



Dear Friend,

As we all know the Buddha emphasised the truth of impermanence, how all things change. The present time is certainly a moment when change is very much in the air around the DBC.

Farewell Prajnagita

Change often means parting with friends and early in the New Year we'll be saying farewell to Prajnagita. Some time ago she was asked to join the team that helps women prepare for ordination at Tiratanaloka in Wales and she has very generously decided to invest her considerable talents in that project.

Prajnagita has been a member of the centre team for over seven years and has made a substantial positive impact in that time. Through her deep engagement with the Centre, she has helped move our collective endeavours to new levels of harmony, effectiveness and inspiration.

For example, she has revolutionised women's activities in the Dublin Sangha. In the time she has been involved, there have been a number of women who she helped prepare for ordination, including Atulyamitra, for whom she acted as private preceptor. She has also been a mainstay of the women's residential community where many women have found a context for more intensive practice. She has acted as Women's Mitra Convenor and there are now more women Mitras than ever before. So she leaves a thriving women's wing.

One of the reasons for this thriving is her consummate skill in communicating the Dharma. She has the ability to teach at all levels and communicates with a clarity and warmth that touches people and inspires them to commit.

Prajnagita has initiative and vision in spades. Many of the new initiatives that have helped develop our activities have been her ideas, for example, the centre support team of volunteers that look after the day-to-day running of the Centre. She was instrumental in providing the vision for that team, and for setting it up. She has also been a most reliable, sensible and creative Centre trustee.

There is more I could say about her achievements and qualities but I also want to say that personally, I shall miss her an awful lot, and I know many others in our Sangha will too. I've bent her ear many a time and she has offered wise and compassionate counsel. We've also had a good laugh together. She certainly will be missed! I'm sure I'm not the

only one who will want to celebrate Prajnagita and send her off in style. To that end, we are planning a farewell evening for the whole Sangha on Friday 24th January. All are welcome.

New DBC Programme for 2020

What are the best activities to run in the Centre and how should we run them? This is one of the perennial questions that face an urban Buddhist centre like ours. Though things are already going well, over the past months we've been asking the question of how we could do even better with the resources that we have. Accordingly, we have re-visioned our programme of classes, courses and events. From January, you'll notice a few changes!

There are a few things that we are trying to achieve. Firstly, we are endeavouring to give people more of a taste of Sangha from their first involvement, and make it easier for people to continue with Centre activities after they do a newcomer's course. To that end, on Wednesdays we will be running introductory courses, a drop-in and various follow-on courses on the same night.

On Tuesday Nights in the large shrine room there will be a long meditation and then a Puja, along the lines of what we have now, with a Dharma talk once a month. In the small shrine room, there will be an on-going series of courses. Check out the pages of this newsletter and the website for more details.

New Centre Manager

Another change I'm delighted to inform you of is the appointment of Daniel Canning as our new centre manager. Daniel got involved with DBC about three years ago and since then has thrown himself wholeheartedly into Triratna. He is a bright, intelligent and friendly young man who has a lot to offer. I very much look forward to him joining us on the centre team and seeing what we can achieve together. Welcome Daniel!

Declan & Kevin to Guhyaloka

And last but my no means least, Declan Brennan and Kevin Mullaney are both heading off to Guhyaloka for four months this spring to get ordained, so come July we'll have two brand new order members in our midst! We'll be rejoicing in them to send them off on Friday 6th March.

Wishing you all the very best for the holiday season.
Jnanadhara



Part of the
Triratna Buddhist Community

Dublin Buddhist Centre
Newsletter January 2020

Tuesday Nights Every Tuesday night, 7.30pm - 9.45pm.

As part of our new programme, Tuesday nights have been relaunched! In the large shrine room, most weeks the evening consists of a long meditation and then a Puja, with a small amount of input, and once a month there will also be a Dharma Talk. This room is for people who have a regular meditation practice and a desire to practice Puja together with others. In the small shrine room, there will be an on-going series of courses, beginning in January with *The Art of Reflection*, then an introductory *Buddhism and Meditation* course in February, and followed by our newest course, *Transforming Work* in March.

Wednesday Nights Every Wednesday night, 7.30pm - 10pm.

As part of our new programme, we are launching our Wednesday night programme. In the large shrine room, we will be running a series of courses, some for newcomers and some for Sangha regulars. These will kick-off in January with an introductory *Buddhism and Meditation* course, followed by a *Going Deeper in Meditation* course in February, and then a *Life with Full Attention* course from early April. In the small shrine room, we will have a drop-in night with input on meditation and Buddhism, aimed especially at those who are newer to the Dublin Buddhist Centre.

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. 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 Lodge, Co. Wicklow. Friday 28th February - Sunday 1st March 2020.

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

Long Weekend Retreat - Sandville House, Co. Cavan. Friday 13th - Monday 16th March 2020.

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

Spring Retreat - Sandville House, Co. Cavan. Thursday 9th - Monday 13th April 2020.

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

Morning Seminars for Sub-25s Prajnagita - Saturday 1st February 2020 and Vajrashura - Saturday 18th April 2020.

On these morning seminars, Prajnagita and Vajrashura will explore central themes from the Buddha's teaching in a study group / seminar form. The themes will be announced closer to the time. Suitable for anyone 25 years or younger. On a drop-in, donation basis.

Yoga and Meditation Days Sunday 12th January & Sunday 29th March 2020, 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.

Buddhism & Science - The Quest for Truth Course Monday 13th January 2020 for five weeks. Led by Vajrashura.

Exploring the parallels and the differences in the two fascinating approaches in the quest for truth that are Buddhism and science. We'll look at a variety of areas, including: classical and modern physics; views; evolution; technology and its effects; clear thinking; materialism and eternalism; and causality and conditionality. No experienced of Buddhism or science necessary! Cost: €110 waged / €95 low-waged / €65 unwaged / €50 under-25.

Art of Reflection Course Tuesday 14th January 2020 for five weeks. Led by Vajrashura & Sadayasihi.

Exploring reflection on the Buddha's teachings as a spiritual practice - what we think and how we think it. It will explore contemplation and insight, and how reflection can be a way to discover and see for ourselves the truth to which the Buddha was pointing. We'll see how reflection is the vital key in bringing our aspirations deeper into how we emotionally relate to the world, bringing what we've learned from the head into our heart, and even into our bones! A copy of Ratnaguna's book *The Art of Reflection* will be included with the course. Cost: €110 waged / €95 low-waged / €65 unwaged / €50 under-25.

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What is a Mitra? Wednesday 15th January 2020, 6pm - 7pm. With Vajrashura and Atulyamitra.

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.

New Year Tonic Day Workshop Sunday 19th January 2020, 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.

Study Days for Mitras Women: Saturday 25th January & Saturday 14th March 2020. Men: Saturday 25th April 2020. 10am - 5pm.

Subhadramati is President of the Dublin Buddhist Centre, as well as being a Public Preceptor, responsible for Ordinations into the Triratna Buddhist Order. She will be leading the January day for Women Mitras. **Aryajaya** is one of the Order Convenors for the Triratna Buddhist Order, and will be leading the March day for Women Mitras. **Paramartha** was one of Sangharakshita's closest friends and long-time companion, and will be leading the April day for Men Mitras, exploring *The Hundred Thousand Songs of Milarepa*. Cost: €30 waged / €20 unwaged for each day.

Introduction to Meditation Days Sun 8th Feb & Sat 4th Apr 2020, 10am - 4.30pm. Led by Maitrikaya & Atulyamitra.

Spend a day discovering how training the mind through meditation is the key to emotional fulfilment and freedom. In a friendly and interactive context you'll learn two meditation practices that cultivate openness, clarity and courage. Cost: €75 waged / €35 unwaged.

Parinirvana Festival Day Sunday 16th February 2020, 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.

Going Deeper in Meditation Course Wednesday 19th February 2020 for five weeks.

This follow-on meditation 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 / €95 low-waged / €65 unwaged / €50 under-25s.

Dharma Talks by Aryajaya and Paramartha

Aryajaya - Theme to be announced. Friday 13th March 2020. Starts 7pm with meditation.

Aryajaya is one of the two Order Convenors of the Triratna Buddhist Order, travelling all around the world helping to facilitate the flow of communication and harmony within our Order and community. On this night, she'll be drawing on that well of experience for what should be an excellent talk.

Paramartha - A Magical Connection. Friday 25th April 2020. Starts 7pm with meditation.

Paramartha, Sangharakshita's long-time disciple and close friend throughout his life, will share with us something of the very special, deep and magical connection he had with Sangharakshita. This unmissable night will be a chance to hear about Sangharakshita from one of his closest friends and companions.

Transforming Work Buddhism Course Tuesday 31st March 2020 for six weeks. Led by Jnanadhara.

For most people, work is an unavoidable fact of life. Work makes people and breaks people. It is the area of our life where our values and ideals most often come into direct conflict with outside forces and objective demands. This course explores how we can meet this challenge, and meaningfully and effectively bring Buddhist principles and practices into our work. Rather than seeing work as merely a necessary evil, we'll be looking at how we can embrace work as an opportunity to develop our mind and create positive connections with others. Suitable for anyone who has completed the meditation course with us. Cost: €130 waged / €110 low-waged / €80 unwaged / €60 under-25.

Life with Full Attention Mindfulness Course Wednesday 1st April 2020 for eight weeks. Led by Jnanadhara.

A Practical Course in Mindfulness. We often feel like we're not living life to the full. It's as if instead of directly experiencing life we're lost in a cacophony of thought, anxiety and chaos. Increasingly people are turning to mindfulness for help with this. But the Buddha's mindfulness teachings are far more than a way of coping with the stress of the modern world. They are a direct way of seeing deeply into the truth of life and living from that. On this eight-week course you'll learn, in a step-by-step way, how to practise the Buddha's four fundamental dimensions of mindfulness, as well as how to apply them to the life you're actually living. Participants will receive a copy of Maitreyabandhu's book *Life with Full Attention* as part of the course. Cost: €175 waged / €150 low-waged / €95 unwaged / €80 under-25.



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Thu 2nd	DBC Office reopens and drop-in morning and lunchtime meditations restart.
Mon 6th	All yoga classes resume.
Tue 7th	Launch of our new Tuesday Night programme. 7.30pm - 9.45pm.
Sun 12th	Yoga & Meditation Day. Led by Pavara. 10am - 5pm.
Mon 13th	<i>Buddhism & Science: The Quest for Truth</i> Course begins. Led by Vajrashura. 7.30pm - 10pm for five weeks.
Mon 13th	Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm for five weeks.
Tue 14th	<i>The Art of Reflection</i> Course begins. Led by Vajrashura & Sadayasihi. 7.30pm - 10pm for five weeks.
Wed 15th	<i>What is a Mitra?</i> Informal discussion session, with Vajrashura. 6pm - 7pm.
Wed 15th	Launch of our new Wednesday Night programme. 7.30pm - 10pm.
Wed 15th	<i>Transforming Self and World</i> – Buddhism & Meditation Course begins. 7.30pm - 10pm for five weeks.
Sat 18th	Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
Sun 19th	<i>New Year Tonic</i> Day Workshop. Led by Prajnamayi. 10am - 5pm.
Fri 24th	Special Celebration of Prajnagita on her leaving the DBC. Starts at 7pm.
Sat 25th	Study Day for Women Mitras. Led by Subhadramati. 10am - 5pm.

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Sat 1st	Breakfast Seminar with Prajnamayi for Sub-25s. 10am - 1pm.
Sat 8th	Introduction to Meditation Day. Led by Maitrikaya. 10am - 4.30pm.
Sun 16th	Parinirvana Day, commemorating the Buddha's Passing. 10am - 5pm.
Mon 17th	New cycle of Meditation & Yoga courses begins.
Mon 17th	Mindfulness & Loving Kindness Meditation Course begins. 7.30pm - 10pm for five weeks.
Tue 18th	<i>Transforming Self and World</i> – Buddhism & Meditation Course begins. 7.30pm - 10pm for five weeks.
Wed 19th	<i>Going Deeper in Meditation</i> Course begins. 7.30pm - 10pm for five weeks.
Sun 23rd	Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
Fri 28th February - Sun 1st March	Weekend Retreat in Mucklagh. Led by Maitrikaya & Atulyamitra.

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Fri 6th	Rejoicing in Merits for Declan Brennan and Kevin Mullaney, who will be ordained in Spain on the four-month ordination retreat starting in April. Starts at 7pm with meditation.
Sun 8th	Meditation Practice Morning. Led by Maitrikaya. 10am - 1pm.
Fri 13th - Mon 16th	Long Weekend Retreat in Cavan. Led by Jnanadhara.
Fri 13th	Dharma Talk by Aryajaya. Starts at 7pm with meditation.
Sat 14th	Study Day for Women Mitras, led by Aryajaya. 10am - 5pm.
Sun 15th	Day for Order Members, led by Aryajaya. 10am - 5pm.
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 for five weeks.
Tue 31st	<i>Transforming Work</i> Buddhism Course begins. Led by Jnanadhara. 7.30pm - 10pm for six weeks.

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Wed 1st	<i>Life with Full Attention</i> Mindfulness Course begins. Led by Jnanadhara. 7.30pm - 10pm for eight weeks.
Sat 4th	Introduction to Meditation Day, led by Maitrikaya & Atulyamitra. 10am - 4.30pm.
Thu 9th - Mon 13th	Spring Retreat in Cavan, led by Jnanadhara & Vajrashura.
Sun 12th	Meditation Practice Morning, led by Maitrikaya. 10am - 1pm.
Sat 18th	Breakfast Seminar with Vajrashura for Sub-25s. 10am - 1pm.
Fri 24th	<i>A Magical Connection</i> – Dharma Talk by Paramartha. Starts 7pm with meditation.
Sat 25th	<i>The Hundred Thousand Songs of Milarepa</i> – Study Day for Men Mitras, led by Paramartha. 10am - 5pm.