

DECEMBER 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b> 9a Green Tara Practice	<b>27</b>	<b>28</b> 7:30p Medicine Buddha Practice 8p <b>Pema Sangthig Tsok</b>	<b>29</b>	<b>30</b> 8p Tranquility Meditation	<b>1</b>	<b>2</b> 9a Green Tara Practice
<b>3</b> 9a Green Tara Practice 2-5p <b>Chöd Practice</b>	<b>4</b>	<b>5</b> 7:30p Medicine Buddha Practice	<b>6</b>	<b>7</b> 8p Tranquility Meditation with teaching	<b>8</b>	<b>9</b> 9a Green Tara Practice
<b>10</b> 9a Green Tara Practice 5p <b>KTR: Long Life Empowerment</b>	<b>11</b>	<b>12</b> 7:30p <b>Dakini Tsok</b>	<b>13</b>	<b>14</b> 8p Tranquility Meditation with teaching	<b>15</b>	<b>16</b> 9a Green Tara Practice
<b>17</b> 9a Green Tara Practice	<b>18</b>	<b>19</b> 7:30p Medicine Buddha Practice	<b>20</b> 7:30p <b>Thinley Norbu Anniversary Tsok</b>	<b>21</b> 8p Tranquility Meditation with teaching	<b>22</b>	<b>23</b> 9a Green Tara Practice 2p <b>KTR: Mind Training (Lojong) Teaching</b>
<b>24</b> 9a Green Tara Practice 2p <b>KTR: Medicine Buddha Empowerment</b>	<b>25</b>	<b>26</b> 7:30p Medicine Buddha Practice	<b>27</b>	<b>28</b> 7:30p <b>Pema Sangthig Tsok</b>	<b>29</b>	<b>30</b> 9a Green Tara Practice 2p <b>KTR: Bardo Teaching</b>
<b>31</b> 9a Green Tara Practice	<b>1</b>	<b>2</b> 6-9p <b>Chöd Practice</b>	<b>3</b>	<b>4</b> 7:30p <b>Anniversary Tsok for Dudjom Rinpoche and Taklung Thangpa</b>	<b>5</b>	<b>6</b> 9a Green Tara Practice 2p <b>Chatrul Sangye Rinpoche's Parinirvana Anniversary Tsok</b>

*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.*

### DECEMBER PRACTICES AND TEACHINGS

#### December 3, Sunday at 2:00 pm – 5:00 pm – 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.

#### December 10, Sunday at 5pm

#### Kathog Trungpa Rinpoche: Rigzin Tsewang Dutsi Bhum Chu (Long Life) Empowerment

This empowerment confers Guru Rinpoche's profound blessings for long life. This terma was revealed by the great tertön Jigme Lingpa (1729–1798), founder of the Longchen Nyingtig tradition. Ticket: \$30

#### December 12, Tuesday at 7:30 pm – Dakini Tsok

#### December 20, Wednesday at 7:30 pm – Thinley Norbu Anniversary Tsok

#### December 23, Saturday at 2pm–4pm

#### Kathog Trungpa Rinpoche: Mind Training (Lojong) Teaching

Mind training is an essential aspect on the path to enlightenment. Rinpoche will teach on how to cultivate bodhicitta, the foundation to all Buddhist practice. This teaching is beneficial for beginner and advanced practitioners. By Donation

#### December 24, Sunday at 2pm

**Kathog Trungpa Rinpoche: Medicine Buddha Empowerment** This empowerment is of the healing power of a Compassionate Mind and Awakened Heart. Ticket: \$30

#### December 30, Saturday at 2pm–4pm

**Kathog Trungpa Rinpoche: Bardo Teaching** Bardo is the experience of awakened mind in every present moment. In order to realize that state, there are extensive teachings on the six bardos: living, dreaming, meditation, dying, dharmata, and becoming. Kathog Trungpa Rinpoche will present the bardo teachings as they present a complete path from beginning to end, truly opening the doorway to awakening. By Donation.

#### December 28, Thursday at 7:30 pm – Pema Sangthig Tsok

### REGULAR PRACTICES

**Medicine Buddha Practice at 7:30 pm on Tuesdays**

**Tranquility Meditation with teaching 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.