



Fo Guang Shan Temple of Toronto

Monthly Events

May 2017

May...offers the perfect time for all to flourish!



May Classes

English Dharma/Meditation Class (conducted in English)

You will learn the fundamental and core teachings of Buddhism, the key to the doors to peace and happiness. These classes offer guided meditation and interactive sessions on the teachings and its application.

Date & Time Wednesday, May 03, 7:00pm–9:30pm
Saturday, May 06, 10:00am–12:30pm

Text Book: The Core Teachings

Reference Book: Where is the Way – Humanistic Buddhism

Children Dharma Class (conducted in English)

This program is specifically designed for children who are aged 8 to 13. They will learn lessons of different topics, Buddhist Etiquette, Meditation, Cartoon Drawing, Story Telling and Singing, all in a nurturing and fun environment.

Date & Time Saturday, May 06, 2:00pm–4:00pm

English Meditation (conducted in English)

The beginning of your personal journey to mindfulness and tranquility. The practice is not limited to sitting on the cushion but is the way how we integrate mindfulness in everything we do and how we conduct ourselves in our every day life.

This class is held at Buddha's Light Centre located at 230 Denison St, Markham.

Date & Time Tuesday, May 02, 7:30pm–9:00pm

Fo Guang Shan Temple Chinese School – Children (conducted in Mandarin)

Date & Time Sundays – May 07, 14, 28, 9:30am–11:45am

Buddha's Light Scouts

Date & Time Sundays – May 07, 14, 28, 2:00pm–4:00pm

Yoga (conducted in English)

A group of physical, mental and spiritual practices which compose of various poses, connecting body, mind and breathe to bring strength, resilience and serenity. Come to discover how this practice originated from India can help you to achieve optimal wellness.

Date & Time Saturday, May 06, 1:30pm–3:00pm

Upcoming Events – May 2017

Date & Time

Events

Sundays,
May 07, 14, 21, 28
10:00am-12:30pm

Sunday Dharma Service

A way to cultivate and practice the purification of body and mind. The services include recitation of Sutra and practice of mindful prostrations.

Wednesday, May 10,
10:00am-12:30pm

Bright Light Chanting Service

Offerings to Buddha Ceremony on every 1st & 15th day of the lunar month. All merits will be transferred to the devotees, auspicious wishes to the family and fulfilment of wishes. The services include chanting Sutras as well as paying homage to the Buddha.

Friday, May 26,
10:00am–12:30pm

Sunday, May 28
2:00pm–6:00pm
[Celebration Square,](#)
[Mississauga](#)

Vesak – Buddha's Birthday Celebration

Vesak is the annual celebration of Buddha's birth, enlightenment and death more than 2,600 years ago. This year's event is especially significant as we commemorate three milestones: Vesak, (Buddha's birthday, enlightenment and his achievement of Nirvana), United Nations Day of Vesak & Canada's 150th birthday. Come enjoy the devotional art, talk to a monastic, or visit our Buddhism 101 booth to learn how Buddhism is a vibrant part of the Canadian mosaic. www.vesakcelebration.com



Temple Tours

Get to know your neighbour and learn something new!

Free guided tours of the temple are offered to the community every Sunday afternoon from 1:00pm & 2:00pm. No advance booking is necessary. Do come by to visit us!

MailChimp.

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