

JULY 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	2 HJ 4:30 pm	3 HJ 5 PM <u>GP 7 PM</u> "Choose <u>Compassion</u> "	4 HJ 2 PM	5 HJ 4:30 PM	6 WFJT 6:30 pm	7
8	9 OSG 6:30 PM	10 HJ 5 pm <u>GP 7 PM</u> "Choose <u>Happiness</u> "	11 HJ 1 PM	12 HJ 4:30 PM	13 WFJ 6:30 PM	14
15	16 HJ 4:30 pm	17 HJ 5 pm <u>GP 7 PM</u> "Choose <u>Peace</u> "	18 HJ 1 PM	19 HJ 4:30 PM	20 WFJT 6:30 pm	21
22 SUMMER	23 FESTIVAL	24 IN	25 ENGLAND	26	27	28
29 SUMMER	30 FESTIVAL	31 IN	ENGLAND			

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 *

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 & beau-

