

December 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 WFJ 6:30 pm	2 Workshop 10:30—1 PM "Surviving the Holiday Season"
3 GP 10 am "Dispelling Loneliness"	4 HJ 4:30 pm FP 6 pm	5 Lunchtime Meditation 12:15-12:45 HJ 5 pm <u>GP 7 pm</u> "Abandoning Fear, Embracing Hope"	6 HJ 10 am	7 HJ 4:30 pm	8 WFJT 6:30 pm	9
10 GP 10 am "A Stress-Free Holiday Season" OSG—2:00	11 HJ 4:30 pm	12 Lunchtime Meditation 12:15-12:45 HJ 5 pm <u>GP 7 pm</u> "A Stress-Free Holiday Season"	13 HJ 10 am	14 HJ 4:30 pm FP 6:00 pm	15 WFJ 6:30 pm	16
17	18 HJ 4:30 pm FP 6 pm	19 Lunchtime Meditation 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> "Meaningful Giving"	20 HAPPY HOLIDAYS	21 HAPPY HOLIDAYS	22 HAPPY HOLIDAYS	23
24	25 <u>OSG 10 am</u>	26 HAPPY HOLIDAYS	27 HAPPY HOLIDAYS	28 HAPPY HOLIDAYS	29 HAPPY HOLIDAYS	30
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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
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



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