

# NOVEMBER 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 HJ 2 PM	2 HJ 4:30 FP 6 pm	3 WFJ 6:30 pm	4 <b>WORKSHOP 10-12:30 pm</b> <b>'LEARN TO MEDITATE'</b> <b>\$20</b>
5 <b>GP 10 am</b> "Abandoning Fear, Embracing Hope"	6 HJ 4:30 pm FP 6 pm	7 Lunchtime Meditation 12:15-12:45 HJ 5:00 pm <b>GP 7 pm</b> "It's Not You, It's Me"	8 HJ 10 AM	9 HJ 4:30	10 <b>OSG</b> <b>6 pm</b>	11
12 <b>10 AM— Empowerment of Buddha Shakyamuni</b> <b>2—3:30 Teaching</b> <b>4 pm Retreat</b> <b>\$60 per person</b>	13 HJ 4:30 pm FP 6 pm	14 Lunchtime Meditation 12:15-12:45 HJ 5 pm <b>GP 7 pm</b> "The Pain of Anger"	15 HJ 10 AM	16 HJ 4:30 pm FP 6 pm	17 WFJT 6:30 pm	18
19 <b>GP 10 am</b> "Stop Worrying, Start Living"	20 HJ 4:30 pm FP 6 pm	21 Lunchtime Meditation 12:15-12:45 HJ 5 pm <b>GP 7 pm</b> "Why Do I Get Angry?"	22 HJ 10 AM	23 HJ 4:30 pm FP 6 pm	24 WFJ 6:30 pm	25 <b>OSG</b> <b>10:00 am</b>
26 <b>GP 10 am</b> "Accepting Life's Difficulties "	27 HJ 4:30 pm FP 6 pm	28 Lunchtime Meditation 12:15-12:45 HJ 5 pm <b>GP 7 pm</b> "The Anger Solution"	29 <b>MD</b> <b>9:00 am</b>	30 HJ 4:30 pm FP 6 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 \*  
\* Food offering, everyone can bring something

### 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 understanding and experience of Buddhism through the study of commentaries & texts - Contact us  
Prayers for World Peace - Guided meditation, short teachings & beautiful prayers empowering yourself to change the world.-Free



**Kuluta**  
Buddhist Centre

182 Wellington Street in Kingston  
info: 613-5441568

contact@kuluta.org

www.kuluta.org