



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

JULY 2019 ACTIVITIES

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

July 6

*Members and friends of Rigpe Dorje Centre,
and your families and friends, are welcomed to
gather at the centre at 10 a.m. At 10:30 a.m.,
we will make our way down to the park at the
river for prayers, food, games and fun. Please
contribute some food to the putluck lunch.

RSVP at info@rigpedorjementreal.org
and indicate what food or drink
you will be bringing.

July 13

*THE JEWEL ORNAMENT OF LIBERATION

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.

**For all other activities, although not
required, donations are always
welcomed and help to cover
the cost of maintaining the centre.**

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	Mon-	Tuesday	Wednesday	Thu	Fri-	Saturday
	1	2	3 CHENREZIG chanting meditation <i>7:30 p.m.</i>	4	5	6 Celebration of His Holiness the Dalai Lama's birthday with a picnic* <i>10 a.m.</i>
7 Guided CALM ABIDING MEDITATION <i>10:30 a.m.</i>	8	9 TIBETAN LANGUAGE CLASS <i>6:30 p.m. & 7:30 p.m.</i>	10 MEDICINE BUDDHA chanting meditation <i>7:30 p.m.</i>	11	12	13 Teaching Je Gampopa's THE JEWEL ORNAMENT OF LIBERATION* <i>10 - 11:20 a.m.</i> Tea Break: <i>11:20 - 11:40 a.m.</i> <i>11:40 a.m. - 1 p.m.</i>
14 Guided CALM ABIDING MEDITATION <i>10:30 a.m.</i>	15	16 TIBETAN LANGUAGE CLASS <i>6:30 p.m. & 7:30 p.m.</i>	17 CHENREZIG chanting meditation <i>7:30 p.m.</i>	18	19	20 GREEN TARA chanting meditation <i>10:30 a.m.</i>
21 Guided CALM ABIDING MEDITATION <i>10:30 a.m.</i>	22	23 TIBETAN LANGUAGE CLASS <i>6:30 p.m. & 7:30 p.m.</i>	24 CALLING THE LAMA FROM AFAR chanting meditation <i>7:30 p.m.</i>	25	26	27 WHITE TARA chanting meditation & Tsok offering Please bring a food offering for the shrine <i>10:30 a.m.</i>
28 Guided CALM ABIDING MEDITATION <i>10:30 a.m.</i>	29	30 TIBETAN LANGUAGE CLASS <i>6:30 p.m. & 7:30 p.m.</i>	31 MAHAKHALA chanting meditation & Tsok offering please bring a food offering for the shrine <i>7 p.m.</i>	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.		