

LOTUS



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Buddha Day (Vesak Day) Sunday 15th May 2022



*Pagoda 24th Anniversary & Waso Robe Celebration
Sunday 10th July 2022*



Dr Ottara Nyana (Birmingham Buddhist Academy)
18th July 2022 in Dhammaramsi, Belgium



Mettā Bhavanā from Metta Sutta

Advantages of The Practice

Yassā-nubhāvato yakkhā,
Neva dassenti bhīsanam;
Yamhi cevā-nuyuñjanto,
Rattindiva-matandito.
Sukham supatisutto ca,
Pāpam kiñci na passati;
Evamādi gunūpetam,
Parittam tam bhanāma he.

Due to the glorious power of the Discourse on Loving-kindness, deities dare not disclose any frightful sights. One who recites this Paritta diligently day and night, sleeps soundly and does not have any nightmares when asleep. Let us recite this Paritta which is endowed with these and other such merits.

15 Qualities of the Practitioner

Karanīya-mattha-kusalena,
Yam ta santam padam abhisamecca;
Sakko ujū ca suhujū ca,
Suvaco cassa mudu anatimānī.

He who is skilled in welfare, who anticipates the attainment of the state of perfect peace, should act thus: he should be able, upright, perfectly upright, obedient, gentle and humble

Santussako ca subharo ca,
Appakicco ca sallahukavutti;
Santindriyo ca nipako ca,
Appagabbho kulesva-nanugiddho.

Contented, easily supportable with few duties, responsibilities, of right livelihood, with senses calmed, discreet, not impudent, not greedily attached to families.

Na ca khuddamācare kiñci,
Yena viññu pare upavadeyyum;

He should not commit even the slightness thing for which other wise men might blame him.

Mettā common to all

Sukhino va khemino hontu,
Sabbasattā bhavantu sukhittā.

May all be well and secure, May all beings be happy!

Mettā to particular

Ye keci pānabhūtatti,
Tasā vā thāvarā v'anavasesā;
Dīghā vā ye va mahantā,
Majjhimā rassakānukathulā.
Ditthā vā yeva aditthā.
Ye ca dūre vasanti avidūre;
Bhūtā va sambhavesī va,
Sabbe-sattā bhavantu sukhittā.

Whatever living beings there may be; feeble or strong, tall, stout or medium, short, small or large, seen or unseen, those dwelling far or near, those who are born or those who re to be born, may all beings, without exception, be happy!

Mettā and social life

Na paro param nikubbetha,
Nātimaññetha katthaci na kiñci
Byārosanā patighasaññā;
Nañña-maññassa dukkha-miccheyya.

Let none deceive another, nor despise any person in any place. Let him not wish any harm to another out of anger or ill-will.

Attention for Mettā Bhavanā

Mātā yathā niyam putta,
Māyusā ekaputta-manurakkhe ;
Evampi sabbabhūtesu;
Mānasam bhāvaye aparimānam.

Just as mother would protect her only child at the risk of her own live, even so, let him cultivate a boundless heart towards all beings.

Field for Mettā Bhavanā

Mettañ ca sabbalokasmim,
Mānasam bhāvaye aparimānam ;
Uddham adho ca tiriyañ ca,
Asambādham avera-masapattam.

*Cultivate an all-embracing mind of love
Let this thoughts of boundless love pervade the whole world: above, below and across without any obstruction, without any hatred, without any enmity.*

Posture for Mettā Bhavanā

Tittham caram nisinnō va,
Sayāno yāvatāssa vigatamiddho ;
Etam satim adhittheyya,
Brahmametam vihāra-midhamāhu.

Whether standing, walking, sitting or lying down, as long as he is awake, he should develop this mindfulness. This is said in this Dispensation as the Noblest Living.

Benefit of Mettā Bhavanā

Ditthiñ ca anupagamma,
sīlavā dassanena sampanno;
Kāmesu vineyya gedham,
Na hi jātu gabbhaseyya punareti.

Not falling into wrong views, being virtuous and endowed with insight, by discarding attachment to sense desires, never again in he re-born into this world

BUDDHA DAY IN BIRMINGHAM PEACE PAGODA (Buddha Era: 2566/ 15 May 2022)

Short Story about the Buddha Day Presented by Theingi Thant

Dear Venerable Sangha and Dhamma friends I am honored to have a great chance today to explain about Buddha Day also known as Vesak day.

Vesak day, is celebrated worldwide annually on the full moon of the ancient lunar month of Vesakha, which usually falls in May. Vesak day marks receiving the prophecy, birth, enlightenment, and the ultimate passing away, Mahaparinibbāna in pali of the Lord Buddha in the Theravada tradition.

The birth of Buddha has been celebrated for centuries. But in 1950, the world Fellowship of Buddhists held in Sri Lanka agreed to formalised the decision to celebrate Vesak as the Buddha's birthday across multiple Buddhist countries. In 1999, the United Nations resolved to internationally observe the day of Vesak.

Please let me explain briefly about The Life of The Buddha according to the Great Chronicle.

In Theravada Buddhism, a Bodhisatta refers to anyone who has made a resolution to become a Buddha. He must also receive the prophecy from previous Buddha that he will become a Buddha one day. Bodhisatta must prepare himself over an inconceivably very long period spanning countless lives. In each life the Bodhisatta must observed virtues and meditative effort, thirty perfections and great sacrifices to obtain the qualities essential to a Buddha. Having observed all these virtues and effort commencing from the time of his aspiration to become a Buddha, Bodhisatta also took strong determination that after getting liberation myself, I will make liberation of other beings.

The Bodhisatta had been naturally conceived in his mother's womb in the last existence; and he was born as Siddhartha Gautama under a Sala tree, in Lumbini in Nepal around 2,500 years ago to a royal family. Soon after he was born when he halted after taking the seven steps in the direction of north, the Bodhisatta made a fearless roar to be heard simultaneously by all throughout the entire ten thousand world systems as follows:

(a) I am the most superior among the living beings of the three worlds!

(b) I am the greatest among the living beings of the three worlds!



(c) I am the most exalted among the living beings of the three worlds!"

(d) There is no more rebirth for me!"

At the age of 29, Siddhartha took four trips to Royal Park. In the first trip, he saw an old man. In the second trip he saw a sick man, third trip he saw a dead man and forth trip he finally saw a monk. He asked himself, "How can I lie happily on silk cushions and not ease this suffering? And then he took great renunciation at the age of 29 leaving his wealth, his royal title and all that he loved and practiced for 6 years. Bodhisatta reached enlightenment on the full moon day of May, at the age of thirty-five. He understood the cycle of birth and death and how to ease suffering. He saw his true nature and that of all living beings.

At the age of 80, after 45 years of teaching, Lord Buddha passed away surrounded by a large group of his disciples,. That event is known as the Mahaparinibbāna. Maha is great and Parinibbāna is a term that refers to the death of someone who has attained Nirvana, or enlightenment, during their lifetime and will not be reborn again.

As for his final teachings, Lord Buddha said to monks that:

I say unto you now, O monks: All things are perishable; Work out your deliverance with earnestness.

This was given on his Death-bed. It is a most significant compression of all that he had taught over forty-five years into just one word **Appamādena Sampādetha**. **"Work diligently for your own enlightenment"**

Therefore, Vesak day is such a special day for all Buddhist to remember the life of the Buddha and his teachings as it is an important source of wisdom and ways of life.

ဒဂုန်ဦးထွန်းမြင့်၏ မင်္ဂလာကဗျာများ

The extractions from Mangala Sutta

၁။ လူမိုက်ဆိုလျှင်၊ ရှောင်သွေလွှဲလို၊
မမှီဝဲနှင့်၊ ကင်းအောင်နေ။
ပညာရှိကို၊ အရှည်တွဲလို၊
မှီဝဲဆည်းကပ်၊ နည်းယူစေ။
သုံးပါးရတနာ၊ မိဘများနှင့်
ဆရာသမားကို၊ ပူဇော်လေ။
ချမ်းသာကိုပေး၊ ဆက်ဆံရေး
မျှော်တွေးသုံးချက်ပေ။
အဲဒါမှ " ဗုဒ္ဓဝါဒ " ကမ္ဘာ့မင်္ဂလာတွေ။

Not to associate with the fools
But to associate with the wise
And to honour those worthy of
Honour
This is the highest blessings

၃။ တတ်ကောင်းတတ်ရာ၊ ဟူသမျှကို
ကြား၊ မြင်၊ သုတ ရှိပါစေ။
အိုးအိမ်တည်ထောင်၊ ဝမ်းစာရေးနှင့်
အသက်မွေးဖို့၊ အတတ်သင်လေ။
လူနှင့်ဆိုင်ရာ၊ ကျင့်ဝတ်များကို
ကောင်းစွာသင်ကြား၊ နားလည်စေ။
မှန်ကန်ယဉ်ကျေး၊ ချိုသာအေး
ဆိုရေးတတ်ပါစေ။
အဲဒါမှ " ဗုဒ္ဓဝါဒ " ကမ္ဘာ့မင်္ဂလာတွေ။

Great learning and skill in work
A highly trained discipline
And well spoken speech
This is the highest blessing.

၆။ မကောင်းမှုတွေ၊ ဟူသမျှကို
မတွေ့ခင်က၊ ရှောင်ကြဉ်လေ။
တွေ့ကြုံလာလျှင်၊ မလွန်ကျူးနဲ့
အထူးသဖြင့်၊ စောင့်စည်းနေ။
အရက်သေစာ၊ မသောက်စားနဲ့
မှောက်မှားတတ်တဲ့၊ အရာပေ။
လုပ်ကိုင်ပြောကြား၊ သတိထား
တရားမမေ့စေ။
အဲဒါမှ " ဗုဒ္ဓဝါဒ " ကမ္ဘာ့မင်္ဂလာတွေ။

To abstain and refrain from
wrong-doing
Not drinking intoxicants
And diligence in righteousness
This is the highest blessing.

၇။ အသက်ဂုဏ်ဝါ၊ ကိုယ့်ထက်ကြီးက
ဆည်းကပ် ခ၊ စား၊ ရိုသေလေ
မာနတံခွန်၊ ဂုဏ်မကြွနှင့်
ကိုယ့်ကိုနိမ်ချ၊ အမြဲနေ။
လောဘအပို၊ လိုမလိုက်နဲ့
ကိုယ်ထိုက်တာနှင့်၊ ကျေနပ်လေ။
ကိုယ့်အပေါ်ပြုဖူး၊ သူ့ကျေးဇူး
အထူးသိတတ်စေ။
ကောင်းကျိုးဆင့်ပွား၊ မြတ်တရား
နားကြားမပြတ်ပေ။
အဲဒါမှ " ဗုဒ္ဓဝါဒ " ကမ္ဘာ့မင်္ဂလာတွေ။

Reverence, humility
Contentment and gratitude
Hearing the Dhamma at the right time
This is the highest blessing.

၁၀။ ဆင်းရဲချမ်းသာ၊ သဘာဝ
တွေ့ကြုံနေကြ၊ လူတိုင်းပေ။
ကောင်းဆိုးနှစ်တန်၊ အစုံတွဲလို၊
တလှည့်စီလဲ၊ အမြဲနေ။
လောကခံကြုံ၊ မဖြူတမ်းပေါ့
မတုန်လှုပ်စမ်းနဲ့၊ စိတ်ခိုင်စေ။
သောကကိုထိန်း၊ ရမ္မက်သိမ်း
အေးငြိမ်းချမ်းသာနေ။
အဲဒါမှ " ဗုဒ္ဓဝါဒ " ကမ္ဘာ့မင်္ဂလာတွေ။

When touched by the worldly
Vicissitudes
If one's mind remains unshaken
Sorrowless, stainless and secure
This is the highest blessing.

၁၂။ သုံးဆယ်ရှစ်ဖြာ၊ မင်္ဂလာတရားကို
ပျက်ပြားနေကြ၊ ကမ္ဘာ့မြေ။
ဟိုတိုင်း၊ ဒီပြည်၊ ရန်စစ်ခင်းလို၊
လူနှင့်လူချင်း၊ သတ်ကာနေ။
ငြိမ်းချမ်းပါစေ၊ အာသိသနဲ့
စွမ်းနိုင်ရာက၊ ကူညီသလေ။
သုံးဆယ့်ရှစ်ပါး၊ မင်္ဂလာတရား
ရေးသားဖြန့်ကာစေ။
အဖိုးတန်တဲ့ " ဗုဒ္ဓဝါဒ " ကမ္ဘာက သိပါစေ။

Those who perform such
auspicious deeds
Are undefeated by all enemies
And gain happiness everywhere
These are the highest blessings.

Goodbye Ko Billy



Goodbye physically but spiritually you are always in our hearts and mind!

Everyone, participated at your funeral ceremony today, had no word to express their emotions over your early departure from us! We can talk about you endlessly: you are such a good and kind-hearted person to everyone, your smiles, your kindness, your support and your wholesome deeds are unforgettable. Everyone who associated with you has many memories and stories to share with others regarding what you and your beloved wife, Ma Khine Zar have done for the sasana and community. Your good deeds and

support will remain in our hearts as a role model for everyone. We all pray, share METTA for your peace and liberation from the round of suffering of khanda. No suffering may come to you. May you be free from all forms of suffering!

Vihara Repair and Renovation Projects for 2022

Roof and loft

In October 2021 emergency roofers had to repair a roof leak over the visitor's room in the Sangharama Vihara. It was recommended that the roof looked at as there were evidence of missing mortar on the hip tiles and the ridge tiles. The loft space had also been invaded by vermin. In June 2022 Marc Scans, the roofer, inspected the roof and found that the mortar between the roofs missing over two rooms giving access to squirrels. The repair was done 2 days with scaffolding.

- Cost £150 (Scaffolding) + £450 for the roofer.

Cooker

The old dual fuel 90cm cooker that was bought in 2014 was inspected by a gas-safe tradesman and was deemed beyond servicing and repair. A new dual fuel 90cm. Bertazzoni Masters series (same make same style) was installed on 29th July 2022.

- Cost £1889.00 with a year warranty.

Fishpond

This year there were problems with algae overgrowth in the fishpond. The UV light steriliser was replaced on 30th July for £69.99. The pump has just recently failed as of drafting this report. We are in the process of having the filtration system reviewed. The machinery had been in place for over 20 years.

Arts Society Birmingham Filming at Birmingham Buddhist Vihara

The late Ven. Dr. Rewata Dhamma, when he was All Faiths Leader, took part in an education programme initiated by St. John's & St. Peter's Church nearby called the Ladywood Interfaith Education Programme (LIEP) in 1999. The programme still exists based in inner-city Birmingham and is a partnership between four local places of faith which included St. John's & St. Peter's Church, Birmingham Progressive Synagogue, Masjid-e-Usman and Birmingham Buddhist Vihara. The programme was to nurture understanding and celebration of different faiths, form partnership of communities and enhance Religious Education syllabus.

The Religious Education syllabus changed along the line and visiting religious sites became a routine. Almost 40-60 primary schools routinely visit the Dhamma Talaka Pagoda as routine every year, with occasional visits from older classes and private schools. As during the pandemic the schools were unable to visit religious sites, The Arts Society, Birmingham, supported by a generous grant from Westhill Endowment Trust, collaborated with six different places of worship, Birmingham Faith Leaders and other organisations produced resources designed to enhance a school visit or to support a virtual visit to a place of worship for children 8 to 13 years.

This resulted in 2000 copies of an illustrated guide (with quiz) distributed to the six different places of worship including Birmingham Buddhist Vihara. With the surplus money the other five places of worship, St. Philip's Cathedral, Birmingham Central Mosque, Birmingham Progressive Synagogue, a Gurdwara and Shri Venkateswara Balaji Temple had film clips of virtual tour of the places for them.

Ven. Dr. Ottaranyana was approached by Liz Dancey of the Arts Society Birmingham earlier this year regarding a new film to be made for Birmingham Buddhist Vihara with a new grant of £4500 for which was being applied. With Bhante's consent, Liz Dancey commissioned Paul Davies of VYKA, a digital media company of Birmingham to produce a Religious Education film of Birmingham Buddhist Vihara and the Dhamma Talaka Pagoda. Filming was done on Vesak Ceremony held on Sunday 15th May 2022 and the following 2 days. Despite a lot of filming material and interviews filmed a lot had to be edited out to suit the required script of the Arts Society Birmingham.

Three short films for Religious Education of the virtual visit to Birmingham Buddhist Vihara is available of the Arts Society Birmingham's website, suitable for 8 to 13 years, looking at the Buddhist Faith, Faith in the community and the religious buildings therein.

Pagoda Dome Project (Update)

- **Condition Survey Report – February 2022 – Full report available on request.**

Executive Summary.

The Exterior: The hand applied cement render forming the Pagoda roof is degrading at the constructional joints between the elements and realms, with noticeable cracking and spalling to the concrete faces, particularly on the West side. This now requires repairing to maintain its structural integrity. The present “Gold” paint system is an impervious system and through the passage of time U.V. radiation has considerably degraded the layers and it is subsequently failing flaking and powdering and requires renewing.

The Interior: The internal paint finish to the West quadrant of the dome is failing due to water ingress from above which implies that the pagoda dome is leaking on the West Side of the conical roof. As there appears to be no damage on the other quadrants it would appear, that there is little water ingress running down the central rod from the connection of the Umbrella and finial at the top. Further internal investigation is required via borescope to ascertain the condition of internal formwork.

Recent Works: The lower flat temple roofs were replaced in 2018 with GRP which appears to have resolved the lower leaks the perimeter of the octagonal temple building. However, this still requires internal redecoration.

- A further condition survey as a basis for a further inspection via a cherry picker (including inspecting the interior of the Pagoda via borescope) was arranged on 25th August. Survey had to be rescheduled as the track to be used for the spider cherry picker broke. Rescheduled for week commencing 5th September.

Fee proposal for taking the repairs project forward by Oliver Architecture.

- Following the inspection, a schedule of works and tender documents will be produced for contractors to be able to give a fixed cost price to carry out the remedial works. Without tendering, the works the costs for repairing and redecorating the Pagoda would be uncertain and with current volatile market conditions is hard to predict. The current best estimate for the works is in the region of £50,000+VAT.

- Difficult access (high level to the pagoda), the project needs to comply with the HSE Construction, Design & Management Regulations. This means there is a need to appoint a “Principal Designer,” a role which Oliver Architecture will fulfil. For this there will be a percent-based fee (13.5% [12.5% Architect, 1% Principal designer] of the contract value + VAT).

- Oliver Architecture would be appointed based on the Royal Institute of British Architects (RIBA) Concise Professional Services Contract 2020: Conservation Architectural Services. The fees would be in two parts which coincide with the industry standard RIBA Plan of work:

- I) RIBA Stages 0-4 (up to tender) 60% of 13.5% + VAT

- To continue the survey work, produce the schedule of works and drawings and tender the project.

- II) RIBA Stages 5-7 (contract administration) 40% of 13.5% + VAT.

- To inspect the works on site and administer the contracts with the subcontractors.

Recommendations

External:

- To look at reducing water ingress with repairs to cracked and open joints in a proprietary concrete repair system.
- To repaint the Pagoda in a sympathetic and moisture vapour permeable paint system to work homogeneously with the concrete repair system. The supply of permeable “Gold” paint available.
- Renewal of the existing vents and drains to ensure good air flow through the Pagoda, maintaining the existing ventilation above the domed ceiling.

Internal:

- The existing paint layers are resisting any evaporation of moisture from the dome structure hence the bubbling and blistering to the paint with water behind.
- The existing paint layers should be stripped back in the domed area. The whole ceiling is to be painted in a sympathetic mineral-based paint system providing a cohesive finish to allow moisture through without such degradation.

After the surveys and tendering of contracts a repair programme will be instituted.

Birmingham Buddhist Vihara and the Birmingham Buddhist Vihara Trust are grateful for the generous donations made by all the devotees. All the above would not have been possible without your donations.

Sadhu, sadhu, sadhu for your generous donations towards the renovation.

Vihara News

Spiritual Director Dr Ottaranyana

Dr Ottarana Nyana's Activities

Metta Retreat (18th July to 24th July 2022)

Dr Ottara Nyana led Metta retreat in Dhammaramsi, Belgium and taught Metta Sutta & Káyagatásati Sutta during the retreat.



Commonwealth Game

The 2022 Commonwealth Games, under the banner of Birmingham 2022, an international sports event for members of the Commonwealth of Nations took place in Birmingham, England from 28th July to 8th August 2022. Bhante Dr Ottarana Nyana and Dr Nagaseana attended the opening ceremony with Birmingham faith leaders.

Vipasana Retreat (21st October to 30th October 2022)

Dr Ottara Nyana to lead ten days online Vipasana retreat at Dhammaramsi in Belgium. Abhidhamma (7 Visddhi) and Ánapánasati Sutta to be taught from practical point of view during the meditation retreat.

Birmingham Buddhist Academy Course

Dr Ottaranyana is the director and principal of Birmingham Buddhist Academy. Classes usually run weekly on Friday and Saturday from 7pm to 9pm on Skype. Students can learn Pali Gramma, Abhidhamma, Meditation (both Samatha & Vipassana). Certificate ceremony is usually held during summer (Peace Pagoda Anniversary). Further information about the course can be found at:

<http://www.birminghambuddhistvihara.org/about/>

Dr Nagaseana's Activities

Bhante Nagasena paid a visit to Lotus Children's Home, Chittagong Hill Tracts between February, and April 2022. He spent three and a half months with the

academic teaching staff and people involved in the education project. He is also training the teachers, novices, and children of the Lotus Children Home every day on zoom.



Ireland Visit

Bhante attended two Buddha Day events in Ireland during June-22. He has been looking after Buddhist groups in Dublin and Cork for the last 12 years.

Meditation Online

Dr Nagasen is now teaching medication online every Monday at 7pm. Please contact him at uk.suriya@gmail.com

Volunteers

Thanks to Ko Htet Hla and friends for trimming the hedges and looking after the grounds as an annual event.



Social Media update

Our continued thanks and respect to Ashin Rahtapala who posted updates about all the events and donations took place for devotees to view on social media and share meritorious deeds together.

Events and Donations

Dr Kyaw Tun Aye & Dr Htet Nwe Win donated Pots & Pans and Vacuum Cleaner.

Dr Myo Thu and Dr Lin Lin Sein donated battery operated hedge trimmer.

Vihara News

Spiritual Director Dr Ottaranyana

Wedding 11th June 2022

Dr Ye Wint Naing + Dr Aye Myint Myat Thon along with their parents jointly offered Dana on 11/06/22 as part of the traditional wedding blessings. May the donors be happy, healthy and successful.



Wedding 29th August 2022

Dr Rony Sanyal & Dr Nan Thinzar Aye offered lunch dana on the 29th August at Birmingham Buddhist Vihara together with their parents and friends as part of wedding blessings. May the newly-wed be happy, healthy and successful.



Donations to voluntary teachers at Dr Rewata Damma's School in Myanmar

Five students who passed their high school, volunteered to teach back at the school while they were waiting for their university entrance. Birmingham Buddhist Vihara Trust donated £2000 to support those five young teachers from Thamungone High School in Myanmar.



24th Pagoda Anniversary and Waso Robe Offering

The 24th Anniversary of the Dhamma Talaka Peace Pagoda and Waso Robe Offering Ceremony was successfully held on Sunday 10th July at the Birmingham Buddhist Vihara. There were seven monks presiding over the ceremony. Food Dana was by Dr. Mar Mar Lwin. Around 100 devotees joined in the celebration. Dr. Peter Rookes from Birmingham Council of Faiths was one of the speakers and he talked about faith sanctuaries. Two guests from Bournville also took part in the robe offering. It was also good to meet new faces from the younger generation of the Burmese community. Total donations received approximately £6379. Sadhu Sadhu Sadhu

Future Events in 2022

- The Birmingham Council of Faiths AGM – 12th September. This year Andrew Nicholls, one of our trustees will chair the council of faiths for the next twelve months.
- Birmingham Heritage Week in September 10th to 18th.
- Buddhist National Organisation AGM meeting in November. Food dana for the event by Yann & Ann Lovelock.
- Abhidhamma & Pavarana Day 9th October 7pm
- Kathina: Sunday, 16th October 10:30am
- Wedding ceremony of Dr Arka Min and Dr Khin Lai Ye Win on 23rd October 2022
- New year Patthana chanting every year 6pm – 8pm new year day 1st January 2022