

Drol Kar Buddhist Centre



February 2020



Coming Up

February 1 Karma Yoga Working
Bee
10:00am - 12noon

February 24 Tibetan New Year
(Losar)

There will be no Geshe Doga teaching or First Sunday of the Month in February. The first First Sunday teaching for the year will be on Sunday March 3, and keep checking the Drol Kar website during February for Geshe Doga's March teaching.

Welcome to 2020

To all our members and friends, we wish you a Happy New Year 2020.

Did you know that for the cost of 4 café lattes per month you can be a full paying member of the Drol Kar Buddhist Centre for a year? You will be entitled to attend any or all of the regular teaching sessions and the meditation classes.

Discount rates are offered to members attending special teachings such the Venerable Geshe Doga of Tara Institute Melbourne and other fee paying Drol Kar events.

Your yearly membership goes towards; Geshe Sonam and Ani Jampa's monthly food allowance, sangha offerings for teachings and events, utility bills, garden equipment and maintenance, Centre groceries and cleaning supplies, laundry, catering, administrative/stationery equipment, goods and much more.

So, as you can see, your membership is invaluable to the ongoing running and future of the Drol Kar Buddhist Centre.

Important Notice

Remember that Drol Kar Buddhist Centre is closed to the public if a Total Fire Ban has been declared for the Central area of Victoria.

Memberships can be paid yearly, half yearly, quarterly or by a monthly direct debit, a new, more user friendly, option just introduced.

Single Memberships: \$200 per year (or \$17 per month) / \$120 per year (or \$10 per month) conc.

Family Memberships: \$300 per year (or \$25 per month) / \$200 per year (or \$17 per month) conc.

Membership forms can be found on the Drol Kar website: www.drolkarbuddhistcentre.org.au

Can You Help?

The Drol Kar Buddhist Centre has been contacted by the Reverend Peter Martin enquiring if we have, within our community, anyone interested in being involved in the Australian Response to Climate Change (ARRCC) and its activities, with the view to setting up a group in the Geelong area. The issue of climate change could not be any more pertinent as

evidenced by recent events, attracting national and international attention. If you are interested please contact David Mayer via info@drolkarbuddhistcentre.org.au

Thank you, David

Tibetan New Year (Losar)

‘Losar’ is considered to be the most significant festival of the Buddhist community in Tibet. The festival marks the Tibetan New Year (the word Losar has been derived from two Tibetan words, ‘lo’ meaning ‘year’ and ‘sar’ meaning ‘new’).

Tibetan Buddhists observe the festival to ward off evil spirits and welcome the arrival of the New Year filled with happiness and prosperity. Although the Tibetan New Year is celebrated on the first day of the first month of the Tibetan lunar calendar, the date varies each year. In 2020, Losar falls on February 24. The festival is marked with great enthusiasm and people may even continue with their celebrations for the next ten to fifteen days.

The celebrations begin on the 29th day of the twelfth month, that is, the day before the Tibetan New Year’s Eve. People get occupied with cleaning their homes and painting them new. The houses are adorned with different decorations and offerings, known as ‘Lama Losar’, are made. On New Year’s Eve, a traditional noodle soup is made called guthuk. It contains dumplings made from flour and



water. The dumplings are stuffed with each of nine different fortune symbols that determine the fortune of the person in the next year.

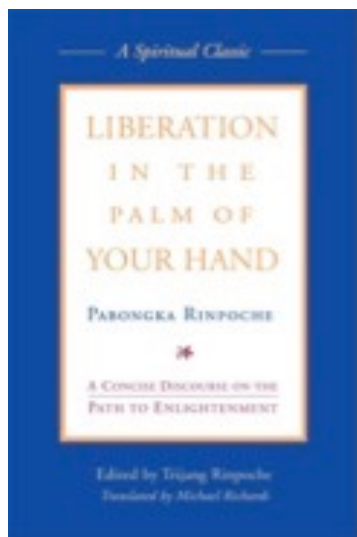
On New Year’s Day, people rise early and dress in their finest and newest clothes. They make offerings to the household shrine to pay homage to the Buddhas. These celebrations are just for the immediate family members. On the second day, people move out and visit friends and relatives. They exchange greetings and wish one another ‘tashi delek’, which means ‘good luck’. In the evening, people light torches and move around in their homes warding off evil spirits from their buildings. The third day is marked by visits to the monasteries, shrines and stupas where clothes and food are donated to the monks and nuns and back home, different traditional foods are made to celebrate the occasion.

TEACHING PROGRAM FOR 2020

The Buddhist Philosophy classes at Drol Kar Centre every Monday evening and Tuesday morning are designed to help develop both aspects, compassion and wisdom, on the path to enlightenment.

The Lam Rim text that we will be continuing to study in these classes is **Liberation In The Palm Of Your Hand** by Pabongka Rinpoche.

Each week, Venerable Jampa will give commentaries by following the simple advice and instructions in the Lam Rim text, which covers all the essential aspects of the Buddhist path. All the problems and suffering we experience can be resolved by understanding the Law of Cause and Effect and implementing the understanding into one's own actions. So every single action of body, speech and mental activity you perform, can serve as a worthy cause to achieving liberation and enlightenment and thereby assist all sentient beings to be released from the causes of their suffering.



BUDDHIST PHILOSOPHY AND MEDITATION

Mondays 7:30pm - 8:30pm

As a STUDY Group, we study, contemplate and meditate on the Lam Rim Teachings (**Liberation In The Palm Of Your Hand** by Pabongka Rinpoche). It is recommended that you make a commitment to attend all sessions during the year but it is not crucial. Newcomers may join at any time, but must try to attend regularly.

Prior to each session, we start by generating our motivation using Tibetan Buddhist Prayers and then a few minutes of Giving and Taking Meditation. This Meditation will help raise your awareness of all the pain and suffering experienced in the universe and see how the difficulties and suffering you experience at present are not exclusive to yourself, but experienced by countless others. We complete the session with "homework" for reflection and follow-up.

All are welcome.

Cost of entry: \$10.00 or \$7.00 for concession card holders. (Members no charge)

Enquires: info@drolkarbuddhistcentre.org.au or ring the office during working hours on 5266 1788

BUDDHIST PHILOSOPHY AND MEDITATION

Tuesdays 11:00am - 12 noon

The Buddha says the path to happiness starts from understanding the root cause of suffering. We should not just have blind faith in the Buddhist teaching and practices but rather we should study, contemplate and meditate about it. Using the Lam Rim text, **Liberation In The Palm Of Your Hand** by Pabongka Rinpoche, we study and discuss the Law of Cause and Effect to have a deeper understanding of the Buddha's teachings. It is not easy to study, so these sessions are a step-by-step guide to gradually

immerse you in both aspects of compassion and wisdom.

Prior to each session we recite Prayers in English, generating refuge and setting the motivation to achieve complete enlightenment, followed by five minutes of Calm Abiding (focused) meditation. The class will be informal and open for discussion and questions as this is the best way to learn.

All are welcome (especially suited for beginners).

Cost of entry: \$10.00 or \$7.00 for concession card holders. (Members no charge)

Enquires: info@drolkarbuddhistcentre.org.au or ring the office during working hours on 5266 1788

MIND MATTERS

Karen Mayer and Darren Fahroedin

Fridays 11:00am - 12 noon

What do we understand by meditation? From the Buddhist point of view meditation is a spiritual discipline and one that allows you to have some degree of control over your thoughts and emotions.

HH the Dalai Lama: Book of Transformation

Buddhism explains that our normal state of mind is unruly and wild and we are therefore not well equipped to deal with the negative thoughts and emotions that can dominate us.

We therefore require a tool that can help us tame our mind and thereby increase our potential for happiness. This class will be based on Buddhist meditations and teachings received by the root and lineage Lamas from the Mahayana Buddhist tradition. It is suitable for all people of any denomination and level of experience. The class will be informal and open for discussion and questions.

Bookings not required, donation appreciated.

Enquires: info@drolkarbuddhistcentre.org.au or ring the office during working hours on 5266 1788

FIRST SUNDAY OF THE MONTH THEORY AND PRACTICE IN MAHAYANA BUDDHISM

10:30am - 12 noon

Venerable Jampa continues the first Sunday of the Month teaching program in 2020 with a focus on incorporating the Buddha's teachings into practice.

Participants will be guided through the exploration of a different key concept each month with direct teachings, guided meditation, discussion and question time. Suitable for beginners, but also for experienced practitioners looking to review the key concepts of Buddhist philosophy.

Everyone is welcome - highly suitable for beginners.

Cost of entry: \$10.00 or \$7.00 for concession card holders. (Members no charge)

Enquires: info@drolkarbuddhistcentre.org.au or ring the office during working hours on 5266 1788



Bodhgaya 2020

Some photos of Karen and David Mayer's recent trip to Bodhgaya for His Holiness's teachings, which included a visit to the Nalanda University archaeological site and a very special meeting!



Drol Kar Buddhist Centre Fire Safety Notice

Summer 2019 / 2020

Located at Paraparap on the Surf Coast south-west of Geelong, Drol Kar Buddhist Centre is situated on the edge of a fire prone area. As the Centre operates during the summer months when there is a risk of fire activity in the locality, a fire plan has been developed with the utmost consideration for the safety of our patrons, visitors and residents.

FIRE SAFETY POLICY

Drol Kar Buddhist Centre will be **CLOSED** to all visitors on days when a **TOTAL FIRE BAN** has been declared in the **South Central District**, which encompasses the Surf Coast area.

The Centre management will endeavour to ensure that, on Total Fire Ban Days, patrons or visitors are deterred from coming to the property by the cancellation of any classes. Notice of closure will be posted on the Drol Kar website, and closure notices will be placed on all entrances.

Non Total Fire Ban days

Should a fire event arise unexpectedly when there are people attending programs or visitors are present at the Centre, the policy is to evacuate the property as quickly as possible. Should evacuation be inadvisable, an extensive fire plan has been prepared with residents, committee and program facilitators briefed on its implementation.

Drol Kar Fire Safety notices are displayed on the noticeboards at the Centre. The full Fire Safety Policy can be viewed on the Drol Kar website.



Karma Yoga Working Bee

Saturday February 1

10:00am - 12 noon



Karma Yoga is the performance of actions that are based in selfless service for the good of others; free from any attachment to personal benefit or sense of success or failure. Karma refers to the universal principle of cause and effect. It means action.

By doing selfless service you purify your heart. Egotism, hatred, jealousy, ideas of superiority and all the kindred negative qualities will vanish. You will develop humility, pure love, sympathy, tolerance and mercy. The sense of separateness will be annihilated. Selfishness will be eradicated. You will get a broad and liberal outlook on life. You will begin to feel oneness and unity. Eventually you will obtain knowledge of the Self. You will realize one in all and all in one.

And here's a small opportunity to practise some karma yoga at Drol Kar. By helping out at our Karma Yoga Working Bee, you can perform a service to benefit all those who will make use of the Drol Kar facilities in the coming months and show your support for the Centre.

Jobs include preparing the gumpa & surrounds for the new year, window washing, sweeping pathways, weeding, cleaning the public facilities, removing cobwebs and bird & animal residue from seats and brickwork.

Bring any cleaning tools or implements that might help. Lunch will be provided after 12 o'clock.

Watch Your Step!

Just a little reminder that, at this time of year, you need to be on the lookout for dangers that can be hiding at Drol Kar where you least expect them! We've already spotted visitors like this one around the place and, as the weather warms up, there'll undoubtedly be others like him coming out of hibernation. So when you're out enjoying the Drol Kar gardens during the warm weather, keep an eye out for anything nasty lurking in the undergrowth!



Vegetarian Dish of the Month

Sicilian Salad

Serves 4

- 3 Tbs olive oil
- 2 garlic cloves, crushed
- ¼ tsp sea salt flakes and freshly ground black pepper
- 1 eggplant, sliced into discs
- 1 red capsicum, seeded
- 1 yellow capsicum, seeded
- 250g snacking tomatoes, halved
- 2 stalks celery, thinly sliced
- ½ cup Sicilian green olives, pitted
- 2 Tbs capers, chopped
- ¼ cup sultanas
- ¼ cup flat leaf parsley leaves, chopped
- ⅓ cup small basil leaves
- 2 Tbs pine nuts, toasted
- 4 chargrilled ciabatta slices, to serve

Balsamic Dressing

- 3 Tbs extra virgin olive oil
- 1 Tbs balsamic vinegar
- 1 orange, rind finely grated, juiced
- 1 tsp caster sugar

1. Preheat a barbeque grill or chargrill on high. Combine the oil, garlic, salt & pepper and use to brush over both sides of the eggplant and capsicum. Barbeque the vegetables, in batches, for 3 minutes each side or until tender. Transfer to a plate and allow to cool for 10 minutes.
2. Chop the eggplant and capsicum into pieces as big as the halved snacking tomatoes and scatter all into the centre of a large board. Add the celery, olives, capers, sultanas, basil and parsley.
3. To make the dressing, combine all the ingredients into a screw top jar with salt & pepper. Shake until well combined.
4. Pour the dressing over the salad, scatter over the pine nuts, toss gently and serve with the chargrilled ciabatta.

Original Recipe: Woolworths fresh magazine September 2017

And to finish.....

Some words of wisdom to start the new year (and new decade).

