



Gyalwa Gyatso Buddhist Center

1550 La Pradera Drive, Campbell, CA 95008 • website: gyalwagyatso.org

Winter
2011-2012
Newsletter



Some of the students in Emily's Thursday night class, 2011.

Accomplishments

Let's take a moment to rejoice in our accomplishments this year.

Although they probably don't want to be named here, several of our members stepped up and helped to save someone's life this Fall. (You know who you are.) Thank you so much for doing that.

Our center offered **hundreds of hours of programs** and services this year:

- ◆ 182 hrs Regular Dharma Classes (FPMT curriculum and other classes by our regular instructors)
- ◆ 72 hrs Presentations by Visiting Teachers (Lamas and other distinguished speakers)
- ◆ 51 hrs Guided Practice Sessions (pujas, meditations)
- ◆ 85 hrs Mindfulness Meditation sessions/workshops
- ◆ 135 hrs Yoga and other wellness programs

+ many hours of community events, such as participating in the American Cancer Society Relay for Life and the Buddhist Global Relief Walk to End Hunger, hosting movies nights, potluck dinners, and open hours for visitors.

+ Our resident teacher continues to go out to the surrounding community, as invited, to speak to schools, other Buddhist groups, and various interfaith events.

Matching Grant offered until January 1

If these programs seem useful to you, please donate now to keep the center open. For the month of December, every dollar you donate will be matched up to \$5000. One dollar becomes two dollars, \$100 becomes \$200. Please help us take advantage of this generous matching grant. (GGBC is a 501c3 non-profit religious organization; your donation is tax deductible.) See our website for an easy link to a secure donation site.

We added a **new daytime program** to the calendar, with **Venerable Drimay** presenting various introductory topics on a Tuesday morning, generally once a month. This has been well-received by people who have time while their kids are at school, who don't like to drive at night, who are self-employed and can make their own schedule or for whatever reason have time to attend a class in the daytime. Sessions start out with some guided meditation, then an introduction to topics such as the nature of mind, motivation, dealing with emotions, etc., followed by discussion.

Our **yoga programs** are transitioning as we say goodbye and many thanks to **Lorien Neargarder** and **Nicole Murchison** and welcome **Evelyn Neely** and **Kyczy Hawk**. Evelyn is stepping in to the Saturday morning slot for Yoga Basics, while Kyczy adds a whole new program on Monday nights – Yoga and the 12 Step Recovery Path. (See the interview about it on our blog.) There is no more Wednesday night yoga, although we might see Lorien for some occasional yoga workshops.

After finishing the Special Insight topic this March, **Emily Hsu** will be away for a few months this Spring-Summer so we will have a variety of **guest speakers** on Thursday nights during that time.



G.G.B.C.
is affiliated with the
F.P.M.T.

Each center which teaches how to develop compassion step-by-step makes a contribution to world peace every day.

– *Kyabje Lama Zopa Rinpoche*

Winter 2011-2012 program at a glance

See details at: gyalwagyatso.org



“How to Meditate”

Tuesday, Jan 3rd at 7pm:

Special guest speaker, **Venerable Sangye Khadro** (Kathleen MacDonald), author and Buddhist nun of 37 years will give an open talk.

Winter 2012 Term of FPMT Basic Program

“Special Insight 4: Wisdom of Emptiness”

with Emily Hsu

Thursday evenings, 7pm to 9pm

Jan 12 to Mar 15

[the final term of this topic]



Entry Level Classes with Venerable Drimay

“Origins and Overview of Our Tradition”

Jan 10, 17, 24, 31

Tuesday evenings, 7pm to 9pm

“Mind and Its Potential” [Discovering Buddhism course 1]

Feb 28 to Mar 27

Tuesday evenings, 7pm to 9pm



Daytime Program: Introduction to Tibetan Buddhism

Various topics on a Tuesday morning, 10:30am to noon

- January 10
- March 13

Saturday Tibetan-style Meditations

On Saturdays when there are no guests speakers, Ven. Drimay opens up the center for visitors and leads some quiet stabilizing meditation followed by guided contemplations. Open to all.

► Ven. Drimay will be away for 3 weekends in February. See online calendar.

Our center is closed from Dec. 22 to Jan. 2. Please look into the retreats happening at our sister centers—Vajrapani Institute and Land of Medicine Buddha—over the New Year's holiday.



By Jesse Nickell IV

Wellness Program

Y12SR

The Yoga of 12-Step Recovery, a new program for our center, led by **Kyczy Hawk**. Sessions include a one-hour discussion followed by an hour of Hatha Yoga, Monday evenings, 7pm to 9pm, beginning January 9th.

Yoga Basics

◆ Starting January 7th, our new yoga teacher, **Evelyn Neely** will be teaching Yoga Basics on Saturday mornings 9:30 to 10:45am.

Mindfulness Meditation with Sharon Allen

- ◆ Guided sessions, Wednesdays 7pm to 8pm
- ◆ Sunday classes, 10am to 11:30am – Jan 8, Feb 5, Mar 4

Qigong (chi gung)

◆ Daoist Longevity Workshops with Larry Wong, Sundays, 2pm to 4pm – a three-part series: Jan 29, Feb 26, Mar 25

GGBC “Souper” Bowl Supper - Community Event

Saturday, Jan. 28th at 6:00 PM

Please join us for a special soup supper fundraiser! Taste some vegetarian soups and visit with your GGBC friends. The first 19 people will receive a special bowl to take home. There will be a choice of vegetarian soups, French bread, veggie tray, snacks, and dessert.

Donation: \$15 adults, \$10 children (all proceeds go to GGBC). All are welcome. Bring a friend!