

NDBV BUDDHIST GROUP 2015

Month	Date	Topic	Time	Agenda
January	17	Triple Gem		
February	14	Generosity, Morality and Meditation	6:30pm	Guided Meditation
March	28	Four Sublime States		
April	18	Right Understanding	7:00pm	Presentation
May	9	Right Thought		
June	13	Right speech		
July	11	Right Action	8:00pm	Conclusion
August	15	Right livelihood		
September	19	Right effort		
October	10	Right mindfulness		
November	14	Right concentration		
December	12	Nibbana		

Please continue your daily practice of meditation and apply it in your day-to-day life.