Dhamma so as to improve their physical, mental and emotional well-being. It's an ideal place for meditation, and an oasis where people can come to relax, rejuvenate and find inner peace. At the opening of the new center, our Spiritual Director Bhante Buddharakkhita gave an inspiring Dhamma talk, and guided meditation connecting with both our new and old friends in Kampala.

To book your session or visit the new center kindly get in touch via [ugandabuddhistcentre@gmail.com](mailto:ugandabuddhistcentre@gmail.com) or call Andrew Mukomazi at +256775019180.

## DAYLONG MEDITATION RETREAT TO USHER IN THE NEW YEAR



On December 31, 2022, we held a Daylong Meditation Retreat, and it was a wonderful experience for all who participated. The retreat was held to provide a perfect opportunity for participants to start the new year off with a clear mind and a renewed sense of purpose.

The retreat was led by Bhante Buddharakkhi-ta who guided participants through various meditation practices designed to help them cultivate mindfulness, focus, and inner peace. The day began at 9am with a period of silent sitting meditation, and later complemented by walking meditation. This practice involves paying close attention to one's breath, and observing any thoughts, emotions, or sensations that arise without getting caught up in

them. This helps to develop a sense of inner stillness and awareness, which can be carried forward into daily life.

After the initial period of silent meditation, there were guided meditations and teachings on different aspects of the practice, such as how to work with difficult emotions, or how to cultivate compassion and loving-kindness towards oneself and others. These teachings were given in the form of talks, discussions, or interactive exercises.

The retreat also included periods of walking meditation, where participants walked slowly and mindfully, paying attention to the sensation of each step and the movement of the body. This helped to break up prolonged sitting and brought a sense of freshness to the mind.



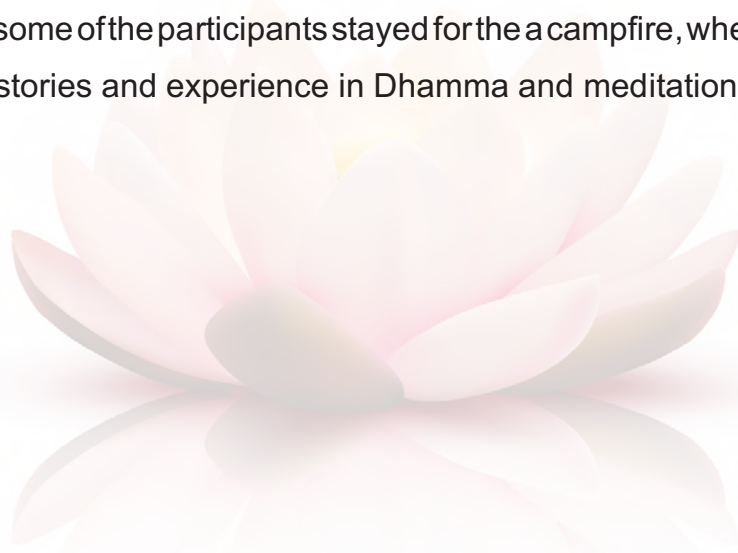
Throughout the day, participants were encouraged to maintain a spirit of silence and mindfulness, whether in meditation or during breaks. This helped to create an environment of peace and reflection that supported the inner work of the retreat.

The retreat ended with a closing ceremony, during which participants shared their experiences and reflections. It was a powerful and transformative experience, as people came to realize that they were not alone in their struggles, and that the path to inner peace is one that everyone can walk.

We are looking forward to hosting more retreats in the future and encouraging more people to experience the benefits of meditation.



In the evening some of the participants stayed for the a campfire, where they shared stories and experience in Dhamma and meditation.





On December 31st, we held our annual general Meeting (AGM) to update our stakeholders on the organization's performance, welcome new members and vote on important matters of the organisation. The AGM is a mandatory gathering of UBC's stakeholders and board of directors, and it serves as an important opportunity for stakeholders to engage with the management and bring new ideas to board. The AGM was held at the Uganda Buddhist Centre.

At the AGM, members present received information about UBC's performance over the last years. Members were also given the opportunity to ask questions of the organization's management and board of directors and raised any concerns they may have.

During the meeting, shareholders voted on several important matters, such as the renewal of the NGO permit, the welcoming of new members, opening of a new meditation center in Kampala, and other important decisions that the board of directors had proposed. Stakeholders also had the opportunity to propose their own resolutions for consideration. For instance, Stephen Wyard proposed to set up modern cottages in Bulemezi-Luwero District for people who would want to have some peace of mind so as to generate more income for UBC.

We were pleased to report that the organization had a successful year, and our stakeholders were happy to hear about our plans for growth and expansion in the coming year.





## UBC HOLDS COMMUNITY HEALTH WORKSHOP

From December 27-30, 2022, UBC held community health workshop and health fair with the goal of promoting health and wellness in the local communities. The event was a collaborative effort between the Uganda Buddhist Centre, Dr. Tung Cheung and Dr. Patrick Chou and the local health professionals. Dr. Tung runs a health clinic project in India providing health-care in villages that cannot access medical facilities, while Dr. Chou is the founder and CEO of

Moringa for Love, a USA based non-profit organisation promoting Moringa for health.

The workshop began with a series of informative sessions led by Dr. Tung on a wide range of health topics, including hypertension, gastric ulcers, diabetes, mental health, and nutrition. Dr. Tung also offer knee and shoulder injections as treatments for those with especially chronic shoulder and knee pains, while teaching backpain therapy, and head and wrist massage to relieve pains. Attendees had the opportunity to learn about preventative measures and management strategies for these and



Some of the community members who received

reading glasses at the health fair



In addition, Dr. Chou highlighted the health benefits of Moringa, the nutritious benefits like the multi vitamins, potassium, calcium and proteins. Considering the common health problems such as hypertension in third world countries like Uganda, the use of natural remedies like Moringa is the easiest and cheapest solution.

The health fair component of the event took place on the final day, during which local healthcare providers and volunteers set up informational booths and provided free health screenings. Attendees could have their blood pres-

sure, and blood sugar levels checked, as well as receive knee and shoulder pain injections. Those with sight problems were given reading glasses. There was also a variety of educational materials and resources available to help attendees learn more about various health topics.

Overall, the 4-day community health workshop and health fair were a great opportunity for people to learn more about their health and connect with local healthcare providers and resources. Our hope is that the event will be held annually to promote community health and encourage local people to take an active role in their own wellness.



Dr. Tung injecting one of the the participants who suffers from shoulder pain.



Some of the community members who received reading glasses at the health fair







## **BHANTE BUDDHARAKKHITA HONORED WITH DOCTORATE DEGREE**

Our Spiritual Director, Bhante Buddharakkhita recently received an honorary doctorate degree in Buddhist studies from Mahachulalongkornrajavidyalaya University (MCU) in Thailand. the graduation ceremony was from the December 10-11, 2022. This prestigious award recognizes Bhante's dedication and contributions to the field of Buddhist studies and his commitment to sharing the teachings of the Buddha with others.

Bhante has spent many years studying and practicing Buddhism, and has become a well-known teacher and leader in the community. He has written numerous books and articles on Buddhist teachings and has led retreats and workshops on mindfulness and meditation. He has also been actively involved in charitable and community-building efforts, working with various organizations to promote education and healthcare, and wellbeing in underprivileged

communities. Bhante has also participated in interfaith dialogues and promoting understanding and harmony among people of different religious traditions.

The honorary doctorate degree in Buddhist studies is a fitting recognition of Bhante's achievements and contributions to the field. It is a testament to his commitment to sharing the teachings of the Buddha and promoting peace and understanding in the world. The degree will further allow Bhante to continue to share his knowledge and teachings with others and be a prominent figure in the Buddhist Studies field.

This honorary doctorate degree is a powerful reminder of Bhante's ongoing impact on the world and his contributions to the study and practice of Buddhism. It serves as an inspiration for others to follow in his footsteps and continue to learn, grow and serve.

# 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, Huong 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!



**HOWTODONATE. wiretransfer**

**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.

