

# GENDUN DRUBPA BUDDHIST CENTRE

## FALL 2018 NEWSLETTER



### GESHE SHERAB

visits Gendun Drubpa  
Centre in 2019!

**April 24th to May 1st.**

*Topics yet to be decided.*

Geshe-la teaches in English in a very relatable down to earth, often humorous style bringing clarity to even the most difficult topics. He often uses examples from life to help us move the teachings of the Buddha from our heads to our hearts, enabling us to use them in everyday life.

We are looking for sponsors for this event so if you are able to help Gendun Drubpa meet the expenses associated with this amazing opportunity please make a donation to our **Visiting Teacher Fund** through our website.

<https://gendundrubpa.org/teachings-courses/weekend-seminars-and-retreats/>



### Discovering Buddhism Module 9 - Samsara Nirvana

Four weeks

Thursdays - Sept. 13th to Oct. 4th

6:45 - 8:15 pm

Everyone welcome

by donation

Register online at:

<https://gendundrubpa.org/teachings-courses/discovering-buddhism/>

Suggested selfless service<sup>o</sup>: 1 week during course.

See below for details.

"Samsara is our current situation. Our mind is dissatisfied and confused, always looking for something better. Where we want to get to is Nirvana, a state of mind that is free of all limitations and not controlled by fluctuating emotions.

Join us in looking more deeply at Samsara and how we are caught in it and Nirvana and how we are liberated by it."

Quote: Richard Gere, from FPMT Discovering Buddhism Module 9 Samsara & Nirvana



## PUJAS

Our Next Puja will be

**September 24th at 5:30 pm**

### GURU MEDICINE BUDDHA

Commonly referred to as the  
"Medicine Buddha",

"King of Medicine, Master  
of Lapis Lazuli Light", is  
the Buddha of healing and  
medicine in Mahāyāna Buddhism.

This puja will take about 1.5  
hours.

You are welcome to participate or  
just sit in quiet contemplation.

**Please check our website  
for more details or to add  
someone to our prayer list.**

[https://gendundrubpa.org/  
pujas-prayers/](https://gendundrubpa.org/pujas-prayers/)

**You are invited to bring an  
item for the altar (food or  
flowers) or something for our  
food bank collection.**

## OPEN HOURS

*Would you like to have a place where you can meditate  
in quiet?*

*Would you prefer guided meditations led by an  
experienced leader?*

*Do you have questions about Buddhism or Buddhist that  
you'd like to ask?*

*Would you like to check out our extensive Dharma  
Library?*

*We also have many books on Buddhist philosophy  
offered by*

### **Lama Yeshe Wisdom Archive**

*For a complete list visit:*

[https://www.lamayeshe.com/shop?  
f%5B0%5D=field\\_shop\\_category%3A100](https://www.lamayeshe.com/shop?f%5B0%5D=field_shop_category%3A100)

*Stop by for a visit and a cup of tea, we'd love to see you!*

### **SUNDAYS (EXCEPT HOLIDAY WEEKENDS)**

**1:30 - 3pm**

**Gendun Drubpa Centre now has a Wishlist and several ways  
that you can show your support!**

We are always looking for volunteers to help with assorted tasks  
such as

Water and weed plants - indoors and out,  
Clean and dust,

Cut the grass at the Stupa on Spokin Lake  
Shovel the sidewalk and ramp in winter

Sponsor our visiting teacher visits

Donate to our Second Annual Appeal in December

Take out a Membership in Gendun Drubpa

Donate Canadian Tire Money

Take a class

Attend a Puja  
 Visit our Library  
 Take part in our Interfaith Book Club (Feb 2019)

### Members Update

Since our last members meeting, we have implemented several of the ideas and suggestions offered by our members.

We have started offering open hours, with thanks to those volunteers who have taken this on!

We've encouraged our members and supporters to be more involved and moved toward creating a financially sustainable future. We have worked hard to see these suggestions put in place and are very happy to report that we have seen a small increase in involvement and support. Our first ever capital campaign raised \$2725 which helped us to keep the doors open for 2018! We have also had several members take on sponsorship of a monthly utility bill and a couple of members contribute to the monthly rent.

*Many thanks to all who saw the value in what we offer and made a financial commitment to Gendun Drubpa.*

We are planning another capitol campaign for this year and would be grateful for your support.

Stay tuned for that coming soon!

We've revamped our website to make it more user friendly and joined a Canada wide non-profit group called CanadaHelps which raises our profile and allows us to accept donations from all across our country. You can find both our PayPal and CanadaHelps donation buttons in one place now. You can make a donation from our Facebook page as well if you like.

Since January, we've held a cleaning bee to spruce up the place, a 5 week long meditation course, a 6 week Discovering Buddhism module on Karma, completed our year long Interfaith Book Club and built a new Kora path at the Stupa for Universal Peace and Environmental Harmony!

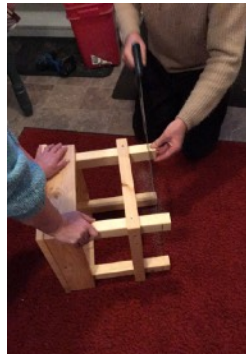


THANK YOU to everyone who pitched in and especially to Dick Whitman, Sylvia Doherty, Don Doherty, Catherine Whitman, Nihal Wijesekera and Gerhard Klein for doing such a beautiful job on the kora path!



Please consider making a trip to Spokin Lake to visit this powerful reliquary. It's an amazing place to just sit, reflect and contemplate - or even have a picnic!

### Maitreya Has a New Throne and Footstool!



Many thanks to Gerhard Klein for building Maitreya's throne and to Sylvia Doherty for making the cover for it!

It looks amazing!



### Fundraising

In June we applied for a dana grant from our neighbour centre to the south at GawaLing Buddhist Society in Barrier B.C and in early July were delighted to discover that we had been granted \$300!

We are very grateful to all those at GawaLing and appreciate the support you have shown us.



In July, a couple of volunteers picked over 50 pounds of cherries in the Okanagan and brought them back for sale by donation to Gendun Drubpa Centre and raised \$175!

We hope to grow this fundraiser for next year so if you are interested in helping with this or putting in an order for fresh, just picked, washed and sorted OK cherries for July 2019, let us know!

We also held a yard sale in July to clean out the shed and offer some of our long held treasures to others. We raised over \$400 for our centre!

Many thank yous to all the volunteers who helped with these fundraising events, picked and washed cherries, bought cherries, brought stuff to be sold at the yard sale, organized it all and sat in the hot sun to help with the sale.

**You guys ROCK!**

### NARM 2018

In July, Colleen O'Neill, our centre manager, travelled to Denver Colorado to attend the FPMT North American Regional Meeting at the suggestion of our membership. Lots was learned that will help us as we move into the coming year. Most helpful was being able to network with other small and medium FPMT centres and understand that we are all facing similar issues and being able to share problem solving ideas.

### Membership

Our 2018 membership now sits at 24 with several new members joining us and a couple of members moving away or moving on.

### Resident Teacher

We often get asked “when are we getting our next resident teacher?” Well, the answer to that is simple and complex at the same time. Our management team feels that we need to be able to host a resident teacher in the most suitable way, meeting all the needs that they might have while they are spending their time sharing the Dharma with us here at Gendun Drubpa. This would involve paying a stipend of \$700- \$1000 per month and covering medical and dental expenses including insurance and extraordinary costs like emergency dentist visits. It would also include having a support person to be available to our teacher for any and all needs.

We are just not there right now but if our membership feels that this is a priority for them, we are more than happy to look at ways we might make this happen in the future, including a “Support Our Teacher” fund.

### Management Team Meetings

Would you like to know more about how our centre is run?

Our management team meets once a month at the centre. Members are invited to sit in on these meetings and we’d love to have you. Just let us know if you’d like to attend and we will pull up a chair for you.

### Selfless Service

Thinking about how to make our community a more well balanced one, we recently decided to incorporate the 3 pillars of a dharma education; (scholarship, meditation, and community service) into what we do at Gendun Drubpa Centre and at the heart of these is Selfless Service. Some of you might know this concept by it’s other popular name: Karma Yoga

We are now asking each member and dharma student to consider what they can do in offering selfless service to the centre at any time and especially during events, classes, weekend seminars and pujas.

This could be something as simple as being class host one week, offering to water the plants each week after class or perhaps vacuuming the entryway, setting out chairs and cushions or even as complex as setting up the altar.

Please consider joining our team of volunteers and work toward making service to Gendun Drubpa a part of your dharma learning and your spiritual practice.

The benefits of offering service to a Dharma organization are many and vast, as are the benefits of offering service to those who have given so much to us – our teachers, our Dharma brothers and sisters, and our community. Giving some of your precious time to help Gendun Drubpa Centre flourish and grow is a precious gift of generosity to others and creates the causes and conditions for a happy life, now and in the future.

*Our problem is that inside us there’s a mind going, ‘Impossible, impossible, impossible. I can’t, I can’t, I can’t.’ We have to banish that mind from this solar system. Anything is possible; everything is possible. Sometimes you feel that your dreams are impossible, but they’re not. Human beings have great potential; they can do anything. The power of the mind is incredible, limitless.*

*Lama Thubten Yeshe, Manjushri Institute, 1977,*

### Gendun Drubpa Management Team

*Colleen O’Neill, Lotte Weber, Catherine Whitman, Dianne Noort & Sylvia Doherty*