

OCTOBER 2017

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 AM Happiness From a Different Source	2 HJ 4:30 PM FP 6 PM GP Class in <u>Napanee</u> at 7 PM "Abandoning the Pain of Jealousy"	3 Noon Meditation 12:15—12:45 <u>GP 7 PM</u> The Nature of the Mind	4 HJ 10 AM	5 HJ 4:30 PM FP 6 PM	6 WFJT 6:30 pm	7
8 GP 10 AM Developing Gratitude	9 HJ 4:30 PM FP 6 PM	10 OSG 9 AM Noon Meditation 12:15-12:45 <u>GP 7 PM</u> Dealing with De- lusions	11 HJ 10 AM	12 HJ 4:30 PM FP 6 PM	13 WFJ 6:30 pm	14
15 GP 10 AM All You Need Is LOVE	16 HJ 4:30 pm FP 6 PM	17 Noon Meditation 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> The Power to be Happy	18 HJ 10 AM	19 HJ 4:30 pm FP 6 PM	20 WFJT 6:30 pm	21
22 GP 10 AM The Mirror Of Dharma	23 HJ 4:30 pm FP 6 PM	24 Noon Meditation 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> Cherishing Others	25 <u>OSG 10 AM</u>	26 HJ 4:30 PM FP 6 PM	27 WFJ 6:30 pm	28
29 GP 10 AM Open Your Heart 2 PM WFJT	30 HJ 4:30 PM FP 6 PM	31 Noon Meditation 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> The Compassionate Heart				

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation
HJ-Heart Jewel Prayers including quiet medita-
tion
WFJT - Wishfulfilling jewel with Tsög *
OSG - Offering to the spiritual guide *
MD - Melodious drum in every direction *

Legend - Classes

GP - General Program Drop-in Class - Provides a basic introduction
to Buddhist view,
meditation and practice that is suitable for Beginners. - \$10
FP - Foundation Program - Provides an opportunity to deepen our un-
derstanding and
experience of Buddhism through the study of commentaries & texts -
Contact us
Prayers for World Peace - Guided meditation, short teachings & beau-



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