



Drol Kar Buddhist Centre



October 2021

Coming Up

October 3 First Sunday of the
Month
10:30am - 12 noon

All classes at Drol Kar for the month of October will take place via Zoom. Direct links can be found on the Drol Kar website.

Follow us on:



www.drolkarbuddhistcentre.org.au

Springtime at Paraparap

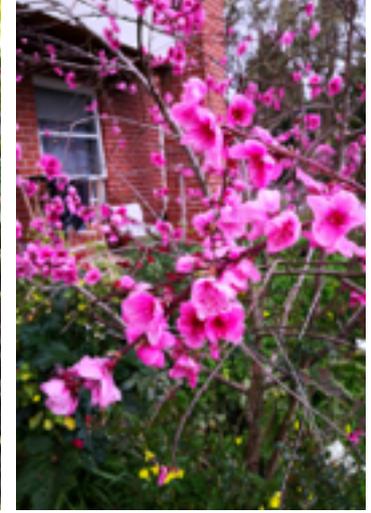
The garden at the Buddhist Centre is beautiful in these months, August, September, October - end of winter, beginning of Spring. There has been plenty of rain, so the dams are full and the grass is green and lush, kept neat by Geshe Sonam aboard the ride-on mower and wielding the line trimmer.

The landscape has been a vision of yellows since July, with great swathes of soft gold from the wattles, which have now come to an end unfortunately, and at ground level, the jonquils and daffodils. Some of the fruit trees are clothed in pretty pink blossom, but the prevailing colours are the true Aussie greens and golds.

Over the last few months Geshe Sonam has also been planting for future years with purple Cootamundra wattles to fulfil his vision of a mass of yellow surrounding the property every winter. He has also planted more of his favourite proteas and leucadendrons around the dams.

REMEMBER THAT DAYLIGHT SAVING BEGINS AT 3:00AM ON SUNDAY OCTOBER 3, SO PUT YOUR CLOCKS FORWARD ONE HOUR BEFORE YOU GO TO BED ON SATURDAY OCTOBER 2.

Hopefully everyone will be able to get back to Paraparap very soon to enjoy the gardens and help out with looking after this remarkable place. In the meantime, enjoy some more beautiful images of the gardens thanks to Drol Kar residents Shane Foyster and Helen McKenzie.



Changes to Drol Kar's Programs for October

As already mentioned in the Coming Up section, all of Drol Kar's programs will be staying online for October, the only difference being that the Tuesday 11:00am - 12 noon Buddhist Philosophy class will not be running. The schedule is as follows:

Monday 7:30pm - 8:30pm Buddhist Philosophy with Venerable Jampa

Tuesday 1:00pm - 2:00pm Healing Meditation with Linda Diggins

Friday 11:00am - 12 noon Finding the Stillness Within with Darren Fahroedin or Carl Kay

Direct links to the sessions can be found on the Drol Kar website www.drolkarbuddhistcentre.org.au

Update on the Letters for Climate Action Campaign

On September 15, 604 hand written letters about climate action were delivered to Scott Morrison's office from faith communities all over Australia. Thank you to everyone who took part. A great result!

Hannah Mayer, ARRC Member for Geelong

Ever Wanted To Try Forest Bathing?

'Forest Bathing' is an opportunity for people to take time out, slow down and connect with nature.

New studies have shown that such activity leads to reductions in stress, anger, anxiety, depression and sleeplessness. It also reduces blood pressure and improves concentration and memory, while a chemical released by trees and plants, called phytoncides, was found to boost the immune system.

Drol Kar is offering you the chance to experience the benefits of Forest Bathing for yourself (as well as accumulating merit and virtue) by spending some time helping to look after our gardens.

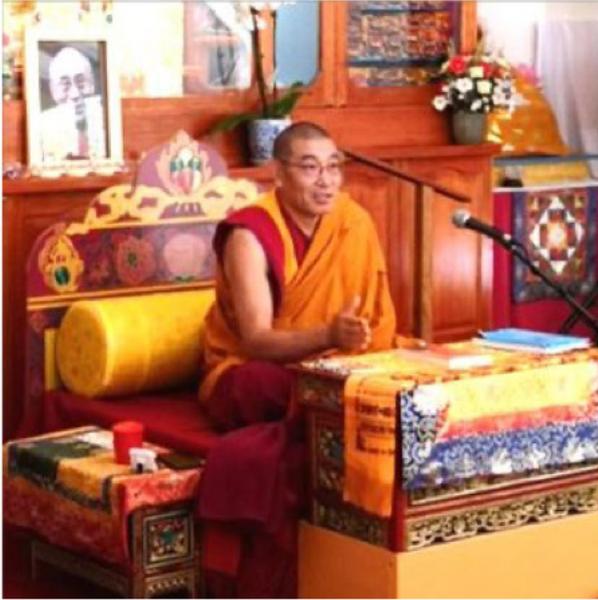
Small groups are welcome onsite Monday, Wednesday, Friday and Saturday mornings from 10:00am - 12noon (or other times by negotiation). Just call us on 5266 1788 to let us know when you are coming and remember to check in via the QR codes which you'll find outside the office.



Part of the gardens at Drol Kar Buddhist Centre
Photo by Shane Foyster

Drol Kar Buddhist Centre

625 Nortons Rd, Paraparap; www.drolkarbuddhistcentre.org.au



**GESHE SONAM
THARGYE**
Teaching Online

First Sunday of the Month

Sunday October 3

10.30am – 12noon

**'THE GREAT TREATISE ON THE PATH TO
ENLIGHTENMENT'**

Don't miss this unique opportunity to receive a teaching on Je Tsongkhapa's Lam Rim text 'The Great Treatise on the Path to Enlightenment' from a highly qualified Tibetan Buddhist master.

Zoom Link: <https://us02web.zoom.us/j/86093678480?pwd=QmhTbk1RQ1d0VUZybUFJWkhHbWQ5QT09>

Meeting ID: 860 9367 8480 Passcode: 513468



***Geshe Sonam Thargye** is a Tibetan Buddhist monk in the Mahayana tradition, educated at Sera Monastery India. He is the spiritual director and founder of Drol Kar Buddhist Centre and the Nying-Jey Projects sponsorship organisation supporting Tibetans in need in Tibet and in India.*

This teaching is suitable for beginners and advanced students alike.

Enquiries: info@drolkarbuddhistcentre.org.au

Vegetarian Dish(es) of the Month

Silverbeet, Leek and Fetta Slice

Serves 12

2 Tbs Olive Oil
4 leeks, pale section only, halved lengthways, thinly sliced
2 bunches silverbeet, trimmed, leaves and stems finely chopped
180g Danish fetta
120g parmesan, finely grated
150g self-raising flour
8 free range eggs
125ml milk
1 handful parsley leaves, finely chopped
1 handful mint leaves, finely chopped
Mint leaves, extra, to serve
Parsley leaves, extra, to serve
Mixed salad leaves, to serve

1. Preheat oven to 200°C. Grease an 8-cup (2L) baking dish and line with baking paper. Heat half the oil in a large non-stick frying pan over medium-high heat. Add the leek. Cook for 5 minutes or until tender. Transfer to a large heatproof bowl. Heat the remaining oil in the pan. Add the silverbeet and cook, stirring, for 3-4 minutes or until just tender. Transfer to the bowl with the leek. Set aside to cool slightly.

2. Add fetta and parmesan to silverbeet mixture in bowl. Sift in flour and stir until well combined. Whisk eggs and milk in a medium bowl. Add the egg mixture to the silverbeet mixture. Stir to combine. Stir in chopped parsley and mint. Season.

3. Spoon mixture into the prepared dish and smooth the surface. Bake for 30 minutes or until the slice is golden brown and cooked through. Set aside for 10 minutes to cool before transferring to a chopping board. Cut into pieces. Sprinkle with extra mint and parsley. Serve with salad leaves.

Fried Rice San Choy Bao

Serves 6

6 free range eggs
2cm piece ginger, peeled, finely chopped
60ml light soy sauce
2 tsp olive oil
4 cups cooled cooked brown rice or microwavable brown rice
1 carrot, peeled, cut into long thin matchsticks
8 spring onions, thinly sliced
2 silverbeet leaves, finely chopped
2 tsp sesame oil
30 small whole lettuce leaves

1. Whisk the eggs, ginger and 1Tbs soy sauce in a small bowl. Heat 1 tsp olive oil in a wok or large non-stick frying pan over high heat. Add one-third of the egg mixture and cook for 20 seconds or until almost set. Continue cooking, turning, until cooked through. Transfer to a plate. Repeat, in 2 more batches, with the remaining egg mixture. Roll up each omelet and thinly slice.

2. Heat the remaining olive oil in the wok or pan. Add the onion and rice and cook for 1-2 minutes. Add the carrot and spring onion and stir to combine. Add the silverbeet and remaining soy sauce and stir to combine. Add the sesame oil. Return the egg to the pan and cook, stirring, until combined and heated through. Transfer the rice mixture to a serving platter.

3. Divide the lettuce leaves among serving plates. Fill with rice mixture.