



Chenrezig Tibetan Buddhist Center of Philadelphia

954 N. Marshall Street Philadelphia, PA 19123

November 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

November 3 and 10

November 17

November 24

Lama Losang Samten

Floyd Paten

Vicki Cahill

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.

**November 3
and 17**

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.

November 10

**Gathering with
Lama Losang**

Meets monthly. Lama Losang hosts a small gathering to discuss any topics of interest. Contact Sue Passante (stpassante@gmail.com) if you are interested in participating.

November 24

**Q&A with Kalyana
Mittas**
Hosted by *Elazar Aslan,
Vicki Cahill & Sue Passante*

Open Q&A forum with three members of the Kalyana Mitta team. *Kalyana mitta* is Pali language for an admirable friend or companion. Ask questions and hear different viewpoints about Buddhism and about this successful mentoring program.

SPECIAL OFFERINGS

**Saturday
November 9**
9:00 am –
12:00 pm

**Anapanasati
Workshop**

Part 3 of 3 sessions
Led by *Bill Stauffer*

Part 3 of this workshop is to help those who are familiar with breath meditation explore ways to take it deeper as taught by the Buddha. *Anapanasati* (from the Pali Canon (Majjhima Nikaya # 118) is the Buddha's teaching on mindfulness of breathing and considered to be one of the two most important teachings the Buddha gave on meditation.

**Saturday
November 23**
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) with any questions.

**Saturday
November 30**
9:00 am –
12:00 pm

**Introduction to
Breath Meditation
Workshop**

Part 1 of 2 sessions
Led by *Bill Stauffer*

Join us for this two-part 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. Registration is required. Check the CTBC site for the schedule and details.