



Practices and Meditation  
under the guidance of  
Lama Shedrup Tendar

\* **Healing Chod Ceremony**  
with Resident Teacher,  
**Lama Shedrup Tendar**  
Saturday, November 19th &  
Sunday, November 20th  
7:30 - 9 p.m. :  
\$20 per session  
(RDC members - \$15)

These are suggested  
donations, however please  
give what you can.

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

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

Tel.: **(514) 485-8886**  
info@rigpedorjementreal.org  
rigpedorjementreal.org

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

## NOVEMBER 2011 ACTIVITIES

Teachings are given by Resident Teacher, Lama Shedrup Tendar, unless otherwise noted

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
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Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)			<b>MEDICINE BUDDHA</b> Sadhana Practice  7:30 – 9:00 p.m.			<b>SHAMATHA</b> Instruction & Practice: : Calm Abiding Meditation 10:30 a.m. - noon																																																																																												
6	7	8	9	10	11	12																																																																																												
<b>GREEN TARA</b> Practice: Deity of Protection  10:30 – 11:30 a.m.			<b>CALLING THE LAMA FROM AFAR</b> Practice of Devotion 7:30 – 9:00 p.m.	<b>FULL MOON MEDICINE BUDDHA</b> Sadhana Practice 1:30 – 2:30 p.m.		<b>SHAMATHA</b> Instruction & Practice: : Calm Abiding Meditation 10:30 a.m. - noon																																																																																												
13	14	15	16	17	18	19																																																																																												
<b>GREEN TARA</b> Practice: Deity of Protection  10:30 – 11:30 a.m.			<b>CHENREZIG</b> Sadhana Practice: Deity of Compassion 7:30 – 9:00 p.m.			<b>SHAMATHA</b> Instruction & Prac- tice: Calm Abiding Meditation 10:30 a.m. - noon  <b>Healing Chod Ceremony *</b>																																																																																												
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<b>GREEN TARA</b> Practice: Deity of Protection 10:30 – 11:30 a.m.  <b>Healing Chod Ceremony *</b>			<b>MEDICINE BUDDHA</b> Sadhana Practice  7:30 – 9:00 p.m.			Celebration of <b>H.E. the 4th Jamgon Kongtrul Rinpoche's</b> birthday with prayers, potluck lunch and cake. 10:30 a.m.																																																																																												
27	28	29	30	31	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>October 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="text-align: center;"> <p>November 2011</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> </div>		S	M	T	W	T	F	S						1		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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