

24-HOUR CANDLELIGHT VIGIL

Compassion . Unity . World Peace



SATURDAY & SUNDAY
March 14-15, 2009
NOON TO NOON

1520 Shasta Acres Road, Mount Shasta 96067
 (Take McCloud Avenue up to Shasta Acres Road)

Please Join Us Anytime
 You are welcome to participate in the entire vigil or
 to quietly come and go as your schedule allows

Contact: Della at 530-859-1007

Coinciding with Tibet Day 2009
50th Anniversary of H.H. the 14th Dalai Lama & Tibetan Government In Exile

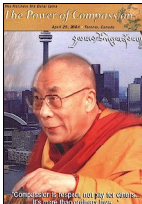
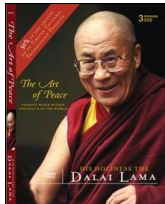
This Public Event Is Inspired By the Non-Violent Spirit of the Tibetan People

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Vigil begins with a ceremony and DVD of a public talk by His Holiness the Dalai Lama
Everyone will have an opportunity to light a candle and offer a prayer or intention
Candle lighting continues throughout the 24-Hour Vigil as participants arrive
Hourly segments will begin with a prayer or sutra and be followed by quiet meditation
Vigil ends with a second DVD by the Dalai Lama and a Dedication of Merit
Votive candles will be provided

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You may bring fruit and flower offerings or donate toward future Tibetan cultural events

Each Day, a DVD by His Holiness the 14th Dalai Lama Will Be Shown	
<p>SATURDAY 12 NOON</p>  <p style="text-align: center;">THE POWER OF COMPASSION</p> <p>In this public talk, given in Toronto at the SkyDome, to over 30,000 people in 2004, His Holiness talks about how the practice of compassion is a key to inner stability and strength.</p> <p style="text-align: center;">"Compassion is respect, not pity for others... It's more than ordinary love..."</p>	<p>SUNDAY 10:30 AM</p>  <p style="text-align: center;">ART OF PEACE</p> <p>In this accessible, inspiring and often funny program, His Holiness the Dalai Lama presents a series of simple teachings positing that the key to personal happiness lies in our ability to cultivate compassion and benevolence toward others. He teaches that the first step to achieve peace in the world is to nurture our own inner serenity.</p>

Mount Shasta Friends of Tibetan Culture
www.MountShastaFriendsOfTibetanCulture.org