

# PROGRAMME 法会节目表

- 16/4/2020 Special Teaching: 4 Noble Truths-- Why me? (Eng)  
(Thu) 8pm 上师开示: 《四圣谛》为何是我? (英)
- 17/4/2020 Special Teaching: 4 Noble Truths-- Why should I suffer? (Chi)  
(Fri) 8pm 上师开示: 《四圣谛》为何我苦? (华)
- 19/4/2020 Grand Tsok Offering Ceremony To Glorious Goddess Palden Lhamo (Tib)  
(Sun) 5pm 吉祥天母荟供大法会 (藏)
- 23/4/2020 Special Teaching: 4 Noble Truths-- Why should I suffer? (Eng)  
(Thu) 8pm 上师开示: 《四圣谛》为何我苦? (英)
- 24/4/2020 Special Teaching: 4 Noble Truths-- Why me? (Chi)  
(Fri) 8pm 上师开示: 《四圣谛》为何是我? (华)
- 25/4/2020 Special Teaching: 4 Noble Truths-- How do I get out of this Sh\*t? (Eng)  
(Sat) 8pm 上师开示: 《四圣谛》如何脱离困境? (英)
- 26/4/2020 Medicine Buddha Puja (Eng) #  
(Sun) 1030am 药师消灾延寿法会 (英)
- 30/4/2020 (Thu) Buddha's Day 佛诞**  
8pm Recitation of "Buddha Pronounces the Sūtra of the Great Cundī Dhāranī  
The Heart of the Mother of Seven Koti Buddhas" (Chi)  
赞诵《佛说七俱胝佛母心大准提陀罗尼经》(华)
- 1/5/2020 Online Group Meditation  
(Fri) 11am 网上共修坐禅
- 1/5/2020 Special Teaching: 4 Noble Truths-- How do I get out of this Sh\*t? (Chi)  
(Fri) 8pm 上师开示: 《四圣谛》如何脱离困境? (华)
- 2/5/2020 Special Teaching: 4 Noble Truths-- How can I be happy? (Eng)  
(Sat) 8pm 上师开示: 《四圣谛》如何快乐? (英)
- 3/5/2020 Special Teaching: 4 Noble Truths-- How can I be happy? (Chi)  
(Sun) 8pm 上师开示: 《四圣谛》如何快乐? (华)
- 7/5/2020 (Thu) Vesak Day 卫塞节**  
730am Lord Shakyamuni Buddha & the 16 Arhats Puja (Tib) #  
《释迦如来与十六罗汉法会》(藏)  
11am Food offering before Buddhas and Bodhisattvas (Chi) 上供 (华)  
1pm Teaching by Rinpoche 上师开示
- 10/5/2020 Tara Puja (Tib) #  
(Sun) 1030am 度母法会 (藏)



# The pujas are free for anyone to dedicate and register.  
The cut-off timing for these registrations will be 5pm the day before the pujas.  
If you would like to make a donation, any amount is appreciated.  
If you would like to make offerings\* for these pujas, let us offer on your behalf.  
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In view of the current Covid-19 situation, the program might be subjected to change.  
鉴于目前的新型冠状病毒的发展情况，以上节目可能有所更动。

Please follow TCCL webpage and Facebook page for our live broadcast schedules.  
All proceeds collected from this event are donations supporting the activities of Thekchen Choling (Singapore).  
请跟进本寺网页及Facebook得到直播讯息。所有善款将用于新加坡大乘禅寺弘法活动。

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