



RIGPE DORJE CENTRE founded by H.E. THE THIRD JAMGON KONGTRUL RINPOCHE

DECEMBER 2011 ACTIVITIES

Resident Teacher: Lama Shedrup Tendar

Suggested donations:

Shamatha:
non-members - \$5

Chi Lu:
\$20 (\$15 RDC members)

New Year's Celebration
\$15 (\$10 RDC members)

RIGPE DORJE CENTRE
503, 5TH AVENUE
VERDUN (QC) H4G 2Z2

(Verdun METRO, between
De Verdun St. and
Wellington St.)

Tel.: (514) 485-8886
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)				1	2	3 SHAMATHA Instruction Calm Abiding Meditation <i>10:30 a.m. – noon</i>
4 SHAMATHA Practice Calm Abiding Meditation <i>10:30 a.m. – noon</i>	5	6	7 MEDICINE BUDDHA Practice <i>7:30 – 9:00 p.m.</i>	8	9	10 SHAMATHA Instruction Calm Abiding Meditation <i>10:30 a.m. – noon</i>
11 SHAMATHA Practice <i>10:30 a.m. - noon</i> Mahakala Puja <i>4:00 - 5:00 p.m.</i> Potluck supper <i>5:00 - 6:00 p.m.</i> Chi Lu Purification Ceremony <i>7:00 - 9:00 p.m.</i>	12	13	14 CALLING THE LAMA FROM AFAR Practice of Devotion <i>7:30 – 9:00 p.m.</i>	15	16	17 SHAMATHA Instruction Calm Abiding Meditation <i>10:30 a.m. – noon</i>
18 SHAMATHA Practice Calm Abiding Meditation <i>10:30 a.m. – noon</i>	19	20	21 CHENREZIG Practice: Deity of Compassion <i>7:30 – 9:00 p.m.</i>	22	23	24 SHAMATHA Instruction Calm Abiding Meditation <i>10:30 a.m. – noon</i>
25 SHAMATHA Practice Calm Abiding Meditation <i>10:30 a.m. – noon</i>	26	27	28 GREEN TARA Practice: Deity of Protection <i>7:30 – 9:00 p.m.</i>	29	30	31 New Year's Celebration Riwo Sang Cho (Fire Puja) Prayer Flag/ Wind Horse (Lung Ta) Ceremony Purification Ceremony <i>9:30 a.m. - noon</i> Potluck lunch noon