



Update on 2nd Oct 2020

The government relaxes restrictions on gatherings in religious places

As the epidemic in Hong Kong slows down, the government announced on September 29 that the scope of exempt groups will be expanded starting from October 2, including religious gatherings.

In order to allow religious gatherings where no food or drink is served (except for food or drink that is part of religious etiquette), the government amended Chapter 599G to broaden the scope of exempted group gatherings. Exempt religious activities must be held in premises that are built or used as places of worship, such as churches, temples, temples, temples, nunneries, mosques, synagogues, and temples. The number of participants in the event must be limited, and the number should not exceed 50% of the usual capacity of the premises as a place of worship.

With the government's relaxation of religious gatherings again on October 2, we need to continue to be cautious and pay close attention to the government's latest anti-epidemic measures (www.coronavirus.gov.hk) and announcements from the Department of Health from time to time as the monastery reopens. Guidelines (www.chp.gov.hk), work together to fight the epidemic, and actively respond to the following epidemic prevention key points recommended by the Department of Health:

1. Believers must wear masks, take their temperature, and rub their hands with sanitizer to enter the hall. Those who have fever or respiratory symptoms must cancel the visit.
2. The hall maintains air circulation, and the number of people participating in activities is maintained at no more than half of the capacity of the venue. Where feasible, the distance between worship pads and seats in the hall should be at least 1 meter.
3. The believers should avoid sharing religious objects, such as scriptures or ritual instruments. If religious ceremonies involve the use of shared religious objects, believers should clean their hands before and after touching related objects, and clean and disinfect the objects after each use; believers may also consider bringing their own religious objects.
4. After each morning and evening class or ceremony, sterilize worship mats, seats, and instruments.
5. If the mages, staff, volunteers or believers are unwell, they should seek medical advice as soon as possible and do not participate in any pujas or gatherings.

For details, please refer to the "Health Guidelines for Religious Assembly for the Prevention of COVID-19 by the Centre for Health Protection"

www.chp.gov.hk/files/pdf/advice_on_prevention_for_religious_assembly_eng.pdf

In response to government suggestions, the centre will have the following arrangements:

1. The centre will be reopened, believers can come to join puja together, and the introduction will be conducted simultaneously with live broadcast. If you want to participate, you must call the centre to register for a seat at 2760 8381 (the number of registered people is limited to 2 people, while the quota is full.) If there is no seat, the volunteers will arrange the seats at the time (if there are still seats), which is inconvenient Please forgive me for the place!

2. The daily schedule of the centre as follows:

Thrangu Centre Event & Activities

Date	Time	Event & Activities	Place
Wednesday	08:00P.M.	Vajrasattva, & Guru Yoga Practice	Thrangu Centre
Sunday	10:30A.M.	Green Tara Practice & Kurukulla Practice	
	02:30P.M.	Medicine Buddha, Jambhala & Mahakala practices (Short Sadhana)	
10 th Tibetan	08:00P.M.	Guru Rinpoche Tsok Offering Puja	
15 th Tibetan	08:00P.M.	Amitabha Puja	
25 th Tibetan	08:00P.M.	Chod Practice ***Pls note that there is no live webcast for Chod Practice	
19 th Lunar	08:00P.M.	Lamp Offering & The King of Aspirations by Bodhisattva Samnatabhadra	
Monthly Release	02:30P.M.	2:15P.M.at Sai Kung Pier (2:30pm Embarkation) ***Arrangements will be made with reference to the governments restraint order	Sai Kung Pier
3 rd Sept Lunar (19 th Oct 2020)	8:00P.M.	2 nd Karmapa Karma Pakshi Offering	Thrangu Centre

Year 2020 Time Table

Tibetan 10

(Guru Rinpoche Tsok offering Puja)

Tibetan 15

(Amitabha Puja)

Tibetan 25

(Chod Practice)

				12 th October	Monday
26 th October	Monday	31st October	Saturday	10 th November	Tuesday
24 th November	Tuesday	30th November	Monday	10 th December	Thursday
24 th December	Thursday	29th December	Tuesday		

Lamp Offering & The King of Aspirations by Bodhisattva Samnatabhadra (19th Lunar)

5 th Oct 2020	Monday	4 th Nov 2020	Wednesday	3 rd Dec 2020	Thursday
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Notice : 1) 24th Nov – Ven. Thrangu Rinpoche 88th Tibet Birthday
2) Puja Time : 8:00pm

2020 Monthly Release Activities Time Table

31 st Oct 2020	28 th Nov 2020	19 th Dec 2020
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1. Place : Sai Kung Pier
 2. Time : 2:15pm (2:30pm embarkation)
 3. HKD100 per person (Included ferry and release fee) / First come, first served basis
 4. For those who are interested, please fill out and return the registration form to centre, welcome any support release, if can't join

Release Benefit

Killing lives can lead to short life, sickness, and ugliness, while releasing life can prolong life, get sick, and increase solemnity and wealth. The Ten-tiles of the Dizang said that the release would be respected by everyone, free from diseases and disasters, happy and happy, and living without sacrificing the Three Treasures, and eventually becoming a Buddha. The Buddha once said : All good deeds have the greatest merit.