



Dear Friends,

I'm writing to you at this special time of the year when we look back at what has happened in the last 12 months, and look forward to the possibilities that the New Year holds.

Fifty Years of the Triratna

Fifty years ago, in April 1967, our teacher Sangharakshita saw the possibility of the new when he started the Triratna Buddhist Community (previously the FWBO, or Friends of the Western Buddhist Order).

A few years previously, he had returned to the land of his birth, England, after living in India for 20 years. For most of that time he lived in the foothills of the Himalayas as a Buddhist monk, studying, practicing and teaching the Dharma.

On returning to Europe he saw the tremendous potential for the development of the Dharma in the West. His conviction was that a new Buddhist movement was needed that would enable a wholehearted and radical engagement with Buddhist practice relevant to the modern world.

Since its early days when it occupied a small basement under a shop in London this movement has grown considerably. There are now Triratna activities in 27 countries with many thousands of people involved.

This spring we'll be marking the 50th anniversary of the founding of the Triratna Buddhist Community with a day of celebrations at the DBC on Sunday, April 9th.

On the day we'll be rejoicing in the richness, beauty and depth of our community of practitioners, as well as developing a sense of how it might grow into the future here in Ireland. Please do come along if you feel a connection with our community. It'd be lovely to see you there.

Ordinations

At the heart of our community is the Triratna Buddhist Order, today numbering more than 1,900 women and men around the world who have formally committed their lives to the Buddhist path.

Last September ex-Geraldine Griffin from Dublin made this commitment and joined the order on a special ordination retreat in Akasavana, a women's retreat centre located deep in the mountains of Spain. At her ordination, she was given the name Chandrachitta – 'she whose heart is radiant like the moon.' It is a fitting name for a woman whose qualities shine brightly indeed. Sadhu Chandrachitta! Welcome to the Order.

Happily, there have been two others from Ireland who have also recently been invited to join the Order in the New Year. Greg Kelly is from Westport, Co. Mayo and is a key member of our Triratna group there. He will be joining the Ordination retreat in Guyhaloka, a retreat centre for men in Spain.

Also, Mairead Keane, who is a member of our Sangha here in Dublin, will be ordained on a retreat in Akasavana.

Both retreats are several months long and present a unique opportunity to delve deeply into the mysteries of life in the context of an intense engagement with the Buddha, Dharma and Sangha.

Both Greg and Mairead are good friends of mine and I look forward to them bringing their fine qualities into our order. I wish them every happiness and success in their practice. May it bear fruit for the benefit of all beings!

Buddhism and Science

Finally, we have many upcoming courses and events, but I wanted in particular to mention a new course that we'll be running in 2017 led by Vajrashura. *Buddhism and Science: The Quest For Truth* begins on Thursday, January 12th.

Vajrashura will be known to many of you as our mitra convenor and centre manager. What you might not know is that he has a degree in Theoretical Physics (no, I don't know what means either!). He also has an avid enthusiasm in both science and Buddhism, and will be exploring the parallels and differences in their quest for Truth. It promises to be a fascinating exploration.

Wishing you and yours a very happy festive season, and all the very best for the New Year.
Jnanadhara



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- Thu 5th DBC Office reopens.
Sat 7th Yoga classes with Pavara resume.
Sun 8th Yoga & Meditation Day, led by Pavara. 10am - 5pm.
Mon 9th New cycle of Meditation & Yoga courses begins.
Mon 9th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 11th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Thu 12th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
Thu 12th *Buddhism and Science: The Quest for Truth* Course begins,
led by Vajrashura. 7.30pm - 10pm for five weeks.
Sat 14th Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
Sun 15th *New Year Tonic* Day Workshop, led by Mairead Keane. 10am - 5pm.
Wed 18th *Life with Full Attention* Mindfulness Course begins,
led by Jnanadhara. 7.30pm - 10pm for eight weeks.
Fri 20th Young Buddhist Group evening. 7.30pm - 10pm.
Sat 28th Introduction to Meditation Day, led by Jnanadhara. 10am - 4.30pm.

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- Fri 3rd Young Buddhist Group evening. 7.30pm - 10pm.
Tue 7th Mitra Ceremonies, celebrated as part of Sangha Night. 7.30pm - 9.45pm.
Sun 12th Parinirvana Day Festival, commemorating the passing away of the Buddha,
with a Dharma talk by Parami. 10am - 5pm.
Mon 13th New cycle of Meditation & Yoga courses begins.
Mon 13th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 15th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Thu 16th *Not About Being Good* Buddhism Course begins, led by Vajrashura. 7.30pm - 10pm for six weeks.
Fri 17th - Sun 19th Weekend Retreat in Mucklagh, led by Jnanadhara & Maitrikaya.
Sun 26th Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.

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- Sun 5th Yoga & Meditation Day, led by Pavara. 10am - 5pm.
Sat 11th Study Day for Women Mitras and Order Members, led by Padmavasini. 10am - 5pm.
Thu 16th - Sun 19th Retreat in Cavan, led by Jnanadhara and Vajrashura.
Wed 22nd *Going Deeper in Meditation* Course begins, led by Jnanadhara. 7.30pm - 10pm for five weeks.
Sun 26th Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
Mon 27th New cycle of Meditation & Yoga courses begins.
Mon 27th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 29th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
Wed 29th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Fri 31st Young Buddhist Group evening. 7.30pm - 10pm,
with Prajnaketu, the overall Triratna Young Buddhist Coordinator.

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- Sun 9th Triratna Buddhist Community Day. Celebrating 50 years of Triranta. 10am - 5pm.
Thu 13th - Mon 17th Spring Retreat in Cavan, led by Prajnagita & Vajrashura.
Thu 20th Introduction to Buddhism Course begins, led by Maitrikaya. 7.30pm - 10pm for five weeks.
Fri 21st Young Buddhist Group evening. 7.30pm - 10pm.
Sat 22nd Introduction to Meditation Day, led by Jnanadhara. 10am - 4.30pm.
Sun 23rd Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
Fri 28th Apr - Mon 1st May Men's Mitra Retreat in Sandville House, Cavan, led by Vajrashura and Jnanadhara.
Fri 28th Apr - Mon 1st May Women's Mitra Retreat in Mucklagh, Co. Wicklow,
led by Prajnagita, Sadayasihhi and Chandrachitta.



Sangha Nights Every Tuesday night, 7.30pm - 9.45pm. On a drop-in, donation basis.

Tuesday night in the DBC is Sangha Night – ‘Sangha’ being the Buddhist spiritual community. In the small shrine room is an opportunity to meditate with others, especially if you’ve just completed an introductory meditation course and are wondering what to do next. In it we’ll be exploring ways of engaging with meditation and the issues that arise in our lives with help from the Buddhist tradition. All are welcome, whatever your level of practice. In the large shrine room is a chance to come along and do a solid night’s practice with other Sangha folk. The evening consists of a long meditation and then a Puja, with a small amount of input. This is for people who have a regular meditation practice and a desire to practice Puja together with others.

Drop-in Meditation Sits Weekday mornings, 7.30am - 8.20am. Weekday lunchtimes, 1.15pm - 1.45pm.

Mornings: This is for those of you who’d like to have a communal meditation before you start your day. Please arrive around 7.20am to set yourself up beforehand. And after the Thursday morning sit, there’s a coffee morning in a local cafe!

Lunchtimes: Come along for a lunchtime sit in the centre. Feel free to either come a little early or hang on afterwards to eat your lunch, or you can also decide to sit on a little longer at the end if you’d like a longer meditation.

Meditation Practice Mornings Every month – see calendar for dates. 10am - 1pm. Led by Maitrikaya.

These meditation practice mornings are an opportunity to come together regularly for intensive collective meditation practice. The morning consists of three consecutive sits, each around 45 minutes long, with short leg stretches and a tea break in between. Just a simple morning of practice, without teaching. No need to book, on a donation basis.

Retreats

Retreats give you a chance to put aside the concerns and demands of your everyday routine. They’re an opportunity to begin to relax and open up to your experience. Those who go on retreat regularly find the qualities of metta and mindfulness pervading the rest of their lives, and find their spiritual practice naturally deepening. Suitable if you’ve done an introductory meditation course.

Weekend Retreat – Mucklagh, Co. Wicklow. Friday 17th - Sunday 19th February.

Led by Jnanadhara & Maitrikaya. Cost: €220 waged / €180 low-waged / €130 unwaged.

Long Weekend Retreat – Sandville House, Cavan. Thursday 16th - Sunday 19th March.

Led by Jnanadhara & Vajrashura. Cost: €185 waged / €165 low waged / €125 unwaged.

Spring Retreat – Sandville House, Cavan. Thursday 16th - Monday 19th April.

Led by Prajnagita & Vajrashura. Cost: €215 waged / €195 low waged / €155 unwaged.

Men’s Mitra Retreat – Sandville House, Cavan. Friday 28th April - Monday 1st May.

Led by Vajrashura & Jnanadhara. Cost: €185 waged / €165 low waged / €125 unwaged.

Women’s Mitra Retreat – Mucklagh, Wicklow. Friday 28th April - Monday 1st May.

Led by Prajnagita, Sadayasihi & Chandrachitta. Cost: €230 waged / €190 low-waged / €140 unwaged.

Young Buddhist Group Every month – see calendar for dates. Fridays, 7.30pm - 10pm. Led by Sadayasihi, Kevin and Kasey.

The Young Buddhist Group in Dublin has been established in recognition of the need for a space where young Buddhists in Dublin can meet, share their experiences, practise together, and develop meaningful connections and friendships based on the Dharma. The group is open to anyone who is 35 years or younger and is suitable for all levels of experience. It meets monthly, and begins with meditation, followed by a discussion of Buddhist principles relevant to young people. In particular, it will explore how practising as a Buddhist can help transform the world we live in.

Yoga and Meditation Days Sunday 8th January & Sunday 5th March, 10am - 5pm. Led by Pavara.

These Yoga and Meditation Days are suitable for all levels of yoga, as well as for those interested in meditation. They’re an opportunity to reconnect with your meditation or yoga practice if it has slipped, as well as a great way to try them out if you haven’t done them before. On the day the Mindfulness of Breathing and the Metta Bhavana will be taught, as well as two sessions of yoga. Cost: €75 waged / €35 unwaged.

New Year Tonic Day Workshop Sunday 15th January, 10am - 5pm. Led by Mairead Keane.

Invest in your health and well-being with a day of balancing energies and reducing stress. The workshop includes deep relaxation, yoga postures to eliminate energy blockages, stress management tips, simple acupressure points, life coaching, meditation and simple routines to positively enhance your mind, body and spirit. No experience of meditation or yoga is necessary. Cost: €75 waged / €35 unwaged.



Buddhism & Science: The Quest for Truth Course Wednesday 12th January for five weeks. Led by Vajrashura. Buddhism is a path to seeing the true nature of things and how to live well in this. This path to the truth was originally laid out by the Buddha, helping us to understand this truth for ourselves. Science, the systematic study of the structure and behaviour of the physical and natural world through observation and experiment, is done through thinking and through practical activity, and, like Buddhism, has as its goal the exploration of the nature of the world, and the discovery of the true nature of things. On this five week course, we will be exploring the parallels and the differences in these two approaches in the quest for truth, exploring a variety of areas from both traditions. Cost: €100 waged / €90 low-waged / €65 unwaged.

Life with Full Attention Mindfulness Course Wednesday 18th January for eight weeks. Led by Jnanadhara. During this eight week practical course we will be exploring the full breadth of mindfulness practice and how we can apply it more effectively in our lives. Mindfulness is about living fully and vividly, without rumination or distraction, which ultimately means learning how to pay closer and closer attention to our actual experience. And so on the course we will be cultivating a deeper awareness of the true nature of our experience, of other people, of the world around us, and even of reality itself. The course will be a systematic approach to mindfulness and authentic happiness, and have a strong practical emphasis on how to live this out in daily life. It will be based around Maitreyabandhu's highly regarded book *Life with Full Attention*, which is included as part of the course. Suitable for anyone who knows the Mindfulness of Breathing and the Metta Bhavana. Cost: €195 waged / €165 low-waged / €125 unwaged.

Introduction to Meditation Days Saturday 28th January & Saturday 22nd April, 10am - 4.30pm. Led by Jnanadhara. On these days, both the Mindfulness of Breathing and the Development of Loving Kindness meditations will be taught, as well as walking meditation. They are ideal as an introduction to meditation, or as a refreshing day retreat if you'd like a boost to your practice. Cost: €75 waged / €35 unwaged.

Parinirvana Festival Day Sunday 12th February, 10am - 5pm. On this day we recollect and honour the physical death of the Buddha and celebrate his total victory over all limitations. It is also a day to remember and appreciate loved ones who have died over the last year, so please bring photos of deceased loved ones to place on the shrine if you wish. The day will include a Dharma Talk in the afternoon by Parami, one of the two Order Convenors of the Triratna Buddhist Order, who is visiting Dublin on this weekend. As well as this there will meditation, reflection, readings, and we will finish with a Puja. All welcome.

Not About Being Good Buddhism Course Thursday 16th February for six weeks. Led by Vajrashura. Buddhist ethics are not about conforming to a set of conventions, nor are they about 'being good' in order to gain rewards. Instead, living ethically springs from the awareness that other people are no different from yourself, and we can actively develop this awareness through cultivating love, clarity and contentment. In this six-week Buddhism course we'll be exploring all this and how to live ethically in this world. We will be working from Subhadramati's excellent book *Not About Being Good*, a copy of which is included with the course. Cost: €120 waged / €105 low-waged / €75 unwaged.

Study Day for Women Mitras and Order Members with Padmavasini Saturday 11th March, 10am - 5pm. This event will combine posture work with gentle yoga stretches, sitting practice and study. Padmavasini, a long standing Order Member, is originally from Northern Ireland and was the resident yoga teacher in the DBC in the late 90s during which time she befriended many of us in the DBC Sangha. She now lives in the UK and is a very experienced and highly regarded Iyengar instructor. We are delighted that she will be back in Dublin for this day event which combines her depth of experience in both body work and in Dharma practice. Cost: €30 waged / €20 unwaged.

Going Deeper in Meditation Course Wednesday 22nd March for five weeks. Led by Jnanadhara. This going deeper course is designed to take your meditation practices of mindfulness and metta deeper. Many facets of meditation will be explored, including the receptive dimension of meditation, the potential for liberating insight in meditation, and the possibility of being in the world in a new way. There will be opportunities to discuss how your meditation is going, the obstacles you experience and how to overcome them, and how to allow the deeper fruits of meditation to unfold. Cost: €110 waged / €100 low-waged / €65 unwaged.

Triratna Buddhist Community Day Sunday 9th April, 10am - 5pm. This year is the 50th anniversary of the founding of the Triratna Buddhist Community, or the Friends of the Western Buddhist Order as it used to be called. On the evening of April 6th, 1967, about 24 people gathered and recited a ceremony specially written by Sangharakshita to inaugurate this new Buddhist movement. Now, all these years later, the Triratna Buddhist Community has grown all over the world, including our thriving Sangha here in Dublin. On this day we'll be celebrating all these years of Triratna and rejoicing in our world-wide Sangha.

Introduction to Buddhism Course Thursday 20th April for five weeks. Led by Maitrikaya. Buddhism has proved to be hugely popular in the west, yet it is not a traditional religion or even merely a philosophy. What is it then? And how does one practise it? On this course we will be exploring what it was the Buddha experienced in gaining Enlightenment, and how it is relevant to our lives today in modern Ireland. In particular, we'll be looking at the Buddha, the founder of Buddhism; the Dharma, his teaching; and the Sangha, the spiritual community. Open to all levels of experience. Cost: €85 waged / €70 low-waged / €45 unwaged.
