Albany Karma Thegsum Chöling Schedule for May 2013

Regular Schedule

Sunday:
9:00 AM Chenrezig/Amitabha Practice
10:00 AM Meditation Practice (Instruction Available)
11:15 AM Teaching or other program

Tuesday 7:00 PM:
First, Third and Fifth Tuesdays Chenrezig/Amitabha Practice
Second and Fourth Tuesdays Seven Line Prayer to Guru Rinpoche and Short Green Tara Practice

Thursday 6:30 PM: Members Class.

Past events:
This spring we have had some wonderful programs. Karen Lucic’s fascinating slide show on March 24 of her pilgrimage to India and Nepal was enhanced by showing it on a flat screen TV, and that inspired us to purchase a large flat screen TV with the welcomed help of Karen Roth. This greatly enhanced our viewing of the webcast from KTD Monastery of Khenpo Karthar Rinpoche’s inspiring teachings on April 5-7. Meanwhile Lama Pema Tsewang from Vancouver gave an evening teaching on The Four Dharmas of Gampopa on March 26, and Lama Tashi Dondrup from Toronto gave an evening teaching on The Three Principle Aspects of the Path on April 3. We are truly blessed.

Highlights for May 2013

On Thursday Evenings 6:30-8:30 PM, Lama Zopa will continue his in depth teaching on the Dakpo Targyen.

Special event:
On Sunday, May 26, 12 noon to 3:00 PM Albany KTC will have a Spring Picnic at a location to be announced. We are hoping for a pavilion and a place to cook vegeburgers and such. Bring something vegetarian or vegan food to share. Family and friends are particularly welcome. Please contact Laura Roth (434-7420) or Mary Ann Duncan (785-5271) to coordinate what you are bringing. In case of rain, we will have an indoor picnic at the center.

Sunday programs at 11:15 AM:
May 12: Lama Zopa will give a teaching on Meditation for Beginners. This will be an opportunity for students at all levels to learn meditation or refine their practice of shamata.
May 19: Our Study group will continue on Traglog Rinpoche’s book, The Practice of Lojong, Cultivating Compassion through Training the Mind. We will continue with Chapter 2, The Actual Practice. Marilyn McKee will lead the discussion. Copies of the book are still available at KTC.
May 26: No teaching – We will be setting up for KTC’s Spring Picnic.

For the Future:
On June 2 we will have a Members meeting.
On the weekend of June 21-23, Khenpo Ugyen will visit Albany KTC and give a teaching on The Prayer of Mahamudra.

Tibetan Buddhist Meditation and Study Center, meeting at Doane Stuart School, 199 Washington Ave, Rensselaer, NY (518) 434-7420 ktc.info@albanyktc.org www.albanyktc.org