

DROL KAR BUDDHIST CENTRE



Newsletter DECEMBER 2020/JANUARY 2021

Drol Kar Buddhist Centre was delighted to resume onsite sessions for all regular classes early in November. Classes continue in a Covid environment, however, and will be conducted in compliance with current Covid rules. These include sanitising hands, wearing masks indoors, social distancing and keeping contact records of people attending. We thank all our patrons for complying with these requirements. Let's keep each other safe.

All beings long for happiness.
Therefore, extend your compassion to all
The Buddha



December News

Karen Mayer Associate Director

COMING UP

Saturday 5 December
Garden working bee

NOTE: Dec 5

Mindfulness Meditation
with Michael Anderson
has been **cancelled**

Sunday 6 December
First Sunday teaching
Geshe Sonam

Friday 18 December
Final class 2020
Centre closed

January 6, 13, 20, 27 - 2021
Summer Meditation class

Saturday 30 January 2021
Karma yoga working bee

Monday 1 February 2021
Regular classes recommence

Sunday 7 February 2021
First Sunday teaching

Friday 12 February 2021
Losar – Tibetan New Year

At the risk of sounding cliched, what a year 2020 has been, I don't think any of us have got by without some effort in our thinking, and behaviour to navigate the changes, threats and protocols imposed upon us all.

With the year drawing to a close I thought it appropriate to share His Holiness the Dalai Lama's recent live teaching on November 19th in conversation with Professor Ian Hickie, Co-Director of Health and Policy at The University of Sydney's Brain and Mind Centre.



As I was jotting down notes of the teaching I was reflecting on the notion of Mental Health (MH) and resilience, we certainly use the terminology a lot and share some understanding of the meaning but what is it and how do we know if we have it? Using several references and joining them together it is agreed that positive mental health is more than just a lack of illness, it is about feeling valued, integration, forming relationships, the ability to work well, to the best of our ability and coping with the normal stress of life. This constitutes a resilience which enables us to contribute and share with others and our community.

In the face of Covid, which was far from "normal" stress, we can take heart that the majority of us have sound mental health and have negotiated the pathways to adapt and care for ourselves and others during this period. What has been apparent, and I am using both anecdotal from working in child and young people's mental health and expert evidence, is our younger population have struggled during this time. There has been an increase in suicidal feelings and self-harming behaviour which should be setting off alarm bells to our policy makers in health and education.





Prof Hickey commented that our MH has been declining both pre- and post-covid and that we lacked understanding of cohesiveness, we have become individually driven, committed to get ahead at all costs, highlighting the competition for resources amongst power structures and groups. He stated that he believed Covid brought up an immediate threat as opposed to longer term threats like climate change and asked His Holiness how to do we instill hope when people feel they are unable to effect change?

His Holiness joked that us oldies who only have a few years left of our lives may lack the commitment to effect this necessary change and it is our grandchildren who will be left with the damage to the planet we have created. Always a person to have a positive and wise angle he cited our shared values of love, kindness, and compassion as the means for change. *'we forget that we have the same brain which has the same desire for happiness'*.

He went on to highlight that as social animals we depend on community and we must accept that our survival was and is based on the care and love we receive from our mothers and family; we must help each other in this respect. We must be aware of the oneness of humanity. Secondary conditions like our ethnicity, religion, social status, and beliefs complicate our life and our sameness is overridden with our differences as we grow into adulthood. Due to these secondary differences we become involved in competition and wars rather than the oneness of the billions who inhabit our planet.

His Holiness states one of the goals for the remainder of his life is promoting education reform. His belief is that we all have the seeds of love, compassion and kindness within us and if we make effort through reforming secular education on these shared values we can create a compassionate humanity based on our oneness not differences. It needs to be made clear in education that real happiness is not found in money or material things, it is inner peace. Inner peace means you are happy, this relates to our emotions which if peaceful or at the very least not labile it diminishes our need to be troublemakers.

Not shy of a good telling off, he stated that all the troubles in our world are our own making. We have damaged the planet and now we must face this problem together, to emphasize our oneness of the billions of people in this planet to help rectify the destruction of the world. We must cultivate the hygiene of emotions, not by religion but by common sense, secular ethics and education in order to live happily. We must demilitarize the world so we can live

without fear. In this way we can share in the preservation of the ecology, look after waterways, reduce the gap between the rich and poor so we all have access to resources. Our philosophical beliefs need to be shared and universal values promoted by education to encourage discipline, love, forgiveness and tolerance.

How fortunate we are to have access to His Holiness' wisdom, a message not bogged down by the cynicism and feelings of hopelessness affecting our younger generation. As the prospect of the new year approaches our Dharma practice would benefit from reflecting on this wisdom and starting with ourselves continue to sew and nurture the seeds of the positive values, we all have. We then as the teachings suggest, will cultivate a sound base of merit, ethics and wisdom that we can share with those we love and those we don't love so much. So, to the sounds of Satchmo, 'what a wonderful world' it would be.



On behalf of the Drol Kar Committee we wish you all a safe and happy holiday period and look forward to sharing the wisdom of the Dharma together again in 2021.

Stupa Sunrise

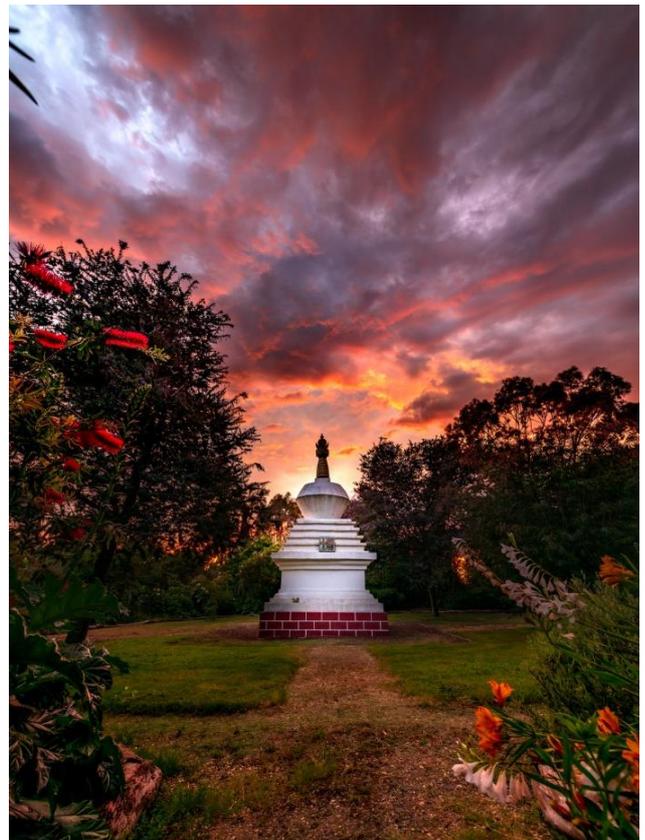
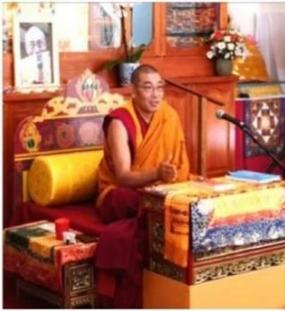


Photo by Geoff Clark

December Program

Drol Kar Buddhist Centre

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



**GESHE SONAM
THARGYE**
Back teaching Face to
Face in the Gompa

**First Sunday of the Month
Sunday December 6
10.30am – 12noon
THE FOUR NOBLE TRUTHS**

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

Final teaching for 2020



Venerable Jampa Drolma
Philosophy teaching
Monday evenings 7.30 – 8.30 pm
Final class for 2020 Dec 14

Tuesday mornings 11.00am – 12.00pm
Final class Dec 15

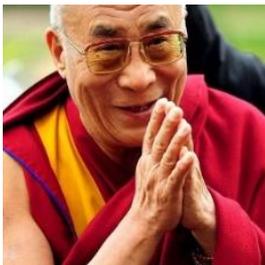
Meditation classes
Healing Meditation
Tuesdays 1.00 – 2.00 pm
Final class Dec 15

Finding the Stillness Within
Fridays 11.00 am – 12.00 pm
Final class Dec 18



His Holiness the Dalai Lama Live Webcast talks and teachings

<https://www.dalailama.com/schedule>



December 9, 2020 *The Necessity of Compassion for the Survival of Humanity*
9 am to 10 am (IST) a conversational program

December 10, 2020 *Tsongkhapa's In Praise of Dependent Origination and Concise Stages for the Path to Enlightenment* 9 am to 10 am (IST)

December 15, 2020 *Education* - a general talk 9 am to 10 am (IST). with Q&A

Summer Closure

Drol Kar Buddhist Centre Summer schedule

- Centre closes on Dec 18, 2020.
- Reopens for regular classes on Feb 1, 2021.
- Open on Wednesdays in January ~ 10.30 – 12.30 ~ for Summer Meditation
- Visitors at all other times by appointment only.



**Fire
Season
Reminder**

**Drol Kar Buddhist Centre
Is CLOSED on
TOTAL FIRE BAN DAYS
in the Central District of Victoria
which includes the Surf Coast**

Garden News

The Spring rains and recent warm weather have created an abundance of growth in the Paraparap gardens. The native trees and shrubs have been weighed down with blossom, as have the rose bushes, and the grass has gone berserk. Geshe Sonam has been on the ride-on mower almost daily and the line trimmer is also busy.



A few members have found time to come in and help restore some order in this verdant chaos. Help is always appreciated! Volunteer gardeners welcome over the summer break.

The return of the warm weather is gradually taking its toll on the spring plants though. The spent plants need to be cleared. The abundant grass is gradually drying and needs to be cut short to ensure the grounds are ready for the Fire season.

Garden Working Bee Saturday 5 December 10 am – 12 pm

General clean-up / basic maintenance before the long summer break/fire season. BYO favourite tools/ accessories/ hat/ gloves/ sunscreen. Anyone bringing line trimmers especially welcome.

Lunch provided 12-1.00ish

Oct/Nov Garden helpers



Shane Foyster bush wrangling



Lynn Barron & Rod Caddell enjoy a post-gardening cuppa with Geshe Sonam



Michael Anderson and his mighty mulching machine



Blue Lake



Grey lake



Water lily lake



Electronic gate

The newly installed electronic gate has improved the appearance of this entry point and made life a little more convenient for residents. Funds for the gate were generously donated by several Dharma students in Melbourne.



Thanks to Matt Partridge of MRP steelworks for a lovely job. Some fencing and planting improvements are also in the pipeline.

PayPal

Drol Kar Buddhist Centre now offers payment of items such as membership or donations through PayPal

The PayPal link can be found on the Drol Kar website and Facebook page.



Karma Yoga Working Bee

is scheduled for **January 30, 2021 ~ 10 -12**

This is the session where we prepare the Gompa and its surrounds for the coming year.

All members are invited to join us for this excellent opportunity to offer practical service to the Buddhist Centre.

Echidna invasion attempt

totally bewildering
the little black dog indoors

Photo by Alita Trafton



Christmas recipes

Fruit Punch

Here's what you need

3 large oranges
3 lemons
½ cup sugar
1 ½ cups lime juice cordial



1 cup pineapple juice
Punnet of strawberries
3 bottles dry ginger
3 bottles lemonade

Mint– about a dozen leaves, chopped
A large bowl or punch bowl

Here's what you do



Slice the oranges and lemons thinly and mash with a spoon.
Add the lime juice and pineapple juice. Sprinkle with sugar.
Allow to stand for 2-3 hours.
Just before required, add half the strawberries and mint.
Fill the bowl with equal amounts of dry ginger and lemonade.

When a top up is needed, add the extra strawberries and mint and remaining dry ginger and lemonade.
Add other fruits or juices as desired.

Fruity truffles – no cooking needed



Here's what you need

125g currants
125g seeded raisins
125g sultanas
125g nuts (mixed unsalted)
3 tablespoons coconut

Here's what you do

Mix the currants, raisins, sultanas, and nuts together and put through a mincer. Roll the minced mixture into balls the size

of marbles and toss in the coconut. Place in refrigerator until firm.

[Note: It's messy, but definitely worth it.]

**Merry Christmas
to everyone
and a happy, safe &
prosperous New Year**

COMING UP IN JANUARY

Drol Kar Buddhist Centre

625 Nortons Rd Paraparap



SUMMER MEDITATION CLASSES

WEDNESDAY

JANUARY 2021

6, 13, 20, 27

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*