



Drol Kar Buddhist Centre

Newsletter March 2023

MARCH DATES

- March 5 First Sunday Teaching
10:30am - 12noon
- March 19 Geshe Doga Teaching
11:00am - 12noon



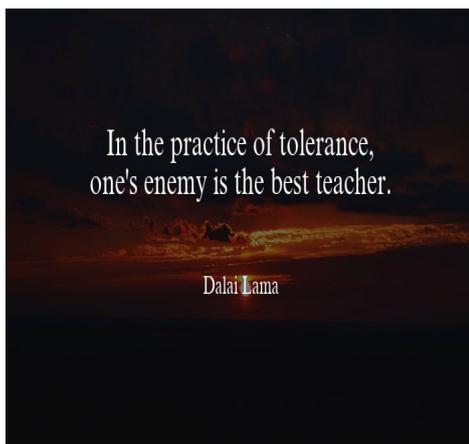
SUNDAY 19 MARCH
11.00 AM

*Thirty-seven practices
of Bodhisattvas*

with
VENERABLE GESHE DOGA

All welcome - \$20
Lunch available afterwards @ \$15
DK/TL members - \$20 tchg plus lunch

The text to be used by Venerable Geshe Doga will be 'Thirty-seven Practices of Bodhisattvas' by Thogme Sangpo who is considered to be a bodhisattva.



**FIRST SUNDAY
OF THE MONTH**

SUNDAY 5 MARCH
10.30AM

Lam Rim - The Path
to Enlightenment
with
VENERABLE JAMPA DROLMA

All Welcome - \$10 / \$7
Drol Kar members no charge
Lunch available afterwards @ \$15





Easter Retreat 2023

April 7th - 9th

Calm Abiding Meditation

Calm Abiding Meditation (Shamatha) is a very powerful way to abide in the present moment and connect with one's own inner potential for wisdom and compassion. Whether you are a beginner or more advanced practitioner, this retreat will help you cultivate single-pointed concentration, deep awareness and patience. Such practice on a regular basis will enable you to develop the skill and strength in ethical self-discipline and bring about a calm, peaceful, and happy state of mind.

Drol Kar Buddhist Centre provides conditions that are conducive for everyone to spend a weekend studying and training in Calm Abiding Meditation. During this weekend, you will receive instruction on how to cultivate the skill of concentration, which was developed by Buddhist teachers over centuries.

We will focus on the tool of mindfulness, in particular mindfulness of the actions of body, speech and mind. Mindfulness, when understood and utilized, provides the possibility to eliminate, or at least minimise, our external and internal distractions. One can then bring about an alertness and awareness in not only our meditation practice, but in our everyday life.

To enhance our practice during this retreat, we will keep our tasks and purposes to a minimum and talk only when necessary. There will be time for questions and answers at the end of each day.

The teachings and meditation will be conducted by Venerable Jampa Drolma and senior Drol Kar students.

Suitable for beginners or advanced students wishing to explore meditation practices to promote mental stability and good health in everyday life. No prior experience or commitment is required.

Dates and Times:

Friday 7 April 9:00am (Registration from 8:30am) - 3:00pm

Saturday 8 April 9:00am - 12:00pm.

Sunday 9 April 9:00am - 12:00pm.

Cost: (full payment required upon booking)

Full weekend - \$190; \$150 DK Members;

Single day (Fri Only) - \$85; \$50 DK Members

There will be a fully catered two course vegetarian lunch on Friday and Sunday (please advise if you have any special dietary requirements).

Bookings:

Phone: Drol Kar Buddhist Centre (03) 5266 1788

Email: info@drolkarbuddhistcentre.org.au

Retreat Volunteers:

If you are unable to attend the retreat yourself, it is still possible to accumulate merit by helping out during the weekend. We could use some help with meal preparation, cleaning up, bathroom duties and other housekeeping tasks prior, during, or after the event. If you can help for even a couple of hours, please contact the Centre on 52661788.

Auspicious Dates

In Tibetan astrology, certain days in the lunar calendar are deemed to be auspicious days. The auspicious days are calculated according to the combination of elements: earth, air, fire and water. On the auspicious days, one's spiritual practices have an enhanced beneficial impact on the effectiveness of one's activities, as well as one's health. Auspicious dates for the coming month below.

Western calendar	Tibetan lunar calendar		Practices
Tuesday 7 March	Day 15 of 1 st month	Full Moon	Precepts
Friday 17	Day 25	Tsog Day	Guru Puja
Tuesday 21	Day 30	New Moon	Precepts
Wednesday 29	Day 8 of 2 nd month	Tara Day	Precepts, Tara Puja

Pre-Losar Celebrations, Welcomes and Blessings

Sunday February 19 was a day of celebration at Drol Kar with a number of important events taking place. Not only was it a chance for everyone to get together to celebrate an early Losar, including taking part in the traditional practice of throwing tsampa flour into the air to wish all beings health, happiness and prosperity in the coming year, the day also included a fire puja for the new statue of Kuan Yin and an official welcome to our visiting monks Geshe Phuntsok Tsering and Geshe Tsoda Gonpo.



In Other News.....

Losar 2023 - Tibetan New Year

Tuesday 21 February was the official New Year's Day for the Tibetan family at Paraparap. Geshe Sonam welcomed members of his immediate and extended family to Drol Kar for some prayers in the gomba followed by a communal preparation of a spectacular Tibetan style lunch.



Our visiting monks are settling in

Our visiting monks, Tsoda and Phuntsok, have quickly settled in and are already making themselves very much at home around the gomba and the property at Paraparap.

Don't be shy if you run into them whilst at the Centre. Say hello, introduce yourself. A little language exchange is very useful. You can also donate some fresh fruit and vegetables. Every little bit helps!



Visiting monks meet their sponsors

For many years our visiting Tibetan monks Phuntsok Tsering and Tsoda Gonpo, have been supported financially by sponsors from Australia. Since their arrival on February 8, both have been able to meet up with their sponsors. Phuntsok Tsering met David and Karen Mayer shortly after his arrival and Tsoda Gonpo met with the Connors family from Drysdale at last Sunday's pre-Losar celebration.



DKBC Annual General Meeting

As mentioned in the last newsletter, the Annual General Meeting for the 2022 year will be held at 625 Nortons Rd, Paraparap at on May 7, 2023. The agenda includes financial reporting and the election of committee members for 2023.

Drol Kar members interested in joining the committee are invited to express their interest by email to:
info@drolkarbuddhistcentre.org.au

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