



Oct 2025 Programme

Spiritual Director - H.E. 19th incarnation Lochen Tulku Rinpoche 承传上师第十九转世洛钦仁波切

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

由格西堪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
			1	2 Guru Puja / Tsog Offering 上师荟供 7:30pm	3	4 Setrap Puja / Tosg Offering cum Oct Birthday Celebration Blessing 金甲衣护法荟供法会 暨 庆祝十月生日祈福 7:30pm
5 Vajravidaran (Dorje Namjom) Cleansing Healing Puja 摧破金刚(多杰南炯) 沐浴治愈法会 10:30am	6 中秋节(八月十五) 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)	7	8	9	10	11 Medicine Buddha Puja 药师佛法会 7:30pm
12 Leng Chag Torma 还债食子法会 10:30am	13	14	15	16 Guru Puja / Tsog Offering 上师荟供 7:30pm	17	18 400 Offering Obstacle-clearing Puja - 四百攘灾法会 7:30pm
19 Milk Bathing Five Dzambala Puja 奶沐浴五财神法会 Great Prostration to the Thirty-five Buddhas 三十五佛大礼拜 10:30am	20	21 (九月初一) 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)	22	23	24	25 Heart Sutra Puja - 觀世音菩萨般若心经法会 7:30pm
26 Cittamani Tara Puja 如意珠度母共修 10:30am	27	28	29	30	31 Guru Puja / Tsog Offering 上师荟供 7:30pm	

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