



DROL KAR BUDDHIST CENTRE

NEWSLETTER MAY 2026



MAY in Brief

May 17 – June 15	Saka Dawa holy month
May 2	Mindfulness Meditation
May 3	First Sunday Buddhist Philosophy and Meditation
May 3, 10, 17, 24	Puja chanting class
May 10, 17, 24	Dharma Practice in Our Daily Lives
May 10	Drol Kar AGM
May 1, 8, 15, 22, 29	Meditation - Finding the Stillness Within
May 23	Garden Working Bee
May 31	Saka Dawa Lunar 15th day Puja -Prayers for World Peace

ANNUAL GENERAL MEETING 2026

The Drol Kar Buddhist Centre Inc. AGM will be held on Sunday 10 May 2pm at the Centre. Any members of DKBC wishing to attend, or anyone interested in becoming a member of the committee, please register your interest by contacting Helen McKenzie at the DKBC office 52661788.

GARDEN WORKING BEE

SATURDAY 23 MAY 10am start
GENERAL MAINTENANCE

Weeding, general tidying and trimming

ONSITE: Gloves & weeding implements, wheelbarrows, baskets

BYO: Favourite gardening tools, hat, sunscreen.


REFRESHMENTS: Light luncheon [provided] from 12pm.
tea, coffee, cake.




Drol Kar members and Friends

Why not come along and enjoy a couple of hours in the fresh air with some friendly people, help tidy the gardens, pull out a few weeds and earn a little Saka Dawa merit as well. Then share lunch [provided] over some lively conversation and a cuppa afterwards.

MAY PROGRAM



Drol Kar Buddhist Centre
625 Nortons Rd Paraparap VIC 3240



Teaching commences
at 10.30am sharp

First Sunday of the Month
Sunday 3 May
10.30am – 12.00 pm


Geshe Tsoda Gonpo
teaching

Buddhist Philosophy
and Meditation

General Public \$10/ \$7 conc
Drol Kar members – no charge


Two course vegetarian lunch available after teaching \$15

Please note: if you are not able to pay the full amount indicated,
come anyway and pay what you can



Drol Kar Buddhist Centre

Buddhist Philosophy



Venerable Jampa Drolma
teaching

Sundays 10, 17, 24 May
10.30am – 12.00pm

**Dharma Practice for
Our Daily Lives**

\$10 / \$7
[DKBC members excepted]

Please note: Anyone unable to pay the full amount indicated,
please come anyway and contribute what you can

Geshe Sonam is absent from the Centre until May 10 escorting a tour group to Bhutan.

Saturday 2 May Mindfulness Meditation with Michael Anderson
Michael Anderson welcomes all comers to share in 3 hours
of quiet meditation in the highly conducive environment at Paraparap
No bookings necessary but a donation
to Drol Kar Buddhist Centre much appreciated.
A second Mindfulness Meditation session with Michael
is scheduled for October.



SAKA DAWA ~ LUNAR 15TH DAY [FULL MOON]

Saka Dawa occurs during the fourth month of the Tibetan calendar, [2026 May 17-June 15]

This month is considered the most sacred period in the Tibetan Buddhist year.

Celebrations reach their height on the 15th Lunar Day when the full moon appears.

This special day marks three significant occurrences in the life of Shakyamuni Buddha: his birth, his enlightenment under the full moon, and Parinirvana.



On Saka Dawa, monks hold a morning puja in monasteries, recite sutras, and perform Cham dances. Afterwards, Tibetans make a promise to observe the Eight Mahayana precepts for the day.

Saka Dawa is seen as a great opportunity for spiritual growth, purification, and enlightenment. Good deeds done during this month are believed to generate karma one hundred million times stronger.

The focus is on morality, generosity, and meditation.

Some worthy acts include:

- Visiting sacred Tibetan sites, such as mountains, lakes, caves, monasteries, and temples.
- Walking koras in a clockwise direction around shrines or holy places, while praying, prostrating, and chanting mantras like “Om Mani Padme Hum” the Buddha Shakyamuni mantra, or White and Green Tara mantras.
- Donating to monasteries, monks, and nuns.
- Giving charity to those in need.
- Lighting butter lamps to dispel dark forces.
- Avoiding meat consumption.
- Releasing animals back into their natural habitat

[Source: Tibetpedia.com

Through constant meditation on the Bohdi mind, I eradicate forever the obscuring shadows of habitual thought

ADDITIONAL SERVICES TO BE OFFERED AT DROL KAR CENTRE

Since their arrival at Drol Kar, Geshe Phuntsok and Geshe Tsoda have been supporting Geshe Sonam, helping with both the upkeep of the property and the facilitation of ceremonies.

As part of Drol Kar's educational initiative, Geshe Phuntsok and Geshe Tsoda are keen to also broaden their service to Drol Kar by offering trainings in traditional ritual ceremonies. This would include such training as instructions on altar setup and puja chanting.

The Geshes aim to teach interested practitioners how to create a sacred space, make offerings with proper motivation, and utilize these methods to accumulate merit and transform the mind.

Amid current global challenges, including violence and conflict, they emphasize the importance of blending these mind-training practices with knowledge in pujas like Tara Pujas and Guru Pujas.

Classes will be held on Sundays from 1:00 pm to 2:00 pm in the gompa commencing on May 1st after the regular Sunday Philosophy sessions and a lunch break.

No booking required. Everyone is welcome to join in. Participants should bring along a notebook for taking notes, a pen, and if you have them – a Lama Chopra puja book and any ritual objects (bell and dorje).

The Geshes are also available (by appointment) for retreat advice or to request prayers for family and friends eg people who are ill, dying or deceased. Appointments via Drol Kar email: info@drolkarbuddhistcentre.org.au

Altar Setup:

Guidance on arranging sacred objects to represent the Buddha's body, speech, and mind.

Puja Chanting:

Instruction on musical rhythm, pronunciation, and the devotional, meditative aspects of Tibetan Buddhist offering rituals



Drol Kar Buddhist Centre



Saka Dawa Puja Prayers for World Peace

May 31 2026

10.30am-12.00pm

replacing Sunday Philosophy class]

Puja A ritual carried out to express reverence, honour, and devotion to one or multiple deities, or to spiritually commemorate important life events.

Offerings Attendees of a puja ceremony customarily bring offerings—such as flowers, fruits, sweets, or incense—as acts of respect and gratitude. These offerings are shared among everyone present at the conclusion of the ceremony.

Once the puja ceremony concludes, participants are encouraged to show their appreciation to the monks who led the ceremony by presenting a katag. Monetary offerings are also acceptable.

UN Day of Vesak 2026 Victoria Sat 16 May

A day of multi-cultural celebration of the Lord Buddha's
Birth, Enlightenment and Passing.
featuring

12.15 Procession and Friendship Walk Parliament
Gardens to Melbourne Town Hall

10am-6pm Commemoration Melb. Town Hall

Viewing the 21 Taras Thangka Buddha relics,
Meditation, Sangha Chanting, Interfaith
presentation, Speeches

A group from DKBC will be attending
including Sangha – Geshe Phuntsok
and Tsoda and Venerable Jampa
Contact DKBC office for more
details of this group



THE JOY OF TEACHING ENGLISH TO GESHE TSODA AND GESHE PHUNTSOK

By Shane Foyster

I have had the great privilege over the last 4 months of giving Geshe Tsoda and Geshe Phuntsok some English lessons – building on the lessons that Helen McKenzie, Linda Diggins, and other Drol Kar members have provided. It's been a wonderful way to get to know the Geshes more, including where they have lived in their life and when and how they came to Australia.

I've also loved experiencing the play and creativity of language and communication, including making meaning using objects in the room, role playing simple conversations, using technology (like translation apps) and lots of gestures and laughs. Linda has also been including English learning with driving lessons, as well as giving lessons around family, Dharma words, everyday activities and life in the monastery.

The lessons have also been a wonderful training in mindfulness of speech and motivation. I need to be aware of my own language, how I sound words, what is the clearest way I can be understood, how to keep my mind clear so I can listen in return.

It's such a wonderful opportunity.

Linda Diggins captured this very well in an email she wrote to me:

*"It's a privilege to be able to assist them in improving their English language knowledge.
It's a lot of fun. Makes me laugh."*

I want to encourage others at Drol Kar to get involved as much as you can. A simple way is to have a conversation with Geshe Tsoda and Geshe Phuntsok while also being aware of your own speech – making sure to speak at the right pace (slowly if needed), to articulate words clearly, to avoid slang which is hard to understand and to use simple questions and answers to keep the conversation friendly, flowing and therefore create new meanings together.

Additionally, for those who are interested, there will be opportunities to also provide some English lessons or help the Geshes in other ways – please get in touch with the Drol Kar committee if you are interested. I'm planning to provide some lesson plans and materials for others to use, as part of a course I am doing on language teaching and linguistics.

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WHAT'S NEW AT PARAPARAP

SOLAR INSTALLATION Up and running



Gardening Tips in May



A new regular feature by DKBC gardening guru Kate Kirkhope
'Gardening offers lessons in mindfulness, impermanence, and patience, with the rhythm of weeding and tending to plants acting as a form of meditation.'

Vegies to Plant in May:

Prepare beds with dug in organic compost and organic cow and chicken manure. Leafy greens, root vegies and autumn staples; broccoli, cabbage, cauliflower. Garlic planting time is now. Plus sow broad beans and peas directly where they can be supported.

Garden Hints for May:

Cutback, divide and replant perennials, prepare rose beds with cow or poultry manure, look out for bare rooted fruit and deciduous trees in nurseries, prune climbers once flowering is complete, rake up autumn leaves into piles then mow over leaf piles and add to the compost pile/bin. Citrus plants may require a trace element foliar spray if showing striping or variegated veins.



ACCOMMODATION AVAILABLE NOW

An opportunity to live in the quiet, rural atmosphere at Paraparap in the red brick two-storey building. Three bedrooms, lounge, private bathroom [upstairs], kitchen / laundry facilities shared with two monks and occasionally the Drol Kar community [downstairs] ~ includes TV / Internet access, onsite parking, friendly neighbours. Would suit a single, a couple or two friends who enjoy communal living.

Enquiries/further information contact Helen: info@drolkarbuddhistcentre.org.au.

Unfortunately, not suitable for young children or pets for environmental reasons.

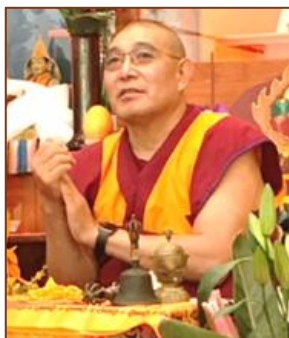


There is only one moment in time when it is essential to awaken. That moment is now.

DROL KAR TEACHING PROGRAM 2026

Geshe Sonam Thargye –First Sunday of the Month 10:30 am – 12.00 pm

BUDDHIST PHILOSOPHY AND MEDITATION



Buddhist philosophies, though varied, share a core goal of reducing harmful mental states that lead to suffering. Suffering stems from the mind, mainly through emotions like attachment or anger, which arise from self-centeredness.

Geshe Sonam Thargye offers practical Buddhist Philosophy insights on managing destructive emotions and thoughts in daily life. Known for his expertise in logical analysis and critical thinking, he emphasizes that openness to different viewpoints is essential to understanding the possibility of liberation.

First Sunday of the Month teachings start at 10:30am, last ninety minutes, and feature motivation prayers, meditation, teachings, and Q&A or debate in a welcoming setting. The class is open to all levels, from beginners to experienced practitioners. Following the class, a two-course vegetarian lunch is available for \$15 per person.

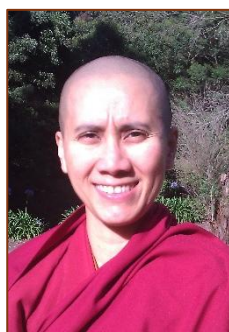
Venerable Jampa Drolma

Sundays 10.30am -12noon ~[except 1st Sunday]

BUDDHIST PHILOSOPHY ~ DHARMA PRACTICE IN OUR DAILY LIFE

According to Buddhist teachings, the mind precedes all actions. That is, thoughts guide intentions, which are manifested through actions and subsequently result in outcomes. For instance, fostering positive mental qualities such as mindfulness, wisdom, compassion, and ethical conduct promotes the development of an empowered mindset.

If you focus on anger, fear, or doubt, you'll notice negativity everywhere. Drol Kar's Sunday classes with Ven. Jampa cover core Buddhist philosophy and show how Dharma practice can foster peace, clarity, and happiness.



Monday Evening 7:30pm

STUDY GROUP- STAGES OF THE PATH

Venerable Jampa continues her detailed commentary on the classic Buddhist text, *Liberation in the Palm of Your Hand* (1921). This influential work was written by the Tibetan Lama, Pabongka Rinpoche.

The text offers an organised, step-by-step breakdown of the entire Buddhist philosophy path. Through these stages, students can systematically explore and understand the principles and teachings central to Buddhist philosophy.



Friday Morning 11:00am - MEDITATION ~ FINDING THE STILLNESS WITHIN'

Dr. Darren Fahroedin and senior DKBC students

Meditation, from a Buddhist perspective, is a spiritual practice for gaining control over thoughts and emotions. Buddhism teaches that our minds are often unruly, making it difficult to manage negativity. Meditation helps calm the mind and fosters greater happiness.

This class welcomes all meditators, regardless of experience or background. Sessions include brief discussions on Buddhist philosophy and science of the mind in a relaxed setting with Q&A.

A facility fee of \$10 applies for all classes; Drol Kar members attend at no charge.

PLEASE NOTE: If you are unable to contribute the indicated fee, please come anyway and give what you can.



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