

every Sunday

9:00 a.m. - 10:30 a.m.

7833 Emerson Place
Rosemead, CA 91770

FREE!

(Though donations to the temple are always welcome and appreciated.)

Please come early to prepare yourself.

Wear loose, comfortable clothing.

You may bring your own cushion from home if you wish.

sunday english-language dharma services

Rosemead Buddhist Monastery



SCHEDULE

9-9:05 a.m. Opening Chants
9:05-9:25 a.m. Meditation
9:25-9:30 a.m. Reading
9:30-9:40 a.m. Dharma Talk
9:40-9:55 a.m. Discussion/Sharing
9:55-10 a.m. Closing Chants
10-10:30 a.m. Tea and Conversation

** Learn meditation -- relax, relieve stress **

** Discover the teachings of Buddhism **

** Cultivate compassion & wisdom for everyday life **

THE INTERNATIONAL ORDER OF BUDDHIST MINISTERS



Founded in 1994 by Ven. Chao Chu of the Los Angeles Buddhist Union, and approved by the Buddhist Sangha Council of Southern California, the mission of the I.O.B.M. is to "maintain a legitimate organization of dedicated lay Buddhists to encourage proficiency in learning and teaching the Buddhadharma." Buddhist ministers work on their individual development through learning and practice of the Dharma; assist the monastic community with various temple functions; and cooperate and communicate with others in the Buddhist community and those from other faiths for better understanding and greater social harmony. For more information, visit www.iobm.org.

DISCLAIMER: Please check with your health care professional before starting any meditation or yoga program. The information we provide is not a substitute for medical care and attention. Visitors bear the responsibility for any decisions they take based on the information provided by the Rosemead Buddhist Monastery. The Rosemead Buddhist Monastery shall not be liable to anyone for any loss or injury resulting from the direct or indirect use of such information.