

sdccd
newsletter for the members of unbuds



sacca newsletter

yoursay

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**Special Thanks to all EXCOs
for their efforts in looking for
contributors.**

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Have **yoursay** here, we welcome
feedbacks and comments on
feature articles or the newsletter.

C o n t r i b u t e r s

Interested in joining the editorial team? Any contributions in articles, event coverage, ideas, commentaries or images are welcomed! Please feel free to drop **ShiYing** a word at 0430007279 or via **email** shiying86@gmail.com



unibuds
UNSW BUDDHIST SOCIETY

where a bud can bloom in full...

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the content

the regulars

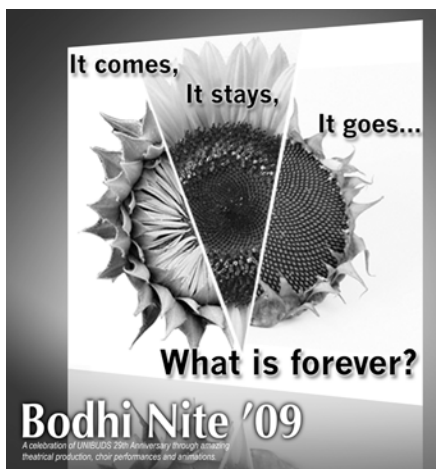
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editor's letter



Dear Readers,

This is the last Sacca that I will chair as an Editor. "Moments" encapsulates members' Dhamma journey in Unibuds—one that represents friendship, kindness, sharing, caring, working hard, learning, all the ups and downs. As with each ending, comes a new beginning, the coming Annual General Meeting is also highlighted in this edition to bring your awareness that you have the right to nominate and vote the people that will lead this Society.

This edition brings out the best of Unibuds—why, when and how we could work so hard for a Buddhist Society voluntarily. There is no better event to demonstrate this than the 29th Bodhi Nite. We go behind the scenes to uncover how a theme is carefully chosen. Next up, publicising and marketing the event is no less hard work. Do not miss out on Patrick's inspiring spin of selling a 'merit good'. Here, we also capture the moments of Bodhi Nite: choir songs and experiences, Multimedia Clips and the storyline of the Sketch Performance. All these have Dhamma deeply infused in them, and helps

us all understand that in each moment is where impermanence lies but lurking behind are opportunities and infinite hope that can bring us to step closer to our dreams.

Of course, each person experiences a unique moment in their BN journey, as such, regular contributor Tina shares her multifold experience throughout the years; senior members express their views on this year's performance; and a rare account of a member ordinating a monk for a month.

I hope "Moments" can serve as a memento to all of you reading this, as it remains close to my heart. Here I bid a heartfelt goodbye to all of you and Thank you for your continuous support of Sacca and Unibuds.

Metta,
Shi Ying OOI

Annual General Meeting 2009

the official election of the 30th Executive Committee

How time flies! Another year has past... For UNIBUDS to grow through impermanence, the conditions have come for a new team to lead us in this Dhamma journey...

We invite you to come to the AGM and show your support to the nominees as this is the time when you can make your voice heard, as we believe that UNIBUDS exists because of her members (ie. YOU!) Therefore, no one is better to determine the future of the society other than YOU! So, please come to the AGM!

Date: 26th September 2009, Saturday
Venue: Squarehouse Level 3, The Lodge
Time: 2.00pm
Contact: Mandy at 0404 609 225/mandypang1989@gmail.com
Jayson at 0450 632 109/kiasheng.chew@gmail.com

Agenda

1. Meeting Call to Order
2. Apologies
3. Reading of the 29th Annual General Meeting's Minutes
4. President's Report
5. Honorary Secretary's Report
6. Honorary Treasurer's Report
7. Dismissal of the 29th Executive Committee
8. Patron's Speech – Venerable Chao Khun Samai
9. Election of the 30th Executive Committee
 - I. President
 - II. External Vice President
 - III. Internal Vice President
 - IV. Honorary Secretary
 - V. Honorary Treasurer
 - VI. General Secretary
 - VII. Activities Director
 - VIII. English Dhamma Talk Coordinator
 - IX. Chinese Dhamma Talk Coordinator
 - X. Meditation Session Coordinator
 - XI. Sacca Editor
 - XII. Annual Magazine Editor
 - XIII. Publicity Director
10. Patron's Speech – Venerable Tsang Hui
11. Other Business
- Appointment of sub-committees
12. End of Meeting

president says

My dear Dhamma friends...

How are you doing? Hope this Sacca find you well.

This Sacca themed “Moments”, aimed to capture the moments we had during Bodhi Nite 2009. Bodhi Nite 2009 – “It comes, it stays, it goes... What is Forever?” had finally come to an end. It was successfully held in Sir John Clancy Auditorium on the 29th August 2009. It is really not easy for UNIBUDS to prepare such a big event expecting 800 people turning up. This Sacca will bring to you the preparation, the execution, the behind-the-scenes as well as post Bodhi Nite celebration! Gratitude to all helpers in making the night complete!

Hmmm... Time flies and here comes the last Sacca of the 29th Executive Committee (Exco) term. It seems that I have just taken up the position yesterday, but today.... it is already the time for me to pass on the position, to the upcoming 30th Exco.

I would like to take this opportunity to thank our Patrons, Venerable Tsang Hui and Venerable Chao Khun Samai, for their guidance and support throughout the 29th term. I would also like to express my gratitude to all our senior members, your unconditional love and care for UNIBUDS is priceless. Last but not least, our lovely members! You have brought UNIBUDS another year forward! Without your support and attendance to our activities, UNIBUDS won't be able to run. So Thank you! Thank you for your time, effort and energy in making all our activities possible.

I am also very blessed and honoured to have another 11 Bodhisat-

vas to walk on this journey with me. Special thanks to Mandy, Yee Heng, Kia Sheng, Kelly, Ian, Rosie, Bernard, Ming De, Mei Ling, Shi Ying, Zhang Yi. Your unconditional dedication to UNIBUDS is immeasurable. We gone through ups and downs, and I will never forget the laughter and fun we had together. Thank you very very much for making this 29th Exco team complete. Sadhu Sadhu Sadhu!

To pass down the light, we will be having Annual General Meeting coming up on 26th September, and we hope that all of you can come! Come and vote for your favourite nominees to lead UNIBUDS next year! Also, if you are interested to join the Exco team, spreading your loving-kindness and energy while learning the Dhamma and building up friendship bonding, hesitate not! Fill in the nomination form in this booklet and send it to us! And we will see you in Annual General Meeting!

As the new committee step up, hopefully UNIBUDS will still be receiving your support and assistance. I believe that UNIBUDS will continue to shine and blossom!

The time has come, for me to say goodbye. I hope you enjoyed the journey with us, I will see you around!

May all be well, peaceful and happy,
May all develop great Bodhi Mind,
May all be blessed by the Triple Gem.

**Metta,
Khai Yi NG
President of UNIBUDS 2008/09**

The positions and a brief description:

PRESIDENT

- Acting as the spokesperson of UNIBUDS
- Chairing meetings
- Coordinating the Executive Committee (EXCO) members
- Being responsible for day to day operation of UNIBUDS
- Ensuring that all duties delegated to others are carried out
- Liaise with Honorary Secretary regarding aspects of Agenda and minutes
- Liaise with Honorary Treasurer regarding financial matter

EXTERNAL VICE PRESIDENT

- Assisting the President
- As Acting President in the absence of the President
- Booking rooms for functions
- Coordinate publicity of UNIBUDS activities

INTERNAL VICE PRESIDENT

- Attending to the welfare of the members
- Enhance buddy system
- Updating members with UNIBUDS activities

HONORARY SECRETARY

- Liaising with external correspondence
- Recording of agenda and minutes of official EXCO meetings
- Collect report of activities
- Collecting mails (from pigeon hole in Religious Centre)
- Keep custody of all documents, forms, records, and files of UNIBUDS
- Make records of all UNIBUDS activities for the year

HONORARY TREASURER

- Handling of all the financial matters
- Presenting up-to-date financial position of UNIBUDS during meetings

GENERAL SECRETARY

- Maintaining UNIBUDS Library (Including books and audio visual materials on Buddhism)
- Updating of membership list
- Coordinating of librarians

ACTIVITIES DIRECTOR

- In-charge of sports session
- Coordinate the organisation of some Dhamma related social activities such as monastery visits

ENGLISH & CHINESE DHAMMA TALK COORDINATORS

- Coordinate and organise weekly Dhamma Talks
- Organising of speaker for the talks

MEDITATION COORDINATOR

- Organise and promote regular Buddhist Meditation sessions at the University
- Providing reference and information in regards to Buddhist Meditation practices

SACCA EDITOR

- Coordinate Sacca editorial team
- Promoting better communication among UNIBUDS members through news letters (e.g. Informing members about past and upcoming activities)
- Promote Buddhism within the University and among the public

ANNUAL MAGAZINE EDITOR

- Coordinate Annual Magazine editorial team
- Promote Buddhism within the University and among the public
- Record the activities for the year of UNIBUDS

PUBLICITY DIRECTOR

- Coordinate the publicity of UNIBUDS activities/events
- Liaise with Webmaster for the maintenance of UNIBUDS website

We are also looking for sub-committee members for the teams listed below:

- Publicity Team
- Library Team
- Social Team
- Dhamma Team (English & Chinese)
- Sacca Team (English & Chinese)
- Annual Magazine Team
- Meditation Workshop Team

**Note: The description above is only a brief summary of the roles*

- *If you would like to nominate a member for any the above positions, please fill in the nomination form and drop it at UNIBUDS library between noon and 2pm during weekdays, or pass it to any of the current EXCO members during Dhamma talks.*
- *All candidates standing for the election of the Executive Committee shall be duly proposed and seconded by ordinary members of UNIBUDS present at AGM. Nominations for the top 5 positions (President, External Vice President, Internal Vice President, Honorary Secretary, and Honorary Treasurer) must be submitted and received AT LEAST 2 DAYS before the AGM.*
- *Nominations for the other 7 positions are also accepted before the AGM or may be called out on the day of the AGM.*
- *If you would like to stand for any of the above positions but is unsure of the duties involved, please feel free to talk to any of the EXCO members.*

Nomination Form 2009/10

All candidates standing for the election of the Executive Committee shall be duly proposed and seconded by ordinary members of UNIBUDS present at AGM¹. Nominations for the top 5 positions (President, External Vice President, Internal Vice President, Honorary Secretary, and Honorary Treasurer) must be submitted and received AT LEAST 2 DAYS before the AGM. Nominations for the other 7 positions are also accepted before the AGM or may be called out on the day of the AGM.

If you would like to stand for any of the above positions but is unsure of the duties involved, please feel free to talk to any of the EXCO members.

¹ Ordinary members are current students of UNSW, and are current members of UNIBUDS.

For all further enquiries please contact UNIBUDS at unibuds@yahoo.com



OFFICIAL NOMINATION FORM FOR THE UNIBUDS EXECUTIVE COMMITTEE

I, _____ (name) _____ (signature) would like to

nominate _____ (name) _____ (signature),

an Ordinary member, to the UNIBUDS Executive Committee position of: _____

This nomination has been seconded by:

_____ (name) _____ (signature) _____ (date)

cut



RECOMMENDATION FORM FOR THE UNIBUDS TEAM MEMBERS

I, _____ (name) _____ (signature) would

like to recommend the appointment of _____ (name)

_____ (signature) to the UNIBUDS Team Member in the team of:

BN09: what theme? by Mandy Pang



The Excos held meetings deciding on a Buddhist theme and catch phrase that can appeal the public. With that, an in depth understanding of the theme is crucial as the leaders not only need to present this concept to the audiences, also helps and organising committee so that the right message is send across, Dhamma knowledge and practises uphold through this auspicious event. The External Vice-President, Mandy, gives us a rare glimpse into the initial workings and an important process of discussing theme of BN 2009 with Venerable Neng Rong---

Bodhi Nite has successfully ended on 29th August 2009. "It Comes, It Stays, It Goes, What is forever?" This catchphrase is building on the concept of "Impermanence" in Buddhism. The aim of this Bodhi Nite is to further understand what "Impermanence" is all about and also to understand the misconception that many has. To further understand about the theme, the 12 Executive Committee members of UNIBUDS come together to have a discussion with our Buddhist Chaplain, Venerable Neng Rong.

Venerable Neng Rong started sharing with us that everything in the world is impermanent yet we are not aware that it is happening around us. Looking at the world around us, we tend to think that it is pretty stable. However, when an earthquake happens, we say that it is unstable or unpredictable. We question: why does it happen to us? Why is life so unfair to have created such misfortune on us? Yet, have we never thought that this phenomena did not happen in a blink of eye. Earthquakes happen as a result of sudden movement of plates of the earth. They all happen due to an accumulation of actions by humans, or subtle changes in the earth and geology which we never realise until it worsens. This phenomenon is subject to change because conditions never stay the same: new conditions will come, and existing conditions will go, yet we tend to cling onto how things are and wished that it can last forever.

Impermanence gives us a sense of instability which makes us feel insecure (ie. a sense of suffering). In Buddhism, suffering does not only

imply pain, it also implies the sense of insecurity. We fear that good feelings, positions, reputations and so on will not last because of impermanence. This insecurity comes about when we do not have control of ourselves, hence arise a sense of unease. This implies that we are not a master of ourselves (ie. non-self in Buddhism)

We might then ask, “Why should I work so hard since everything is impermanent?” Everything will change yet what is more important is the direction that it is going to change to. For example, when the right conditions are there, a couple gets together. This happens as a result of mutual communication, trust, and compromise between both parties. When a couple are together, this does not mean that it will last forever. Both parties still need to put in constant effort for the relationship to go on the right direction.

Impermanence, hence, reminds us to be diligence. As the clock is ticking every second, we cannot stay the same forever. Impermanence tells us that good opportunities and conditions will not be there forever. When they are there, we have to treasure and value the opportunities. For example, many people tend to say that they will listen to the Dhamma talks when they are free. Yet how often will we know that at the time when we are free, there is a condition for us to listen to the Dhamma? Maybe at that time when we are free, we might fall sick or even the speaker is not available.

Impermanence implies that there are infinite changes; there are a lot of possibilities. We have the choice of putting in the right effort to gear to-

wards the right direction that we want. Hence, impermanence gives us infinite room for improvement and hope, if we supply the right conditions. All opportunities come and go; we should value and appreciate each one that come our way. For example, if someone angers you, it is an opportunity to test your tolerance. Turning the table around reminds us that behind every situation lies an opportunity that is if we explore the many opportunities that come with a heart of gratitude.

From this we can see that it is important to have the right attitude towards impermanence. Impermanence does not mean deterioration or being pessimistic. Our attitude is to put in the effort to head in the direction of accepting impermanence. When someone offends you, we learn to put ourselves in the shoes of that person and give the person a chance to improve instead of condemning that person. Impermanence allows us to practice our compassion. We learn to understand the sufferings and imperfections in others, and we also understand that there is a chance that they will change and improve. So, we can provide the adequate support and assistance to them. With that, we also cultivate the compassion and loving kindness in us.

Impermanence, hence, is a universal law; it happens anytime and anywhere. Everything is an accumulation of causes and conditions. There is no fixed identity, no permanent self. However, by letting go of attachment towards self ego, self pride and self possessions and appreciating what we have at the moment, we appreciate the nature of impermanence.

BN09: Posters 101



Zhang Yi shares with us a lesson learned in publishing posters and advertisements for Bodhi Nite 2009---

Welcome to Bodhi Nite Posters 101 -- The making of posters for BN2009. It is with great privilege and honour that I present to you the process of the making of the "face" of BN2009! I am Kate Zhang (aka Zhang Yi by most), the Head of Publications for Bodhi Nite this year, and together with my assistant (Jack Shi) and designers (Bernard Chen, Joon Wayn Cheong, Kai Yi Giam & Jim Peng), we are the people responsible for bringing u the posters, tickets, pamphlets, and program booklets.

So, have you ever wondered how each poster comes about? Who are the talented people behind the scenes? How did we arrive at the concept? These will all be revealed in the subsequent paragraphs; so keep your eyes to the page!



Conceptualization

After the theme and the title of BN2009 were finally coined by the Organizing Committee (after much discussion!), Publication department started work soon after. We had to present both the theme (Impermanence) and the title (It comes, it stays, it goes...What is forever?) accurately as well as in an eye-catching manner! And since more heads are better than one in this matter, we decided to hold a brain storming session where everyone of us try to come up with different ideas, discarding the less favourable ones during the session itself. And geez, we had to utilize all of our creative brain cells to the maximum! And some of us do not have many to begin with!!

Production

After we have short listed the "vi-

by Zhang Yi



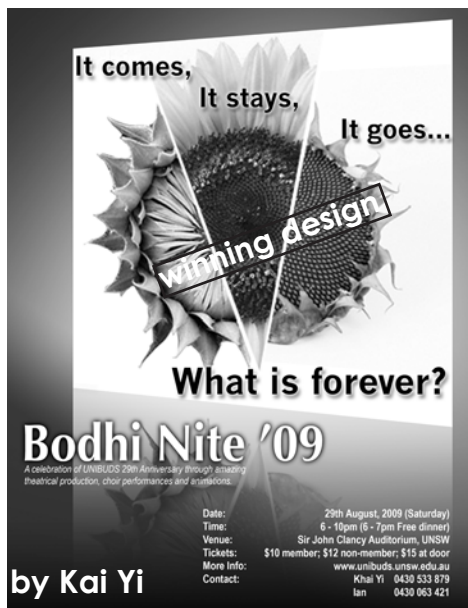
other designs: Bernard Chen



able" design options, our designers then proceeded to produce their versions of the design concepts. Different designers used different techniques and styles in carrying their ideas across -- some modified from photographs while others decided to put their own drawing skills to the test! Unfortunately, although everyone put in 100% in their endeavor, the Organising Committee had to choose what they believed to be the most eye-catching and consistent with our theme and event title.

Finishing the final touches

The most favored design was chosen by an online voting system (yes, we are in a democratic society!) and was then worked on extensively with the aim to present Bodhi Nite in the most attractive way possible. And boy, none of us



expected this stage of the preparation to be even more exhausting than the previous! But alas, the work paid off and everything fell into place.

Having said so, we acknowledge that our posters may not be as professional as we'll like it to be; since none of us is a professional to begin with. However, we tried our best to bring you what was possible within technical limitations. And if you think that you can do better, feel free to prove it to us by joining the Publication Team next year! We will welcome you with open arms!

With that, we have come to the end of our poster making class. I hope these few paragraphs have been both enlightening and interesting. May all of you be well and happy. See you next year!

BN09: Marketing a Merit Good

Commerce+Bodhi Nite=Patrick's Article. A meritous effort and good read from the marketing department---

The term merit good was first introduced by economist Richard Musgrave in 1957. This good is often under consumed and under produced due to the positive externalities that come with the consumption of this good that blurs the line between its private and social benefits. Think public health care, opera and of course, Bodhi Nite.

Bodhi Nite is undoubtedly a merit good. It creates positive externalities for society by spreading the Dharma through songs, dance, sketches and animations. How and where can you learn so much in just 3 hours and enjoy the process too? Even in my 2 hour weekly lectures I still need to supplement my learning with textbooks and occasionally checking Facebook on my phone to avoid resting my eyes for too long a time.

However, being the myopic creatures we humans are, we all seem to delay things that will bring positive externalities because let's face it, we always think to ourselves that life is short and we ought to live each day to the fullest, why should we spend time waiting for the seed to grow? Which one of your friends like going to the opera? Or the art gallery? Let alone something that has a twist of religion in it. I'm sure most people who declined invitations to Bodhi Nite spent that Saturday night living life to the fullest. In a club full of strangers. Drinking till the

bladder is full. Or at home watching dramas till the mind is fully asleep and can't watch anymore. Don't all these situations defeat the purpose of living life to the fullest?

On the marketing level, persuading friends that don't have a Buddhist background was an uphill climb. Let us name my friends A and B, who knows each other too. I have told them about Bodhi Nite a few months ago since I started out with the marketing department. They told me that A will only go if B goes and vice versa. Therefore I came up with the conditional probability of

$\Pr(A \text{ goes} \mid B \text{ goes}) = 1$

Knowing that if either of them went, the other will follow, I just need to give them a bit of a push and my last resort was to tell both the other was going. However it didn't work out. They couldn't give me a definite answer up until the day. On the night, I was hoping that my months of persuading would yield a positive return, but I saw neither of them on the night. This made me wonder why they didn't come. They told me they didn't have any plans for the night, yet still they didn't show up.

However on a happier note, all my friends who ended up coming really enjoyed the night. And one even

by Patrick Tang



fell in love with vegetarian food after Bodhi Nite! But most importantly, all of them took away something priceless away that gave them a better understanding of their path ahead. At least now I can nag for another year to A and B that they missed out on a lot!

Personally, it was only when Bodhi Nite has passed that I realized it has burrowed deep inside my heart. My emotions stir every time I pass the now-vacant area outside the main library where we had the marketing stall. Every notice board I see I will scan it for fragments of Bodhi Nite posters. And my eyes fill with joy every time I see a Bodhi Nite colleague who I see often during the weeks of preparation for Bodhi Nite. All symptoms of the Post Bodhi Nite Syndrome. But after much thought about the theme of this year's Bodhi Nite, "What is forever?" I started to wonder, will future Bodhi Nite experiences have the same effect on me?

After much reminiscing about the program of this year's Bodhi Nite, I found my answer. A year from now, will "I" be the same? And of course, people come, people stay, and people go, the Organising Committee will no doubt have new faces and lose some familiar ones. But the show will still go on.

Bodhi Nite is a multi-departmental success story. From the endless OC meetings to the repetitive setting up and packing up of the marketing stall. Every moment spent on Bodhi Nite was well worth it. A full house with an atmosphere full of laughter and joy. Not to mention the fully packed schedule filled with entertaining yet insightful performances. Even though that Bodhi Nite this year has passed and my role as marketing assistant is done. I will still continue marketing Bodhi Nite just like the final weeks of ticket selling forever. But what is forever?

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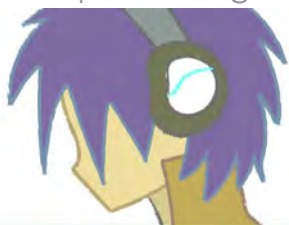


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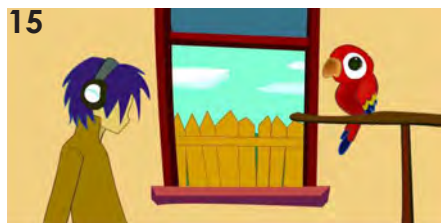
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时间已过...
Time has passed...

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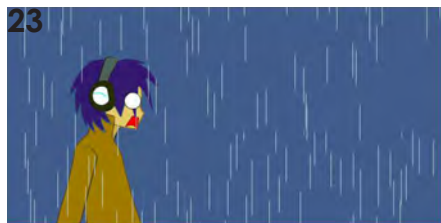
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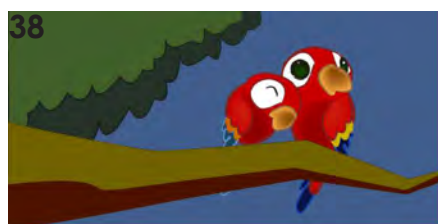


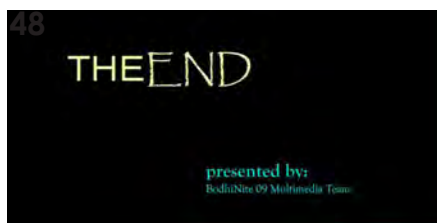
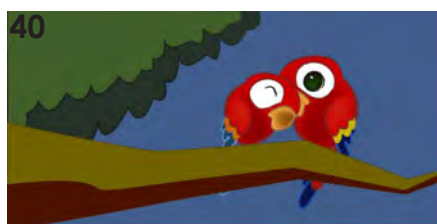
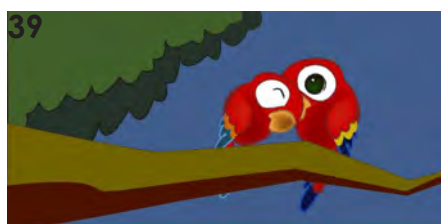
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BN09: Everchanging Moment

by Agus Santoso



When you step into the world of change, don't be afraid
Nothing stays the same, they're all changing
Hold on to your heart, you will be alright

Like night and day, so do moments change as time goes by
When sadness comes don't need to cry
It will soon go by, you will be just fine

Everchanging moments...
The changing face of life
It's the truth that we must face when nature has its time
Everchanging moments...
I'll be with you my friends
To live this life the way is best for you and me

At times of laughs, cherish the moments such it'll be your last
Like the sunny day, it will soon go by
As the night arrives, it will be so dark

When you understand that moments change with you and I
Cherish the present time cause it will be so fast
Like a tick of time, do you realise?

No matter how much...no matter how hard...you try to escape, there's no
way out
But you know that pain inside your heart,
it will be gone in everchanging moments...

“~~Each moment is unique~ and never stays the same~ ~~”. One week after Bodhi Nite, I’m still severely and proudly suffering from PBNS (known as Post Bodhi Nite Syndrome). Well, who wouldn’t be? ☺ My first Bodhi Nite has been such a great experience, and I was honoured to be able to perform in the Choir for Unibuds’ largest annual event.

There were four songs that we performed all together; and one extra for me in the Finale. Apart from the Sutta song, which was a little hard to memorise, every single piece was composed by our extraordinary members. We started practices four weeks before Bodhi Nite. I was amazed at how they managed to gather and organise so many people. First time I stepped in, even though there were only two of them in the room, I knew, immediately that it will be a friendly and cheerful atmosphere. After several rounds of games, I had a chance to know most of our lovely members.

During the practices, I deeply felt my lack of music knowledge in score readings, but there often were helping hands reaching out to me all the time; they even made demos for us to get used to the songs. I was blessed to be selected as a Finale song performer, allowed to gained professional techniques together with other six exceptional singers.

We spend an average of six hours of fun gathering every week. And yes, time management is very essential for every individual. Especially so for the finale team. We had

to compromise additional time slots in the schedule. In fact, the preparation had been an escape from all these stressful university work and we had so much fun together. We used to stay up until midnight in Unibuds Library working on the harmonisations and dynamics, but still being energetic. Imagine being surrounded by so many talented and dedicating people, nothing is impossible.

Being an overseas student for the past six years, it has been very common for me to suffer from homesickness and depression. It was the Choir family that recreated that homely atmosphere. During one of the Saturday practices, three of us had our surprise birthday celebration and we were fortunate enough to enjoy delicious home baked chocolate cake by lovely Ervinda, as well as beautiful cupcakes with our names on it. ☺ Those memories are worth cherishing for life. Caring, supportive and cheerful comments were spread everywhere throughout the entire practice.

Time flies when there are countless laughter and joyful moments. During the day of Bodhi Nite, we ran two rehearsals on the actual stage and had the opportunity to further improve our performances. Although long days of full dress rehearsals can be exhausting for most of us, the final performance were far beyond our expectations. With the ideal cooperation of other departments, Bodhi Nite 2009 had accomplished with great success. Looking forward to next year’s BN. ☺

BN09: Finding Forever

by Amy Chung

Bodhi Nite 2009 Sketch

Original script by: Amy Chung, Tina Ng, Pojdanai Aun
Sukijjakhamin

Adapted by: Amy Chung



Anicca's Monologue – A Trip Down Memory Lane

“
**They say you should live each day of
your life, as if it's your last.**
**So if today was your last day...what would
you do?**”

Death comes as a surprise to us, and we are shocked when it happens. We almost believe that death won't happen to us, or at least, not now because it's a little inconvenient to die just at this moment. We are constantly living in the future: we make plans months in advance, we work hard towards retirement, we save the best for last, and we never get around to telling mum we love her because we think there's another day.

Throughout my life, I have seen a lot. And I will share with you what I have seen. Then you will know why I never take for granted anyone or any moment of my life, and why I can laugh even if today was my very last day.

Anicca's Memory 1. The Couple – Tira Misu & Manny Chester

Tira and Manny were a typical couple. They met, they fell in love, and they eventually said their “I do’s”... But four years after their fairytale wedding, the marriage started to go sour. An argument began when Tira discovered that Manny had accidentally recorded soccer over their photo DVD...

Manny I came home from a long day’s work and haven’t even got time to rest and you’re already nagging me! I didn’t even do anything!

Tira See that’s what I mean, before we got married, you used to be so considerate and caring. But since we got married, you’ve changed! Now, every time I’m upset, you wouldn’t even notice!

...And the argument continued. The real problem was not resolved and the only thing they managed to achieve was hurt, frustration and anger. Eventually Tira decided to leave Manny.

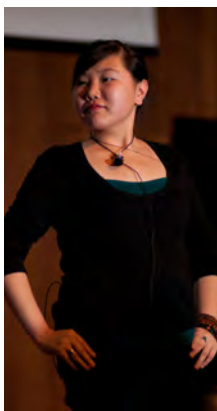
Six weeks after separation, Manny realised that his home felt empty. He tried talking to one of his friends only to be ignored in exactly the same way that he used to ignore his wife. Depressed, he switched on their photo DVD and discovered why Tira was mad at him in the first place.

In the mean time, Tira returned to the garden where they got married. She bumped into the Celebrant, who helped her realise something very important...



Tira Everything was good before, why did it change?
 “ Celebrant Well, things always change... it's just
 a natural part of life. The problem is, you're still
 holding on to the way that Manny loved you four
 years ago. And because of that, you can't accept
 the way he loves you now. ”

Manny eventually caught up with Tira and with a sincere apology from both, the Celebrant pronounced them as Husband and Wife – again!



Anicca's Memory 2. The Wong Family

The Wongs were not your average family. Being a successful businessman, Mr Wong provided more than enough for his family to live in luxury – Mrs Wong with her extravagant taste in home furnishings, Jess with her obsessive designer-label shopping habits, and Matt with his expensive ways of Buddhist worship. So unsurprisingly, when Mr Wong confessed that he had lost \$300 million on the stock market – the rest of the family were horrified to discover that their lifestyle needed a major adjustment.

Six months later, the Wongs were still struggling with the change in lifestyle. While Mr and Mrs Wong kept fighting about money, and Jess was stealing money from the emergency pot – Matt was busking for money to refill it, trying to keep the family together. When the truth was uncovered, each person revealed that they were still holding onto the belief that

money = happiness...

Anicca You know... I grew up helping my parents on their farm. In some years, we got good crops and could sell a lot, in other years we didn't. But that's how it is. That's how nature is. It never stays the same, and there's nothing negative about that.

Dad But if things never stay the same, how can there be any certainty, or security?

Anicca But all this stuff that you buy, it only gives you a false sense of security, and it can never give you certainty. Because all of these things are impermanent, and you will one day have to let them go.

Jess But what else could be more important?

Anicca What about each other? Although you may have lost all these things, you still have each other.

Then all of a sudden, Matt collapsed...



Anicca's Memory 3. The Senior Manager – Mr Bond

Mr Bond was a Senior Manager of the largest IT department in Sydney. He had everything going for him – a harbour view office, a personal secretary, and a home. But one day, after having climbed the corporate ladder for 20 years to get to the top, his whole world crumbled. In 20 seconds, he lost his job, his prestige, and his pride... Not to mention, his wife – who finally left him because “it wouldn't make a difference anyway” since he was never home.



Needless to say, Mr Bond was quite depressed and was not able to see beyond his sudden and unexpected losses. There's when I came in...

Anicca Oh you'll be alright. You're just experiencing the downside of impermanence. But this too, will pass. And then the fun side of impermanence will start kicking in.

Mr Bond What do you mean?

Everyone at some point has shed tears, faced challenges, fell down and got hurt. But each person has the power to deal with their sorrows, face their fears, overcome them, and gain a lot from the experience. So today, you may face a loss, but this could also be the turning point in your life. And if you think you are the only person suffering, think again. There may be a countless number of people in the same boat as you.

Mr Bond Wow. I never thought of that... I wish there was something I could do.

Anicca Perhaps there is, Mr Bond. Perhaps there is.



Anicca's Monologue – Lessons Learnt

And so, after being an undercover cleaner for so many years, I have been able to see what others fail to see, and to be a part of so many lives that I otherwise wouldn't have been invited to partake in. It is based on these first-hand experiences that I can now present my PhD thesis on "The Ebbs and Flows of Human Experience".

Some couples fall in love and spend the rest of their lives chasing those past moments when they fell in love. But if everything changes, what makes us think that our relationship shouldn't transform as well? Some couples get so caught up in their own wants and needs, they forget their partner similarly has their wants and needs too. Unfortunately, there's just too many times when we take loved ones for granted, because we think they will be with us forever.

Matt was rushed immediately to the hospital after his collapse. He required full time care for a period of three months to recover completely from his condition. His family took care of him personally throughout that time, and for the first time in their lives, realised that the most precious gift they can give to each other is one that money cannot buy. Through overcoming the difficulty together as a family, this family can now withstand any storm – or earthquake – that may come their way.

As for Senior Manager who lost his position in the blink of an eye, he turned that loss into an opportunity. He campaigned for the rights of the unemployed, and set up a support network of unemployed persons who provided services to each other in a barter system. He instilled in them an ethos to be good workers, to be proud of their skills, and he inspired them to give back to the community in their own individual way, for that is what makes Australia a great nation.

I began my thesis with one question – If today was my last day, what is the best way for me to live those last moments of my life? Would I still chase after the future? Would I still worry about the 'little things'? Would I hold on as tightly as I can to everything I hold dear to me, despite the fact that I will eventually have to leave them anyway? In those last moments, will I still hold on to the belief that there is something permanent that I can hold onto forever? After all, doesn't everything come, it stays, and then eventually goes away...

BN09: Lessons in Drama & the Dhamma

by Joffe Balce

When the sales pitch for stage crew was they need muscle power & that the guys are good looking, I told myself I was at least 50% qualified. However, Yee Herng & Rosie's invitation to join the choir & sketch, respectively, made me feel that I might have overrated myself. Because of the demands of academic research work & the narrow limits of my intelligence, I didn't want to risk jeopardizing the performance with my possible slip ups in learning lyrics that are foreign to me. So as much as I like singing, I resisted the temptation. Not having acted on stage before, I decided to give sketch a go.

Other than learning stage acting techniques from excellent tutes & coaches – which I won't attempt to teach because Tina, Aun & the rest are so much better, there were other lessons for me as well.

- It is difficult to read minds. I was amused how people thought I was lost or worried. I was simply internalizing my character. I mean, how would you look if you lost \$300 million? So, when people said "Smile!" I had fun smiling & saying "I lost \$300 million!" because I ended up thinking, I can make \$600 million the next time. When in doubt, communicate.

- So during periods of stress & tension, I only assumed the best of everyone & learned this lesson of the correct view. Teamwork comes with the assumption that people giving & receiving instructions & feedback has everyone's welfare in heart & mind. It begins from within.

- I was grateful to be treated as "one of the guys." I am aware of how different I am in so many ways yet refreshed by the general level of acceptance & equality of treatment. Making new friends & acquaintances is always a pleasure ... until my memory reaches its embarrassing limits.

- Appreciating one another's talents brings out the best in each other. Witnessing that among everyone was inspiring.

- Fear not mistakes and the consequent chaos for chaos is not the absence of order but the condition preceding order. Lillian said it so well: The worse mistakes one makes in practice, the better the actual performance will be. It was the best version of chaos theory I heard outside theoretical mathematics. Thus, mistakes are opportunities to learn & improve one's practice, even after Bodhi Night '09. We lose nothing when we learn less-

sons, only opportunities to improve.

- Celebrate successes not as the end but the start of new horizons to explore. Then move on. Many of the facebook posts reveal the wonderful sentiments of many who will be graduating & returning to their homes with wonderful memories: Khai Yi, Yee Herng, Mei Ling, April, Mandy & others (my apologies if I do not mention all the names). May they serve to inspire everyone to reach out for greater heights while keeping updated & updating friends. I join everyone in wishing them all the best. For those staying in Sydney, there's next year to look forward to.

- Humility was the most important lesson for me as well, especially in accepting both criticism & praise, kindness & brusqueness, attention & solitude. One can only do the best we can, nothing more, including contributing this essay to the Sacca.

- Friendship isn't balancing accounts but bringing out the best in each other, for each other. When mistakes or offences have been committed, to apologise & exert best & appropriate efforts to make amends. If I had therefore been a source of inconvenience, difficulty or offence, I'm sorry & would like to make up for it by baking an apple pie for the Thank You Dinner. Make sure to have a piece.

Walking the true path

by Alex "Xi Sing" Serpo

An enlightening insight from a member losing his hair for a month in search of inner peace---

It is a common experience for students of Theravada to temporarily ordination as novice monks when they reach maturity. It's an unusual practice -- in the Mahayana schools ordination is usually considered a lifetime commitment, not to be undertaken lightly.

The ability to do a temporary ordination has always attracted me to Theravada. In July this year I was lucky enough to be able to finally do it, becoming a novice for a month while traveling in northern Thailand.

While I really enjoyed this experience, I had one person from a Tibetan school ask me what was the point in doing such a thing. They rightly pointed out that I was not making a permanent commitment to being part of the Sangha. I was merely just "playing monk" for the duration of my experience.

For some reason the phrase



“playing monk” stuck in my mind. Not because I found it insulting, but rather because it exactly summed up my intentions. In seeking a temporary ordination, I had wanted to “play monk”. Let me explain a little further.

When asked about what it was like being part of a Sangha, that answer I would mostly accurately give would be that it was fun. But did you have to sleep on a hard bed? Yes. Didn’t you live on a merge diet, not eating after midday? Yes. Didn’t you have to do alms round in bear feet? Yes.

So how did you also find all these experiences fun? People would rightly ask. The answer I can mostly honestly give is yes. All the things about being a monk are in many ways very enjoyable. As while the Sangha have to endure many physical hardships, laypeople must endure the many responsibilities and worries that come with a life of wealth and family.

When freed from responsibility, when given the ability to practice without distraction or wants, life can become very joyful. That is so say, members of the Sangha can engage very honestly and openly with others and with themselves. This is a kind of freedom we are rarely afforded in the modern world.

Meditating under a tree one day I wondered if in all my efforts, I was making progress. How does one know when I have improved in meditation and Dharma practice? I wondered. Surprisingly, an answer came to me almost immediately. Somehow I knew that in the Dharma was to create joy.

So when you become happier, clearer, more open, energetic and joyful, then you are definitely walking the true path. Good luck in your journey.

Revealing for the first time: the Unibuds Superstition

by Tina Ng

“Superstition” carries a negative connotation, and almost taints the Unibuds name by juxtaposing the two terms together. After all, “superstition” connotes unfounded belief and irrationality. It can lead to unnecessary anxiety of what’s to come, or wrong view as to what one should do.

Perhaps this is why this Unibuds superstition is kept quiet, never really broadcasted. So with great bravery, I now reveal for the very first time in writing: the Unibuds superstition.

Bravery still needs a disclaimer though: in this article, “superstition” means “persistent-coincidence” and in no way am I predicting the future, nor representing the view of Unibuds.

Enough legal mumbo-jumbo. Let’s explore the evidence of this superstition.

Evidence of these “persistent-coincidences”

Let’s start at the beginning of my Bodhi Nite journey in 2004. Although I had been to Bodhi Nite

before 2004 as part of the audience, 2004 was the first year I actually participated as a helper. In fact, I took to the stage as the mother “Mya” in the sketch about two warring neighbouring countries. The war was finally resolved through discovery of the night’s theme of metta, loving kindness. Now I didn’t choose to act as the kindhearted and gentle mum suffused with metta; it was chosen for me by the then sketch directors Jeewantha and Nishan. To get into my role and make my acting convincing, I had to figure out what metta meant (as this was the first time I’d heard of it) and try to embody that metta so each action I did onstage is filled with metta. The great personal paradox for me was during that year, I was taking care of my ill mother as if I was the mother of my mother, and I found that the metta meditation I was doing wasn’t only helping my acting skills, it was helping me help mum.

Bodhi Nite 2005 was a ‘big’ year as Unibuds celebrated its 25th anniversary with the theme of “Rain falls, wind blows, plants bloom” (exploring the concept of dependent origination). This was also the



year when I got accepted into Law school – after years of being a geek throughout high school and my first university degree to maintain a perfect academic record. With great pride in my achievement (yes *my* achievement) I felt the sky was the limit in what I wanted to do as long as I put my mind to it. Once again, by taking to the stage this time in the form of the cheerful Lalatato, I learnt the same lessons as her – that all that I was came from a myriad of causes and conditions, and all that I will be is dependent on so many other factors besides just myself. As part of the Organising Committee (OC), my inspiration was similar to my fellow OC's: the success of the night was dependent on each and every OC member

and BN helper, and that one person alone cannot run the whole show. How true it is. With a real sense of humility I learnt to be grateful for all that I had, and I still remember how I went home and told mum, “You made me possible.”

I joined the Executive Committee (EXCO) in 2006, and as all the previous EXCOs will attest, it was not an easy task but it was extremely rewarding. As an EXCO, not only do you have to balance your university studies with having a life generally, on top of that you also have your individual EXCO commitment. That year I retired from the Bodhi Nite stage and took a backseat as the Program Master who had to keep her cool despite the 10,000 things happening at the one time all deserving of my attention. In practice for this ‘role’, I meditated almost every night to develop a calm stillness within. My practice was put to the test during Bodhi Nite, and it sure was a true test of the night’s theme of the Unshakeable Balance” (Upekka – equanimity).

2007 was a real test for me. In my last year of University, I was nearing the end of one phase in my life and quickly paving the road to the next. As my comfort zone is slowly pulled beneath me, my grasping onto what I had and what I know became stronger than ever before. On top of that, since it was



my final year, I was trying hard to rank up my academic record plus secure work experience. Ultimately I think my perfectionist streak came through stronger than previously, which created another form of grasping and a difficulty to let go of control. Even in my role as Vice President and sketch director, the control-freak in me went berserk. Like a Buddha-sent message, the theme for Bodhi Nite 2007 was ... you guessed it ... “The Invisible Grasp”. Indeed, it was a real test for me to learn to let go, and to trust the moment unfolding before me without a need to run in there to tidy everything up first. When I look back, I realised that a lot of the wonderful moments of this year came not from my planning and insistent shaping, but when I took a step back after I had put the necessary preparation in and allowed life to form in its own way.

I’ll admit that when the EXCOs decided that the Bodhi Nite

theme for 2008 was karma, my first thought was that this is certainly the year I would learn the least. After all, karma is such a basic concept, surely I have learnt all there was to it, right? My haughtiness was soon corrected by a few bizarre twists in my life. The first is seeing a close friend complain to me for years about how he hates his father’s ‘bad habits’, and then realising for the first time that he was adopting these bad habits subconsciously and in effect becoming exactly like his father. The second was a colleague who treated people like dirt, isolated people through wrong speech and diminished people’s self-esteems as a way to control them. Slowly, people began to realise what she was doing and the person she really is, and she slowly became an outsider whom people distrusted. I felt so sorry for her to see her in this state, but it was so obvious that how she was feeling was so similar to those whom she had

previously mistreated. Indeed, I felt as if life had wanted me to see the deeper workings of karma than my prior superficial understanding of it, and how karma really does come around in full circle.

As for this year, it was my first year as an ex-Exco and retired-OC. Yet like my first year, I took to the stage as an actress again, this time as the undercover cleaner discovering the “Impermanence” of life. So although in my EXCO role I came, I stayed, and I went away, my role in Unibuds remains in flux...and indeed the future is so uncertain. As Venerable Neng Rong said to me at the conclusion of this year’s Bodhi Nite, I go onstage, go offstage, and go back onstage...this too is impermanence!

But you still haven’t told me what the Unibuds superstition is!

No doubt your monkey mind has probably skimmed my long-winded story (it’s all relative really) to arrive to this moment of revelation: what is the Unibuds superstition.

Hopefully you’ve picked up on what the superstition is through my narration, and even linked it up with your own “persistent-coincidences”.

For those who need it to be spelt out, the Unibuds superstition



is this:

The Bodhi Nite concept dictates the dhamma concept that will be experienced and learnt that year, not only by the audience, but by each Committee member and Bodhi Nite helper.

The above is my account of how each year’s Bodhi Nite theme correlates with the moments I experience within Unibuds and in my life generally. I know other members have told me similar stories to make this “persistent-coincidence” a little more “persistent” and believable. However, like all superstitions, don’t get too caught up in it. Rather, let’s put it to good use and choose a good Bodhi Nite theme for the years to come!

Something Has always Changed

by Henry Magawinata

Every year Bodhi Nite has always given a new sensation for the audience whether they are first timer or annual loyal customer ☺ Nothing ever stays the same, just like what has been portrayed on the night itself. Practice and preparation that have been done for the past three months were staged in three meaningful hours.

I am very impressed on how the organising committee for this year Bodhi Nite come up with new ingredients which has not fully followed the 'traditional' format in a past few years. Mistakes and cons would always arise due to these changes. But don't forget, as the theme suggested, nothing ever stays the same – impermanence ☺

For all organising committee members and all helpers who helped to make this event happened, I am very impressed with your commitment. Congratulations again for all of you! I'm sure positive feedback has flooded your inbox there!

“The most striking thing about Bodhi Nite for me this year was the fluidity and cohesiveness between the various departments. Multimedia, choir and sketch performances were all tied in together very nicely with the theme, complemented by the Dhamma talks and MC speeches, and then nicely wrapped up with the stand up comedy at the end of the night. Nice! ”

--Puay Yeong Teh

“Once again, we gathered at Clancy auditorium to celebrate the birthday of UNIBUDS.

And I was there for the 9th time this year, that feeling was incredible. Over the past 9 years, I entered the hall to carry out different tasks in various departments and this time I was there as an audience. Seating at the back row of the hall looking at the stage, it was like an experience of being in a time capsule whereby images of the past were flashing simultaneously with the 'play' on the stage. It was indeed a wonderful reminder of the valuable times I had with UNIBUDS! - from an old BUD. ”

--Marie Ng



we thank and bid goodbye

The 29th Executive Committee

2008/2009

KHAI YI NG

PRESIDENT

luvlavyi@gmail.com

Everychanging moments.. The changing face of life.. It's the truth that we must face...when nature has its time..It is now the time for me to leave. I am thankful that I have all of you walking along with me on this Dhamma learning journey. Also, thanks for all the support and guidance given by our Patrons, senior members as well as my fellow EXCOs and my lovely members. It is because I have you that I am able to walk through this happily. May all of us will continue to walk on this journey, and continue the effort in learning the Dhamma. May UNIBUDS keep growing, bringing Dhamma, friendship, loving kindness and wisdom to everyone! Sadhu Sadhu Sadhu! with metta, Khaiyi

MANDY PANG

EXTERNAL VICE PRESIDENT

mandypang1989@gmail.com

It comes the time to say good bye once again! Thank you to the members of UNIBUDS for your constant support and guidance throughout my journey with UNIBUDS. Without you, UNIBUDS would not be complete.^_^ I would also like to express my deepest gratitude to my beloved 11 other EXCOs for their dedication and effort to UNIBUDS. Most importantly, thank you for sharing with me so much memories and laughs.. Before I really say GOOD BYE, I would like to extend my wishes to the upcoming executives and members... May you continue to shine and blossom the bud of Dhamma in UNSW! :) My heart and soul will continue to support you guys no matter where I am because "Once a UNIBUDS, Always a UNIBUDS". Sadhu Sadhu Sadhu! With Metta, Mandy :)

YEE HERNG YEO

yeeherng0422@gmail.com

INTERNAL VICE PRESIDENT

Greeting, my dear friends! Time flies, can't imagine this term is coming to the end! As an IVP, it is an honour to have a chance to help and care for all of my friends in UNIBUDS. I feel glad when I see everyone learn and grow here~ It is also my pleasure to practice Dhamma with everyone. I had a lot of valuable moments this year~ When facing difficulties, the laughter, joy as well as the encouragement that you gave me made my life colourful! Thanks a lot for your support along this journey! I truly believe next term will be another great journey with everyone's effort and support! Let's keep the spirit and share good Kamma with more friends!

KIA SHENG CHEW

kiasheng.chew@gmail.com

HONORARY SECRETARY

Time flies and a year seem to have passed in a blink of an eye. I was really grateful to have the opportunity to be part of EXCOs and get to know all of you! There was laughter, tears (probably not) and joy throughout my one year experience and I truly appreciate that! I hope everyone has gained much from UNIBUDS as I am and I like to thank everyone for giving me the opportunity to serve UNIBUDS. May you be well and happy!

KELLY WONG

HONORARY TREASURER

kykellywong@gmail.com

Time flies..... 1 year of exco is coming to the end. Throughout this year, I have learnt a lot from each exco and also from the members too. I hope all of you had a great time with Unibuds - learning dhamma and having fun with all of you.

iancxy89@gmail.com

GENERAL SECRETARY

Hi everyone! It has been a year, and time REALLY flies! I am glad that one year has passed and Unibuds has grown for another year! It is a really fruitful and exciting year for me, being a General Secretary and to be responsible of taking care of the Unibuds Library, as well as got to organize Cook of The Year, Winter Retreat and Thank You Dinner. I am glad that this exco term has given me some great experiences, working with another 11 wonderful people, and also the chance to learn the Dhamma and practice it in our daily lives. I will definitely treasure all these memories for the rest of my life! Will see you guys around =) metta, Ian.

ROSIANA LIM**ACTIVITIES DIRECTOR**

rosiana35@gmail.com

I came, I stayed, and I go. Twelve months ago, I came into the wonderful 29th Exco Team, and now twelve months have passed. This is time to say goodbye: goodbye to my wonderful team, but not yet to Unibuds. Those moments spent in Unibuds is engraved beautifully in my heart. I would love to thank everyone: my fellow Excos and also our supportive members! Without everyone, the journey won't be beautiful. Once again, thanks for everything, and hopefully we all learnt and grew in Dhamma. Sadhu, sadhu, sadhu.

MING DE TEH

mingde.teh@gmail.com

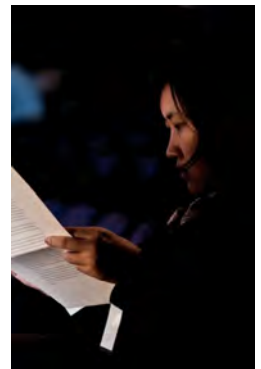
ENGLISH DHAMMA TALK COORDINATOR

Dear friends in the Dhamma, it really is as we have experienced: Impermanence! I came, became the English Dhamma Talk Coordinator, I stayed, performing the duties, and now, I'm leaving, leaving the post of Dhamma Talk Coordinator. I want to thank everyone for helping with setting up at Dhamma Talks, and also everyone for attending the Dhamma Talks, because by being there, we have created a condition for even more people to learn about the Dhamma, let's all continue the Dhamma journey together and learn together! Sadhu! And keep learning :)

BERNARD CHEN**CHINESE DHAMMA TALK COORDINATOR**

bernard.cw@gmail.com

How time flies, it has almost been a year since I took up the position as Chinese Dhamma Talk coordinator of UNIBUDS. During this period, I had the honour of working closely with 11 other marvellous people on the 29th EXCO, the great fortune of working with over 100 people for Bodhi Nite 2009, the joy of meeting all the wonderful people in UNIBUDS and the lasting friendships that grew out of these experiences. I wish to express my sincere thanks to those who supported me during the past year and my best wishes to the future of UNIBUDS. Sadhu sadhu sadhu!



MEI LING TEOH

MEDITATION COORDINATOR

meilin9.teoh@gmail.com

I came, I stayed, and now it is time for me to go. I can't believe that my one year contract with UNIBUDS as an EXCO has come to and end. I have learnt and grow a lot in this exciting, fun and fulfilling journey. A big thank you to all the other 11 EXCOS and members for assisting me throughout this term and thank you UNIBUDS!

SHI YING OOI

SACCA EDITOR

shiying86@gmail.com

One year and 4 editions later I am proud and glad to step down with the deepest gratitude to all of you who had made this journey possible. Sacca has gone through a significant change and I certainly do hope that it is for the better, bringing Dhamma, words and friendship closer to you and to capture memories that will soon fade away. Writers, contributors, designers and photographers--your efforts are much appreciated. It is an honour to have worked with all of you and inspiring to have 11 companions along this road, never give up on this learning journey and I hope to continue seeing all of you blossom in UNIBUDS--Metta, ShiYing.

KATE YI ZHANG

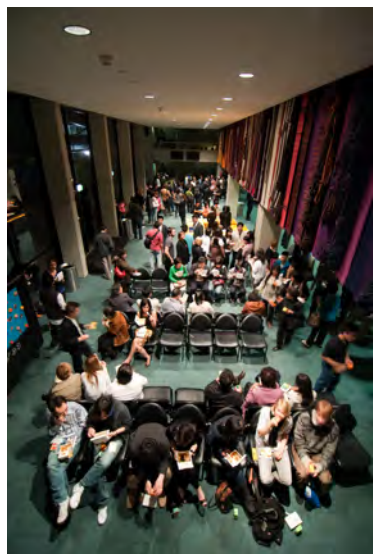
ANNUAL MAGAZINE EDITOR

lahdidadida@gmail.com

How time flies, another year has passed us by as if it has been such a short while ago since I first stepped into the shoes of the Annual Magazine Editor. I guess I have a reason for feeling this way since the main bulk of my primary duty has yet to be started! Having said so, in addition to thanking each and everyone of you for your support towards this amazing society, I sincerely invite you to join me in creating this year's Annual Magazine -- the essence of our Dhamma and our UNIBUDS journey. I wish that UNIBUDS has brought you, and will continue to bring you some peace and happiness in some corners of your lives. May you all be well and happy! Metta,ZY







SNAP SHOTS: Bodhi Nite 2009

Image Credits:
Eric Lam, Chang
Hiang Lee &
Mandy Pang



SPORTS Sessions are back!

What? *Weekend activities are now ON again! Come join UNIBUDS in sweating it out in friendly matches of badminton-healthy living is active living.*

When? *It runs on alternate Sundays from 11am to 1pm.*

The followed up dates are:

20th Sept - Basketball

4th Oct - Badminton

11th Oct - Basketball

Where?

Badminton: UNSW UniGym Multi-purpose Hall, Court 5 & 6

Basketball: Moore Park

Meeting place: UNSW Main Gate

How much?

Badminton: \$3 for members; \$5 for non-members

Basketball: Free!

Who? *Person to contact is the Activities Coordinator, Rosiana Lim email: rosiana35@gmail.com*

LUNCHTIME MEDITATION

Lunchtime meditation sessions resumes with Mei Ling Teoh at Unibuds Library (See following page for exact location). It runs on every Wednesdays, 1:15-2:00pm. For more information, contact the coordinator at meilin9.teoh@gmail.com.

CORNER OF OUR HEARTS:

The Unibuds Library is opened NOW!! The opening times of the library is from 12-2pm, every Monday to Friday. All the English books are available for loan and the Chinese books are available to read in the library. The Unibuds Library is a very nice and peaceful place for us to rest our mind while reading some books. It's always good to relax ourselves during lunchtime to recharge ourselves for the busy day. Meanwhile, there will be a lunchtime meditation on every Wednesday (1.15pm-2pm) as well. Please come and join us!!

The librarians are:

Monday- Jessica Ang

Tuesday- Jianping

Wednesday- Hans

Thursday- Juan Lyn

Friday- Gilbert

Are you a UNIBUDS member? Come and collect your membership card in UNIBUDS library from our General Secretary.

Membership card is the card to proof that you are a member.

You can enjoy membership prices during UNIBUDS activities! (Such as purchasing UNIBUDS T-shirt, Bodhi Nite ticket and attending badminton sessions).

Location: *Unibuds Library, room 311, Squarehouse*

Time: *12-2pm, every Monday to Friday*

Any enquiry about the library, please contact Ian Ch'ng (0430063421/iancxy89@gmail.com)



MEMBERS' CORNER: HAPPY BIRTHDAY TO YOU!

UNIBUDS wishes each and everyone well and happy, growth and learning on the Dhamma journey!

SEPTEMBER

Cadence Brown
Jane Beh
Foh Fan Yong
Vincent Lim
Ian Xiang Yuan Ch'ng
Susian Teh
Dilshan Ariyaratna
Alex Voevoda
Kai Yi Giam
Alex Surace

OCTOBER

Jethro Octavianus Wijaya
Victor Nicholas Szmidt
Hans Wibowo
Kia Sheng Chew
Pang Ping Wee
Lany Lee La Argualo Birbano
Shi Nee Lou
Christian Tanadinata
Kah Fai Kwan
Jing Hua
Alvin Phua

NOVEMBER

Iris Wong	Juan Lyn Ang
Rosiana Lim	Rony Novianto
Alan Chan	Gau Wei Hum
Chern Chuen Lee	Chen Wei (Becky) Ji
Yee Yee Thu	

Coming up in 2009

18th August
MEDITATION WORKSHOP

26th August
ANNUAL GENERAL MEETING

10th Oct
MEDITATION WORKSHOP

17th Oct
COOK OF THE YEAR

every Thursday nights
CHINESE DHAMMA TALK

every Friday nights
ENGLISH DHAMMA TALK

Mark your calendars and don't miss out! UNIBUDS requires your continual support for all activities to run, so if you are interested in helping out in any of the above events, contact us at unibuds@gmail.com. Your participation is very much appreciated. Looking forward to seeing you!

Thank you to all who have contributed to BN2009-Organising Committee, Helpers, Patrons, Audience for your presence, laughter, compassion, love and moments we shared. Nothing is forever, but it is in each moment like this that we find inner peace and happiness.
See you again next year!



Next edition...

Stay tuned for the next edition of Sacca. So, if you have something to say please feel free to drop me an email at **shiyang86@gmail.com** for any kind of contribution. Thank you!

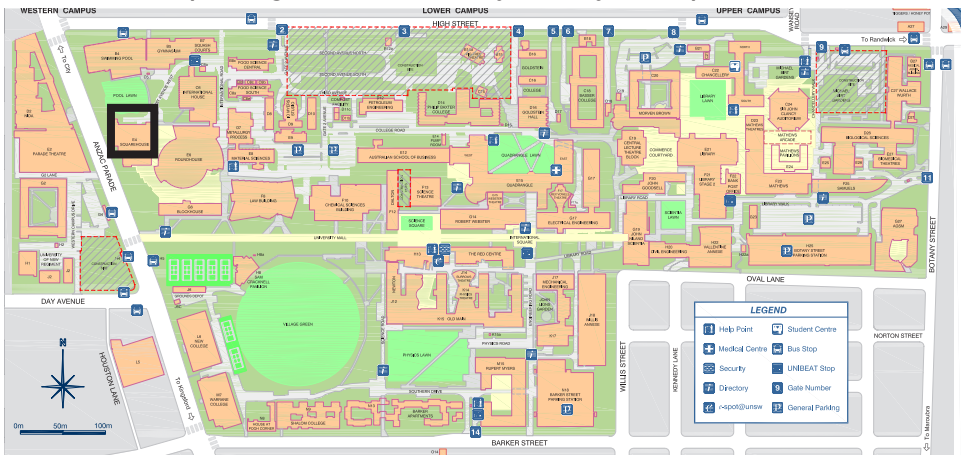
Sacca is a free quarterly magazine catered to our members. If you would like to obtain previous editions, drop by Unibuds Library to get a free copy! What's more, there are also free Dhamma books for distribution. So come visit us today!



Where is Unibuds Library?

Room 311, 3rd Floor, Square House
UNSW, Kensington Campus,
NSW 2052 Australia
Phone: 0293856082

Opening Hours: Monday-Friday, 12-2pm



www.unibuds.unsw.edu.au
email:unibuds@gmail.com.au

春
九月-
十一月2009

sacca

慧 命 社 季 刊



瞬间

where a bud can bloom in full...



unibuds
UNSW BUDDHIST SOCIETY

生、住、異、滅...



甚麼是永恆？

菩提之夜 '09

一個慶祝慧命社周年紀念的慶典，并以輕鬆有趣的話劇、合唱與精彩動畫讓大家學習佛法。

日期：8月29日（星期六）
時間：6 - 10pm (6 - 7 pm 晚餐)
地點：Sir John Clancy Auditorium, UNSW
門票：會員 \$10; 非會員 \$12; 現場 \$15
(入門票包括免費素食晚餐)
詳情：www.unibuds.unsw.edu.au
聯絡人：凱怡 Khai Yi 0430 533 879
祥緣 Ian 0430 063 421

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UNIBUDS

In association with
buddhist chaplaincy
UNSW RELIGIOUS CENTRE

亲爱的读者，

希望你们都时时刻刻保持着灿烂的笑容！当编辑快一年了，而这一期的季刊将会是我出版的最后一期。出版这四本季刊的过程中，看到会员们的成长，大家对于佛法如此的热心，真的是让我感动万分。这期的季刊主题是“瞬间”。

本季刊的内容包含了慧命社的会员们在筹备菩提之夜的过程中所经历的甜、酸、苦、辣以及在学佛的道路上所面对的一切。阅读了这些文章后，读者们也将能够感受到大家对筹办这次活动的发心，所花的心血与时间。就是在下了这么多的苦功后，所得到的果实才是最甜美的！

学佛应该要活学活用，而慧命社的会员们就是最好的模范。通过菩提之夜这样一个大型的活动，可以看到大家都很诚恳地将佛法运用在生活中。

这期中文版的季刊记录了能融法师当晚所讲解的主题“生、住、异、灭－什么是永恒？”此外，

where a bud can bloom in full...

慧命社季刊

还有会员庄祥缘和黄凯怡所创作的中文歌曲以及创作过程中的感想。合唱团的丽雅也跟我们分享她在练习过程中的点点滴滴。此外，也不要错过英文版的菩提之夜照片和片段！在此，我要感谢令人敬佩以及多才多艺的会员们的付出。

除此之外，我要向副编辑、法师们、贡献文章的作者、摄影师，所有执委以及读者们说声“谢谢！”。感谢你们一向来的帮助与支持，我们才能顺利出版这四本意义重大的季刊。

希望这本《瞬间》可以成为您美好的记念。记得，每一瞬间转眼就消失了，一定要把握及珍惜当下所有的一切，免得失去后才后悔莫及！

再见！后会有期！

祝福慧双修

黄诗莹



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“佛法所说的信，从正确理解佛法而来。有了澄净的信心，一定会引起进修的意愿。所以如对佛法有些理解，不能引起信心，那不过世间知识，与佛法无关。”（印顺，《印度佛教思想史》，29）

2 0 0 9 活 动 介 绍

18th August
静坐班

26th August
常年大会

10th Oct
静坐班

每个星期四
中文佛学班

每个星期五
英文佛学班

请别错过我们的活动！

如有任何疑问，请发电邮至 unibuds@gmail.com

或浏览我们的网站 www.unibuds.unsw.edu.au。

生、住、異、滅— 甚麼是永恆？

諸位法師，諸位嘉賓，慧命社的同學及在座的大家好。今天，我在此代表慧命社導師^上藏^下慧法師向大家說幾句話，感謝大家的出席以及同學們的努力，希望今天的晚會圓滿成功。

時間過得很快，一轉眼，慧命社已在這大學渡過了29年。29年不是一段很短的日子，在這期間，慧命社經歷過高潮也遇過低潮，但在同學們的努力及大家的支持下，都一一的克服了。然而，這並不表示我們就不再遇到問題與困難。一件事情生起，穩定一段時間，它又會起變化，最後甚至消失；而新的事情又生起，我們生活中的事情何嘗不也是如此呢？這就是我們今天要談的主題—生住異滅—甚麼是永恆？

我們生活中的每一個時刻都在生、住、異、滅中，只是我們的心不夠平靜與專注，沒辦法看到細膩的變化。我們往往是遇到大變動的時候才感嘆事情變了！事實上，事情一直都在變！一切是無常的。

有人會想，既然事情一直在變，那我們的努力有甚麼用呢？其實，就是因為它會變，我們的努



力才有用。否則，怎麼努力它都不能變，那才真的是白費氣力！事情之所以會生起，暫住，變異，消滅，是因為它是許多條件組合而成的。用佛家的術語說，一切是緣起的。條件不斷的在變動中，所以事情的呈現也隨之改變。但是這個改變不一定是變壞，它也可能變得更好。明白這個道理，我們就有希望。我們可以提供不同的條件，隨著無常的變化，使它朝向我們要去的方向去改變。

無常是宇宙的自然現象，我們不

能改變宇宙的自然法則，但是我們可以從條件著手，隨著無常的變動，配合因果法則，提供正確的因緣，創造我們美好的未來。

無常故苦，苦故無我世間的一切一直在變動，沒有穩定性，有人會覺得，即使我們掌握因緣創造未來，但總還是覺得不穩定，這是很煩惱的事。那麼，是無常給我們帶來苦嗎？是無常惹我們生氣嗎？

世間的一切事情與現象都在變，但是，是不是每一件事情的變化都使我們情緒起波動呢？別人的車子被撞壞了，我們沒有感受，我們會很平靜的告訴他，這是無常。但是，如果我們心愛的車被刮花了，我們很難過。同樣是車，同樣是無常的現象，為甚麼我們對一輛有感覺，對另一輛沒有感受呢？因為一輛是我的，另一輛不是我的！

當我們把我與一件事情或一個現象聯系在一起時，這事情或現象的任何變動都會牽動我們的心，使我們的情緒跟著波動。如果我們不把事情或現象與自己牽在一起，現象只是現象，它不影響我們。所以，是無常使我們苦嗎？無常只是一個自然現象，

它並沒有惹我們。是我們把自己與現象扯在一起，認為它是我們的，希望它聽我們的話不要變，可是它又偏偏不能離開宇宙的無常法則，當變化產生的時候，我們不願意接受，就產生痛苦。

這裡觸及兩個問題：
我們執著現象為我們的，是我們所愛的；
我們把外在現象當實在的，不希望它產生變化。

我是甚麼？為甚麼我們會喜愛這麼多的東西？它是我們的嗎？外在的東西真如我們想像那樣堅固不變的嗎？要解除苦惱，首先要透視自我與外在現象的真相。我們的貪染執著從何生起？我是甚麼？我所愛的又是甚麼？一切都是因緣條件組合而成，而且在不斷的變動中，我在那里呢？我所愛的東西是真實的嗎？

我們對自我的真相不了解，把這物質與精神和合的身心錯誤的當作實在的我，產生強烈的自我意識，甚麼事情都從自我出發，處處保護自己，進而產生貪、瞋、癡，驕慢，嫉妒等種種煩惱。

除了對自我的不了解，我們對外在的現象也不明白，看不清楚它

也是條件性的，變動性，不是固定實有的。我們看到甚麼都貪染執著，希望它時時保持在我們喜歡的狀態，但這是不可能的，結果我們苦惱重重。

我們看到東西，總覺得它生起，滅了。其實，深一層的觀察，也沒有真正的生與滅。因緣和合產生一個現象，我們就說是它生起。在條件的流動與替代過程中，等到它的條件與原來的條件差別多了，所呈現的現象與原來變得很不同，我們就以為原來的現象不見了，滅了。事實上，一切存在物與現象都是在條件的組合、變動中，並沒有所謂真正的生與滅。我們之所以認為現象生起了、滅了，都是因為我們被它暫時穩定的表相所迷惑，把它當作實在固有的。它不在的時候，就認為滅去了。我們不了解一切存在物都是條件性、變動性，包括我們自己，一直在變，沒有固定的自體與自性，它只是一大堆條件因素的不斷組合與變動而已，佛家稱此現象為無我。

既然無我，沒有實在不變的一個東西，那還有甚麼東西在生與滅呢？又有甚麼東西可以執著的呢？因此，要解除苦惱，必須啟發智慧，我們要從生、住、異、滅的過程中透視無常、無我、緣起的道理，破除自我的染著與無明，這樣才有解脫自在的可能。

這個道理或許有些深奧，不是我們今天有時間談得完的。但值得大家慢慢的去觀察、思考。重要的是，在覺悟這個真理之前，我們要認清自己還有所執著。我們必須從自己現在的程度，腳踏實地，按部就班的學習，隨順無常與因果的法則提升自己。我們要多聽聞佛法，在日常生活中時時憶念、思惟佛法，依佛的教法去實踐，慢慢的我們將能體會無常、無我、緣起的真理，達到無所束縛，解脫自在的境界。

希望透過今天晚會，大家對佛教的無常觀有更進一步的認識。緊記無常，把握時間，積極提升自己，利樂大眾。不要一直等明天，因為我們不知明天的條件是否還一樣。尤其是在現在氣候、地理環境都非常不穩定，奇疾怪病層出不窮，我們不能確定明天是否還有這麼好的因緣條件學習佛法。因此，掌握當下的每個一時刻，聽聞佛法，思惟、修學佛法，啟發智慧。一切是無常的，包括我們的慧命社，希望大家珍惜慧命社這塊學佛的園地，給他您的支持與鼓勵，讓它在生住異滅的過程中不斷前進，一年比一年進步，持續不斷的在校園與更多的同學分享佛法。

願三寶護佑大家，身心安康，吉祥如意。謝謝。



无常的曙光

庄祥缘、黄凯怡

每年的菩提之夜，为了配合不同的主题，会员们都会尝试去创作一些歌曲，以分享自己对于这个主题的一些感想。而今年的标题是“生、住、异、灭，什么是永恒？”。这标题也带出了主题“无常”的意义。

今年，菩提之夜筹委会决定要求祥缘创作一首主题为“无常”的歌，毕竟他对于写歌有兴趣，而且去年菩提之夜也写了一首歌。由于功课上的忙碌，他一直抽不出时间。在大家的催促之下，他决定找我帮忙写词。其实我从来没写过词，只是喜欢哼哼几句，偶尔把别人的词改成自己喜欢的词。

对于写词，其实我很想尝试也很期待。可是，想到真的要写词，

我开始担心害怕了。因为菩提之夜是接近900人出席的一个盛会，我的词要是写不好，让大家失望的话那还得了？我开始有退却和放弃的心理。祥缘却觉得只要用“心”写，别想那么多，别抱着“不可能”的态度，我们一定可以做到。在他的鼓励下，我提起勇气，接受这新的挑战。

说来也有点不可思议，祥缘和我真的写了“无常的曙光”这首歌。这首歌和一般歌曲创作过程不同之处在于，祥缘想要先把词写好，然后再谱曲。写词的过程其实蛮简单，我们刚巧到华藏寺，想说那里那么清静，也许会有些灵感，所以决定试试在那里填词。我们在图书馆里，开始计划这写词的过程。我们先确定了

歌曲的重点和方向，以及要带给大家的讯息。我们觉得重点是要大家反问自己，我们觉察到周遭的变化了吗？在无常中生活、成长的我们有没有珍惜生命的每一刻？然后我们观察身边变化的事物及状态，慢慢地把它们归类。接着，我设下一些问题，在词中反问，而祥缘则从“如何面对无常”的角度下手。就这样很巧的，我们发现我所写的和他所写的其实有一种连贯性，就决定了使用我的部分充当歌曲的开始，而祥缘的就当副歌。整个过程大概用上了四个小时。隔天，祥缘将歌词简略并且把一些词句修饰过，就这样把歌词给写好了！接下来，祥缘从忙碌的学业中抽出时间，开始作曲，把曲配上词。花了大约一星期的时间，才把曲给写完。可是，因为祥缘对自己的曲不满意，所以找了我与以珩来给意见。由于不想把歌写得太沮丧，太消沉，我建议将副歌的部分写得轻松一些。因为没有乐理的知识，所以我尝试哼了我觉得好听的音乐，祥缘听了觉得很不错，就决定采用那段音乐当副歌！我就这样在偶然的情况下，也成了作曲人之一，而一首歌就这样诞生了！

接下来是给我们的这首歌一个歌名。我们不想给一个太普通的歌名，例如“无常”、“无常与永恒”、“探索无常”、“如何从无常中寻找快乐”，因为这些歌名有点普通，也带不出无常美好

的一面。我们最后选择了“无常的曙光”，因为“曙光”能呈现“希望”的意义，所以我们希望这个歌名能够带出无常中，正面、积极的一面！

也就这样“无常的曙光”写词作曲就结束了！这个过程当中，我学习了不少。因为无常，我才有改变的机会，因为无常，我有机会成长！因为无常，我们才能接受挑战，也因为无常，我们才有无数的希望！

您看到无常的曙光了吗？

学会珍惜，在这生命中的每一刻
认识无常，才是真正的智慧

这世界上没有什么会永恒不变
接受改变，才能真正的快乐



无常的曙光

庄祥缘，黄凯怡

春季花开，秋天花谢
谁能挽回过去的一切
日出日落，月圆月缺
谁来捉握逝去的岁月

人聚人散，缘起缘灭
如何面对一切的改变
曾经拥有，终会失去
如何迎接明天的来临

季节的变幻，是否曾让你感叹？
沧桑的变化，是否曾让你感伤？

我们活在这个无常的世界里
就算感伤，我们又能怎么样？
学会珍惜，在这生命中的每一刻
认识无常，才是真正的智慧

也许我们都曾经迷失了自己
看清无常，寻找正确的方向
这世界上没有什么会永恒不变
接受改变，才能真正的快乐

收获

作者：马丽雅

最近好忙，放心！不是瞎忙，而是生活变得更充实更精彩。

以珩在电话里面说：“没事就过来玩啊！唱唱歌，轻松一下嘛，no stress..no stress...”

就这样我被半哄半骗的来到了慧命社合唱团...

故事就是这样开始的...

第一次来到合唱团练习，印象深刻的除了“萧敬腾”以外（有个听说是音乐才子的男生长得蛮像萧敬腾）就是人人都很亲切。可能是因为佛教团体吧，感觉大家都很真诚友善，气氛正如以珩说得那样轻轻松松，非常舒服。第一次练习过后便开始期待第二次练习，第三次练习。不知不觉中慢慢投入，投入唱歌，投入合唱团，投入这一群新朋友。

当然，我们不是专业合唱团，我们当中也有五音不全的，也有你唱你的我唱我的乱七八糟的情况。说真的我都暗中非常非常敬佩峻维，以珩和荣庆的忍功，不能叹气又不能发飙，还要忍着轻声说“no stress...no stress..呵呵”

要控制20人的合唱团，在慧命社一年当中最重要的活动菩提之夜表演给上百个人观赏，还要训练一群普通人唱出美妙的歌声，真是勇气可嘉，不简单！

但我想大家应该都和我一样认真吧，把合唱团融入生活中：在巴士上唱，洗澡唱，煮饭也在唱，才能把一开始的“鸡叫声”转化为能唱得上那非常高音的“无常的曙光”。其实我真得蛮赞叹，一开始大家都认为不可能唱得上的高音，两个月练习之后，竟然在高音部分还能以洪亮的歌声唱出！菩提之夜当晚演出非常成功。

老实说，对一个不是慧命社会员的我来说，菩提之夜真的没那么重要，也不会把它的成功与否放在心上。最在意的是这两个月的时间里，我真得很开心，有时还会想起主席在每个大活动中的静坐，团员们互相为大家准备的蜂蜜柠檬，分工合作的跑遍悉尼商店来找合唱团的制服...庆幸的是，即使活动表演统统结束了，这一群可爱的新朋友都还在身边。

而明天，就有大约十人到我家小小的厨房来做月饼，后天准备一起去吃饭，下星期还有其他活动...

所以说嘛，我最近是真得很忙的！



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