

Dear Friends,

I hope you're well and enjoying the delights of Spring.

I'd like to let you know about a few of the happenings that have been going on in and around the Centre and what's coming up over the next few months, but first, some news: the FWBO is changing its name! The FWBO is the international community of which the Dublin Buddhist Centre is a part. We were founded in the West in the late 60's and for many years the name "Friends of the Western Buddhist Order (FWBO)" suited us very well. As we have now grown into an international Buddhist community, with many centres in India and other Eastern countries, the word "Western" is longer appropriate. When our Community was established in certain countries it was necessary to translate the name into the local language. In India our Community has had a completely different name since the early 80's when it became clear that a name including the word "Western" wasn't appropriate.

This has led to a situation where our Community has several different names. This is problematic because it suggests that they are different communities. It is clear that we need one name that can be used the world over. It is also important that our name gives expression to the fact that, though we are a diverse Community, we are all unified by our commitment to the Three Jewels: the Buddha (the Ideal of Human Enlightenment), the Dharma (the Path leading to Enlightenment), and the Sangha (the Community of those following the Path).

The new name for the FWBO is "Triratna Buddhist Community" and the WBO (Western Buddhist Order) will become the "Triratna Buddhist Order". "Triratna" is a Sanskrit word and means "Three Jewels" so it very aptly encapsulates our central ideals. The name was given by our founder Sangharakshita who felt the time was right for a new name. The intention is that while "Buddhist Community" will be translated differently in different languages, "Triratna" will remain constant in every language and will therefore be used the world over.

(Triratna is pronounced as follows: Tri - short "i" as in "trip"; rat - short "a" as in "sofa"; na - short "a" as in "sofa").

Triratna Centres throughout the world are marking this change on Buddha Day this year. There'll be a major ritual at the upcoming International Retreat (28th May - 1st June) in the UK where we'll mark this significant development in the history of our Community. It promises to be a very inspiring event and about 500 people are expected to attend including a gang of us from Dublin.

We'll be ritually marking the change in our own neck of the woods on the DBC Buddha Day celebrations on the 13th June. Buddha Day is the most significant day in the Buddhist calendar when we celebrate the Buddha's attainment of complete Enlightenment. We'll have our own naming ritual and I'll introduce the new name more fully.

Buddha Day is one of several festivals that we celebrate at the Centre and is an opportunity for the whole Sangha to gather and practice together. I hope you can make it.

As part of this name change we will also be showing four short films over two nights in June that give a sense of where we've come from. Also keep an eye out for a new book about the history of the Triratna Buddhist Community which should hit the Centre bookshop in the next month or so.

There have been three events at the centre that particularly stand out in my memory from the past few months. In February we had 5 mitra ceremonies on Sangha Night. It was a truly joyous night and the Centre was absolutely jammed with people there to witness Brendan, Colm, Izabel, Aoife, and Darragh taking this important step. Well done guys.

Later that same week our president, Subhadramati, came over to lead an evening where Karunadaka ritually handed over the chairmanship to me. It was a lovely night and I felt very happy to take on this responsibility. I was particularly delighted to have Karunadaka and other friends present. It was an evening of "garlands of speeches" and much rejoicing. Subhadramati gave a talk about what a chairman is and I spoke about what I'd like to see us continue doing at the Centre. In a nutshell, I said that what would make a real difference to newcomers and to Sangha people is honest and real communication between us.

The third event that stands out for me was the send off that we had for John Greaney for his journey to Guyhaloka and ordination into Triratna Buddhist Order. We had a great rejoicing in John. What emerged from hearing the rejoicings was what a fine and multi-faceted man he is. John will be back in late July. I, for one, am looking forward to hearing about the adventures that he has on his ordination retreat and his new name.

Over the next few months you'll see among familiar events a 'Growing into Who You Are' workshop with Dhammaloka, and a workshop called 'Death and the Only Beauty that Lasts' led by Siddhisambhava.

Last but not least: enclosed is a request for financial support for the DBC by standing order. Do please have a read of it and consider contributing to the work of the Centre in this way. Donations made by standing order make a significant difference to our financial stability and our capacity to extend the range of what we do. If you wish to give by standing order please fill in the attached form and return in the freepost envelope provided.

Much metta,

Jnanadhara,
Chairman

Sangha Night - Every Tuesday night - 'Mastering the Basics' & 'Intensive Practice Night'. 7.30pm - 10pm.
Morning Meditation - Every weekday morning - come a few minutes before 7.30am.

MAY

Fri 30th April - Mon 3rd May Retreat in Cavan, led by Jnanadhara & Vajrashura.
 Sat 8th Mitra Morning, led by Vajrashura. 10am - 1pm.
 Sat 8th Women's Sangha Group. Starts 7.30pm.
 Fri 14th (eve), Sat 15th & Sun 16th *Growing into Who You Are*.
 Myers-Briggs Personality Type Workshop, with Dhammaloka.
 Fri 28th May - Tue 1st June FWBO International Retreat, in Taraloka.
 Sun 30th Yoga & Meditation Day, with Pavara and Vidyakara. 10am - 5pm.
Mon 31st New cycle of courses begins.

JUN

Wed 2nd Foundation Meditation Course begins.
 Thu 3rd Foundation Meditation Course begins.
 Thu 3rd Introduction to Buddhism Course begins.
 Fri 4th Films: History of the FWBO / Triratna Buddhist Community, part 1.
 With Jnanadhara, starts 7pm.
 Fri 11th Films: History of the FWBO / Triratna Buddhist Community, part 2.
 With Jnanadhara, starts 7pm.
 Sat 12th Women's Sangha Group. Starts 7.30pm.
 Sun 13th Buddha Day Festival, celebrating the Enlightenment of the Buddha.
 Led by Jnanadhara. 10am - 5pm.
 Sat 19th 'A Day for Yourself' - Yoga & Relaxation Day with Mairead Keane. 10am - 5pm.
 Sun 20th Sesshin, led by Pavara. 10am - 5pm.
 Sat 26th & Sun 27th 'Death & the Only Beauty that Lasts' - Workshop.
 Led by Siddhisambhava. 10am - 5pm

JUL

Fri 2nd - Fri 9th Summer Retreat in Cavan, led by Jnanadhara & Vajrashura.
 Sat 10th Women's Sangha Group. Starts 7.30pm.
Mon 12th New cycle of courses begins.
 Wed 14th Foundation Meditation Course begins.
 Thu 15th Foundation Meditation Course begins.
 Sun 25th Dharma Day Festival, celebrating the Teaching of the Buddha. 10am - 5pm.

AUG

Sat 7th Dharma Enquiry Day on *The Four Foundations of Mindfulness*.
 Led by Vajrashura. 10am - 5pm.
 Sat 14th Women's Sangha Group. Starts 7.30pm.
 Sun 15th Sesshin. 10am - 5pm.
 Sat 28th Meditation Day. 10am - 5pm.



SANGHA NIGHTS Tuesday Nights: 7.30pm - 10pm

Mastering the Basics This drop-in class is intended for all those who would like to meditate with others or who have just completed a Foundation 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 welcome, whatever your level of practice. On a donation basis. Led by Jnanadhara, Vidyakara & Aksobhin.

Intensive Practice Nights This collective practice evening is a chance to come along and do a solid night's practice with other Sangha folk. The evening usually consists of a long meditation sit and then a Puja, and is open to people who have been around the Sangha for a while and who have a regular meditation practice, as well as a desire to practice Puja. On a donation basis. Led by Pavara & Vajrashura.

MORNING MEDITATIONS LED BY DAYANANDA & TONY KEOGH

Every Weekday Morning, 7.30am (please arrive 7.20am)

This is for those of you who'd like to have a communal meditation sit in the morning before you start your day. The sit is from 7.30am - 8.25am, please arrive around 7.20am so you can set yourself up beforehand.

WOMEN'S SANGHA GROUP Second Saturday of every month, starts 7.30pm

This group is a chance for women in the Sangha to get to know each other, meditate and study together. Open to any woman who has completed the Foundation Meditation Course and has an interest in Buddhism. On a donation basis.

WEEKEND RETREAT IN CAVAN LED BY JNANADHARA & VAJRASHURA Fri 30th April - Mon 3rd May

On this May Bank Holiday Retreat we'll be engaging with the theme of gratitude as a way into a deeper emotional connection with ourselves and with others. We'll be specifically looking at the Buddhist connotation of gratitude and its significance as a path to greater understanding of the Truth that the Buddha communicated. Cost: € 145 / € 125 / € 95.

MITRA MORNING LED BY VAJRASHURA May: Saturday 8th March, 10am - 1pm

This morning is a special opportunity for the Mitra Sangha to come together and engage in communal Dharma practice. It will mainly involve meditation and puja, but also a chance to talk about practice more generally. On a donation basis.

GROWING INTO WHO YOU ARE LED BY DHAMMALOKA

May: Fri 14th (7.30pm - 10pm), Sat 15th & Sun 16th (10am - 5pm)

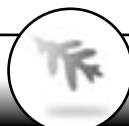
Everyone has particular ways of facing the world. To see and be comfortable with your 'typical' patterns, may enable you to live from a basis of genuine strengths (and successfully cope with the weak spots), welcome and enjoy difference in others and learn from their particular approaches to life, and more. Our explorations will be based on the work of C.G. Jung and C. Myers-Briggs, and will include a report on your typology and an individual interview with Dhammaloka. Cost: € 140 waged / € 70 unwaged.

FWBO INTERNATIONAL RETREAT - TARALOKA, UK Fri 28th May - Tue 1st June

This retreat will be an opportunity to practice together with people in our Community from all over the world, and celebrate our precious Sangha. There will also be a special ritual to mark the name change of this Community to the Triratna Buddhist Community. There will be people going over from Dublin to this event so if you'd like to come along let us know. For more details, see the website - www.internationalretreat.fwbo.org.

YOGA AND MEDITATION DAYS LED BY PAVARA & VIDYAKARA May: Sunday 30th, 10.00am - 5.00pm

This day is suitable for all levels of yoga, as well as for those interested in meditation. It is an opportunity to reconnect with your meditation or yoga practice if it has slipped, as well as serving as a great way to try out these practices if you haven't done them before. Cost: € 70 waged / € 35 unwaged.





DUBLIN BUDDHIST CENTRE

SPECIAL EVENTS

INTRODUCTION TO BUDDHISM COURSE LED BY VAJRASHURA

Five Week Course, starting Thursday 3rd June, 7.30pm - 10pm

The Buddha taught a path of self-transformation culminating in Enlightenment: the complete transcendence of all unhelpful and negative states of mind and being. In this course we will be introducing the Buddha, the Path that he taught and the Spiritual Community of men and women who tread that path. Open to everyone. Cost: € 75 waged / € 45 unwaged.

FILMS: THE HISTORY OF THE FWBO / TRIRATNA BUDDHIST COMMUNITY WITH JNANADHARA

June: Friday 4th & Friday 11th, starts 7pm

These series of films explore the history of the FWBO / Triratna Buddhist Community. The first film explores our founder Sangharakshita's life in India with his Chinese and Tibetan teachers before he returned to the West. From there they trace the history of our Community from its origins in the mid-sixties to the late seventies. They're being shown as an introduction to the special Buddha Day festival, where we will ritually mark our Community becoming the Triratna Buddhist Community.

BUDDHA DAY FESTIVAL LED BY JNANADHARA June: Sunday 13th, 10am - 5pm

Buddha Day is the most important Buddhist festival because the Buddha's Enlightenment is revered as the highest human achievement. Buddhists celebrate not only his accomplishment but also the fact that the Buddha made possible a way to Enlightenment so that any man or woman who makes the effort can gain Enlightenment themselves, thereby putting an end to suffering. On this day we'll be celebrating all this through meditation, puja, talks and more. As part of the day we'll be having an important ritual to mark the name change of our community to the Triratna Buddhist Community. Hope to see you there.

A DAY FOR YOURSELF LED BY MAIREAD KEANE June: Saturday 19th, 10am - 5pm

Invest in your health & wellbeing with a day of balancing energies and reducing stress. Includes deep relaxation, yoga postures to eliminate energy blockages, and more to positively enhance your mind, body and spirit. Cost: € 70 waged / € 35 unwaged.

SESSHIN LED BY PAVARA June: Sunday 20th, 10am - 5pm. August: Sunday 15th, 10am - 5pm

A day spent simply meditating and reflecting, all in silence. Nothing else to do, nowhere else to be, nothing else to worry about... Open to anyone who has completed a Foundation Meditation course. No booking required. On a donation basis.

DEATH AND THE ONLY BEAUTY THAT LASTS LED BY SIDDHISAMBHAVA

June: Saturday 26th & Sunday 27th, 10am - 5pm

'The only beauty that lasts is the beauty of the human heart' - Rumi. To be human is to face change, loss, and grief. To turn towards that can seem a grim task, yet the truth is also very beautiful. This weekend follows that journey through workshops, short talks, reflection, and meditation. We will explore our experience of loss, begin to make a relationship with death - our own and others, prepare for death, and, as an inevitable result of all this, deepen our engagement with life. Cost: € 140 / € 70.

SUMMER RETREAT LED BY JNANADHARA & VAJRASHURA July: Friday 2nd to Friday 9th

This week long retreat will be a fantastic chance to experience a longer period of time spent meditating, reflecting and enjoying the beautiful Cavan countryside. It's a beautiful time of year to be in Sandville House, and this retreat is always a popular and rewarding experience for participants. Early booking is advised. Cost: € 340 waged / € 300 low waged / € 240 unwaged.

DHARMA ENQUIRY DAY Saturday August 7th (Vajrashura); 10am - 5pm

The purpose of these Dharma Enquiry Days is to give people a deeper grounding in Buddhism and a straightforward exploration of some of its fundamental teachings. Vajrashura will be leading the day on *The Four Foundations of Mindfulness*. This day is suitable for all levels of experience. Cost: € 30 waged / € 20 unwaged.

MEDITATION DAY August: Saturday 28th, 10am - 5pm

On this introductory day both the 'Mindfulness of Breathing' and the 'Development of Loving Kindness' meditations will be taught, as well as walking meditation. It is ideal as an introduction for those new to meditation, or as a refreshing day retreat for those who'd like a boost to their practice. Cost: € 70 waged / € 35 unwaged.

