

OCTOBER 2019

FOR EVERYONE | NO PRE-REGISTRATION REQUIRED

Most of the activities listed here are suitable for everyone and do not require any previous knowledge of Buddhism.

It is necessary to speak with our Resident Teacher before attending an FP class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 GP 7-8 :15 PM "Calming the Busy Mind"	2 HJ 12 NOON to 1 PM	3 HJ 4:30– 5:30 PM	4 WFJT 7– 8 PM	5
FALL FESTIVAL	FALL FESTIVAL					
6 GP 10-11:15 AM "Why Do We Suffer?"	7 HJ 9 AM FP 6 PM	8 HJ 9-10 AM Free Meditation 12:15-12:45 GP 7-8:15 PM "Why Do We Suffer?"	9 HJ 10:30-11:30 AM **Highest Yoga Tantric Practice "Hundreds of Deities" 7-8 PM	10 OSG 7– 9 PM	11 WFJ 7– 8 PM	12 THANKSGIVING HOLIDAY
THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY					
13 THANKSGIVING HOLIDAY	14 THANKSGIVING HOLIDAY	15 HJ 9-10 AM Free Meditation 12:15-12:45 GP 7– 8:15 PM "Make Yourself Happy"	16 HJ 10:30-11:30 AM POWA 5-6 PM	17 HJ 4:30-5:30 PM	18 WFJT 7– 8 PM	19 FALL FESTIVAL REVIEW 10 AM–1 PM
20 GP 10-11:15 AM "Make Yourself Happy"	21 HJ 9 AM FP 6 PM	22 HJ 9-10 AM Free Meditation 12:15-12:45 GP 7-8:15 pm "The Peace of Compassion"	23 HJ 10:30-11:30 AM	24 HJ 4:30– 6:30 PM	25 OSG 1– 3 PM	26
GP 10-11:15 AM "Thinking Positively"	28 HJ 9 AM FP 6 PM	29 HJ 9-10 AM Free Meditation 12:15-12:45 GP 7– 8:15 pm "Thinking Positively"	30 MD 1– 5 PM	31 HJ 4:30-5:30 PM		

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation
HJ—Heart Jewel Prayers including quiet meditation
WFJT - Wishfulfilling jewel with Tsög *
OSG - Offering to the Spiritual Guide *
MD - Melodious Drum in Every Direction *
POWA—Prayers for the Dying and Deceased*
*Food offering-everyone can bring something to contribute

Legend - Classes

GP - General Program Drop-in Class - Provides a basic introduction to Buddhist view, meditation and practice that is suitable for Beginners. - \$10 OR 5 CLASSES FOR \$40
FP - Foundation Program - Provides an opportunity to deepen our understanding and experience of Buddhism through the study of commentaries & texts - Contact us and speak with the teacher before attending



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