

## Special Events

### **Buddha's Birthday - Bathing the Buddha**

Through bathing the Buddha's statue, we purify our own mind and eliminate vexations.

Sunday 9:30-12:00 Date: 5/12

### **Former Abbot President Venerable Guo Dong Event**

Saturday Date: 6/15

Great Compassion Dharani Repentance

09:30 - 12:00

Dharma Lecture

14:00 - 15:30

## Other Regular Activities

### **Choir**

Thursday 10:00 - 12:00 Singing Buddhist songs

### **Dharma Drum Ensemble Practice**

Monday 13:00 - 15:00

Application of Chan Practice in drumming.

Both beginners and experienced are welcome.

(Holiday: 2/4, 2/18, 4/8, 5/20)

## Youth Program

### **Dharma Drum for Young People (DDYP)**

Activities:

- Book Club (every other Friday 7 - 9 pm)
- Buddhist Studies in English
- Tea Chan ceremony,
- Half-day Retreat & Outdoor retreat

Please check for information about activities at

<https://www.facebook.com/ddyp.van>

## Vancouver Chan Meditation Centre

### **Weekly sitting sessions**

Tuesday, 6 - 7 pm

Thursday, 7 - 8:30 pm

Saturday, 10 am - 12pm

### **Newcomer's sessions**

Wednesday, 7 - 8:30 pm Date: 1/9, 2/13, 4/17

Saturday, 1 - 2:30 pm Date: 3/16, 5/25

Please visit [www.chanmeditation.ca](http://www.chanmeditation.ca) for other activities.



The Dharma Drum Vancouver Centre (DDVC)

is dedicated to practicing the teachings of the Buddha through the Dharma Drum lineage of Chan Buddhism, as established by Chan Master Sheng Yen.

We welcome all who seek freedom of mind and heart to practice Chan meditation with us. Our experienced monastic and lay teachers offer guidance in Chan meditation practice, which help to develop one's own self awareness and calm within, thus leading to a life of cultivating wisdom and compassion.

In April 2018, we opened VCMC, a cozy space in the heart of Vancouver city, with the hope that the teaching can be more accessible to a broader audience, beyond religious and cultural divides. All activities are held in English.

### **Dharma Drum Vancouver Centre (DDVC)**

8240 No. 5 Road, Richmond, BC, Canada V6Y 2V4

Tel: 604 -277 -1357 Fax: 604 -277 -1352

Email: [info@ddmba.ca](mailto:info@ddmba.ca)

### **Vancouver Chan Meditation Centre (VCMC)**

550 West Broadway, Room 333, Vancouver, BC

(604) 620-6010

[chanmeditation.ca@gmail.com](mailto:chanmeditation.ca@gmail.com) [www.chanmeditation.ca](http://www.chanmeditation.ca)



**Dharma Drum Vancouver Centre**

**2019 Activity Schedule**

**( January to June)**

**[www.ddmba.ca](http://www.ddmba.ca)**

## New Year Special Service

### A Good Wish for the World

Make a good wish and make it come true. Put your wish into action and bring fortune to the world.

Offerings to the Buddha with lamps and flowers are welcome. Donations are appreciated.

## Chinese New Year Activities

### Great Compassion Dharani Repentance for Chinese New Year Eve

Monday 9:30 – 12:00 Date: 2/4

### The New Year Worship

Tuesday 9:30 – 15:30 Date: 2/5

9:30 – 12:00 Worship of Eighty-eight Buddhas  
13:30 – 15:30 Chinese New Year Celebration

### Prayer for Medicine Buddha's Blessings

Wednesday 9:30 – 12:00 Date: 2/6

## Dharma Lecture

### The Development and Transformation of Chan

Guest Speaker: Venerable Guo Yi

Saturday 14:00–16:00 Date: 4/13

Sunday 10:00–12:00 & 13:00 - 15:00 Date: 4/14

## Buddhist Service

### Recitation of the Buddha's Name

Chanting Amitabha Buddha's name along with circumambulation, sitting meditation and prostration practice. Followed by three refuge ceremony and transferring of merit.

Friday 10:00 – 12:00 Except: 4/12

### Recitation of Bodhisattva Precepts

Friday 10:00 – 12:00

Date: 1/25, 2/22, 3/29, 4/26, 5/31, 6/28

### Great Compassion Dharani Repentance

Saturday 9:30 – 12:00 Date: 3/16, 6/15

### Bodhisattva Ksitigarbharaja Service

Recitation of Bodhisattva Ksitigarbharaja Sutra and prayer service.

Saturday & Sunday 9:30 – 17:00 Date: 4/20, 4/21

## Meditation

### Sunday Meditation Practice

Welcome, join us in the simple practices of Chan meditation, where we apply the methods of Eight-form Moving Meditation, sitting, standing, mindful Chan yoga, and listen to a dharma talk in the end. Refresh yourself and regain energy for the coming week. Suitable for beginners as well as advanced practitioners.

First timers please contact us in advance to arrange an orientation.

Sunday 9:00 – 12:00

Except: 2/17, 3/17, 3/24, 4/7, 4/14, 4/21, 5/12, 5/19

### Beginner's Meditation Workshop (at VCMC)

Learn the fundamentals of meditation, including various sitting postures, relaxation, basic methods of concentration, Eight-form Moving Meditation, and walking meditation. Also learn self-massage and concepts including proper environment, equipment, and timing of meditation.

Registration in advance is required. Fees: \$120\*

Saturdays 13:30 - 15:30 Date: 1/19, 1/26, 2/2, 2/9

Saturdays 13:30 - 15:30 Date: 4/20, 4/27, 5/4, 5/11

### 1-day Chan Retreat (at VCMC)

Saturday 10:00 – 16:00 Date: 3/9, 6/8

Pre-requisites: Completion of Beginner's Meditation Class or equivalent. Fees: \$50\*

### 1-day Mindful Recitation Retreat

Saturday 9:30 – 17:00 Date: 1/12

Monday 9:30 – 17:00 Date: 5/20

A full day for practicing mindful recitation of Amitabha Buddha's name. Fees: \$50\*

Mandarin activity with English translation provided.

### 4-day Chan Retreat

Friday 2/15 (17:30) ~ Monday 2/18 (16:00)

Pre-requisites: Completion of Beginner's Meditation Class, and previous experience in a 1-day retreat. Fees: \$240\*

### 7-day Silent Illumination Retreat

Friday 4/5 (17:30) ~ Friday 4/12 (10:00)

Pre-requisites: Completion of Beginner's Meditation Class, and previous experience in a 3-day retreat.

Full seven-day participation and registration in advance are required. Fees: \$500\*

Mandarin activity with English translation provided.

\* This covers the basic cost of the retreat. Additional donations to support the program would be appreciated.



## Summer Activities Announcements

### 4-day Chan Retreat

Friday ~ Monday 8/2 (17:30) ~ 8/5 (15:00)

Led by Dr. Rebecca Li

In this retreat, Dr. Li, a Dharma heir in the lineage of Chan Master Sheng Yen, will guide retreatants in the practice of Chan meditation. She will explain how to practice sitting meditation, covering topics ranging from sitting posture, through various ways to practice the breathing method, to helpful mental attitudes to support one's meditation.

Dharma talks are designed to help practitioners investigate the mind. Dr. Li will also guide retreatants through Chan practice in motion and offer private interviews to discuss issues related to one's practice, in and outside the retreat. Pre-requisites: Completion of Beginner's Meditation Class or equivalent. Three day participation and registration in advance are required.

### 7-day Intensive Retreat

Saturday 7/6 (17:30) ~ Saturday 7/13 (10:00)

Led by Gou Gu (Dr. Jimmy Yu)

Pre-requisites: Completion of Beginner's Meditation Class, and previous experience in a 3-day retreat. Seven-day participation and registration in advance are required.

### Dharma Lecture Series

Tuesday, Thursday & Saturday 7/16 ~ 7/27

Topic: TBA

Guest speaker: Venerable Chang Kuan

### Semi-annual Dharma Service

Saturday 9:30 – 17:00 Date: 8/17

Recitation of Bodhisattva Ksitigarbharaja Sutra and prayer service

Sunday 9:00 – 17:00 Date: 8/18

Compassionate Samadhi Water Repentance