



RIGPE DORJE CENTRE founded by H.E. the Third Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Senge
Under the spiritual guidance of H. E. the Fourth Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Nyima

FEBRUARY 2019 ACTIVITIES

Activities are under the direction,
guidance and instruction of
Rigpe Dorje Centre's Resident Lama,
Acharya Choying Gyurme

February 4

*MAHAKHALA TSOK

Please bring a food offering
for the shrine.

February 6, 13, 20, 27

**CHENREZIG: LOVING KINDNESS & COMPASSION IN MEDITATION AND IN DAILY LIFE

Suggested donations:
Free for members

\$10 for non members per session
\$30 for non-members for all four sessions

If these suggested donations are not
convenient, please give what you can.

February 9 & 23

THE JEWEL ORNAMENT OF LIBERATION

Suggested donations:

\$10 for members per session
\$15 for non – members per session
\$40 for members for 6 sessions
\$60 for non-members for 6 sessions

If these suggested donations are not
convenient, please give what you can.

RIGPE DORJE CENTRE

503, 5th AVENUE
VERDUN (QC) H4G 2Z2

VERDUN METRO

between Verdun St.
and Wellington St.

Tel.: (514) 485-8886

info@rigpedorjementreal.org

rigpedorjementreal.org

Facebook: Centre Rigpe Dorje

Sunday	Monday	Tuesday	Wednesday	T	Fr	Saturday
<p>Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)</p> <p>All membership funds go towards the monthly cost of maintaining the centre and hosting our teachers. However, membership is not required to participate in centre activities.</p>						<p>1</p> <p>GREEN TARA Puja: chanting meditation 10:30 a.m.</p> <p>MAHAKHALA Puja : chanting meditation 2 - 4 p.m.</p>
<p>3</p> <p>SHAMATHA Guided Calm Abiding Meditation 10:30 a.m.</p> <p>MAHAKHALA Puja: chanting meditation 2 - 4 p.m.</p>	<p>4</p> <p>MAHAKHALA Puja chanting meditation and Tsok* 7 - 9 p.m.</p>	<p>5</p> <p>CELEBRATION OF LOSAR: The Tibetan New Year of the Female Earth Pig 7 - 9 p.m.</p>	<p>6</p> <p>Teaching Instruction & Practice CHENREZIG: LOVING KINDNESS & COMPASSION IN MEDITATION AND IN DAILY LIFE** 7 p.m. - 9 p.m.</p>	7	8	<p>9</p> <p>Teaching Je Gampopa's THE JEWEL ORNAMENT OF LIBERATION 10:30 a.m. - noon & 2 - 4 p.m.</p>
<p>10</p> <p>SHAMATHA Guided Calm Abiding Meditation 10:30 a.m.</p>	11	<p>12</p> <p>TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.</p>	<p>13</p> <p>Teaching, Instruction & Practice CHENREZIG: LOVING KINDNESS & COMPASSION IN MEDITATION AND IN DAILY LIFE** 7 p.m. - 9 p.m.</p>	14	15	<p>16</p> <p>WHITE TARA Puja: chanting meditation 10:30 a.m.</p>
<p>17</p> <p>SHAMATHA Guided Calm Abiding Meditation 10:30 a.m.</p>	18	<p>19</p> <p>TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.</p>	<p>20</p> <p>Teaching, Instruction & Practice CHENREZIG: LOVING KINDNESS & COMPASSION IN MEDITATION AND IN DAILY LIFE** 7 p.m. - 9 p.m.</p>	21	22	<p>23</p> <p>Teaching Je Gampopa's THE JEWEL ORNAMENT OF LIBERATION 10:30 a.m. - noon & 2 - 4 p.m.</p>
<p>24</p> <p>SHAMATHA Guided Calm Abiding Meditation 10:30 a.m.</p>	25	<p>26</p> <p>TIBETAN LANGUAGE CLASS Beginners level 6:30 p.m. Intermediate / advanced level 7:30 p.m.</p>	<p>27</p> <p>Teaching, Instruction & Practice CHENREZIG: LOVING KINDNESS & COMPASSION IN MEDITATION AND IN DAILY LIFE** 7 p.m. - 9 p.m.</p>	28		