

Drol Kar Buddhist Centre



December 2019



Coming Up

December 1 First Sunday of the Month with Geshe Sonam Thargye
10:30am - 12 noon

December 15 End of Year Celebration
11:00am - 2:00pm

January 8, 15, 22, 29 Summer Meditation
11:00am - 12noon

February 1 Karma Yoga
10:00am - 12noon

Follow us on:



End of Year Thoughts

As the Centre draws to a close for 2019, Geshe Doga reminded us of why we need to cultivate the aspiration to benefit others in his teaching on November 17. All our activities, our drive, our busyness in daily life stems from an innate feeling of wanting happiness and to be distanced from discomfort both physically and mentally. This driving force is not often questioned or reflected upon, as we are often too busy occupying ourselves with ideas and plans that become second nature and a habit. Anyone who has ever tried to change a habit will understand the effort and daily resolve required to commit to any change. Geshe Doga stated that 'even spiritual practice is hard, so we require the mental factor of patience to combat the difficulties of practicing the Dharma.'

The teachings repeatedly state that all happiness and joy come from cultivating love and compassion and that the objects of this love and compassion are other beings in all their forms. Logically, if most of our lives are engaged in our

Important Notice

Drol Kar Buddhist Centre will be closed from Monday December 16 until Wednesday January 8.

own pursuit of happiness, we have to admit that this formula isn't working. It is rare to meet people who tell you they are genuinely happy, although perhaps I'm mixing with the wrong people or reading too much media, but it would seem we spend a lot of time griping about an assortment of things regardless of whether or not we have a fortunate position.

So, my living example of someone who displays happiness is Geshe Doga. He regularly says 'what we need to focus on is the value of cultivating love and compassion and try to understand this as the root cause of achieving happiness and removing suffering'. This cultivation comes from repeatedly meditating upon this subject until the mind is habituated to the concept and it is then we can experience a deep sense of joy and happiness. The benefit of having love and compassion as one of your main meditation practices is that it is already accessible to us. His Holiness the Dalai Lama points out that by cultivating Bodhicitta, we want to benefit others and avoid harming them at all costs, so we try and grow the qualities that we have within us.

This brings me to thanking the people who have contributed to the running of the Centre in 2019. I am not making assumptions when I say I believe that your actions of generosity in contributing to the centre is a practice love and compassion for others, but the feedback from members and visitors is that the centre's classes and gardens create a sense of peace and tranquillity, which benefits their mind. Your actions, providing service to benefit others, is one of the six perfections in cultivating the mind of Bodhicitta. I am also aware of the struggle, as Geshe Doga pointed out, in continually working to benefit others; the tasks at time seem never ending particularly with limited helpers.

The acreage at Drol Kar takes a huge amount of work each week and we do it with very few volunteers. Most of you would not see our Spiritual Director, Geshe Sonam, working every

day in the garden, mowing lawns, pulling weeds; some of you may even shrug and consider it the norm. However, I worry about the future of our centre, with quite a few of us in our senior years continually doing labour without respite in sight.

The documented history of Drol Kar Centre, compiled by Sue Wasterval, is situated presently in the gompa and highlights the huge amount of effort and continual drive which has gone into creating our Dharma Centre. How much more we can do is yet to be seen without the succession of new volunteers, as we are somewhat limited in our growth to benefit others without helpers.

Our Centre is open to provide classes, both secular and Buddhist, with an opportunity to listen, study and practice the teachings to find out for ourselves if, in fact, happiness is generated by benefiting others. Commitment to attending classes generates learning, discussion and promotion of community in an environment created to enhance peace and happiness for all. We are grateful to the many people who take out financial membership, which is essential to paying our bills, which increase every year. How much the Centre flourishes and the Dharma spreads is dependent on us all.

So, as we ponder the New Year and possible resolutions, perhaps you can contemplate the benefits of love and compassion as the root of happiness and the benefits of our Buddhist Centre, which seeks to provide happiness and sanctuary to people who come here. We are all dependent on each other if this goal is to be achieved.

On behalf of Venerable Geshe Sonam Thargye, Venerable Jampa Drolma and the Drol Kar Committee, we wish all of you and your families a safe and joyous holiday season and a happy and prosperous 2020.

Karen Mayer

First Sunday of the Month Teaching
with
Venerable Geshe Sonam Thargye

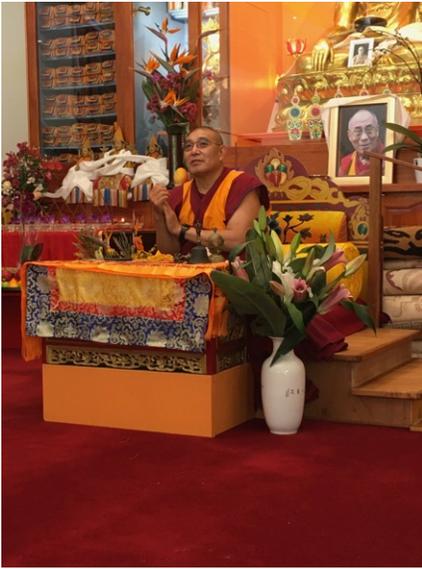
Sunday December 1

'The Four Noble Truths'

The Four Noble Truths were the first teaching given by the Buddha after he attained enlightenment 2,500 years ago. This teaching is the foundation of all of the Buddhist scriptures, reasoning, philosophy and insights that we require to achieve happiness in our daily lives.

It is suitable for beginners and established students.

10:30am - 12 noon



Karma Yoga Working Bee

Saturday February 1

10:00am - 12:00pm



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 gompa & 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.

Drol Kar Buddhist Centre

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



**GESHE SONAM
THARGYE**
Teaching
at Drol Kar Buddhist
Centre

**First Sunday of the Month
Sunday 1 December
10.30am – 12.00**

THE FOUR NOBLE TRUTHS

Don't miss this unique opportunity to receive the Buddha's foundational teaching from a highly qualified Tibetan Buddhist master in an intimate setting.



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.

Teaching: \$10/7; **Drol Kar members:** no charge.

Enquiries: Phone: 03 52661788; Email: info@drolkarbuddhistcentre.org.au

Garden News

THE CENTRE CLOSSES FOR THE SUMMER, BUT THE GARDENING GOES ON

Spring 2019 has been a beautiful time in the garden at Paraparap with such an abundance of luxuriant growth and brilliant colour. The garden is a great drawcard for the Centre and a great source of peace and reflection for our members and other visitors.

A dedicated group of volunteer gardeners - members and residents - have helped to keep it looking trim and tidy during the year through working bees and individual volunteer commitments.

It would be wonderful if the garden could stay like that all year long, but alas the warmer weather and lack of rain is already taking its toll on the spring flowers and shrubs. Summer is upon us and that brings the next phase in the garden cycle. The spring plants brown and wither, the grass yellows, and the undergrowth becomes very sparse. With maintenance, however, the summer garden has its own charm.

It takes a lot of time and effort to clear and clean up grass and garden beds, partly for fire safety, but also to keep the grounds looking as good as possible through to the autumn.



CAN YOU HELP?

Please consider sparing some time over Dec, Jan &/or Feb to put in a few hours in the garden - when and how often is up to you. Just let us know when you are coming.

Some suggestions:

- *Call in just once or twice over the summer period - to put in an hour or two - at a time that suits you.*
- *Come with a small group of 3-4 for a mini-working bee. Many hands ...*
- *Adopt a small patch of the garden to keep in check eg the stupa circle, the gompa garden*
- *Adopt a task to monitor eg dead-head roses/ weeding / pulling out dead plants.*

ALL CONTRIBUTIONS OF TIME GRATEFULLY RECEIVED.

Contact the Drol Kar office for further information or to let us know what you can offer with our summer garden maintenance.





Drol Kar Buddhist Centre

625 Nortons Rd Paraparap VIC 3240

end of year break-up

sunday 15 december

11.00 am

Meditation

12.30 pm

Community Lunch

**JOIN THE DROL KAR COMMUNITY
FOR THE ANNUAL END-OF-YEAR
BREAK UP**

*Celebrate another great year
at the Drol Kar Buddhist Centre*

ALL WELCOME

*Bring family, friends, neighbours
or just come alone*

what's on

merry meditation

with

Venerable Jampa Drolma

an hour of quiet introspection
and reflection
on the year almost past
at Drol Kar
and in your daily life
and to prepare yourself
for the busy time
of Christmas preparations



lunch

from about 12.30pm

Bring a plate of food
savory or sweet
for a light lunch
to share with other guests
tea & coffee provided

drol kar shop

Open from

12.30 - 1.30pm

for

Christmas shopping

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!



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.

Drol Kar Buddhist Centre

625 Nortons Rd Paraparap



SUMMER MEDITATION CLASSES

WEDNESDAY
JANUARY 2020
8, 15, 22, 29
11 AM TO 12 PM

Centre open from 10:30
to 12.30 including book shop
classes by donation

*There will be NO CLASSES
at Drol Kar Buddhist Centre
on TOTAL FIRE BAN days
in the CENTRAL DISTRICT
which includes the Surf
Coast area.*

*see drolkarbuddhistcentre.org.au
for directions*

Vegetarian Dish(es) of the Month

Zucchini and Ricotta Tart

Serves 6

2 sheets frozen ready rolled shortcrust pastry, partially thawed

4 eggs

250g sour cream

150g fresh ricotta

1 tsp dried thyme

½ tsp dried chilli flakes

½ cup finely grated parmesan

2 green zucchinis, trimmed

baby rocket leaves, to serve

1. Preheat oven to 200° C. Grease a 34 x 11cm fluted flan pan.

2. Line pan with pastry, overlapping edges to join. Trim excess. Prick base with a fork. Freeze for 10 minutes.

3. Line pastry with baking paper and baking beads. Bake for 15 minutes or until light golden. Remove paper and beads. Bake for a further 10 minutes or until cooked through.

4. Whisk eggs, sour cream, ricotta, thyme, chilli and parmesan in a bowl. Season with salt and pepper. Using a vegetable peeler, run blade down the length of the zucchini forming ribbons.

5. Pour egg mixture into flan pan. Place zucchini ribbons into egg mixture in a decorative pattern. Bake for 35 minutes or until light golden and set. Serve topped with baby rocket leaves

Honey, Ricotta & Dried Fruit Turnovers

Makes 12

150g fresh ricotta

2 Tbs icing sugar

1 Tbs honey

1 orange, juiced, rind finely grated

½ tsp ground cinnamon

2 Tbs finely chopped natural almonds

¼ cup sultanas

3 sheets frozen ready rolled puff pastry, partially thawed

1 egg, whisked

¼ cup white sugar

1. Preheat oven to 180° C. Line a large baking tray with baking paper.

2. Combine ricotta, icing sugar, honey, juice, rind, cinnamon, almonds and sultanas in a bowl.

3. Using a 10cm round biscuit cutter, cut 12 rounds from pastry. Spoon 1 Tbs of mixture into the centre of each round. Brush edge of half of each round with egg. Fold pastry in half, enclosing filling, and press edges together.

4. Place onto prepared baking tray. Brush with egg and sprinkle with sugar. Bake for 20 minutes or until golden and puffed. Serve warm.

Original recipes: Woolworths Fresh Magazine, April 2016