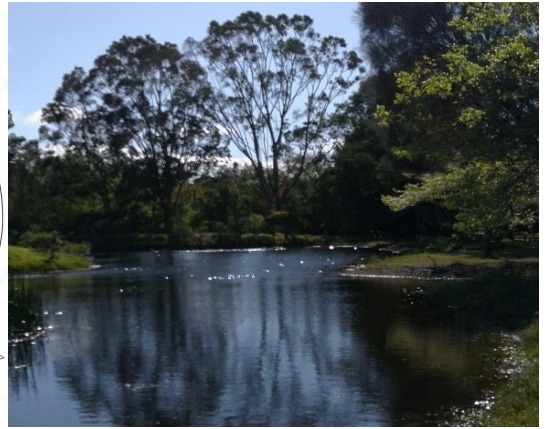




Drol Kar Buddhist Centre

Newsletter November 2025

NOVEMBER DATES

November 2	First Sunday of the Month Teaching Venerable Geshe Sonam Thargye 10:30am - 12noon
November 8	One Day Course - 'Developing a Kind Heart' 9:00am - 4:00pm
November 15	Spring Cleaning Garden Working Bee 10:00am - 12noon (lunch provided)
November 30	White Tara Statue Consecration 10:30am onwards

November 2025

I am writing this article with gratitude; to inform all our members and friends that after 26 years of commitment to the establishment and continuity of the Drol Kar Buddhist Centre, David and I are retiring from official duties.

It was 30 years ago this October that we attended our first ever Buddhist teaching at Tara Institute in Melbourne. That very first teaching from Geshe Doga was a transformative experience and we will be forever indebted to Geshe Doga for the Dharma path our lives have taken.

David and I met Geshe Sonam in 1998 through a connection with his sponsor in Geelong and, as it happened, both people had a strong connection with Geshe Doga. Along with some dear local friends, to cut a detailed story short, we established Drol Kar Buddhist Centre, Geelong in 1999. We wish to thank Geshe Sonam for the incredible opportunities bestowed upon all of us who contributed to the Drol Kar Centre. Through his vision and direction, projects such as the Nying-Jey sponsorship program and of course, the three visits by His Holiness the 14th Dalai Lama were able to take place. These projects were born of virtuous effort by everyone who gave up their time and skills to benefit many people, not just in Australia, but around the world. It was an honour for the Mayer family to be part of it all.

Personally, I want to send a special thank you and warm hug to Venerable Jampa and Helen, my spiritual sisters; we could not have gone this far without you both. To our past, present and future committee members thank you so much for your kindness in sharing your knowledge and skills to benefit our community. To our Drol Kar members and friends, we appreciate your ongoing support and help in keeping the Dharma Centre flourishing and making the last 26 years an amazing experience.

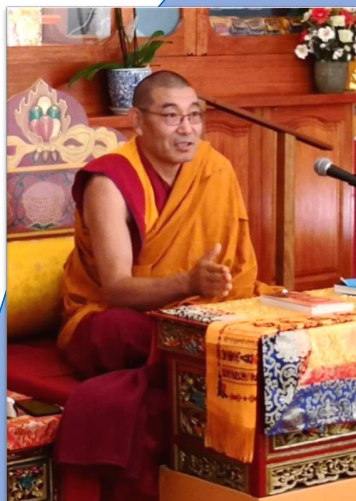
We look forward to seeing you all in the future at the Drol Kar Centre. We may be the ones relaxing in the courtyard with a cup of tea, so say hello.

With love,
Karen, David and family.



Drol Kar Buddhist Centre

625 Nortons Rd
Paraparap



*Teaching commences
at 10:30am sharp*

First Sunday of the Month

Sunday November 2

10:30am – 12noon

Geshe Sonam Thargye

**Buddhist Philosophy
and Meditation**

General Public \$10/ \$7 conc

Drol Kar members – no charge

Tea and Coffee available after the Teaching

Buddhism in Australia: Wellbeing, Belonging and Social Engagement

A study is being conducted by Dr Juewei Shi (Nan Tien Institute), A/Prof. Anna Halafoff, Prof. Andrew Singleton, Dr Kim Lam (Deakin University), Prof. Cristina Rocha (Western Sydney University) and A/Prof. Sue Smith (Charles Darwin University) and has been approved by the Deakin Human Research Ethics Committee (Approval Number: 2024-076).

As part of this project, the researchers are conducting the first large-scale survey of Buddhism in Australia. The survey aims to gather insights into the experiences, beliefs, values and practices of Buddhist adults (18+) living in Australia, as well as the factors that support or challenge their sense of wellbeing and belonging in Australia.

The survey is available in multiple languages, including English, Cambodian, Chinese, Sinhalese, Thai and Vietnamese, to reflect the diversity of Australia's Buddhist communities.

If you are interested in taking part in this research survey, the details are as follows:

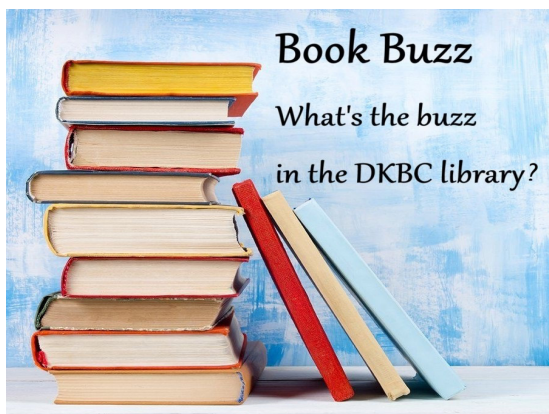
Survey Link: <https://buddhisminaustralia.org/survey/>

Estimated Time: Approximately 15 minutes

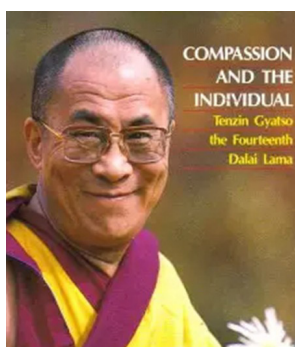
Eligibility: Participants must be aged 18 or older

Confidentiality: All responses are anonymous and confidential. Participation is voluntary, and participants may withdraw at any time by exiting the survey.

Further information can be found on the project's website at:
<https://buddhisminaustralia.org>

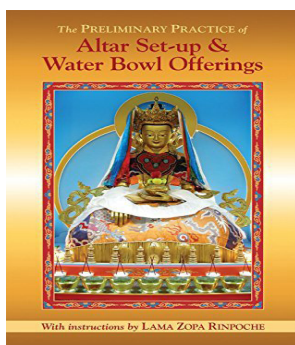


A final lot of recommendations from the Drol Library. Enjoy! (and thanks to Helen for all the recommendations she's made over the course of the year!)



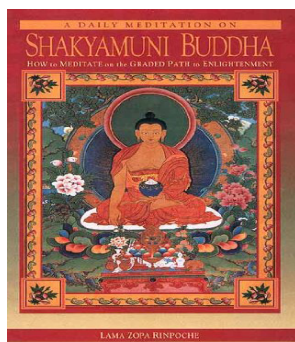
Compassion and the Individual Tenzin Gyatso HH the 14th Dalai Lama of Tibet

The Dalai Lama explains why compassion is so inseparable from our human nature, and how we can tap into and develop it.



The Preliminary Practice of Altar Set-up and Water Bowl Offerings Lama Zopa Rinpoche

This text provides a complete explanation of how to set up a personal altar, how to make water bowl offerings and how to offer them in the most beneficial way.



A Daily Meditation on Shakyamuni Buddha Lama Zopa Rinpoche

This book is an easy-to-use method for anyone wishing to establish a daily meditation routine, especially beginning students.

Bore Update

The bore pump has been installed and water is now flowing to replenish the dam.



IT'S BEEN A BEAUTIFUL SPRING AT PARAPARAP



BUT the WEEDS have been A-GROWING ... so it's time for a
GARDEN WORKING BEE

SATURDAY 15 NOVEMBER 10am - 12 noon

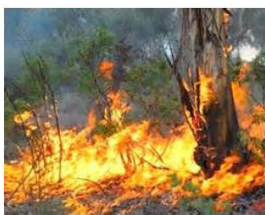
with lunch / refreshments / cake provided from midday

BYO gloves, favourite weeding implements, sunscreen, hat

Let's clear out some of those weeds to make the garden
look even better for the White Tara statue blessing gathering.

A TIMELY REMINDER.....

Environmental hazards at Paraparap



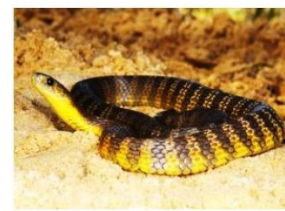
Bushfires

Be aware of the Drol Kar fire
safety policy



Spiders

Poisonous spiders in
the garden / around
sheds



Snakes

Watch for poisonous snakes
Spring - Autumn



Dams

Supervise children around
the dams on the property



Bees

Bees are always busy
around the garden



Magpies / Swamp Hens

Can be aggressive when
nesting in Spring/Summer

ONE DAY COURSE: *Developing a Kind Heart*

with
Dr Darren Fahroedin

SATURDAY November 8, 2025
9:00am - 4:00pm

Cost: General Public: \$90 Drol Kar members: \$60
includes morning & afternoon tea and a two-course
vegetarian lunch

In daily Dharma practice, one should not focus solely on personal well-being but also embrace the welfare of all sentient beings. Just like us, all beings experience suffering and wish to be free from it, yet they often lack the understanding of how to achieve this freedom. Because they cannot attain it on their own, it becomes our responsibility to develop the capacity to liberate them from suffering and its causes, and to help them attain lasting happiness. Through this compassionate intention and action, we also cultivate all the noble qualities within ourselves.

Bookings by Wednesday November 5 :

Email: info@drolkarbuddhistcentre.org.au

Full Payment Required with Booking

BSB: 633000 Account: 108414384

Reference: Name and Retreat

DROL KAR STATUE CONSECRATION CEREMONY



SATURDAY NOVEMBER 30

10:30am at the gompa; ceremony starts at **11:00am**
followed by a vegetarian lunch

Drol Kar members are invited to the consecration ceremony for the marble statue of Drol Kar at the Drol Kar Buddhist Centre.

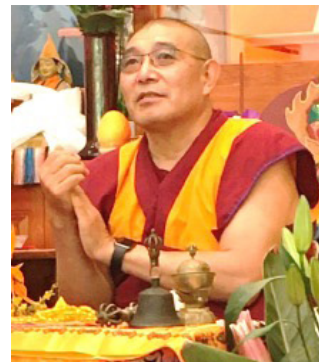
RSVP by November 26
info@drolkarbuddhistcentre.org.au

Drol Kar Teaching Program 2025

Geshe Sonam Thargye - First Sunday of the Month 10:30 am

There are many different Buddhist Philosophies, but the basis of all the teachings aims to eliminate the destructive states of the individual's mind and the problems the individual's mind creates that brings about suffering. Suffering originates from the mind. The main cause of suffering is our emotions. Grasping onto the self, and protecting the self gives rise to strong emotions such as attachment, anger, deluded views, love etc.

Venerable Geshe Sonam Thargye will continue with direct discourse in Buddhist Philosophy focusing on topics relating to our everyday life situations and how to free ourselves from these destructive emotions and thoughts. Geshe la is a skilled teacher in logical analysis and critical thinking. He says "without cultivating an ability and a willingness to look at different viewpoints, we will not diverge on understanding whether 'liberation makes sense or not' or is possible".



First Sunday of the Month 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.

Tea & Coffee provided after class.

Venerable Jampa Drolma

Monday Evening 7:30pm & Tuesday Morning 11:00am

Jampa continues her commentary on the text, 'Liberation in the Palm of Your Hand' [1921] by Tibetan Lama, Pabongka Rinpoche. The text presents an organised breakdown in stages, of the entire Buddhist philosophy path.

The teaching is a step-by-step guide to help work through and understand our minds using everyday situations that we experience. The sessions are designed to be interactive and incorporates prayer, meditation, teaching, discussion and the opportunity for self-directed study. The sessions are open to everyone interested in Buddhist studies, however, as the teachings are sequential in method, regular attendance will be beneficial to understand the material fully.



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; donations appreciated.



Mindfulness Meditation - Michael Anderson

2025 schedule

9:00am - 12noon Saturday May 3

9:00am - 12noon Saturday October 11

