

FOR EVERYONE | NO PRE-REGISTRATION REQUIRED

# MAY 2018

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<br>HJ 5 PM<br>GP 7 pm<br><u>"Overcoming Fear and Loneliness"</u>   | 2<br>HJ 2 PM  | 3<br>HJ 4:30 pm<br>FP 6:00 PM  | 4<br>WFJT 6:30 pm  | 5<br><b>VAJRASATTVA RETREAT</b><br>9 AM, 11 AM, 2 PM, 4 PM |
| 6<br>GP 10 AM<br><u>"Our Precious Human Life"</u> | 7<br>Noon Meditation 12:15-12:45<br>HJ 4:30 pm<br>FP 6:00 PM                      | 8<br>HJ 5 pm<br>GP 7 PM<br><u>"Developing Self Confidence"</u>       | 9<br>HJ 1 pm  | 10<br>OSG 10 AM<br>FP 6:00 PM  | 11<br>WFJ 6:30 pm  | 12   |
| 13<br>GP 10 AM<br><u>"Our Kind Mothers"</u>       | 14<br>Noon Meditation 12:15-12:45<br>HJ 4:30 pm<br>FP 6:00 pm                     | 15<br>HJ 5 pm<br>GP 7 PM<br><u>"Transforming Adverse Conditions"</u> | 16<br>HJ 1 pm<br><u>POWA 5 pm</u><br>(For those who have died recently) | 17<br>HJ 4:30 pm<br>FP 6:00 PM | 18<br>WFJT 6:30 pm | 19   |
| 20<br>NO CLASS<br>HOLIDAY<br>WEEKEND              | 21<br>VICTORIA DAY<br>NO CLASSES  | 22<br>HJ 5 pm<br>GP 7 pm<br><u>"The Patient Heart"</u>               | 23<br>HJ 1 pm   | 24<br>HJ 4:30 PM               | 25<br>OSG 6:30 PM  | 26   |
| 27<br>GP 10 AM<br><u>"Choose Happiness"</u>       | 28<br>Noon Meditation 12:15-12:45<br>WFJT 6:30 pm<br>(in place of Melodious Drum) | 29<br>HJ 5 pm<br>GP 7 PM<br><u>"Developing Gratitude"</u>            | 30<br>HJ 1 pm   | 31<br>HJ 4:30 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



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