



# Jul 2026 Programme

## Spiritual Director - H.E. 19th Incarnation Lochen Tulku Rinpoche 承传上师第十九转世洛钦法王

Led by Geshe Dorje Tenzin. All are welcome to learn and practice from venerable monks of the Gelug Lineage. For any enquiries, contact Geshe Dorje at 67476650 / 83711554  
由格西杰天晶及法师引导大众。学习与实践藏传格鲁派佛学, 欢迎踊跃参加我们的法会与共修。询问电话67476650 / 83711554  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						4 400 Offering Obstacle-clearing Puja (Those attending the Dharma assembly, please bring a small piece of your own unwashed clothing tag.) 四百禳灾法会 (参加法会者, 请携带一小块您自己未洗过的衣物标签) <b>7:30pm</b>
5 Vajravidaran (Dorje Namjom) Cleansing Healing Puja (Vegetarian Diet) 摧破金刚(多杰南炯)沐浴治愈法会 (素食饮食) <b>10:30am</b>	6	7	8	9	10 Guru Puja & Tsog Offering cum July Born Birthday Blessin 上师荟供暨 庆祝 7月生日祈福 <b>7:30pm</b>	11 Protectors puja - Setrap & Begtse Chen 护法法会 - 金甲衣护法与皮铠甲护法 <b>7:30pm</b>
12 Great Prostration to the Thirty-five Buddhas cum White Umbrella Deity Puja 大礼拜三十五佛 暨 大白伞盖佛母法会 <b>10:30am</b>	13	14 (六月初一) 4hrs Auspicious 108 butter lights (\$35 - full day offering) 4小时吉祥108盏 酥油灯(35元-全天供养)	15	16	17	18 Buddha's first turning of the Dharma Wheel ~ 1000 lights offerings & 10,000 Shakyamuni Mantra 佛陀初转法轮 ~ 千灯供养与念诵10,000遍 释迦牟尼心咒 <b>7:30pm</b>
19 Medicine Buddha Puja 药师佛法会 <b>10:30am</b>	20	21	22	23	24 Guru Puja / Tsog Offering 上师荟供 <b>7:30pm</b>	25 Cittamani Tara Puja. 如意珠度母共修 <b>7:30pm</b>
26 Great Prostration to the Thirty-five Buddhas cum White Umbrella Deity Puja 大礼拜三十五佛 暨 大白伞盖佛母法会 <b>10:30am</b>	27	28 (六月十五) 4hrs Auspicious 108 butter lights (\$35 - full day offering) 4小时吉祥108盏 酥油灯(35元-全天供养)	29	30	31	

\*Auspicious 108 Lights Offering\* (\$35 per name or per family) \*吉祥108灯供养\*(每位姓名 或 合家 35元)

Offer 108 lights daily at our Centre for: (1) \*Special Occasions\*: Birthdays, anniversaries, and more, (2) \*Auspicious Days\*: 1st and 15th of the lunar month, (3) \*Dedication for Deceased Loved Ones\*: Accumulate merit and bring peace  
本中心每日供养108灯, 适用于: (1)\*特殊场合\*: 生日、周年纪念日等, (2)\*吉日\*: 农历初一和十五, (3)\*追思已故亲人\*: 积德行善, 祈求平安