



# Aug 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

由格西卓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                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>30</b><br>Vajravidaran (Dorje Namjom)<br>Cleansing Healing Puja (Vegetarian Diet)<br>摧破金刚(多杰南炯)沐浴治愈法会<br>(素食饮食) <b>10:30am</b><br>27 Aug (Thur) - 02 Sep (Wed), <b>3pm</b><br>Ullambana Sur Puja<br>盂兰盆节超度烟供法会 | <b>31</b><br>27 Aug (Thur) - 02 Sep (Wed), Ullambana Sur Puja<br>盂兰盆节超度烟供法会<br><b>3pm</b> |           |           |                                                                                                                                                                                                  |                                                                                           | <b>1</b><br>Medicine Buddha Puja<br>药师佛法会<br><b>7:30pm</b>                                                                                                                                                                                                                    |
| <b>2</b><br>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<br><b>10:30am</b>                                                                                       | <b>3</b>                                                                                  | <b>4</b>  | <b>5</b>  | <b>6</b>                                                                                                                                                                                         | <b>7</b>                                                                                  | <b>8</b><br>Guru Puja & Tsog Offering cum Aug Born Birthday Blessing<br>上师荟供暨 庆祝 8月生日祈福<br><b>7:30pm</b>                                                                                                                                                                      |
| <b>9</b><br>Cittamani Tara Puja<br>如意珠度母共修<br><b>10:30am</b>                                                                                                                                                      | <b>10</b>                                                                                 | <b>11</b> | <b>12</b> | <b>(七月初一) 13</b><br>4hrs Auspicious 108 butter lights (\$35 - full day offering)<br>4小时吉祥108盏 酥油灯 (35元-全天供养)                                                                                     | <b>14</b>                                                                                 | <b>15</b><br>Protectors puja - Setrap & Begtse Chen 护法法会 - 金甲衣护法与皮铠甲护法<br><b>7:30pm</b>                                                                                                                                                                                       |
| <b>16</b><br>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<br><b>10:30am</b>                                                                                      | <b>17</b>                                                                                 | <b>18</b> | <b>19</b> | <b>20</b>                                                                                                                                                                                        | <b>21</b>                                                                                 | <b>22</b><br>Guru Puja / Tsog Offering<br>上师荟供<br><b>7:30pm</b>                                                                                                                                                                                                               |
| <b>23</b><br>Leng Chag Torma Puja (Vegetarian Diet) — 还债食子法会 (素食饮食) —<br>Medicine Buddha Puja 药师佛法会<br><b>10:30am</b>                                                                                             | <b>24</b>                                                                                 | <b>25</b> | <b>26</b> | <b>孟兰盆 (七月十五) 27</b><br>4hrs Auspicious 108 butter lights (\$35 - full day offering)<br>4小时吉祥108盏 酥油灯 (35元-全天供养)<br>27 Aug (Thur) - 02 Sep (Wed), Ullambana Sur Puja<br>盂兰盆节超度烟供法会<br><b>3pm</b> | <b>28</b><br>27 Aug (Thur) - 02 Sep (Wed), Ullambana Sur Puja<br>盂兰盆节超度烟供法会<br><b>3pm</b> | <b>29</b><br>27 Aug (Thur) - 02 Sep (Wed), <b>3pm</b><br>Ullambana Sur Puja<br>盂兰盆节超度烟供法会<br>Heart Sutra Puja (Those attending the Dharma assembly, please bring a small piece of your own unwashed clothing tag.)<br>观世音菩萨般若心经法会<br>(参加法会者，请携带一小块您自己未洗过的衣物标签) <b>7:30 pm</b> |