



创古快讯 *Thrangu Newsletter 1/2019*

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Greetings from the President.

**Tashi Delek! Happy New Year,
Gong Xi Fai Cai and Happy Losar!**

The Committee wishes everybody a very happy and prosperous new year. 2018 marks the busiest year in the history of TDSPJ. We are now in the dawn of a new year, 2019.

The Committee assures all Dharma Brothers and Sisters another year of exciting programmes and activities. We have lined up a few surprises which will be announced in the course of the year. My sincere and heartfelt gratitude to all members of the Committee and sub-committees for their selfless efforts and diligence in making 2018 a year filled with activities for the Centre.



We started 2018 with the visit of Very Venerable Thrangu Rinpoche to Malaysia and a trip to Jambi, Indonesia with members of the Sanghas and devotees from many countries. We also had visit by V.V Tulku Damcho Rinpoche for our Wesak celebrations. The penultimate activity was the visit by V.V Zuri Rinpoche who conducted the Cundi Bodhisattva Grand Puja. 2018 was indeed a blessed year for TDSPJ with many visits by various Khenpos and Lamas to spice our activities. The year culminated in the traditional annual retreat at Kathmandu, the 21st Namu Buddha Retreat with 56 participants from multiple countries.

With the Blessings from the Triple Gems, TDSPJ organised and performed together with other Thrangu Centres in the world on live stream "Heal The world" prayers conducted by the Very Venerable Thrangu Rinpoche and V.V Tulku Damcho Rinpoche. That was 2018!!!

We look forward to your continuous support and generosity.

2019 CHINESE NEW YEAR PROGRAMME

	Date	Time	Programme
PRELUDE TO 2019 CNY	30 Jan 2018 Wed – 3 Feb 2019 Mon	3:00pm to 5:30pm	FIVE DAYS MAHAKALA PUJA
CHINESE NEW YEAR EVE	04 Feb 2019 Mon	10:00pm – 12 midnight	Dharma talk by Lama Lodro Chanting: The King of Aspirations Prayer Prajna Paramitra Heart Sutra The Mahamudra Prayer Offering of Lights Prayer
CHINESE NEW YEAR DAY TIBETAN LOSAR [1-1-2146] Chothrul Duchen	05 Feb 2019 Tue	10:00am – 12 noon	Kurukulle Puja Yellow Dzambhala Puja Mikha Datog Prayer Sang Puja Hanging of Lungta Flags
13th DAY OF CHINESE NEW YEAR	17 Feb 2019 Sun	9:00am	Green Tara Puja Lion Dance Loh Sang and Buffet Lunch
15th DAY OF CHINESE NEW YEAR	19 Feb 2019 Tue	8:00pm	1. Yellow Dzambhala Puja 2. Amitabha Buddha Puja

V.V Thranqu Rinpoche's saying.....

"We are practicing in order to attain physical health or balance, not merely for own benefit, but for the benefit of others as well"

Activities during year 2018 by TDSPJ

Date	Program
20-Jan – 29-Jan-18	Thrangu Rinpoche's visit to TDSPJ >20 Jan - 24 Jan 2018 - Jambi, Indonesia >26 Jan 2018 - Welcome Dinner V.V. Thrangu Rinpoche >29 Jan 2018 - Teaching by Khenpo David Karma Choephel
04-Feb-18	HE Lelung Rinpoche's visit TDSPJ
10 - 14 Feb-18	Mahakala Puja
16-Feb - 17 Feb-18	Chinese New Year Puja
Mar -18	Printing TDSPJ new t-shirt
02-Mar-18	Zambhala & Amitabha Tsok Puja
18-Mar-18	Green Tara Sodjong Retreat
13-Apr-18	Chod Puja
14-Apr-18	Guru Rinpoche Fire Puja by Lama Tsering Rabten
22-Apr-18	Dharma Through Stories - Children 1 day program
28 - 29 Apr 2018	Sangye Menla Retreat (Medicine Buddha) held at Ipoh jointly with Ipoh Centre
01-May-18	Medicine Puja cum Ven Lama Lodro birthday celebration
27-May-18	Release of life (Metropolitan Kepong)
29-May-18	Wesak Day
25 May - 30 June 2018	V.V.Tulku Damcho Rinpoche Visit --> 31 May 2018 - Teaching on Bardo --> 01 June 2018 - Teaching on Eight Verses Mind Training (Part 1) --> 02 June 2018 - Visit to Taiwan Buddhist Tzu Chi Foundation Malaysia --> 02 June 2018 - Teaching on Eight Verses Mind Training (Part 2) --> 03 June 2018 - Green Tara Puja --> 03 June 2018 - Mi Kha Dra Dok Puja --> 18 June 2018 - Green Tara Empowerment and Oral ransmission --> 19 June 2018 - Medicine Buddha Empowerment and Oral Transmission by V.V. Tulku Damcho Rinpoche 06 June - 11 June – Puja in Ipoh 14 June - 18 June – Puja in Seremban
26-Jun-18	H.H. Karmapa cum V.V. Tulku Damcho Rinpoche's birthday celebrations (Potluck at Centre)
28-Jun-18	Committee Dinner with V.V. Tulku Damcho Rinpoche
15-Jul-18	Sodjong retreat - 4 Arms Chenrezig
19-Jul-18	Medicine Puja Empowerment and Oral Transmission by VV Tulku Damcho Rinpoche
05-Aug-18	Guan Gong Birthday Celebration
23 Aug - 25 Aug 18	Ullambana & Jangchok
09-Sep-18	The inaugural Pro tem committee meeting for formation of Karma Kagyu Malaysia
15 Sep -17 Sep 18	15 Sep - Sodjong 15 Sep - 17 Sep – Nyungne Retreat
29-Sep-18	Dharma Through Stories - Children program cum Mid Autumn Moon Cake Festival - 1 day programe and potluck at centre
31-Oct-18	Lhabab Duchon Prayer
12-Nov-18	Assist Mingyur Rinpoche - Zambhala Empowerment - 7pm - 10pm
14 Nov - 01 Dec 18	V.V.Zuri Rinpoche Visit -->16 Nov - 18 Nov - KL (Cundi Drubchen Puja) -->19 Nov - 21 Nov - Seremban -->22 Nov - 26 Nov - Ipoh -->27 Nov - 01 Dec – KL
28-Nov-18	Release of Life (Pulau Ketam)
02-Dec – 03-Dec-18	Khenpo Dawa from Hong Kong Centre. Welcome dinner by Committee. Teaching on Bodhicitta by Khenpo.
5 Dec - 18 Dec-18	Nepal Trip --> 8 Dec - 12 Dec - 21 st Namu Buddha retreat in Nepal, "Heal The World" Puja" Visit to V.V Sherap Rinpoche Monastery, Godawari