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Dhamma Sukha Meditation Centre Inc.
Melbourne, Australia

NEWSLETTER

www.dhammasukha.org.au

October 2008



Meditation Centre
Melbourne, Australia

MONTHLY NEWSLETTERS

We are pleased to inform you that the Dhamma Sukha Meditation Centre's (DSMC) newsletter will now be published monthly.

Having a monthly newsletter is a great opportunity to keep everyone up to date about upcoming events, recent events and other important information, and for you to contribute news and information on a regular basis.

The monthly newsletters will be available through email and hardcopy. Each month the newsletter will be emailed to all members and others who wish to receive a copy. Hardcopies will be available on request and also at the centre.

If you have news or information for the newsletter you can contact us by email at: contact@dhammasukha.org.au or contact Catherine Lavars at clavars@optusnet.com.au

Please email us if you would like to receive this newsletter each month via email. You can ring us on (03) 9512 5333 if you do not have email access and would like to receive a hard copy of DSMC's monthly newsletters.

Upcoming Events in 2008/2009

Kathina Robe Offering Ceremony – 10.30 am to 1 pm, Saturday 8 November 2008

The Kathina Robe Offering ceremony will be held at the DSMC, 69 Glendale Road, Springvale.

Nine day retreat – Sunday, 30 November 2008 to Monday, 8 December 2008

A nine day meditation retreat will be conducted by Ven Sayadaw U Lakkhana at Healesville.

This retreat is suitable for beginners and experienced yogis. For further information please visit our website at:

www.dhammasukha.org.au.

Two one-day Retreats

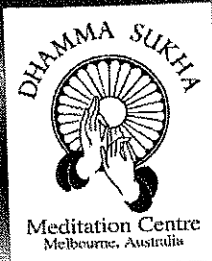
DSMC conducts two one-day retreats per month on the first and third Sunday of each month. The dates for the November retreats are Sunday 2 and 16 November 2008. These are held at the DSMC, 69 Glendale Road, Springvale. Instruction is provided and they are suitable for beginners and experienced yogis. For further information, please visit our website at: www.dhammasukha.org.au.

Chinese New Year dinner – 7 pm to 10 pm, Sunday 8th February 2009

This fundraising dinner celebrating the Chinese New Year will be held at the Box Hill Community Arts Centre, 470-476 Station St, Box Hill. We are seeking donations to help prepare for this event. If you would like to purchase tickets or donate to help with preparations please contact us by email at contact@dhammasukha.org.au or phone (03) 9512 5333. Tickets are \$50 each.

Regular programs

The DSMC runs many regular programs, such as weekly meditation and Dhamma classes, the weekly children's Dhamma School and the Sunday retreats. The regular program continues at the centre even when Sayadaw is away. Details of the program are on our website at: www.dhammasukha.org.au.



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NEWSLETTER - October 2008

Farewell and Thank You to Kappiya Dr Soe Htet

Dr. Soe Htet who has been a kappiya (personal attendant) to Ven Sayadaw U Pandita during his studies in Melbourne (Masters Degree in Public Health, Melbourne University) will be departing Australia permanently for Myanmar on 31 December 2008.

In his time here at DSMC, Dr Soe Htet's contribution has been immense and invaluable, and DSMC will greatly miss him. Whilst in Myanmar he will remain a DSMC representative and contact for any enquiries.



VEN SAYADAW U PANDITA - CYCLONE NARGIS DISASTER RELIEF IN MYANMAR

Ven Sayadaw U Pandita has returned to the cyclone Nargis disaster stricken area in Myanmar to further progress relief efforts for its victims. During his previous visit immediate relief to victims with medical supplies and nutritional supplements, tents, etc, was provided.

Sayadaw's most recent visit to Myanmar was from Wednesday 15 October 2008 to Friday 7 November 2008. The purpose of this trip was to provide financial assistance and local help to regain some basic educational, healthcare and spiritual facilities in the form of a school, health clinic, or monastery.

The community in Melbourne has been extremely generous in providing support and donations. If you would like to donate please visit www.dhammasukha.org.au for more details.

VEN SAYADAW U PANDITA VISITS INDONESIA

Ven Sayadaw U Pandita has guided retreats in Indonesia. His next visit to Indonesia will be from 16 November to 14 December 2008. If you would require further information please visit our website at: www.dhammasukha.org.au

Anniversary of Ven Sayadaw U Pandita's Ordination & Blessing to new babies

Sayadaw was ordained as a monk in Burma 24 years ago on the 5 October 2008. This day was the regular Sunday Retreat at the Centre.

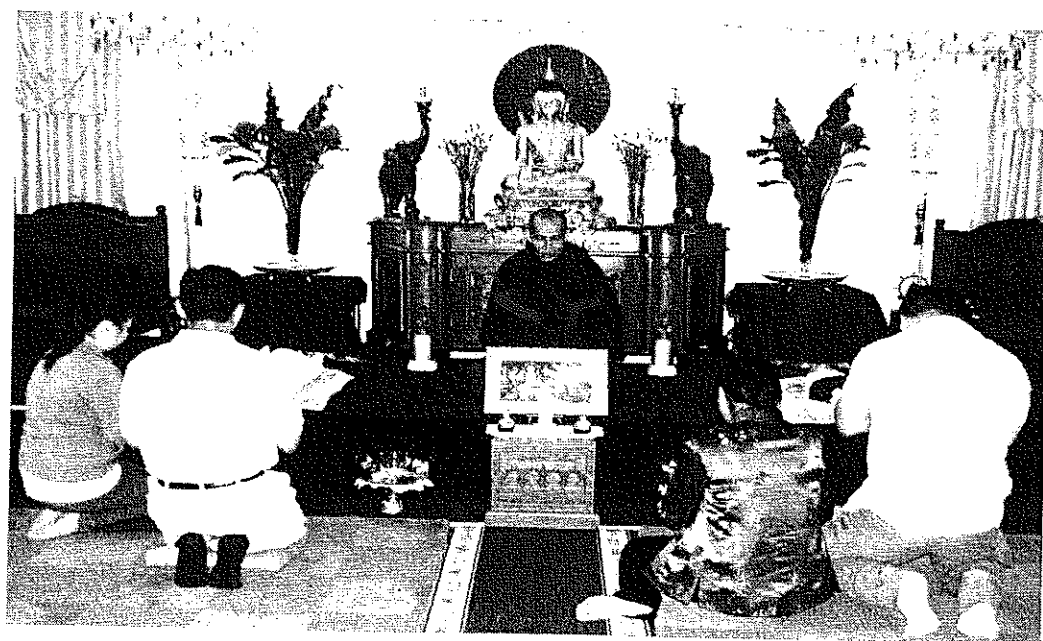
All who were present witnessed a beautiful blessing by Sayadaw to two new born babies with their parents and close family.

Sayadaw spontaneously decided to chant and give new spiritual names to the two baby boys, Bhoga by Andre Ho and Winani Ho and Sukha by Alana and Jimmy Yeoh. The chanting and prayers were held in the Sima Hall and lasted for about 15 minutes.



Pictured above:

Ven Sayadaw U Pandita (at centre) with Nicholas Yeoh (at left) and Albern Ho (at right).



Pictured left:

Ven Sayadaw U Pandita (at centre) with Alana and Jimmy Yeoh (pictured at left) and Winani Ho and Andre Ho (pictured at right).



Other Announcements

DSMC will be replacing the Centre's current boundary fence in time for Katina 2008 with a very durable colourbond version. The costs will be split between DSMC, its neighbour, and kind support from well-wishers.

Full-time Intensive Yogi

DSMC has had its second full-time intensive yogi, Ms Lian Poh Chin, practising Vipassana (Insight) meditation for over three months (from August to November 2008) under the astute guidance of its Abbot, Ven. Sayadaw U Pandita. Poh Chin, whose mother was ordained as a nun in 2007 for three months to practice intensive meditation under the guidance of Sayadaw, is a committee member who lives and represents DSMC in Malaysia.

ANNUAL GENERAL MEETING (AGM) AND COMMITTEE MEMBERS 2008

The AGM for 2008 was held at DSMC on Saturday 11 October 2008 and the committee was re-elected comprising:-

| | | | |
|------------------|---|--------------|---------------------|
| Soonlee Eu | President | Tun Mra Gyaw | Vice-President |
| Neil Khor | Secretary | Alfred Chi | Assistant Secretary |
| Don Tay | Treasurer | Mirawaty Lie | Assistant Treasurer |
| Haorianto Tijoe | Committee Member | Dr. Soe Htet | Committee Member |
| Andre Ho | Committee Member | Winani Ho | Committee Member |
| Catherine Lavers | Committee Member | Chris Liew | Committee Member |
| Soe Naing | Committee Member | | |
| Lian Poh Chin | Committee Member (Butterworth, Malaysia) | | |
| Carmen Ang | Committee Member (Penang, Malaysia) | | |
| Jennifer Lim | Committee Member (Kuala Lumpur, Malaysia) | | |
| Paul Oon | Committee Member (Kuala Lumpur, Malaysia) | | |

DSMC extends a very warm heartfelt welcome to our newest committee members and Dhamma family, Chris Liew and Catherine Lavers, who are kind enough to help DSMC with its website support and newsletter production, respectively.

Kew 5-DAY RETREAT

The Campion Ignatius Of Spirituality centre in Kew has become a favourite location for retreatants at DSMC due to its convenient location and very private setting. Both 5-day retreats held on-site in April and August 2008 had been very well attended with nearly full capacity comprising 20 male and female yogis. One Japanese yogi remarked at the conclusion of her retreat that the deep concentration she developed during her practice time could not be got outside of that tranquil environment back in the 'outside' world. DSMC seeks to make further retreats of longer duration, even up to one month, in the near future pending subsidized funding and venue cost.

VESAK DAY

DSMC held its Vesak Day celebration on 18 May 2008.

As usual, the number of devotees exceeded 60 many of whom were regular participants in this auspicious event. The weather was fine and stable on the day to enable devotees to have personal prayer as well as quiet reflection in the courtyard area. The sheer abundance of food on the day ensured that no-one was left hungry and demonstrated the faithful support from so many Dhamma seekers in the community. Most inspiring of all was a clear message from Ven Sayadaw U Pandita to reflect deeply on the vicissitudes and fragility of human existence in the light of the recent natural disasters of the cyclone-hit areas in Myanmar and also the devastating earthquake in China.