



Dear Friend.

I hope this newsletter finds you well and happy in this holiday period. Jnanadhara is currently in New Zealand, visiting his family and friends, so it falls to me to write this editorial.

What the World Needs Now

One of the highlights for me of these past few months was a new course in the Centre, entitled *What the World Needs Now*, in which we explored issues the world faces today, such as rampant consumerism, environmental collapse, conflict and information overload. We also explored what the Buddhist response to these might look like.

What emerged very clearly is that most of these problems are caused, at root, by wrong views, polarisation, self-preoccupation and craving, and the Dharma is *the* response, *the* medicine, for these root causes. The world desperately needs the Dharma. It needs people cultivating awareness, loving-kindness, empathy, ethics, reverence, right view and friendship. Most especially it needs communities of people practising to manifest and exemplify a life lived for the Dharma, offering a coherent and sane response to the world. In such communities, our own individual efforts are magnified and echo out through the collective and into the wider world.

The Triratna Buddhist Order

The Triratna Buddhist Community is an attempt to be this response to the world's problems, and in 2017 we celebrated 50 years since our community was formed by Sangharakshita. And we have another celebration coming up: at the heart of our community is the Triratna Buddhist Order, which will be 50 years old this coming April. This Order is also a coherent response to the world's needs, and I am pleased to say that it continues to grow in Ireland.

On 30th September 2017, we had the first Public Ordination in Ireland, with **Rijumuni** (ex-Keith Hogan) joining the Order. This was a very special day, which we celebrated in the Sophia Centre in Dublin 8. Over eighty people were present to witness Rijumuni being ordained by his preceptors Khemadhamma and Saddhaloka, and to hear his name revealed to the world. 'Rijumuni' means 'honest sage', which is a lovely name for someone as open, kind and helpful as Rijumuni has consistently been in the many years that I have known him. Sadhu Rijumuni, and may all blessings be yours in your life in the Order!

I'm also delighted to say that **Eileen McCarney** has just been invited to go to Akashavana, Spain, to be ordained on the three-month retreat starting in

April. Sadhu Eileen! We'll be having a special night to send Eileen off on Friday 23rd March, so do come along if you can for that.

Also very significantly, Eileen will be ordained by Prajnagita, who will be her 'Private Preceptor'. Prajnagita was appointed as Private Preceptor earlier this year, the first one based in Ireland. Since then, I was also appointed as a Private Preceptor. And another positive note on the growth of the Order in Ireland is that we've had a further eight people in the DBC mandala ask to join the Order in 2017, so we are going from strength to strength!

Some Upcoming Events

In the next few months we have many courses and events coming up. At the end of February Jnanadhara will run a new course called *Mindful Emotion*. We'll also have a weekend in March, led by Jutika, entitled *Focusing: The Wisdom of the Body*. Also in March, I'll be running the *Buddhism and Science* course once more, and Pavara and Jyotika will be running a longer *Yoga and Meditation Retreat*. And we're relaunching the Young Buddhists Group as the *Sub-35s* evening. Details of all these and our other courses and events can be found in this newsletter and on our website.

Another Anniversary and a Fundraise

Finally, this April marks ten years of the DBC being in our current location – hurrah! Alongside this being a cause of celebration, we are keen to make some necessary improvements to the Centre, such as further soundproofing, improving the office space, replacing window blinds, and more. So we have launched a small fundraise to help with this, and if you feel you can help support us financially in this way, please go to www.dublinbuddhistcentre.org/renovate (and you can also give in person in the DBC if you prefer).

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

Vajrashura.



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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 and Rijumuni.

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 16th - Sunday 18th February 2018.
Led by Prajnagita & Sadayasihi. Cost: €220 waged / €180 low-waged / €130 unwaged.

Spring Retreat – Sandville House, Co. Cavan. Thursday 29th March - Monday 2nd April 2018.
Led by Jnanadhara & Maitrikaya. Cost: €215 waged / €195 low waged / €155 unwaged.

Sub-35s Every month – see calendar for dates. Fridays, 7.30pm - 10pm. Led by Sadayasihi, Kevin and Kasey.

This evening is a space where people can meet, share their experiences, practice together, and develop meaningful connections and friendships based on the Dharma. It will be a welcoming place for people interested in exploring meditation and Buddhism with the support and friendship of their peers, and is open to anyone who is 35 years or younger and 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 practicing as a Buddhist can help transform the world in which we live.

Art of Reflection Course Thursday 11th January 2018 for four weeks. Led by Vajrashura.

When we come along to the centre, read Dharma books, or listen to Dharma talks online, we have a fantastic opportunity to take in the Dharma and become clear on the Buddha’s essential teaching. This can be an inspiring, exciting process! But this knowledge doesn’t always translate into our lived experience, as we all too often fall back on old, uninspired ways of being, in particular when times are tough. Reflection is the vital key to bringing our intellectual understandings deeper into how we emotionally relate to the world – bringing this knowledge from the head into our heart, into our bones even, so it naturally informs our sense of purpose in, and understanding of, the world. Cost: €100 waged / €85 low-waged / €60 unwaged.

Yoga and Meditation Days Sunday 14th January & Sunday 29th April 2018, 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 21st January 2018, 10am - 5pm. Led by Prajnamayi.

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.

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Introduction to Meditation Days Saturday 27th January & Saturday 14th April 2018, 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.

What is a Mitra? Tuesday 30th January 2018, 6pm - 7pm. With Prajnagita & Vajrashura.
A **Mitra** is a 'friend' to the Triratna Buddhist Order, and becoming a Mitra is way of deepening one's commitment to the practice of the Dharma within the Triratna Buddhist Community. This is an informal chance to chat about, explore, and find out more about what it means to become a Mitra. Come along if you're curious! Even if you're not thinking about becoming a Mitra and would just like to know more, feel free to drop in.

Parinirvana Festival Day Sunday 11th February 2018, 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 comprise meditations, readings, talks and will finish with a Puja. All welcome.

Mindful Emotion Course Wednesday 28th February 2018 for eight weeks. Led by Jnanadhara.
Mindful Emotion is all about developing kindness as a behaviour, as something we do in our lives for ourselves and for others. Drawing on the book by the same name, this course offers a practical, eight-week course in cultivating kindness, especially to complement other mindfulness-based approaches. We will be emphasising the importance of the heart in meditation, as well as how to put kindness into practice in daily life. We will be introducing both mindfulness and loving-kindness meditation practices, so this course is very suitable for people new or relatively new to meditation. And it will be appropriate for regular meditators, especially for those getting to grips with what kindness really means. All participants will receive a copy of the course book *Mindful Emotion*, by Dr Paramabandhu Groves and Dr Jed Shamel. Cost: €195 waged / €165 low-waged / €125 unwaged.

Buddhism & Science: The Quest for Truth Course Thursday 1st March 2018 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: €120 waged / €100 low-waged / €65 unwaged.

Focusing Weekend: The Wisdom of the Body Saturday 10th & Sunday 11th March 2018, 10am - 5pm. Led by Jutika.
"Focusing is a beautiful and meditative approach to psychotherapy and personal growth. It offers a deep parallel to the practice of mindfulness in a carefully developed and sensitive way" – Jack Kornfield. In an increasingly disconnected and disembodied age, the practice of *Focusing* shows us that the body is a source of knowing and kindness in its own right. Focusing is a gentle yet profound practice of listening to our body, to our inner voice. It gets beneath our usual stories and self analysis to a place that knows its own way to healing and wholeness. It can be used with other practices such as meditation, bodywork and talking therapies. It can help us in resolving old patterns and making decisions or simply as a way of being more in touch with ourselves. On this introductory weekend, we will learn to listen to the wisdom in our body. Cost: €150 waged / €75 unwaged.

Yoga & Meditation Retreat Thursday 15th - Monday 19th March 2018. Led by Pavara & Jyotika.
A tonic for the body and mind, this weekend of yoga and meditation will be in the beautiful setting of a house in the lovely Wexford countryside, with an extraordinary view over Bannow Bay. The yoga will be lead by Pavara, our main yoga teacher, and the meditation by Jyotika, an experienced meditation teacher. All yoga gear will be supplied and the food will be chemical-free and locally grown when possible. Cost: €380 waged / €335 waged / €275 unwaged.

Not About Being Good Buddhism Course Thursday 19th April 2018 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.

What is an Order Member? Tuesday 24th April 2018, 6pm - 7pm. With Vajrashura.
Being an **Order Member** in the Triratna Buddhist Order is deciding to live a life deeply informed by the Dharma and committed to living by the ten ethical precepts. It's a very rewarding path to take in one's Dharma life. This session is an informal chance to chat about, explore, and find out more about what it means to ask for ordination and become an Order Member. Come along if you're curious! Even if you're not thinking about asking for ordination and would just like to know more, feel free to drop in.



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- Fri 5th DBC Office reopens.
Sun 7th Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
Mon 8th All yoga classes resume.
Mon 8th New cycle of Meditation & Yoga courses begins.
Mon 8th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 10th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Thu 11th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
Thu 11th *The Art of Reflection* Course begins. Led by Vajrashura. 7.30pm - 10pm for four weeks.
Sun 14th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.
Sun 21st *New Year Tonic* Day Workshop. Led by Prajnamayi. 10am - 5pm.
Fri 26th Sub-35s. 7.30pm - 10pm.
Sat 27th Introduction to Meditation Day. Led by Jnanadhara. 10am - 4.30pm.
Tue 30th *What is a Mitra?* Informal discussion session, with Prajnagita & Vajrashura. 6pm - 7pm.

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- Sun 11th Parinirvana Day Festival, commemorating the passing away of the Buddha. 10am - 5pm.
Mon 12th New cycle of Meditation & Yoga courses begins.
Mon 12th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 14th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Fri 16th - Sun 18th Weekend Retreat in Mucklagh. Led by Prajnagita & Sadayasih.
Fri 23rd Sub-35s. 7.30pm - 10pm.
Sun 25th Meditation Practice Morning. Led by Rijumuni. 10am - 1pm.
Wed 28th *Mindful Emotion* Course begins. Led by Jnanadhara. 7.30pm - 10pm for eight weeks.

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- Thu 1st *Buddhism and Science: The Quest for Truth* Course begins.
Led by Vajrashura. 7.30pm - 10pm for five weeks.
Sun 4th Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
Fri 9th Sub-35s. 7.30pm - 10pm.
Sat 10th & Sun 11th *Focusing: The Wisdom of the Body* Weekend Workshop.
Led by Jutika. 10am - 5pm both days.
Thu 15th - Mon 19th Yoga & Meditation Retreat in Wexford. Led by Pavara and Jyotika.
Fri 23rd Rejoicing in Merits for Eileen McCarney, who will be ordained in Akashavana. Starts 7pm.
Mon 26th New cycle of Meditation & Yoga courses begins.
Mon 26th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 28th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Thu 29th Mindfulness & Loving Kindness Meditation Course begins. 10.30am - 12.45pm.
Thu 29th - Mon 2nd April Spring Retreat in Cavan, led by Jnanadhara & Maitrikaya.

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- Fri 6th Sub-35s. 7.30pm - 10pm.
Sat 14th Introduction to Meditation Day, led by Jnanadhara. 10am - 4.30pm.
Thu 19th *Not About Being Good* Buddhism Course begins, led by Vajrashura. 7.30pm - 10pm for six weeks.
Sun 22nd Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
Tue 24th *What is an Order Member?* Informal discussion session, with Vajrashura. 6pm - 7pm.
Sun 29th Yoga & Meditation Day. Led by Pavara. 10am - 5pm.
Mon 30th New cycle of Meditation & Yoga courses begins.
Mon 30th Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.
Wed 2nd May Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm.