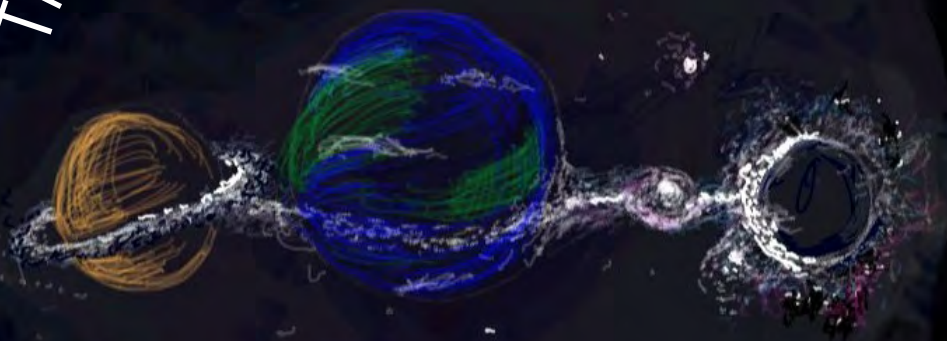


summer
edition
dec 13
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sacca

quarterly newsletter for members of unbuds

The Hitchhiker's Guide to



Buddhism

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UNIBUDS UNSW Buddhist Society

... where a bud can bloom in full

President's Message

Dear Dhamma friends,

In October 2013, UNIBUDS saw the election of a diverse group of individuals who formed the new Executive Committee (EXCO) for the 34th term. From its humble beginnings in 1981, UNIBUDS has seen much change, especially in terms of the Australian religious landscape. Back then, Buddhism had only just arrived to the West, it was something mysterious to the wider Australian community. Today however, we enjoy religious freedom and as a result of the tireless efforts of countless pioneers of Australian Buddhism, including UNIBUDS' Patrons Venerable Tsang Hui and Chao Khun Phra Thepsilaporn (Samai), there is a greater understanding of Buddhism in our community. And co-existing with this gradual change was UNIBUDS, which has been on the UNSW campus for more than three decades to foster Dhamma learning, practice and friendship within the student community. I sincerely express my gratitude to those individuals and to the past EXCOs for paving a beautiful path for us all.

My name is Kitiphume Thammasiraphop, and I have the great opportunity of serving UNIBUDS as its 34th President. It is truly an honour to serve such a strong student society and to serve Buddhism at this particular time. I trust that with the energy, varying personalities and diverse skills of the new EXCO team, and with the support of members past and present, UNIBUDS will remain a light for the campus community in catering to members' spiritual practice and to be a place for friendships to be made.

To all new members, a very big welcome to the UNIBUDS' family!



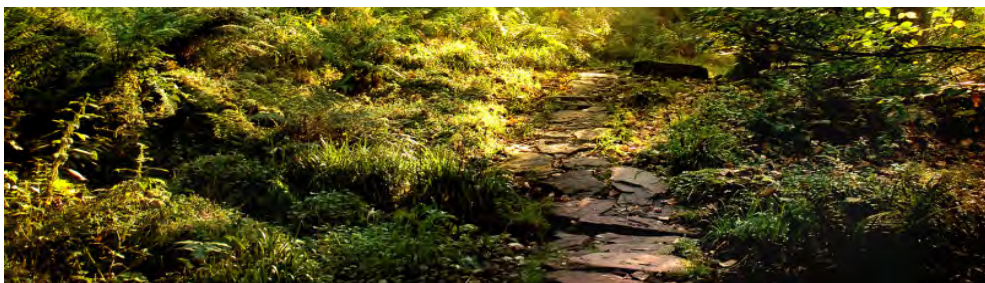
A line up of next year's events will surely see UNIBUDS staying true to its goals. We will have retreats during the breaks, potlucks to taste each other's good food, lunchtime meditation sessions for weekly relaxation and cultivation, weekly Dhamma Talks for expanding your knowledge and many, many more! Not to forget, BODHI NITE, a dazzling night celebrating UNIBUDS' anniversary. What makes this term more exciting is that we will be holding a Buddhist Exhibition in April to showcase what Buddhism is and what it has to offer. So keep your eyes and ears open! If you are interested to help out or if you have any Buddhist items that we could display, please feel free to contact me.

As you may know, Sacca is UNIBUDS' quarterly publication aimed to recap previous events and to provide members with a good Dhamma read. This edition, "The Hitchhiker's Guide to Buddhism", is the first one for this term and it will delve into the Buddhist perspective on Wisdom and Ignorance. It is important that in this very fast-paced and chaotic world, we see through the delusions that cloud our mind and prevent us from understanding reality. Without wisdom, we would be no more than other sentient beings living on instinct and we would not be able to liberate ourselves from the chains of greed, hatred and delusion. So I hope that each and every one of you will gain some useful ideas from this issue and try your best to put it into practice. I look forward to seeing you all very soon!

May all beings be well, happy and peaceful!

With Loving-kindness,

Kitiphume Thammasiraphop
UNIBUDS 34th President



Editor's Message

Dear Readers,

In this edition of Sacca, we will be exploring more about "Wisdom and Ignorance". How exactly is this related to the title?

"The Hitchhiker's Guide to the Galaxy" is a comic science fiction by Douglas Adams. In the book, the "Answer to the Ultimate Question of Life, The Universe, and Everything" was asked and computed to be 42. Interesting enough, the answer turned out to be meaningless because the beings who asked it never actually understood the question.

With the same coin of analogy, we are often on a futile mission for answers and solutions to our dissatisfaction without truly understanding the source of the dissatisfaction. This ignorance in itself is often the origin of dissatisfaction in our lives. Cultivation of wisdom can help us recognise this fact. Yet, wisdom and ignorance are not mutually exclusive.

Be sure to read the featured articles to glean a better understanding of the relationship between wisdom and ignorance. =]

Additionally, there will also be massive updates on UNIBUDS activities, starting with Bodhi Nite 2013 – Peace Within, Love Without. We will also mark UNIBUDS Annual General Meeting with the voices of the outgoing 33rd Executive Committee and the incoming 34th Executive Committee. Members have also kindly shared some of their exciting adventures with UNIBUDS such as Cook of the Year 2013.

Looking forward to see all of you in our upcoming activities!

[Let the journey begin =\]](#)

With Metta,
Weiwei

That is Wrong, This is Right... Or is it?

by Rosiana Lim



How many times are we caught in an argument with someone over an opinion? How many times have we felt upset when others don't follow the way we believe strongly in? How many times do we feel indignant and try to fight for a "good" cause through any means, just because we think that it's the right thing to do?

Being right or wrong had always been in my mind. I used to spend a lot of time ensuring that the decisions I make are always right - or at least, most of the time. I also contemplated excessively over how to avoid making the wrong turns in life. We are so conditioned by our society to the notion that no mistakes should be made in life. This expectation incites fear



in our hearts (well at least for me). The fear of making mistakes. But if we were to reflect upon our lives, it's during difficult times that we learn the most.

Then again, I couldn't help but ponder what is good and what is bad. I knew conceptually that "good" and "bad" are relative terms. For example, person A feels it's normal to have sex before marriage, but the conservative B may see otherwise. So in this case, who's right and who's wrong? We can argue that both A and B are right. They are right from their own points of view.

For a period of time I couldn't sit peacefully with the duality of right or wrong. I got confused and wasn't sure how to best live my life. I wanted to do the right thing, but I couldn't figure out what is the right thing. And it also made me afraid of making mistakes in life. These caused me to become indecisive.

Through numerous contemplation and meditation practice, I finally understood that **it's not the decisions I made in life that would determine whether my thought or action is right or wrong, but it's my attitude or intention behind it.** I realised as long as I harbour good intention (i.e., out of compassion, kindness or generosity), I would always find joy residing in my heart. This is when I knew for certain that it's a right thing to do. To outsiders my action may seem "normal", not extraordinary, but because I did it out of kindness and compassion, I sensed joy arising in my heart. For example, when I give tips at a restaurant out of generosity I will feel joyful. However, if I do it out of compliance to social norm, I will not feel the joy.

So now, I don't feel as frightened as before in making decisions. Regardless of what happens, I know I'd be alright because my heart will tell me so. If this heart of ours is taken care of properly, we will know what anger and other bad mental states will do to it. We know and feel the fire of anger impinging on our own wellbeing. Hence, we will realise that winning an argument is not the point. Feeling the warmth and gentleness in the heart matters more. By holding kindness and compassion in our hearts, no matter what challenges lie ahead of us, we know that we're going to be okay.

This teaching doesn't come easy – it took me several challenges and hiccups in life to realise what matters more. Time and again I see that it's the relationship we have with whatever happens in life that determines how well we live our life – or to put it another way, it's how we relate to our own experience that determines how happy we are.

I offer this for your contemplation. May all find peace, love and compassion in the hearts. May all be well and happy.



Sharing a Quote

contributed by Tim Chau and Bing Sen Koh

Live Simply
GIVE MORE

EXPECT LESS

"With expectation, nothing is perfect. Expect less and live a life with abundance."

Contributor: Bing Sen Koh

Two things not to worry about

"In my life, I have found there are two things about which I should never worry.

First, I should not worry about the things I cannot change. If I can't change them, worry is certainly most foolish and useless.

Second, I should not worry about the things I can change. If I can change them, then taking action will accomplish far more than wasting energy in worry.

Besides, it is my belief that, 9 times out of 10, worrying about something does more danger than the thing itself.

Give worry its rightful place - out of your life"

Contributor: Tim Chau
Source: Nan Tien Temple

How to crack the code to your inner vault

by Tina Ng

A journey to discover your inner being and accepting who you are



I find it ironic that the one person who we assume we should know the best, is also the one person who is the most elusive for us to understand. That person is ourselves.

Take a moment to ask yourself, "Who am I?" What answers did you come up with? Look deeply into those answers – are you satisfied these answers encapsulate who you are?

Now ask yourself, "Do I know who I am? Do I know my own heart? Do I know how my mind works?"

We live in ignorance of what grows inside our hearts, as we hold onto grudges, guilt, hurt and anger without realising its destructive nature. We live equally in ignorance of how our mind functions, despite decades of studying psychology and neuroscience. This is because our focus is often towards the outside and towards others, and we keep the screen door closed between our ego and our true self.

My screen door was once an iron vault with a security code that was unknown to everyone, including myself. I thought I knew myself – I was kind, giving, fair and considerate. I was good. Or so I thought. Yet when things didn't go my way or when I felt my ego was being challenged, I wasn't any of these things. I retaliated with unkindness and aggression, and acted on my own self-interest. Sometimes I would see these actions and excuse my behaviour (like blaming the agitator). But often, I just hid away my faults deeper within this vault and added another security code on the already-difficult-to-crack code.

However, suppressed truth doesn't stay suppressed for long. Slowly the onion begins to unravel its layers and its stench begins to contaminate the air. At first, I tried to cover up the smell with the perfumed scent of sweet words and actions. I didn't want to know about the onion; I didn't want to peel away its layers for fear of the tears that would well in my eyes.

But eventually I did, and I am so glad I did.

I mustered up the courage to face myself, to get to know this person for who I am, not just who I appeared to be or want to be. I wanted to see myself in all my glory and in all my failures. I wanted to free myself from having to put up an image of who I am, instead of truly being who I am.

So I confronted that iron vault inside of me. It took a few days in meditation to figure out the security code. **Actually, the code itself was simple and obvious: 'O-P-E-N'.** It only took so long to crack this code because I kept inputting codes like 'F-E-A-R' and 'H-U-R-T' and 'P-A-I-N', which all didn't work and only made it harder to crack the next time.

The cracking of the code was an important step, but it was just the beginning. I then had to find the courage to step inside. I had some doubts – will I be able to handle what I find? Am I ready to confront the truth of who I am?



So I mustered up the courage and looked inside. Inside I find a jungle of mess. I am overwhelmed by all that is happening inside of me that I'm not aware of. Random thoughts are jumping from tree to tree like a monkey, emotions are drowning everything it touches, and memories are being replayed endlessly as projections on every hard surface it can find.

I try to find meaning in what I see, but it is far too chaotic. I try to find 'me' in all of this, but I can't find 'me' anywhere within the rubble. I resist the temptation to run in there and sort it all out into neat piles. I resist the temptation to jump from tree to tree with my thoughts, and to get washed away by my emotions, and to act out the memories over and over again.

Instead, I just sat and watched, patiently and quietly. I don't disturb what was going on. I don't try to intellectualise or analyse what was going on. I don't try to identify with any of these things are 'me', even though I desperately wanted to understand who was 'me' and what all these things were.

Every day, I get lost in the thoughts, emotions and memories that cloud my mind. So on that day, I stayed clear from them all and just watched to see what happened to them when I'm not stirring them.

Just as when you stop stirring a muddy pond the mud sinks to the bottom, so too once I stopped stirring, the thoughts, emotions and memories sunk to the bottom of the mind. The water is now clear.

I can see so clearly now.

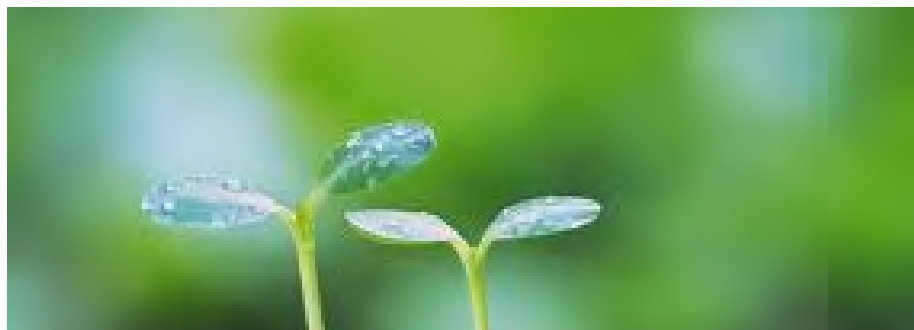
In that clearing, I see...an onion. I pick it up and examine it. It is so small and unimposing. I touch an outer skin of the onion, and I feel an unusual flutter in my heart. I peel off the layer and expose a softer, and more vulnerable, skin underneath. I keep peeling. The deeper I go, the softer the skin and the harder it is to peel. I close my eyes as tears well in my eyes.



For readers who aren't used to my style, I like to interweave fictitious analogies into what appears to be a non-fiction piece. I may then abruptly interrupt your imagination by a sentence to jolt you back to reality as a reader, like in this sentence. This is what our minds do every day – it gets lost in something, and we then have to bring it back to what is real and now.

So during that mediation, I didn't see any vaults, jungles, muddy ponds or onions. But I did see a glimpse of my true self. In these analogies, I hope to share with you that experience. You may or may not go through this same process in discovering your true self, but here I offer to you my journey.

So peeling the onion is my way of describing the process I went through to unravel all the intricate layers of self-image, self-description, self-love and self-hate. In delving deeper into my 'self', my vulnerabilities became exposed and my armour was stripped one by one. This was perhaps why tears came to my eyes, not from pain or hurt, but a release in the freedom of finally being understood. It is like the tears that well in our eyes from cutting an onion – they aren't tears of sorrow, they are ... just tears.



To take this analogy even deeper, after you have peeled away all the skin to the onion, you will find what you set out to search for. In that, is the true self.

Along the way on your journey, you may confront aspects of your self that you dislike. Accept it with kindness, forgive yourself for any wrongdoing you may have done, and make a resolution to not indulge in that negative trait anymore in the future. On the other hand, if you confront aspects of your self that you like, accept it with humility and make an aspiration to continue to foster that goodness within yourself. Either way, do not hold onto these traits as a part of you, because if you look deeply into these traits, you will see that these too come and go depending on the circumstances that you are confronted with. Accept that these are habitual tendencies, but they are not who you are.

I sincerely hope you find deep understanding and real acceptance of your inner being. I hope you discover your vault, crack the code and find peace in the core of the onion.

As for me, since I opened the vault, I've still unconsciously put things back into that vault sometimes. This time, however, at least I didn't shut the door.



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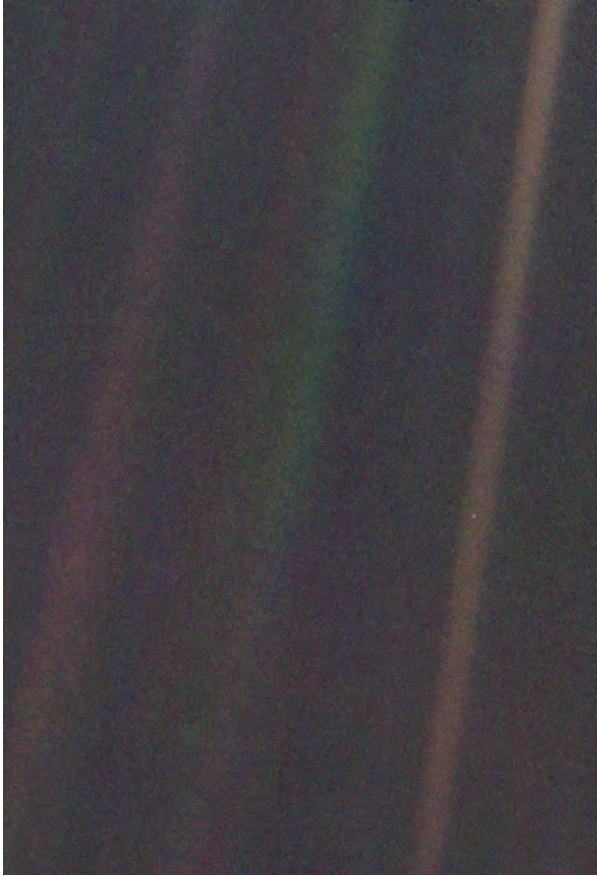


Your worst enemy
cannot harm you
as much
as your own
unguarded
thoughts

- The Buddha

Pale Blue Dot: An Excerpt

by Carl Sagan



At the request of Carl Sagan (astronomer, astrophysicist, cosmologist), the photo "Pale Blue Dot" was taken when the Voyager 1 spacecraft reached the edge of the solar system.

On February 14, 1990, the spacecraft was commanded by Candy Hansen and Carolyn Porco of NASA to turn around and photograph the planets of the solar system.

In this 640,000 pixel photo, Earth takes up less than a single pixel.

"Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilisation, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there-on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known."

Recognise that there is suffering/dissatisfaction.

Recognise your reaction to the dissatisfaction.

Recognise, too, that things are constantly changing as different conditions come and go. Thus, this particular dissatisfaction would eventually cease - as will your feelings towards it.

View things as they are. Grasp not. Just be.

May this being be at peace.

Bodhi Nite 2013
~Peace Within, Love Without~
31st August 2013





Bodhi Nite 2013 Review

by Lily Tian

An Audience's Perspective

As a first time attendee at Bodhi Nite, I was pleasantly surprised at the turnout. The variety of people interested and supportive of the UN-IBUDS' efforts was great to see, especially the number of non-family adults. I had the pleasure to talk to people who return year after year and I could see why they would.

The spirit and atmosphere of Bodhi Nite was truly genuine. That was the overwhelming theme for me. I remember thinking that every word and every action from the performers on stage were authentic and heartfelt. There's no other way to say it. There were no second meanings, no sarcasm, no 'falsities'. It was beyond refreshing. I don't think I've had this feeling anywhere else and I hadn't even realised that it was missing.

Huge kudos to everyone who had a part in Bodhi Nite. I know that a whole lot of work went into it, and though I'm not too sure what to make of the meaning behind the play yet, it was a brilliant experience for us in the audience.



The Making of BN 2013

Little Moments of Heartfelt Promotions, Encouragements, Epiphanies



Roy Gonzales ▸ **Tinlala Ng**

August 20 near Rockdale via mobile 🧑🏻

Hey thanks for coming to prac tonight. You went out of your way, helped and guided everyone without a break. I saw how exhausted you were from your face by the end of the night. I would have helped but I lack enough experience. Anyway just letting you know your are being appreciated 😊



Huihui Lan

August 24 near Sydney 🧑🏻

It's been a long while since I've got a new song completed! Really glad to share some of my songwriting passion with a very inspiring lyricist [SuSian Susan](#) and our cute bunch of friends! If you haven't already got a ticket to next Saturday's show, please let me know and I can reserve them for you at the door. The ticket entitles you to dinner & drinks too. Here's more info on the event:

<https://www.facebook.com/events/153462584857460/?fref=ts>



Fuse Worapat

September 1

'In accordance to our theme on loving kindness and equanimity...reflect and recall something that made you happy today (be it the meal in front of you, the weather, a call from home, a smile, a hug...)...Remember and cherish the moment...Now go and make someone's day =]'

that's the message I received from the Unibuds team before we went out there to perform Bodhi's Night 2013...

Thank you everyone in Unibuds for being super awesome. Will never forget this experience we shared together... Khob Khun Kub! — with **Vi Vian Chin** and 4 others.



Tinklala Ng

August 24



Coming out of 'retirement' and performing at Bodhi Nite next Saturday. If you haven't got your tickets yet...please contact me and I'll reserve tickets for you to collect at the door. More details here: <http://www.unibuds.unsw.edu.au/> — with **Roy Gonzales** and 12 others.



... It doesn't iust end there...



Huan Liu

I would like to thank UNIBUDS. After BN, every time I had difficulty or I miss home, the song of UNIBUDS and the moment of we sang together will be in my mind. Then I feel I am in that emotion but also out of that emotion. Thank you UNIBUDS and hope everyone who saw this msg have a nice day!



Aun Sukijjakhamin shared Rob DenBleyker's photo.

September 3

Just thought you might appreciate this BN actors ;)



Cyanide and Happiness © Explosm.net

Thanks for the memories!
May the learning of Dhamma with friends continue in UNIBUDS =]

33rd Executive Committee (EXCO)

Goodbye and Thank You!

ALLEN KHA

President

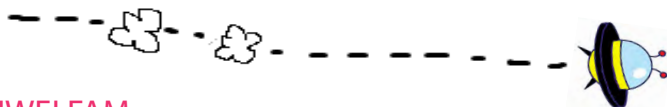
Dear fellow Unibuddies,

Thank you all for your support and encouragement which has made it possible for UNIBUDS to have had another successful year. We've had another year of growth in the Dhamma and great times with friends along the same path. It was very enjoyable to have been a part of the 33rd EXCO, and I'm grateful for all the opportunities UNIBUDS has given me to give and grow. I would like to encourage everyone to continue your journey with the Dhamma as your guide. Wherever you lead your lives, I'm sure that your spiritual friends here will be willing to support you, and more spiritual friendships will be made. May we all grow in wisdom and compassion to light the path for ourselves and others. Sadhu!

YI HUI WEE

External Vice President

Hello there Unibuddies~ I am very grateful to be a part of the EXCO again this year. It has been another fruitful year of learning the Dhamma, experiencing new things and meeting new friends! I'd like to thank my fellow ExcOs for their youthful energy, dedication and support. =D I always look forward to seeing friends and new members at UNIBUDS' activities. Thank you all for your support and I look forward to seeing you around in future UNIBUDS activities~ ;)



WEIWEI FAM

Internal Vice President

Dear Buds of UNIBUDS,

How does it feel like? Not being bombarded by weekly emails by me these past months? Thank you very much for everything and I hoped that you had an awesome journey with us =] Continue to smile and be happy!

KITIPHUME THAMMASIRAPHOP

Honorary Secretary

Hi Unibuddies!

I've got to say that, through your help and support, this year has been a great year in UNIBUDS. It was a pleasure to get to know you throughout the year. As it was my first year as an Exco, the friendships made through the Dhamma activities truly made Uni life more interesting. It is important that we all reflect on our experiences and apply the Dhamma into our daily life; whether it be study, work or play. Congratulations to all who have completed a major chapter of your life, may you forever grow in the Dhamma and succeed in your future endeavours. For those staying for another year of Uni, continue your practice and see you again next year!

TRIYANA LIE

Honorary Treasurer

Hello fellow Unibuddies!

It was a great journey being part of the 33rd Executive Committee and I personally learnt so much out of it. Thank you for the support and encouragement all this time. Let us continue learning and developing our Dhamma knowledge and I hope to see you more in our UNIBUDS activities. Lastly, I'd like to share a quote that hopefully can inspire you as much as it has inspired me in many ways "Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can." ~ Dalai Lama

BOON JIUN NG

General Secretary

Ello Unibuddies,

It's been a long term in UNIBUDS and it's been fun walking along this path together with everyone. Being the General Secretary for this term I've learnt a lot about the Dhamma and I hope everyone did as well from all the books available from our UNIBUDS Library. I do apologize for the messy conditions in the library throughout most of the semester due to the re-cataloging of books but I hope it did not distract most of you from spending time in the library to learn the Dhamma. Last but not least, I wish that I'll be seeing all of you all again lurking around the UNIBUDS Library! All the best and may you all be well and happy.

LI SEAH LIM

Activities Director

Time flies, I remember when I first came to Australia to study overseas I didn't have many friends as I was a transfer student living on my own. Joining UNIBUDS was a wonderful experience. I am truly grateful to be a part of UNIBUDS and the EXCO. I gained many things such as knowledge, interpersonal skills, time management skills and best of all, I gained a lot of friendships with the members of UNIBUDS. My experiences at UNIBUDS were truly splendid and life changing, the ups and the downs. All of them I cherished equally. Therefore, I highly encourage all the readers of Sacca to keep supporting UNIBUDS by joining the activities and following the Buddhist teaching.

POP CHIRAKIJJA

Sports Director

This past year that I served as a sports director and being part of the EXCO has been both challenging and enjoyable to me. I also hoped that I have contributed to my team in creating a warm and friendly environment in which my fellow Unibuddies can learn and practice the Dhamma. I must thank my team for being such great friends and support. And I thank everyone for your participation and support. UNIBUDS would not be UNIBUDS without you all. Lastly, I wish the new EXCO team all the best in the coming year.

WIN SUM SIEW

Chinese Dhamma Talk Coordinator

Time flies indeed and another year has passed. Naturally this calls for the conclusion of our serving term as 33rd EXCO. The duty shall now be passed to the next group of people. I hereby convey my hearty congratulations to the 34th EXCO and may the term ahead be filled with laughter as well as great success. Utmost gratitude I wish to express to all members and fellow Excos, for I have been given this opportunity to serve as CDT coordinator for the past term. A term which I truly cherish, 'twas such an enjoyable and unforgettable learning experience, blended with strong sense of friendships and Dhamma. I am especially thankful for my fellow Excos for their continuous support and assistance. (' ▽ `)/♪
Again I wish the 34th EXCO all the best and may the new term bring UNIBUDS to another greater height!

EMILY YAP

English Dhamma Talk Coordinator

Hello fellow Unibuddies,

We have finally reached the end of another succesful year for UN-IBUDS. It's been a great pleasure and honour to be your English Dhamma Talk Coordinator. I have definitely learnt much Dhamma throughout my term and I hope you have enjoyed the topics and learnt the Dhamma along with me, the EXCO and everyone who are on the path of the realisation of the truth, Dhamma. As we arrive to the end of the year, I wish that everyone can take a moment out of our busy life and reflect on the Dhamma lessons we have gained throughout the year and put them into practice for the greater good of the world. May everyone have a great holiday, and be well and happy.

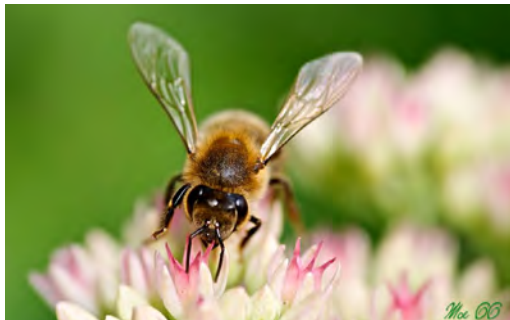
NEE SHUANG HENG

Meditation Coordinator

Dear friends in the Dhamma, a year has passed by so quickly and it's time for me to pass this torch of light. Being an Exco for a year has really taught me a lot of things and has even pushed me past my boundaries. I've made lots of good friends and learnt more about the Dhamma (and meditation!). Seeing the happiness of others is a joy itself in UN-IBUDS. I hope this warm and friendly atmosphere continues to spread to others as well. May everyone be well and happy. Sadhu sadhu sadhu. P.S. Please do continue to come to the lunch-time meditation and any meditation workshops!

MOE PWINT OO

Sacca Editor



YAN NI NG

Annual Magazine Editor

For every beginning there is an ending. The time has come for me to step down and pass the torch to the new Exco team. This farewell not only marks the end of my second term as an Exco but also the end of my third year of my Bachelor of Commerce studies. But this farewell does not have to be sad. Rather, it signifies the opening of a new chapter in both UNIBUDS and my life. It's been an enjoyable and eventful term for me, and I'll definitely cherish the experiences and friendships I've made here. Thank you for your support and I apologise for any unskillful things that I have done. May UNIBUDS continue to flourish and its members be able to bloom in full!



The 33rd EXCO would like to thank everyone for your support
Hope you had a fun filled year =]

34th Annual General Meeting and Award Ceremony

5th October 2013



How can YOU help?

As the non-sectarian Buddhist Society on campus, UNIBUDS holds numerous activities and events throughout the year. These activities and events will not be possible without the help and support from our members. If you would like to be more involved in helping UNIBUDS, **join us as a SUBCOMMITTEE MEMBER**. Below are a list of subcommittees in UNIBUDS and relevant person to contact:

Publicity Team	- Nee Shuang	shuang.hns@gmail.com
Welfare Team	- Edo	edowincent@gmail.com
Library Team	- Louis	louis.chandra94@gmail.com
Archive Team	- Boon Jiun	boonjiun1@gmail.com
Chinese Dhamma Talk Team	- Den Neil	ooi.den.neil@gmail.com
English Dhamma Talk Team	- Allen	allenkha.ak@gmail.com
Meditation Team	- Emily	emily.wj.yap@gmail.com
Editorial Team	- Weiwei	fam.wwwei@gmail.com
	Triyana	triyanalie@gmail.com

Not sure what you can do? Fear not! Email unibuds@gmail.com or have a chat with any of us and we can fit you in snugly into place =]

Any form of support is greatly appreciated! Thank you!

34th Executive Committee (EXCO) 2013/2014

Opening Words



KITIPHUME THAMMASIRAPHOP

President

Another big hello to all Unibuddies!

My name is Kitiphume, a second year Medical Science student, here to serve UNIBUDS in another year as an EXCO. It has been a pleasure for me to be a part of the previous term, the friendships I've made through Dhamma have etched itself into a chapter of my life. So here I am again with the team to continue the good work of UNIBUDS and to continue to strengthen friendships and to build new ones :) I am sure that this will be a very good year for everyone and I wish all of you the very best in your studies and extracurricular activities. Come to meet me and my fellow teammates in the upcoming activities! I'm sure we will have lots of fun while learning and practising the Dhamma. If you have any questions, concerns or just want to talk please feel free to contact me :)

NEE SHUANG HENG

External Vice President

Hi Unibuddies!

I'm back again for another exciting year! For those who have not known me before, my name is Nee Shuang and I am a second year architecture student. I will be the one promoting every UNIBUDS activities (and spamming your Facebook! :D) so I hope to see you in all of our activities! Let us all continue to learn the Dhamma together, to improve ourselves along the way and to find inner peace. Remember, 'peace comes from within, do not seek without.' So see you there!

EDO WINCENT PRASTYO

Internal Vice President

Hello to my fellow Unibuddies!

My name is Edo Wincent Prastyo here at your service as the Internal Vice President (IVP). Also I am currently in the first year Mechanical engineering. To be honest this is my first time being involved and handling large community like UNIBUDS. Nevertheless I will try and work to my very best to live your expectation for me as being the new IVP. PS: If you guys have any problem or just want to have ear to hear your problem, feel free to contact me, I will be more than glad to be in your aid. Here is one of my favorite mantra that I would like to share with my fellow Unibuddies.

TADYATHA: GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

WILLIAM PAITIMUSA

Honorary Secretary

Hello all fellow Unibuddies

My name is William Paitimusa, currently a second year B. Mechatronic/ M. Biomedical engineering student and I am from Indonesia. I am really honoured to be the Honorary Secretary this term because UNIBUDS has already 34 years of journey and it has been really successful in fostering the Dhamma on campus. I will try my best in my new role and organising events. Yeah university is a place where you are bombarded with assignments, test, etc :p Soooo, spare some of your time to learn the Dhamma in fun ways with UNIBUDS and hopefully you can apply Dhamma in your study. Trust me we got lots of fun events :p

ANNABEL LIE

Honorary Treasurer

Hello Unibuddies! My name is Annabel and I'm very happy to be serving as the 34th Honorary Treasurer of UNIBUDS. This is my first time being an Exco so I hope that I am able to serve you well and grow as person along the way. I am currently studying Bachelor of Actuarial Studies. My first year of university has been quite challenging. I've had to learnt to adapt to uni life and find the balance between study, work, fun and of course UNIBUDS :) As the Treasurer, I will be responsible for budgeting all the events for this term and making sure the financial aspect of UNIBUDS runs as smoothly as possible. But money isn't everything! We mustn't get too attached to money (this does not mean I will not look after the money properly haha). We should seek to practice the Buddha's teaching in our daily lives and always wish the best for others and ourselves. I hope to see you around at our various events and grow in the Dhamma together! 29

LOUIS CHANDRA

General Secretary

Hello Unibuddies

Do you know me? Hahahah. I guess the answer is no. So, Hi :) My name is Louis Chandra and I'm from Indonesia. I am the new general secretary for this term, so you will see me a lot at UNIBUDS Library. Well I'm still very new to this stuff, but I will try my best to make UNIBUDS Library a better place for Unibuddies to learn the Dhamma. So, please do come to UL and have fun together (don't forget to learn Dhamma also). We have a lot of books and snacks :D also, if you want to donate some Dhamma books or if you want to help me clean up UL, please don't hesitate to approach or contact me. I wish we can have some time together this year and learn Dhamma together.

BOON JIUN NG

Archive Secretary

Yo Unibuddies!

Ello again to those who still remember me from the previous term and if you don't well here's a slight intro of myself :x I'm Boon Jiun NG currently in my fourth year of BE Mechanical Engineering and I'm from Malaysia! It's a privilege to be back again in the EXCO team as the Archive Secretary (1st ever in UNIBUDS history!). Spending time together in UNIBUDS is loads of fun, that's why it is important to archive those precious moments we spend together either in the sense of photographs or in video. So yea that's part of what I do. Oh yea, if you have any interest in helping out in taking photos or videos feel free to contact me! We'll always need an extra hand! And also do contact me for any inquiries regarding photographs or videos. (Btw, we have our own YouTube Channel now called Unibuds.Video!)

KATE XU

Activities Director

Hi, my name is Kate, I have just finished my Bachelor's degree in Medical Science. I am very happy to have the opportunity to be the Activities Director in UNIBUDS in 2014. The reason that I joined UNIBUDS was very simple, I enjoyed the teaching of Dhamma. And I believe it would be even better if we could all develop better understanding of Dhamma in a fun way! No matter whether you are new to UNSW or you've been around for a while, you are always welcome to come and join our activities! I would also love to hear from you about what sort of activity you are interested in. I am looking forward to learning more Dhamma and having fun in the various activities!

TZE HAO TAN

Sports Director

Hi all UNIBUDS members!

My name is Tze Hao and I am currently pursuing my Doctor of Philosophy Degree in Chemical Engineering. I am thrilled to be appointed as the Sports Coordinator for the 34th EXCO term. UNIBUDS is a great place to learn the Dhamma and foster our friendship with others. And, there is no better place to practice our Dhamma than the weekly sports on Sunday where we come together to have fun. So, come and join us as we get ourselves pumped up for each coming week through the weekly sports and various other activities that we have in UNIBUDS. 2014 will be a fun and exciting year for UNIBUDS.

DEN NEIL OOI

Chinese Dhamma Talk Coordinator

Hi Unibuddies, my name is Den Neil and I am happy and honored to be back again to serve everyone as your 34th Chinese Dhamma Talk Coordinator. I have graduated from UNSW in December 2012 and am currently working as Accounts Payable Officer. This is my fourth year in UNIBUDS and I am grateful to have found UNIBUDS which made my university life interesting and meaningful. This year as a Chinese Dhamma Talk Coordinator my duties include organising weekly Chinese Dhamma Talks throughout the term. Learning about the Buddha's teachings or Dhamma has made me view things differently and it has made me happier, thus I would like to invite all of you to learn about the teachings. Translator can be arranged if you don't understand Chinese. Let's us all learn Dhamma together. Hope to see you around.

ALLEN KHA

English Dhamma Talk Coordinator

How are you? My name is Allen, a fifth year Advanced Science/Arts student, and I'm very glad to be a part of the new 34th Executive Committee! I look forward to another exciting year at UNIBUDS, continuing the spiritual journey with my friends here and meeting new friends along the path. As the English Dhamma Talk Coordinator I'm honoured to have such an active role in promoting the practice of Dhamma here at UNSW, and I invite all of you to come and see for yourself the meaning and value of genuine happiness (there is no "I" in true happiness, so I like this spelling better :P). I'd also like to wish you all the best in your studies, work and other activities! I hope UNIBUDS becomes like a family to you, where we can share both good and not-so-good times, but in the end we learn and grow from all our experiences. May you be well, happy and present in each moment.

EMILY YAP

Meditation Coordinator

Dear fellow Unibuddies,

If you remember me, hello again! If you haven't met me before, hello! My name is Emily Yap and I'm honoured to be back in the E, this time as the 34th Meditation Coordinator. I am in my fourth year of B Materials Science and Engineering/MBiomedical Engineering and my fourth year being in UNIBUDS. Listening to the Dhamma is an important step in our practice but it is essential to combine with meditation so that we practice with a clear and calm mind. I hope as the Meditation Coordinator, I can inspire more people to come along to meditation sessions and integrate it within our busy daily life. I also wish that I can develop my meditation practice and share my experiences with everyone. So if you would like to know more about meditation, feel free to contact me or just come along to the lunch-time meditation sessions. I will make meditation as easy as A-B-C = D



WEIWEI FAM

Sacca Editor

Dear Readers,

Congratulations! By opening this Sacca, you are on your way to discover the treasure of knowledge! Thank you for spending time to even glance through the messages (since it's often the section I skip =P) Dhamma being the universal truth should be applicable across everything including science, history, literature even comic strips. Thus, don't be surprised when you spot lots of random things peppered in this year's Sacca! Hope you will have fun reading them! That said, Sacca relies heavily on member's contributions. So please do bombard me with materials - be it a poem, photo, drawing, article, complaint letter... After all, Dhamma can be explored in all different kinds of medium =]

TRIYANA LIE

Annual Magazine Editor

Dear friends in Dhamma!

I am back again this term with a new title - Annual Magazine Editor. It has been a wonderful and meaningful experience to be a part of UNIBUDS Executive Committee and I would like to use this opportunity again to continue what I had started last year. As the Annual Magazine editor, I will be producing UNIBUDS magazine issue 2014. I am looking forward to your inspiring articles and any kind of contributions related to Buddhism or your experience with Buddhism. So, if you are the person with an infectious flair for writing, or if you have a curiosity for innovation and creativity who are able to offer artistic ideas and illustrations, feel free to contact me!

Cook of the Year

26th October 2013



Cook of the Year

by Hansika Ratnayake



Cook of the Year 2013 was not only a cooking competition, but also a gathering for sharing the Dhamma with each other. Actually it was a great and unforgettable experience related to learning the Dhamma. Nowadays some people try to destroy Buddhism by damaging Buddha statues and humiliating Buddha in various ways. So at first, I was confused and unconfident in cooking something which relates to the Dhamma, but at the same time, not disgracing it. Thus there were two challenges to us as competitors of COTY 2013: 1) how to cook a few plates of delicious food, 2) how to present the dishes while reflecting on the Dhamma through them.

As a group, we put our maximum effort towards COTY 2013 from the planning stage to the presenting stage. I would like to say that I had a nice experience with my team members while cooking and discussing the teachings in relation to our dishes. **There were smiles, laughter and shouting but we felt no tiredness at all** and finished preparing five different dishes within two and a half hours, proving our harmony as a team.

Our team name was "Delusion" because we wanted everyone to realise that we are all subjected to delusion and have to get the support from the Dhamma to project our life towards wisdom. Then our theme was "Four Noble Truth of Buddhism", namely suffering, cause of suffering, end of suffering and way to the end of suffering. These were represented by spicy Tofu curry, chili paste, Kancoon salad and nicely arranged Tofu plate with baby corns respectively. In addition, for representing Sujata's milk rice offering to Ascetic Gautama, we prepared a bowl of milk rice and it was named as a symbol of the generosity or sharing things with others.

Each group had done their job in excellent ways by putting their creativity, knowledge and cooking capability together. As the result of that, each group's dishes had different themes, tastes and decorations.

Finally, we shared our Dhamma knowledge and different dishes. It was great to be a friendly competitor in such a nice competition which had a good meaning behind it. As a member of the winning team of COTY 2013, I would like to thank UNIBUDS, event organisers, judges, all participants and my dear team members for giving support to make this event a success.

Eat Your Greens

Cook of the Year Award Winning Recipe

Sujata's Milk Rice

Ingredients

2 cups of Rice

750ml of Coconut Milk

a pinch of Salt

Method

1. Cook rice with rice cooker
2. When rice is half cooked, add in coconut milk and a pinch of salt
3. Mix well and allow rice to cook fully in rice cooker
4. Place rice into bowl (preferably golden) and serve





**HAPPY
BIRTHDAY!**

December

Triyana Lie

Alise Kha

William Paitimusa

Anirban Dasgupta

Zhang Lei

Moe Pwint Oo

Shane Peter O'Farrelly

Michale (Min Khant) Kyaw

January

Danny Tran

Annabel Lie

William Li

Martin Horlacher

Jian Eu Tai

Edo Wincent Prastyo

Huihui Lan

February

Wen Di Lim

Feiyang Li

Pattaralada Pama

Wai Ching Joyce Lau

Chak Sing Matthew Lam

Francis So

Ratanak Phalla Kim

Zhen Xun Chen

Henry Makgawinata

Mark your Calenders!

Upcoming Events

24 - 28th February 2014
Orientation Week

8th March 2014
O Picnic

22nd March 2014
Potluck

5th April 2014
Meditation Workshop

Weekly Activities

Every Thursday
from 6th March 2014
6 - 8 pm
Chinese Dhamma Talk

Every Friday
from 7th March 2014
7 - 9 pm
English Dhamma Talk

1.15 - 2 pm
Lunchtime Meditation

*UNIBUDS requires your contin-
ual support for all activities. 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!*

Corner of Our Hearts

Recommended Reads from UNIBUDS Library



For the love of the world

By Ajahn Amaro

Reviewed By Allen Kha



We live in a time of environmental crisis. The activities of humanity since the Industrial Revolution has increasingly taken us away from living in harmony with nature, and towards using nature as a resource to be tamed, harnessed and used for our benefit. Now we are faced with increasing severe weather conditions, melting polar ice caps and the extinction of species.

As with many other problems humanity has faced, some people's reactions to this issue range from denial to anxiety and depression to anger and rage over the state of our global ecosystem. But are any of these reactions useful?

Perhaps looking from a different perspective may give us the tools necessary to properly and helpfully respond to the world rather than to *react*. This book invites us to understand that both the world and our bodies can be decomposed into the Four Elements – earth, water, fire and air, and to use the Four Foundations of Mindfulness – contemplation of body, feelings, mind and conditioned phenomena, in our daily lives. In this way, we can come to be at peace with the uncertainties of life, environmental problems included, and respond to life with wisdom.

Through learning to *respond* rather than *react*, we can make the world a better place – both inside and out.

Editorial

Big Thank You to everyone!

Editor Weiwei Fam

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Now that we understand more about the nature of Buddhism, why not convert them into actions?

The theme for our upcoming autumn edition of Sacca is "Morality and Conduct". Contributions of any kind - articles, drawings, photographs - are welcomed. The possibilities are endless!

Please feel free to contact me at fam.wwei@gmail.com to find out more =]

~Weiwei



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Contributions are welcomed and
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