

AUGUST 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9a Green Tara Practice 1-5p Guru Rinpoche 100,00 Tsok Offering	31 1-5p Guru Rinpoche 100,00 Tsok Offering	1 1-5p Guru Rinpoche 100,00 Tsok Offering 7:30p Medicine Buddha Practice	2 1-5p Guru Rinpoche 100,00 Tsok Offering & Pema Sangthig Tsok	3 8p Tranquility Meditation	4	5 9a Green Tara Practice
6 9a Green Tara Practice	7 6-9p Chöd Practice	8 7:30p Medicine Buddha Practice	9	10 8p Tranquility Meditation	11	12 9a Green Tara Practice
13 9a Green Tara Practice	14	15 7:30p Medicine Buddha Practice	16	17 7:30p Dakini Tsok	18	19 9a Green Tara Practice 10a-12p & 2p-4p HHMR: Mind Training Teachings
20 9a Green Tara Practice 10a-12p & 2p-4p HHMR: Mind Training Teachings	21	22 7:30p Medicine Buddha Practice	23	24 8p Tranquility Meditation	25	26 9a Green Tara Practice 10a-12p & 2p-4p HHMR: Mind Training Teachings
27 9a Green Tara Practice 10a-12p & 2p-4p HHMR: Mind Training Teachings	28	29 7:30p Medicine Buddha Practice	30	31 7:30p Pema Sangthig Tsok	1	2 9a Green Tara Practice

AUGUST PRACTICES AND TEACHINGS

Riwoche Temple is making an effort to be more environmentally responsible. We are trying to reduce the amount of waste produced by our tsoks with wrappings and the like. We are asking people to be aware of this and bring foods without packaging like fruits and vegetables.

July 27, Thursday – August 2, Wednesday at 1 pm – 5pm – Guru Rinpoche Tsok Bhum or Guru Rinpoche 100,000 tsok offering

This week in particular marks Guru Rinpoche's birth from a lotus on the lake of Dhanakosha in the land of Oddiyana. We will make 100,000 tsok offerings this auspicious week. Afternoon tea and snack will be offered to all practitioners.

August 2, Wednesday at 1 pm – 5pm – Pema Sangthig Tsok

It will be combined with the Guru Rinpoche Tsok Bhum

August 7, Monday at 6pm–9pm – Chöd Practice & Tsok

The Chöd practice helps dispel obstacles. Included with the practice is a tsok (feast offering). If you would like to sponsor or make a donation towards the tsok please ask in person at the Temple. Offerings of flowers are also welcome. Attendance for the practice is by donation.

August 17, Thursday at 7:30pm – Dakini Tsok

Mind Training (Lojong) Teachings – 2 Weekends

Saturday, August 19 and Sunday, August 20 10–12pm and 2–4pm
 Saturday, August 26 and Sunday, August 27 10–12pm and 2–4pm
 Mind training is an essential aspect on the path to enlightenment. The Bodhicharyavatara is a classic dharma text by Shantideva that has served to guide in cultivating a mind of enlightenment and generating qualities of love, compassion, generosity and patience. This long poem has been studied, practiced and expounded upon in an unbroken tradition for centuries. H.H Matul Rinpoche will clarify and bring light to this ancient text which is the essence of the Mahayana path. This teaching is beneficial for beginner and advanced practitioners. Cost is \$30 for each session or \$60 per day.

August 31, Thursday at 7:30 pm – Pema Sangthig Tsok



Tree Planting for Pema the Cat

When Pema the cat passed away last August it was suggested that a tree be planted where she was buried. Suzanne is taking a donations to purchase a white lilac. Please contact her if you would like to make a donation.

REGULAR PRACTICES

Medicine Buddha Practice at 7:30 pm on Tuesdays.

Tranquility Meditation at 8:00 pm on Thursdays.

Green Tara Puja at 9:00 am on Saturdays & Sundays.

Riwoche Temple is only open for practice during scheduled practice times. Only Tenpai Jindag can request to practice in the Temple at other times.

HOUSEKEEPING

Join the **Housekeeping Crew** tidy the Temple after Green Tara Puja on **Saturdays at 10:00 am**. Please help any Saturday when you have time.

TENPAI JINDAG (Sponsor of the Teachings)

Written information about Tenpai Jindag is available in the Temple hallway.



OFFERINGS NEEDED

Offerings of flowers to the Temple - Offering flowers signifies the practice of generosity and opens the heart.

If you wish to sponsor a Tsok - Please ask in person at the Temple.