



# Chenrezig Tibetan Buddhist Center of Philadelphia

954 N. Marshall Street Philadelphia, PA 19123

## December Events

Please check the current Mandala & CTBC site for more information!

All events are at CTBC unless noted below.

### SUNDAY DHARMA

Services led by

**Sunday, 9:30 – 11:30 am**

Join us every Sunday for meditation and Dharma teachings

**December 1**

**December 8**

**December 15**

**December 22**

**December 29**

Bill Stauffer

Elazar Aslan

Tony Boris

Bill Stauffer

Barbara Montgomery

### SUNDAY WITH SANGHA

**Sunday, 12:00 pm**

Join us Sundays around 12:00 pm following our meditation and Dharma teachings for continued activities to connect further with Sangha members! Most events are 60 minutes.

**December 8**

**and 29**

**Sangha Circle**

Led by **Tony Boris**

Meets bi-monthly for sharing, connection and support for Sangha and friends. Includes a brief Dharma teaching and silent meditation.

**December 15**

**Manjushri Sadhana**

Led by **Sister Vernice**  
**Meylong Tungba-Ma**

Sister Vernice will lead Manjushri's chant, OM AH RA PA TSA NA DHI, and recite excerpts from the *Golden Red Manjushri* daily practice. This will be an hour of intuitive meditation practice and engaging with the natural, primordial wisdom of our minds for the good of all sentient beings.

### SPECIAL OFFERINGS

**Saturday**

**December 14**

9:00 am –

12:00 pm

**Introduction to  
Breath Meditation  
Workshop**

Part 2 of 2 sessions

Led by **Bill Stauffer**

Part 2 of this workshop on breath meditation -- a simple yet powerful technique for developing *shamatha* (a calm abiding mind). Bill Stauffer will share his insights on exploring the relation between the breath, the mind and beyond. You must have attended Part 1 to participate in this event. Check the CTBC site for the schedule and details.

**Saturday**

**December 28**

10:00 am –

4:00 pm

**Full-Day Silent  
Meditation**

Led by **Sue Passante**

Join us for the monthly silent meditation retreat. All levels of meditation experience and practice traditions are welcome! Attend either the full day or any portion. Both sitting and walking meditation sessions. Check the CTBC site for the schedule and details. Contact Sue Passante ([stpassante@gmail.com](mailto:stpassante@gmail.com)) with any questions.