



UGANDA BUDDHIST CENTRE

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WELCOMING 2024 WITH MINDFULNESS: INSIGHTS FROM BHANTE'S NEW YEAR'S EVE RETREAT



As the clock struck midnight on New Year's Eve, many of us embraced the fresh start with resolutions in tow. But amidst the festive cheers, the Uganda Buddhist Centre offered a different kind of celebration: a mindfulness meditation retreat guided by the esteemed Bhante.

With gentle breaths and focused minds, participants delved into the practice of mindful sitting and standing meditation. Bhante's skillful guidance provided a sanctuary from the external noise, allowing us to turn inward and connect with the present moment. This inner stillness became the fertile ground for Bhante's insightful dhamma talk on crafting effective New Year's resolutions.

Moving beyond superficial aspirations,

Bhante challenged us to consider the root of our desires. Are our resolutions driven by attachment, comparison, or fleeting wishes? Instead, he proposed a framework for meaningful resolutions rooted in wisdom and compassion.

Please follow the link below to listen to Bhante's talk on "Making Effective Resolutions for the New Year" <https://www.youtube.com/watch?v=Yulgg-Za-lZU>

Bhante's dhamma talk wasn't just about setting resolutions; it was about cultivating a mindful approach to living. By anchoring ourselves in the present moment and nurturing qualities like wisdom and compassion, we can navigate the year with greater clarity, resilience, and purpose.



UBC HOLDS ANNUAL GENERAL MEETING, UNVEILS MEMBERSHIP TIERS FOR A VIBRANT FUTURE

The meeting, presided over by the venerable Bhante Buddharakkhita, brought together members and supporters to reflect on the past year and chart the course for the future.

Commencing promptly at 4:30 pm, the gathering opened with a mindful moment, setting the tone for a meeting centered on contemplation and unity. Bhante Buddharakkhita, as the chair, guided the proceedings with wisdom and grace.

The agenda, introduced by a dedicated member, unfolded with welcoming remarks that underscored the significance of the community's shared journey. The minutes of the 2022 Annual General Meeting were then read, providing a comprehensive review of the Centre's achievements and challenges over the past year.

A pivotal point of the meeting was the spotlight on the key milestones achieved by the Uganda Buddhist Centre in 2023. These

accomplishments, ranging from community outreach to educational initiatives, demonstrated the organization's commitment to spreading the teachings of Buddhism in the region.

Looking ahead, the future plans of the Centre were presented, outlining ambitious initiatives to further establish Buddhism in Africa. The discussion delved into strategies for fostering spiritual growth, community engagement, and collaborations to create a lasting impact.

One of the highlights of the meeting was the unveiling of the Uganda Buddhist Centre's paid membership tiers, designed to deepen the sense of belonging and support within the community. The membership options include Ordinary Member, Supporting Friend, Practicing Member, Dhamma Patron, and Lifetime Member. Each tier offers unique benefits, allowing members to choose their level of involvement and contribution.

The Ordinary Member enjoys basic access to





events and updates, while the Supporting Friend receives additional perks such as exclusive content and early access to retreat registrations. Practicing Members gain access to tailored workshops and meditation sessions, fostering a deeper engagement with Buddhist practices. Dhamma Patrons, with their higher contribution, play a crucial role in supporting the Centre's outreach programs. The Lifetime Member, a pinnacle of commitment, enjoys lifelong benefits and recognition.

To apply for membership and explore the detailed benefits associated with each tier, interested individuals are encouraged to follow the provided link.

<https://ugandabuddhistcenter.org/membership-application>

Overall, the Annual General Meeting not only reflected on the past but also projected a future filled with purpose and growth. The unveiled membership tiers signify a commitment to fostering a strong and supportive community, ensuring that the teachings of Buddhism continue to flourish in Africa for generations to come.

UBC WELCOMES VENERABLE PANDICCA, A BURMESE MONK AND SCHOLAR



The Uganda Buddhist Centre (UBC) received a new resident teacher, Venerable Pandicca, on Sunday, 10th December. Hailing from Burma (Myanmar), Venerable Pandicca brings a wealth of knowledge and experience in Pali language, monastic discipline, meditation, and religious leadership. He holds a master's degree in Buddhist studies with experiencing in teaching meditation and Abhidhamma. Venerable Pandicca trained under Most Venerable Bhaddanta Silasara at Su Htoo Pan Buddha Vijja Monastery in Thaketa township in Yangon. His arrival is a significant development for the UBC and the wider Buddhist community in Uganda.

Venerable Pandicca will be staying at the UBC for up to one year, during which he will

dedicate himself to several key tasks including: teaching Pali language and monastic discipline to our community; leading mindfulness and vipassana meditation courses and retreats; and assisting Bhante Buddharakkhita with religious duties. Venerable Pandicca's arrival fills a crucial gap in the UBC's monastic community, especially during Bhante Buddharakkhita's temporary absence. His presence will not only strengthen the UBC's educational and spiritual offerings but also serve as a source of inspiration and guidance for all Ugandan Buddhists.

The Ugandan Buddhist Centre warmly welcomes Venerable Pandicca and looks forward to benefiting from his wisdom and expertise in the months ahead.

12th GLOBAL CONFERENCE ON BUDDHISM

Life, Death & Rebirth

16 & 17 DEC 2023 | MAX ATRIA SINGAPORE EXPO

Organised by

Buddhist Fellowship



BHANTE BUDDHARAKKHITA ATTENDS

THE 12TH GLOBAL CONFERENCE ON BUDDHISM

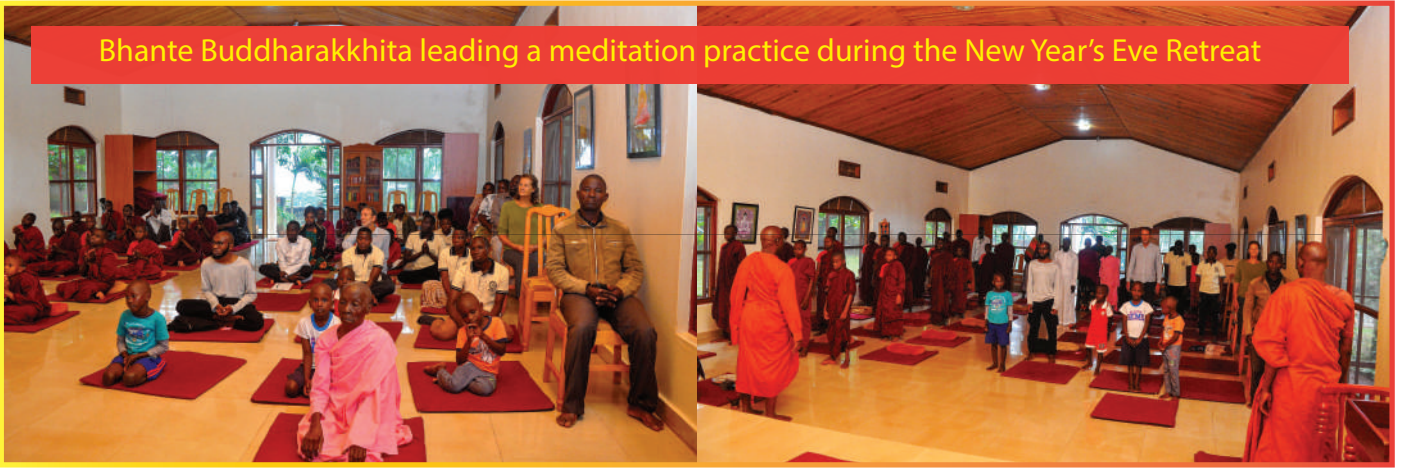


The 12th Global Conference on Buddhism was held in Singapore from December 16-17, 2023. The Conference was anchored on theme, "Mindful Living: The Path to Peace, Happiness, and Deathless." Among the eminent Sangha speakers who graced the event was Bhante Buddharakkhita, whose insightful words resonated deeply with the audience.

Bhante Buddharakkhita emphasized the timeliness of the conference's theme in today's world. He pointed out that in a society characterized by constant stimulation, anxieties, and uncertainties; mindful living offers a powerful path to cultivate greater happiness, inner peace, and a sense of equanimity. By anchoring ourselves in the present moment, cultivating awareness of our thoughts and emotions, we can find joy in simplicity, embrace the impermanence of all things, and build resilience to life's inevitable changes.



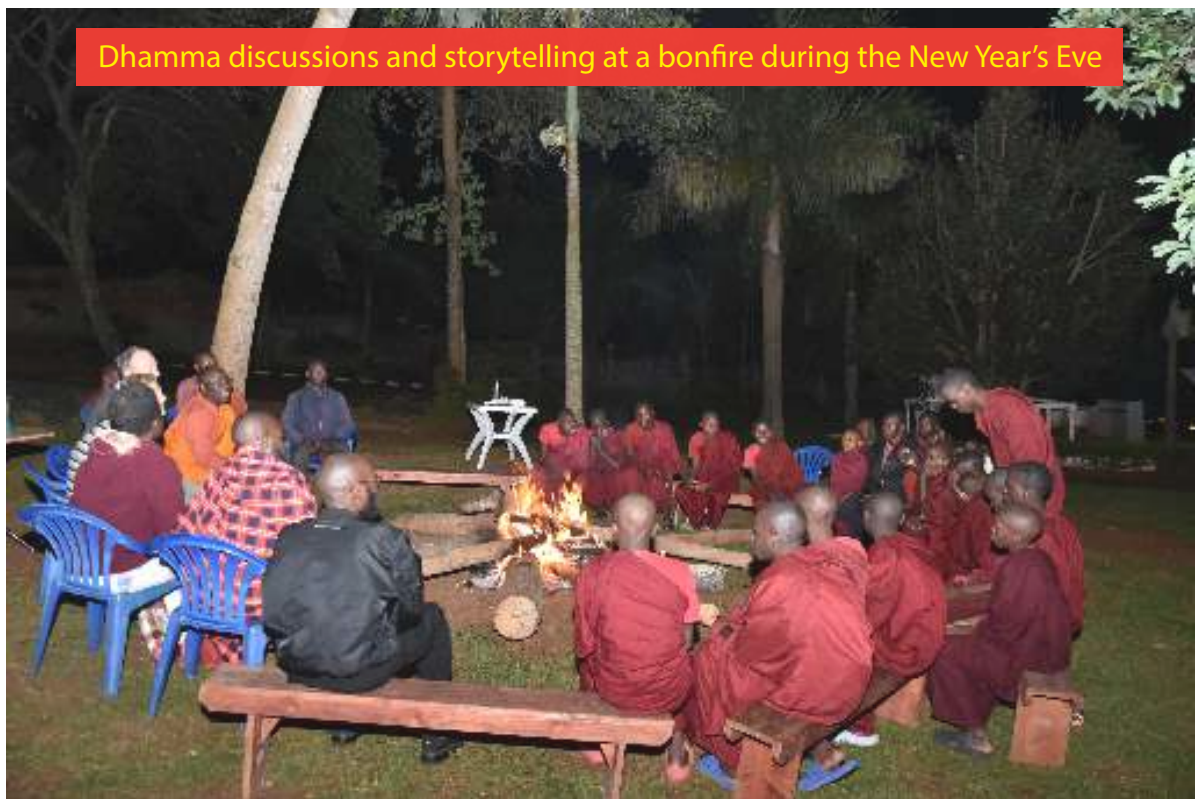
Bhante Buddharakkhita leading a meditation practice during the New Year's Eve Retreat



Counsel Joseph and his wife making offerings for the monastics



Dhamma discussions and storytelling at a bonfire during the New Year's Eve



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

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

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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/>

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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!

HOW TO DONATE. wire transfer

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