



UGANDA BUDDHIST CENTRE

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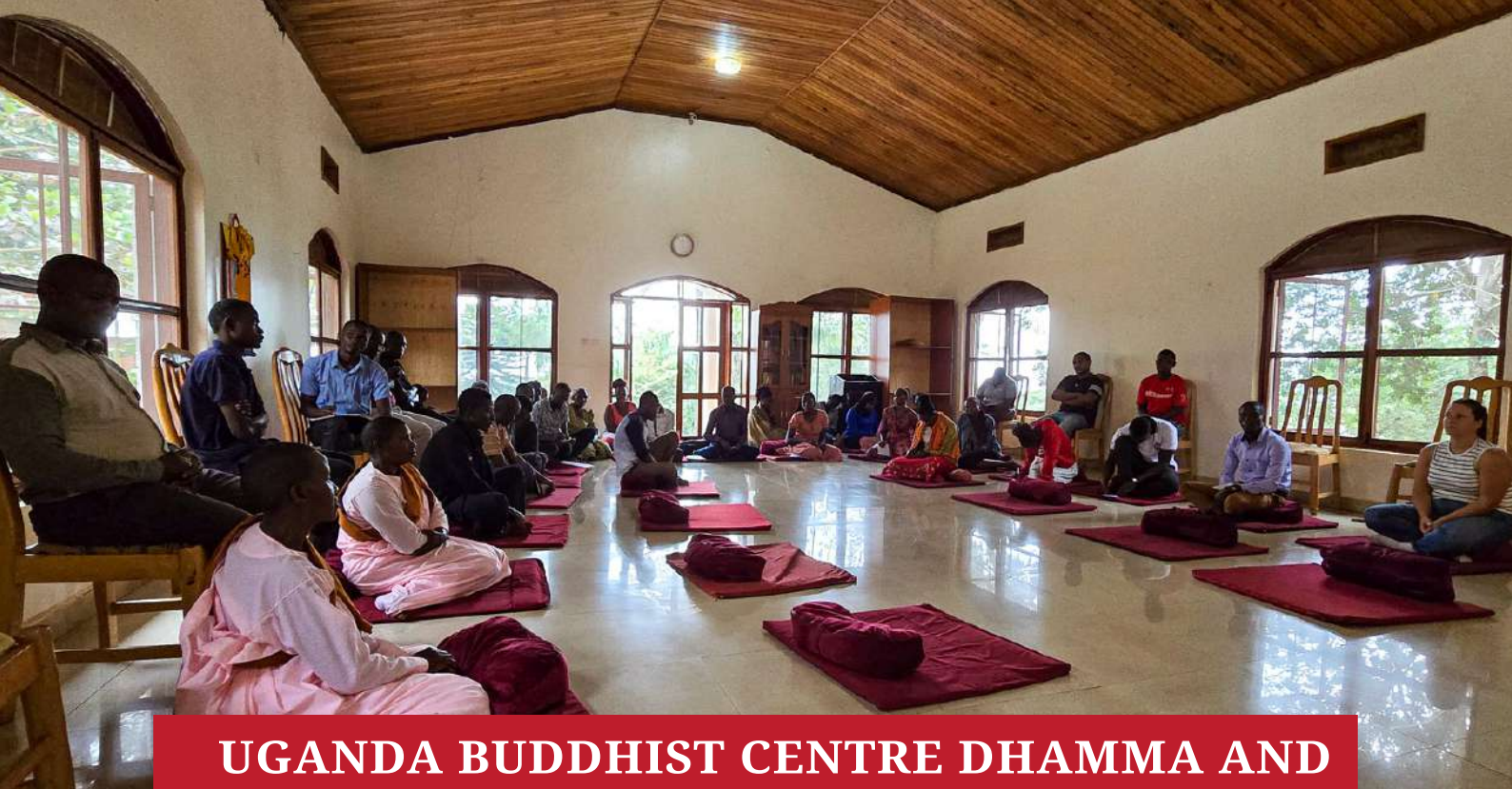
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UGANDA BUDDHIST CENTRE DHAMMA AND MEDITATION COURSE

The Uganda Buddhist Centre has introduced a Dhamma and Meditation Course, offering the community an opportunity to deepen their meditation practice and understanding of Buddhist teachings. This 10-week course, which started on 19th September, is held every Thursday from 4:00 to 5:30 pm at the temple, providing a serene and supportive environment for participants.

The course is based on the Insight Meditation Society (IMS) program on Insight Meditation, a globally respected approach grounded in the teachings of the Buddha. With a focus on mindfulness and inner awareness, participants are guided to develop a deeper understanding of meditation's purpose and its transformative benefits. The course aligns with the core values of the Uganda Buddhist Centre and aims to enrich the spiritual lives of all attendees. At the heart of this initiative is Bhante Buddharakkhita, one of the teachers at the

Insight Meditation Society. His extensive experience and deep connection with the IMS teachings ensure that the course is delivered in a way that remains true to the principles of the Buddha's wisdom. Bhante Buddharakkhita's teachings provide valuable insight into how meditation can be used as a tool for personal growth, inner peace, and compassion in daily life.

The course has been progressing smoothly, with participants expressing their appreciation for the opportunity to engage in a structured, mindful practice under expert guidance. The Uganda Buddhist Centre is offering this course free of charge, making it accessible to anyone interested in exploring meditation. However, the centre welcomes donations to help cover operational costs and sustain its ongoing programs.

As the course continues over the coming weeks, the Uganda Buddhist Centre looks forward to welcoming more participants to share in the enriching experience of meditation. Whether you are new to meditation or looking to deepen your practice, this course provides a unique opportunity to connect with the timeless teachings of the Buddha in a supportive community setting.



UGANDA BUDDHIST CENTRE EMPOWERS WOMEN THROUGH SEWING PROJECT

The Uganda Buddhist Centre is transforming the lives of women in the community through its Women Empowerment Project, which provides space and sewing machines to help women develop essential skills in tailoring. This initiative has given participants the opportunity to learn how to produce reusable pads, traditional clothing such as Bitengi for children, and other garments, opening up new avenues for personal and economic growth.

By equipping women with sewing skills, the project is empowering them to support themselves and contribute to their families and community. We spoke with two of the project's beneficiaries, Musoke Rose and Mirembe Anita, who shared their experiences and hopes for the future.

Musoke Rose expressed her deep gratitude to Bhante Buddharakkhita for giving her the opportunity to learn sewing. "First and fore-

most, I want to thank Ven. Bhante Buddharakkhita for the chance he gave us to start learning these sewing machines," she said. Through the project, Musoke and her peers have gained the skills needed to produce a variety of garments, from boys' trousers to skirts and dresses. She also requested the opportunity to produce uniforms for the Buddhist Peace School and the upcoming African Buddhist College, which is set to open next year. However, she noted that they are still in need of an embroidery machine to create school badges, which would enable them to take on larger projects.

Beyond her newfound sewing skills, Musoke is also a recipient of Bhante Buddharakkhita's Scholarship for her child, which has further motivated her. "Bhante has thought about us as women and is also taking care of our children," she said, reflecting on the multiple ways the project has impacted her life.



Bitenge Fashion made by the women

Mirembe explained that the project has not only provided her with valuable skills but has also opened up small business opportunities. Villagers are bringing her torn clothes for repairs, allowing her to earn some extra money. "My future is now bright. Even if I am not here at the centre, I can get a machine and start working on clothes and uniforms," she added with confidence.

Despite the progress made, Mirembe mentioned that the project still requires additional support, particularly in accessing more materials to increase production. She concluded by thanking Ven. Bhante Buddharakkhita for his vision and support, expressing her heartfelt appreciation by saying, "Sadhu, sadhu, sadhu."

The Women Empowerment Project at the Uganda Buddhist Centre is not only equipping women with skills but also enabling them to become economically independent. As the project continues, the women are hopeful for more opportunities and resources, especially in expanding their product offerings. This initiative highlights the centre's commitment to uplifting women in the community by providing them with the tools they need to succeed. With ongoing support, the project is poised to continue changing lives, one stitch at a time.



From L/R, Musoke Rose and Mirembe Anita

PARENTS AND TEACHERS UNITE AT BUDDHIST PEACE SCHOOL: EXCITING END-OF-YEAR PLANS UNVEILED



Parents of students at the Buddhist Peace School gathered on Saturday 21st, September, 2024 for a crucial meeting to discuss the school's plans for the final academic term of 2024. Held in the primary section's main hall, the meeting fostered a spirit of collaboration between parents and staff, focusing on the key activities that will round off the year.

The meeting opened with a calming meditation led by Mr. Katongole Robert, creating a reflective atmosphere for the discussions that followed. The headmaster welcomed parents, expressing his gratitude for their continued trust in the school and their dedication to their children's education despite the challenges they face.

An exciting update during the meeting was the announcement of the upcoming academic tour, scheduled for 29th October 2024. This tour will provide a unique opportunity for students to explore educational experiences outside the classroom.

Health concerns were also addressed, with the headmaster discussing the recent outbreak of monkeypox (MPOX). Parents were informed about the symptoms to look out for—such as fever, back pain, and flu-like conditions—and were given practical advice on preventing the spread of the disease. Regular handwashing, ironing clothes, and avoiding the sharing of garments were recommended as preventive measures. Additionally, an immunization program against MPOX is scheduled for early November, aiming to protect the school community from the virus.

The headmaster also shared exciting news about the school's Annual Exhibition and Concert Day, set to take place at the end of the term. This highly anticipated event will feature students showcasing hand-made crafts, giving parents the chance to support their children's creativity by purchasing these items.

Further contributions came from the Deputy Head Teacher, who discussed the school's SACCO, which provides financial support and helps parents better manage school-related expenses for their children.

The Director of Studies (DOS) reminded parents of the crucial role they play in the "education triangle," alongside teachers and students. He emphasized that this partnership is essential for the success of every child. The DOS also announced plans to expand the school, including the development of a secondary section, ensuring that the students' educational journey can continue within the Buddhist Peace School community.



DHAMMA REFLECTION: LESS ATTACHMENT, MORE FREEDOM

Ven. Pandicca offered profound insights on the concept of attachment and its impact on both spiritual and everyday life. Through vivid analogies, he encouraged listeners to adopt simplicity and reduce attachment in all aspects of their lives.

Ven. Pandicca began by reflecting on the life of a monk, emphasizing the simplicity of their appearance, shaved heads, modest robes, and a lack of material adornment. This simplicity, he explained, symbolizes the greater goal of cutting down attachment. He shared a striking metaphor, comparing attachment to the behavior of a peacock, a bird so enamored with its own beauty that it is often bound by it. Unlike the peacock, he suggested that we should strive to be more like a crow—simple, humble, and able to soar freely without the burden of vanity.

“Attachment is not just about material things; it’s in every part of our lives, our education, our business, and our relationships,” Ven. Pandicca said. He highlighted that attachment can limit our potential, and by focusing less on outward appearances and more on personal growth, we can achieve our goals with clarity and determination.

He further stressed the importance of receiving constructive criticism, rather than seeking praise from the masses. Drawing parallels to the restaurant industry, he encouraged his audience to welcome feedback, as it is through honest reflection and self-awareness that true improvement happens. “If someone points out your mistakes, don’t be aggressive. Take it as an opportunity to grow,” he advised.

The Dhamma talk concluded with a reminder that the teachings are not limited to monastic life but serve as life lessons for all. Whether in professional careers, personal endeavors, or spiritual practice, reducing attachment and embracing humility will ultimately lead to a more liberated and fulfilling life.

Ven. Pandicca’s talk resonated deeply with attendees, leaving them with valuable lessons on how to approach life’s challenges with a balanced mind, free from the weight of unnecessary attachment.

SUCCESSFUL DAY-LONG RETREAT AT UGANDA BUDDHIST CENTRE

The Uganda Buddhist Centre held a day-long retreat featuring meditation, yoga, and dhamma talks, offering participants a deep dive into Buddhist practice. The retreat began with introductions, where participants shared their expectations for the day. Bhante Pandicca led the meditation sessions, starting with a discussion on the universal nature of meditation, comparing it to a machine that works regardless of nationality or background.

Following the meditation session, participants enjoyed a rejuvenating yoga and Qigong practice led by Julie Wyard. The morning session concluded with a Dhamma talk by Bhante Pandicca, who shared insights into his life as a Buddhist monk and discussed the importance of Buddhist teachings in Myanmar. He also reflected on the challenges and rewards of monastic life, emphasizing the value of the Brahma Viharas: loving-kindness, compassion, appreciative joy, and equanimity.

The afternoon session allowed participants to ask questions, explore Buddhism's compatibility with other religious traditions, and deepen their understanding of mindfulness and spiritual growth. The retreat ended on a positive note, leaving attendees feeling spiritually enriched and more connected to their inner peace.



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

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