



UGANDA BUDDHIST CENTRE

APRIL NEWSLETTER 2024

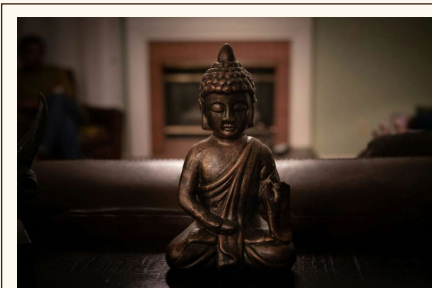


IN THIS ISSUE



**UBC PARTICIPANTS IN A
RELIGIOUS TOURIST
GUIDE TRAINING**

01



**TAMING THE MIND FOR
OUR OWN FREEDOM**

03



**HOW TO SUPPORT
UGANDA BUDDHIST CENTRE**

05



UBC PARTICIPANTS IN A RELIGIOUS TOURIST GUIDE TRAINING

From April 15, 2024, two members of the Uganda Buddhist Centre participated in a two-week Religious Tourist Guides Training. The training was organized by the Inter-Religious Council of Uganda (IRCU) in partnership with the Private Sector Foundation Uganda (PSFU) and the Confederation of Uganda Tourism Association (COUTA).

The training aimed at systematically nurturing and equipping a cadre of dynamic youth with essential tour guiding knowledge, principles and ethical standards to effectively lead religious tours in Uganda. The training brought over 50 youths together from across several religious traditions in Uganda conducted regionally. Each religious organization was allocated time to make presentation on the rich history and relevant faith information to the trainees.

During the training, two representatives were invited from UBC to make presentations on Buddhist

faith in Uganda with emphasis on the origins and historical accounts of Buddhism, rituals and ceremonies, distribution of Buddhism in Uganda and Africa, ethical guidelines, and the contribution of Buddhism faith tourism in Uganda.

Towards the end of the training, participants visited various religious sites including the Uganda Buddhist Centre, the Bahai House of Worship, St. Nicholas Orthodox Cathedral, Mapeera Nabulagala Catholic Church, the Uganda National Mosque/Gaddafi Mosque and many others. The visits helped participants to appreciate the architectural and historical significance of these sites. Despite the theological differences that may separate them, participants found common ground in their shared humanity and reverence for the sacred. Through dialogue, reflection, and mutual respect, they discovered that beneath the surface, the essence of all faiths is rooted in love, compassion, and a search for purpose of life.

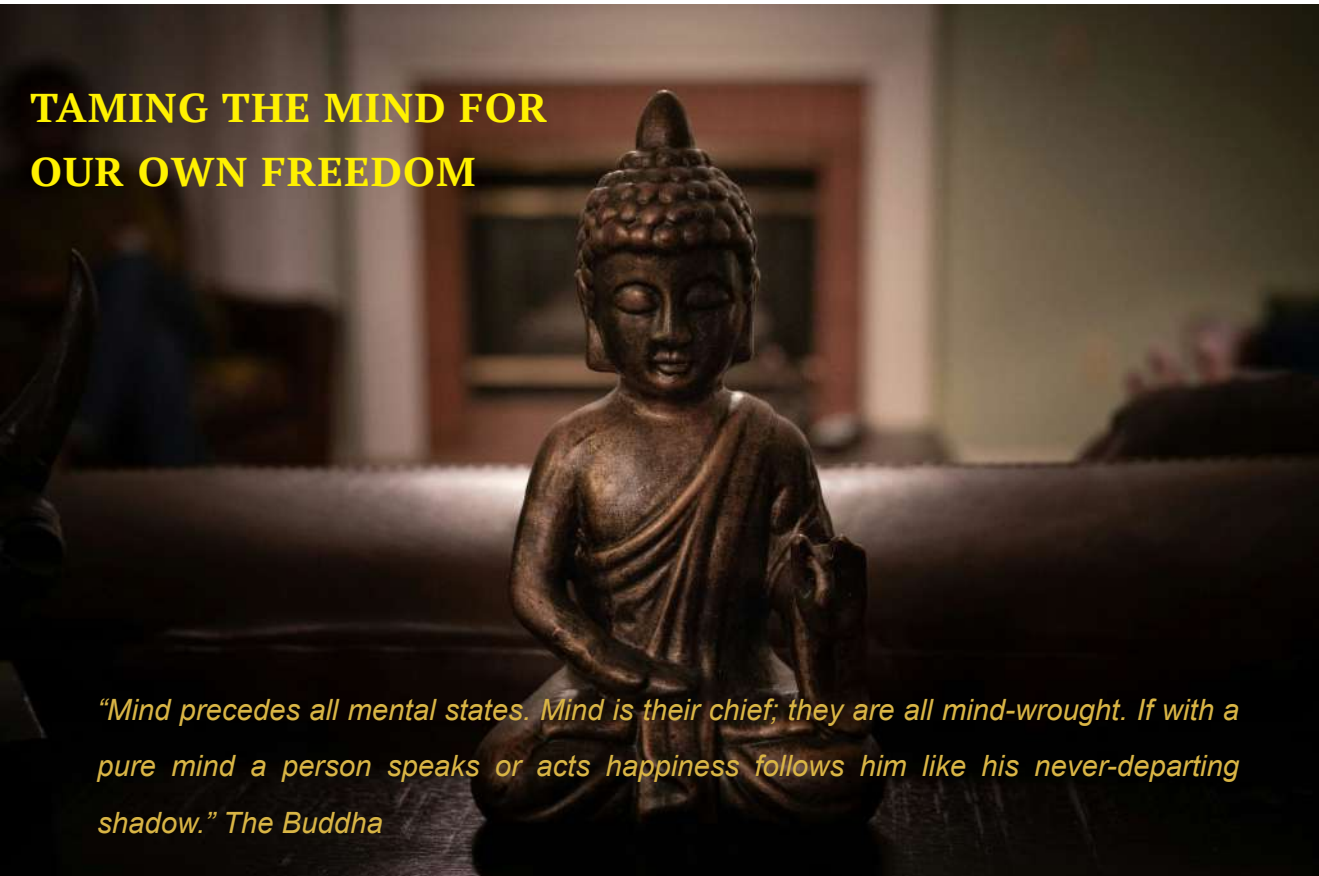
Participants taking a tour during their first visit at the Uganda Buddhist Centre



Participants taking a photo on their first visit at the Uganda Buddhist Centre



TAMING THE MIND FOR OUR OWN FREEDOM



"Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with a pure mind a person speaks or acts happiness follows him like his never-departing shadow." The Buddha

In our human experience, few subjects hold as much intrigue and mystery as the workings of the mind. It's a treasure trove of creativity, the fountain of our emotions, and the driving force behind our actions—all originate in the mind. The Buddha in the Dhammapada 1 and 2 once said that;

"Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with an impure mind a person speaks or acts suffering follows him like the wheel that follows the foot of the ox."

"Mind precedes all mental states. Mind is their chief; they are all mind-wrought. If with a pure mind a person speaks or acts happiness follows him like his never-departing shadow."

These words echo through the corridors of time offering a profound insight into the nature of happiness and suffering. The mind is a wonderful gift but an impure mind can be a never-ending source of suffering. The Buddha invites us to inquire into the web of our own minds, exploring the intricacies of our thoughts, emotions, and perceptions. But what does it mean for the mind to be the chief architect of our experiences, and how can we harness its power to cultivate happiness and alleviate suffering?

The notion that the mind is the chief architect of our experiences emphasizes the profound influence our thoughts, perceptions, and attitudes have on how we interpret and interact with the world around us. Essentially, our mental landscape shapes the quality of our lives more than any external circumstance or event.

Consider two individuals encountering the same challenging situation, yet their experiences of it can vastly differ based on their mental attitude. One may perceive it as an insurmountable obstacle, leading to frustration and despair, while the other may view it as an opportunity for growth and learning, fostering resilience and optimism. This difference highlights the pivotal role of the mind in shaping our responses to life's immeasurable circumstances.

When the mind is tamed, pure, and untainted by negativity and delusion, happiness naturally blossoms like a fragrant flower in bloom. Conversely, an impure mind, clouded by greed, hatred, and ignorance, becomes a breeding ground for suffering, casting a shadow that obscures the joy of freedom.

When we cultivate non-judgmental and gentle awareness of our thoughts and emotions, we can begin to untangle the web of conditioning that keeps us trapped in cycles of misery. With mindfulness meditation, we can train the mind to abide in the present, a state of peace and equanimity, free from

the constant chatter of the ego and wanting. We can free the mind from the three poisons, that is, greed, hatred and ignorance.

Additionally, cultivating compassion and empathy for ourselves and others, we can dissolve the barriers that separate us from the interconnected web of life. When we recognize the inherent dignity and worth of every being, our hearts open wide, radiating with kindness and joy. In this spaciousness, suffering loses its grip, and happiness arises.

The Buddha reminds us that the mind is both the source of our suffering and the gateway to our liberation. We need to tame our mind, and purifying the mind through meditation, compassion, and wisdom, we can unlock the door to lasting happiness and peace.

As we walk this path with courage and determination, may we find refuge in the knowledge that happiness is not a distant dream but a birthright waiting all of us.

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:
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.

