



**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

## MAY 2019 ACTIVITIES

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

May 25

### \*THE JEWEL ORNAMENT OF LIBERATION

Participants are welcome to eat their lunch at the centre between sessions; coffee, tea and dessert will be provided for everyone.

Suggested donations:

\$5 for members per session  
\$10 for non-members per session  
If these suggested donations are not convenient, please give what you can.

May 29

### \*\*WHITE TARA TSOK

Please bring an offering for the shrine.

#### RIGPE DORJE CENTRE

503, 5<sup>th</sup> 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	Mon	Tuesday	Wednesday	Thu	Fri-	Saturday	
Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible) 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.			<b>CHENREZIG</b> Puja chanting meditation <i>7:30 p.m.</i>	1	2	3	<b>GREEN TARA</b> Puja chanting meditation <i>10:30 a.m.</i>
<b>SHAMATHA</b> Guided Calm Abiding Meditation <i>10:30 a.m.</i>			<b>MEDICINE BUDDHA</b> Puja: chanting meditation <i>7:30 p.m.</i>	8	9	10	<b>WHITE TARA</b> Puja: chanting meditation <i>10:30 a.m.</i>
<b>SHAMATHA</b> Guided Calm Abiding Meditation <i>10:30 a.m.</i>		<b>TIBETAN LANGUAGE CLASS</b> Beginners level <i>6:30 p.m.</i> Intermediate / advanced level <i>7:30 p.m.</i>	<b>CHENREZIG</b> Puja chanting meditation <i>7:30 p.m.</i>	15	16	17	<b>GREEN TARA</b> Puja chanting meditation <i>10:30 a.m.</i>
<b>SHAMATHA</b> Guided Calm Abiding Meditation <i>10:30 a.m.</i>		<b>TIBETAN LANGUAGE CLASS</b> Beginners level <i>6:30 p.m.</i> Intermediate / advanced level <i>7:30 p.m.</i>	<b>CALLING THE LAMA FROM AFAR</b> Puja: chanting meditation <i>7:30 p.m.</i>	22	23	24	Teaching Je Gampopa's <b>THE JEWEL ORNAMENT OF LIBERATION*</b> <i>10:30 a.m. - noon &amp; 2 - 4 p.m.</i>
<b>SHAMATHA</b> Guided Calm Abiding Meditation <i>10:30 a.m.</i>		<b>TIBETAN LANGUAGE CLASS</b> Beginners level <i>6:30 p.m.</i> Intermediate / advanced level <i>7:30 p.m.</i>	<b>WHITE TARA</b> Tsok** <i>7 p.m.</i>	29	30	31	