

Calendar of Events May 2008

Lamrim Buddhist Centre

41 Octavia St. Belleville, ON, 613-966-1167

www.lamrim.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HJ 5:30pm GP: Belleville 7pm GP: Brighton 7:30pm	2	3 Overcoming Anger with Kelsang Donsang 10am-4pm \$35
4 TTP @ Kuluta 12-2pm 2:30-4:30pm	5 HJ 5 pm FP 7-9pm	6 GP: Napanee 7pm	7 HJ 5pm FP 7-9pm	8 HJ 5:30pm GP: Belleville 7pm GP: Brighton 7:30pm	9 10 Ocean of Blessings Retreat Cobourg May 9th-11th OSG 10am-12 pm	
11 Retreat Cobourg	12 HJ 5 pm FP 7-9 pm	13 GP: Napanee 7pm	14 HJ 5pm FP 7-9pm	15 HJ 5:30pm GP: Belleville 7pm GP: Brighton 7:30pm	16	17
18 TTP @ Kuluta 12-2pm 2:30-4:30pm	19 HJ 5 pm FP 7-9pm	20 GP: Napanee 7pm	21 HJ 5pm FP 7-9pm	22 HJ 5:30pm GP: Belleville 7pm GP: Brighton 7:30pm	23 24 UK Spring Festival Vajrapani Empowerment May 23-26	
25 26 UK Spring Festival OSG 2-4 pm		27 GP: Napanee 7pm	28 HJ 5pm FP 7-9pm	29 GP: Belleville 7pm GP: Brighton 7:30pm Kangso 10am-2pm	30	31
GP = General Program drop in meditation classes open to all in: Belleville (Lamrim Centre, 41 Octavia St, top floor) Brighton (100 Main St) Napanee (41 Dundas St. W, Health Unit, room 2) Kuluta Centre (182 Wellington St, Kingston)				Chanted Prayers: HJ = Heart Jewel, prayers & meditation open to all (1 hour) OSG = Offering to the Spiritual Guide (2 hours) QP = Quick Path (HYT practitioners only) Kangso = Dharma Protector puja (4 hrs.)		