



# Drol Kar Buddhist Centre

## Newsletter April 2024

### APRIL DATES

April 7

**DAYLIGHT SAVING ENDS**

First Sunday of the Month Teaching  
10:30am - 12noon

Drol Kar's AGM  
1:15pm

April 21

Venerable Geshe Doga Teaching  
11:00am - 12:30pm

## HOW CAN WE SUPPORT THE MONKS AT DROL KAR?

Last year, Drol Kar Buddhist Centre found itself in the privileged position of having the services of four Sangha with the addition of two qualified Geshe to support Geshe Sonam and Venerable Jampa. Everyone who comes here has noticed how much improvement there has been in the physical condition of the Centre, but also in the ambience in the gompa with more Sangha participating in the ceremonies and using their skills and knowledge in setting up these ceremonies.

Geshe Phuntsok and Geshe Tsoda were invited to come to Drol Kar to become the next generation of Sangha here. Geshe Tsoda has the highest level of Geshe degree, Geshe Lharumpa, and is eminently qualified to one day step into Geshe Sonam's teaching shoes. Geshe Phuntsok is a whiz with maintenance in the garden and elsewhere, but more important is his expertise as a ritual master.



It is very important for the Drol Kar community to support this new generation of monks. This support can be food eg. dry food, vegetables, everyday useful items or donations of money. Drol Kar has one member who drops in a bag of food - pkts of dry foods, fruit, vegetables, many from her own garden - every week.

It is not unusual to ask this of the community. Traditionally, while a monastery or nunnery may have 1000 individuals or 100, no one has a job to earn money. For hundreds and hundreds of years, since the time of the Buddha even, monasteries and nunneries have survived because of the support of their local community.

Geshe Sonam wants everyone to know that the monks are here to be of service to the community in return for that support. While Geshe Sonam is usually quite busy, Geshe Phuntsok and Geshe Tsoda are available for anyone needing help such as advice, prayers, ceremonies or information. Anyone needing or wishing their services need only ask through the Drol Kar office.

Here are some of the services that are quite a usual aspect of a monk's life and are available to the Drol Kar and wider community.

- House blessing, wedding blessing, blessing for newborns, for pets and other animals.
- Rituals blessings for healing, Medicine Buddha rituals for the sick, prayers for the dying or deceased.
- Rituals to remove obstacles such as in one's business, family, studies.
- Pujas - prayer ceremonies

Members and Friends of Drol Kar are also welcome to ask the monks to visit their homes for lunch or dinner, requests are also made through the Drol Kar office.



## Drol Kar Buddhist Centre



**First Sunday of the Month**  
**Sunday 7 April – 10.30am – 12.00**

**Geshe Sonam Thargye**

Teaching on Shantideva's

**A Guide to the Bodhisattva's Way of Life**

*Teaching commences at 10.30am sharp*

**General Public \$10/ \$7 conc**

**Drol Kar members – no charge**

*Please note: if you are unable to pay the full amount indicated for this teaching, please just pay what you can afford*

## Positive Thoughts and Prayers for Dhondup

Drol Kar's resident mascot and official greeter, Dhondup, has been under the weather lately and she could really do with some positive thoughts and prayers. So if you could remember her when you're setting your motivation for practice and dedicating your merits, she (and we) would be grateful.





## Drol Kar Buddhist Centre



**Sunday 21 April**  
**11.00 am – 12.30 pm**

**Venerable Geshe Doga**  
teaching

**The Thirty-seven Practices of Bodhisattvas**

*Teaching commences at 11.00am sharp*

**General Public - \$20**

**Lunch after teaching - \$15**

**Drol Kar/Tara members - \$20 [tchg + lunch]**

Please note: if you are unable to pay the full amount indicated, please just pay what you can afford.

## What's Been Happening at Drol Kar?

For those of you who haven't visited us at Drol Kar recently, or even if you have and haven't noticed, there has been quite a lot happening. Here are some photos of the latest additions around the property.



- Raised garden beds for the vegetable patch.
- A greenhouse thanks to Geshes Phuntsok and Tsoda and Damian McMurrich.
- Today a pile of dirt in a hole in the ground, tomorrow an island in the middle of a lotus pond.
- A lovely new letterbox thanks once again to Geshes Phuntsok and Tsoda.
- A necessary requirement when you live in the country and aren't connected to mains water and sewerage.

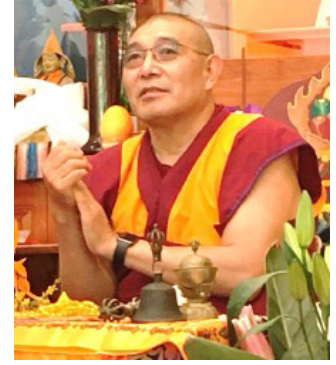
# Drol Kar Teaching Program 2024

## Geshe Sonam Thargye - First Sunday of the Month 10.30 am

This year, Venerable Geshe Sonam Thargye will begin his commentary on Shantideva's 'A Guide to the Bodhisattva's Way of Life'. It may be useful to get a copy of the text so you can follow along during the teachings and also be able to do more reading and study between sessions.

First Sunday teachings commence promptly at 10.30am and run for one and a half hours. The session includes motivation prayers, short meditation, teachings and time for questions and/or debate, in a friendly environment. The class is suitable and accessible for beginners through to experienced spiritual practitioners. Suggested facility fee of \$10.

Drol Kar members are free of charge. Bookings not required.



## Venerable Jampa Drolma

### Monday Evening 7.30pm - Lam Rim

Mahayana Buddhist Philosophy session focusing on the text, 'Liberation in the Palm of Your Hand' [1921] by Tibetan Lama, Pabongka Rinpoche.

Led by Venerable Jampa Drolma, this extensive teaching is a step-by-step guide for following the graduated path to complete enlightenment. The session is designed to be interactive and incorporates prayer, meditation, teaching, discussion and the opportunity for self-directed study.

The session is open to everyone interested in Buddhist studies, however, as the teachings are sequential in method, regular attendances will provide the most benefit.

Suggested facility fee \$10. Drol Kar members no charge.



### Tuesday Morning 11.00am - Lam Rim

Led by Venerable Jampa, this class also focusses on "Liberation in the Palm of your Hand" the text by Pabongka Rinpoche.

The session is open to everyone but is especially suitable for beginners, as it is designed as an Introduction to Mahayana Buddhism. The session starts with motivation prayers, then follows an interactive step by step guide for meditation practices done at your own pace.

To experience the full benefit of your spiritual transformation within, we recommend regular attendances and self-contemplation studies after attending sessions.

Suggested facility fee \$10. Drol Kar members no charge

## Friday Morning 11.00am - 'Finding the Stillness Within' Meditation

### Dr. Darren Fahroedin and Damian McMurrich

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.

Buddhism explains that our normal state of mind is unruly and wild, and we are therefore not well equipped to deal with negative thoughts and emotions that can dominate us. We require a tool that can help us tame our mind, find the still, quiet place within, and thereby increase our potential for happiness.

This class is suitable for all levels of meditators, Buddhist or non-Buddhist, including beginners. Each class typically includes a short discussion around principles from Buddhist philosophy and Buddhist and Western science of the mind and healing, in a friendly, informal atmosphere with opportunities for Q&A. Bookings not required; donation appreciated.



## Mindfulness Meditation - Michael Anderson

### 2024 schedule

Half days 9.00am -12.00pm - March 23, June 8, August 31

Full day 9.00am - 4.00pm - November 16

