



Meditation at Vanguard

On 19 April, a group of staff at Vanguard Laundry Services gathered to learn more about the ways in which meditation may be able to help us overcome our busy minds. Venerable Wu Chyuan spoke about the benefits of meditation, and the work of Pure Land Learning College Association. We were able to discuss the philosophies of a multi-faith service, the benefits to the community when we all practice compassion and understanding for each other, and ended the session with a 10-minute guided meditation.

Erin Befros

**Career Centre Coordinator,
Vanguard Laundry Services**



Vanguard's staff Julian (left) and Jon (right), with Venerable Wu Chyuan and Billy in front.

Toowoomba Youth Peace Group

On the 10 March this year, I joined an inspiring group of young women, to speak at the International Peace Conference hosted by Pure Land Learning College Association. This experience was one that I will never forget. We shared our views about how we, as young people, can contribute to a community of peace and harmony, and to explain what peace truly means to us. We discussed the youth's impact on today's society, the importance of letting all people, from all walks of life, share their stories, and the great enthusiasm that the youth have to contribute to a world of peace. We were overwhelmed by the positive feedback that we received from the conference participants, and we decided to take a next step, to further this initiative of promoting peace in the youth community. After the conference, the speakers from the youth panel were invited to get back together to discuss how we can further take our hopes and ideas and put them into action. And so, the Toowoomba Youth Peace Group was formed, and its purpose is to invite the young people of Toowoomba to share a vision of peace, and to create a community, where every person, no matter race, faith beliefs, or age feels welcome and accepted. And we believe this is a vision that involves all of Toowoomba's youth. We now gather once a month to discuss and plan the upcoming Youth Conference! The date for the conference will be announced soon, so stay tuned!

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On this Mother's Day, let us reflect on all that our mother has gone through with us over the years. It takes very little effort on our part to make our mother happy. A simple 'I love you Mum' and 'Thank you' is all it takes.

Thank you to all the mothers in the world, and wishing all mothers a Happy Mother's Day!