



# Drol Kar Buddhist Centre

April



2021

## Coming Up

- April 2, 3 & 4 Mindfulness Retreat  
9:00am - 12noon
- April 10 Garden Working Bee  
10:00am - 12noon
- \*\*\*\*\*
- May 2 Drol Kar Annual  
General Meeting  
1pm  
Everyone Welcome

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## Natural Connections Project

The recent 'Natural Connections' weekend was a great success and all the participants were so appreciative, so joyful. I'll tell you why.

Firstly, our group was tutored in ephemeral art by the amazingly talented Surf Coast artist Caroline Hawkins and everyone eagerly got to creating their wonderful pieces in the Drol Kar garden. The vibe was of pure enthusiastic effort. The next day, the group created more wonderful pieces of ephemeral art which were photographed by Rebecca Hoskin for an exhibition being held in mid-May in the Anglesea artspace.

Also, Corrina Eccles, a Wadawurrung traditional owner, completed a smoking ceremony which the group participated in and were 'purified' as an auspicious experience for the commencement of the weekend. Corrina shared the story of her ancestry going back 5 generations, including how her family was impacted by the Stolen Generations. Corrina also showed us how to make a bush bouquet.

**REMEMBER THAT DAYLIGHT SAVING FINISHES AT 3:00AM ON SUNDAY APRIL 4, SO PUT YOUR CLOCKS BACK ONE HOUR BEFORE YOU GO TO BED ON SATURDAY APRIL 3.**

Long-time member of Drol Kar and Torquay psychologist, Michael Anderson, enlightened the group about mindfulness practice through an engaging presentation. Feedback was that the session was insightful, helpful and interesting and aided in being present and understanding our mind. "We are not our thoughts," Michael explained and said, "I don't take my thoughts seriously." Controversial!

Jesse Diggins, child and educational psychologist, spoke about the brain's development and how anxiety impacts function. Jesse gave valuable advice on how to speak with our children and young people about difficult topics like climate change. Lots of participants had grandchildren and some worked with children, so this was particularly relevant.

I've always had a compost bin, so I never thought that food waste was a big contributing problem to climate change, so I was flabbergasted when sustainability expert, James McLennan, shared the fact that food waste in landfill creates huge amounts of methane. A 40 year old intact hotdog and iceberg lettuce have been dug up out of landfill, due to no air or light reaching down into the earth to decay organic matter. Many other food based sustainability facts were brought to light and discussed. One participant said she felt good about doing her best, another commented, "very practical, achievable solutions."

During the weekend, our group was catered for by Drol Kar volunteers and the lunches were so tasty and healthy. Coming together to share great food and conversation is always appreciated and was a highlight. Thanks to everyone who contributed to such a memorable experience over the course of the weekend and to the Surfcoast's Arts Development Seed Fund for their support of the project.

Linda Diggins, Natural Connections Project



# Sacred People, Sacred Earth

On Thursday March 11, Drol Kar, along with members of the Manifold Heights Uniting Church, took part in a Day of Global Interfaith Climate Action along with thousands of people from 45 countries across the globe. Our contribution, as one of the 400 actions which took place world wide, was a silent meditation outside the office of the Federal member for Corangamite, Libby Coker MP, to benefit all sentient beings and hopefully inspire our government to commit to a more ambitious timeline to achieve net zero carbon emissions by 2030. As His Holiness says, this planet is our only home and we all need to come together to combat what is probably the greatest threat it's ever faced.

This action was followed up on Friday March 25 with a face to face meeting between Ms Coker, Geshe Sonam Thargye and Hannah Mayer representing Drol Kar, Reverend Peter Martin representing the Anglican Church and James Thom representing the Uniting Church to discuss climate action and policy reform.



# Mindfulness Retreat



*Drol Kar Buddhist Centre*  
**MINDFULNESS RETREAT**  
**EASTER WEEKEND ~ April 2, 3, 4**  
**9 am – 12 noon daily**

Explore the theory and practice of Mindfulness through daily meditation sessions and teachings with  
**Geshe Sonam Thargye**  
and  
**Venerable Jampa Drolma**

**\$100 / Drol Kar members \$75**  
Limit 20 places - for 3-day attendance

Suitable for beginners & experienced practitioners  
Morning tea provided each day  
+ 2 course vegetarian lunch on Easter Sunday  
Book early to secure a place  
Full payment required with booking-25% non-refundable

Bookings or further information - Phone: 5266 1788  
Email: [info@drolkarbuddhistcentre.org.au](mailto:info@drolkarbuddhistcentre.org.au)  
Drol Kar Buddhist Centre 625 Nortons Rd Paraparap VIC 3240

Practising the Dharma allows one to transform and subdue the mind. The unsubdued mind is generally under the control of our deluded emotions and attitudes, namely grasping onto an independent self which we call ignorance. From this ignorance our mind adopts a self-cherishing attitude. These afflictions are the main culprits in hindering our happiness and peace.

The Mindfulness Easter Retreat will be led by Venerable Geshe Sonam Thargye and Venerable Jampa Drolma. The program aims to guide the participants through the graduated steps which will purify the mind and cultivate wisdom, compassion and spiritual growth.

The Mindfulness retreat consists of three half days from 9 am - 12 noon, commencing on Good Friday and concluding on Easter Sunday with a two course lunch provided.

It is recommended that participants attend all three days.

## Drol Kar AGM - May 2

Drol Kar seems to just inherently exist right? The building, the gardens, the classes, all there when you turn up. However, did you know there is a small team of people creating the causes, conditions and results for the centre to operate as it does? If there were no people on the committee, there would be no functioning centre.

The Drol Kar Annual General meeting is being held on Sunday May 2 and, at this time, all committee positions are vacated awaiting nominations for the coming year. Being part of the committee is an opportunity to be actively involved in the centre's activities. We meet monthly to coordinate and report on the teaching program, catering, grounds and maintenance, fundraising activities, social media and PR as well as the all-important financial report. Just like running a home, the committee also coordinates the day to day activities required to function, think bills, shopping, gardening, cleaning and coordinating our dedicated team of volunteers to assist with tasks. All but two of our current committee, of Geshe Sonam, Venerable Jampa, myself, David, Helen, Linda, Tim and Sue, have been serving for many years and, although modestly speaking we do a good job, it is always refreshing to have new people with ideas and enthusiasm to generate energy.

If, when reading this, you feel unable to commit to regular committee responsibilities (time is precious I know), we are happy for people to volunteer their time and expertise in small ways. Could you adopt a small piece of the garden to maintain and weed? Cook and prepare lunch for a retreat or special event or change and arrange the flowers for the gompa weekly? You can contact us at [info@drolkarbuddhistcentre.org.au](mailto:info@drolkarbuddhistcentre.org.au) if you are able to commit in any capacity.

The precious Dharma is not just about sitting on the cushion meditating. The great monasteries of the past would not have functioned without the cleaners, cooks, gardeners and committee working for the benefit of others.

Thank you for the opportunity.

Karen Mayer

# Garden Working Bee

Consistent rainfall and mild weather, together with only one working bee due to Covid over the last 18 months, has led to the garden to become a little 'wild and woolly', more so than we're used to. Geshe Sonam has largely kept the grass under control with mower and line trimmer, but the garden beds, shrubs and trees have been going 'gangbusters'.

We could really use a small army on deck on April 10 from 10:00am - 12noon to do 'Basic Garden Housekeeping' - trimming, raking, clearing leaves and fallen branches, dead heading and tidying to restore order to the wilderness. We need people with tools and some energy to head into garden areas and restore order where there is chaos. We have some tools on hand, but best to BYO gloves and garden tools, secateurs, line trimmers are especially welcome.

Please consider helping out. As always, lunch and refreshments are provided and some good company is assured.



## Vegetarian Dish of the Month

### Vegetarian Paté by Jampa

Makes 4 small serves

20 g sliced almonds, lightly toasted  
20 g unsalted cashews, lightly toasted  
20 g walnuts, lightly toasted  
1 onion, diced  
1 clove of garlic, chopped (optional)  
20 g small oyster mushrooms/shitake mushrooms, chopped  
50 g medium tofu, mashed slightly into pan with hands  
150 ml whipping cream (or soy milk or water)  
3 Tbs olive oil  
2 Tbs soy sauce  
Pinch of salt  
2 pinches of pepper  
1 tsp cocoa powder  
Pinch of sugar (optional)

1. Blend nuts in a mixer until fine and set aside.
2. Heat oil in a frying pan over high heat. Add onion, sauté, then add garlic and mushroom and continue sautéing until onion and mushrooms are soft and slightly brown in colour.
3. Add mashed tofu and stir slightly.

4. Season according to measurements given. It should taste a bit salty, but don't worry as it will mellow out when everything is mixed together at the end.

5. Let the mixture cool down and then put it into mixer and blend on high until it becomes a thick sauce.

6. Add the nut crumb mixture to sauce and pulse blend once or twice then add the cocoa powder.

7. Add the cream to the mixture and blend on medium until it is all mixed. It can be eaten at this point.

8. Transfer into a storage container if you like thin paté consistency. If you would like a thicker consistency, then transfer the pate mixture to an oiled or non-stick baking dish and bake at 160°C for 10 mins. It should thicken like a cheesecake. Remove from oven and peel the top burnt layer off (it is just a burnt film of cream).

9. Transfer paté to small containers whilst it is hot and it will take shape of the container. Keep in the fridge to consume or freeze some to eat later down the track.