

# DECEMBER 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 10-11:15 AM "Things You Can Do With Your Mind"	2 HJ 9-10 am FP 6-8:30 PM	3 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 GP 7 PM "Things You Can Do With Your Mind"	4 HJ 10:30-11:30 AM	5 HJ 4:30-5:30 pm	6 WFJT 7-8 PM	7 <u>Vajrasattva</u> <u>Retreat</u> 9am, 11 am. 1:30 pm, 3 pm \$5. per session
8 GP 10-11:15 AM "Finding Peace in a Chaotic World"	9 HJ 9-10 AM FP 6-8:30 PM	10 HJ 9-10 AM <u>Free Meditation</u> 12:15-12:45 GP 7 PM "Finding Peace in a Chaotic World"	11 OSG 2 pm	12 HJ 4:30-5:30 PM	13 WFJ 7-8 PM	14
15 GP 10-11:15 AM "Meaningful Giving"	16 HJ 9-10 AM FP 6-8:30 PM	17 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 GP 7 PM "Meaningful Giving"	18 HJ 10:30-11:30 AM	19 HJ 4:30-5:30 PM	20 WFJT 7-8 pm	21
24 HAPPY HOLIDAYS	24 HAPPY HOLIDAYS	24 HAPPY HOLIDAYS	25 HAPPY HOLIDAYS	26 HAPPY HOLIDAYS	27 HAPPY HOLIDAYS	28 HAPPY HOLIDAYS
29 HAPPY HOLIDAYS	30 HAPPY HOLIDAYS	31 HAPPY HOLIDAYS				

### 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 \*  
\* 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.