

MAY 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9a Green Tara Practice	1	2 7:30p Medicine Buddha Practice	3	4 8p Tranquility Meditation with teaching	5 7:30p Pema Sangthig Tsok	6 9a Green Tara Practice
7 <i>No practice at Temple during the retreat</i>	8	9 <i>No practice at Temple during the retreat</i>	10 6-9p Chöd Practice	11 <i>No practice at Temple during the retreat</i>	12	13 <i>No practice at Temple during the retreat</i>
RIWOCHÉ TEMPLE DZOCHEN RETREAT						
14 9a Green Tara Practice	15	16 7:30p Medicine Buddha Practice	17	18 8p Tranquility Meditation	19	20 9a Green Tara Practice
21 9a Green Tara Practice 2p Dakini Tsok	22	23 7:30p Medicine Buddha Practice 8p Kyabgön Phakchok Rinpoche Birthday Tsok	24	25 8p Tranquility Meditation	26	27 9a Green Tara Practice
28 9a Green Tara Practice	29	30 7:30p Medicine Buddha Practice	31	1 8p Tranquility Meditation	2	3 9a Green Tara Practice

MAY 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.

May 5, Friday – Pema Sangthig Tsok

May 7, Sunday at 8 am to May 13, Saturday at noon – Riwoche Temple Dzogchen Retreat with Ven. Khenpo Yeshe Gyaltzen Rinpoche

The retreat will be held at the Riwoche Temple in Toronto. Sunday, May 7, 2017 to Saturday, May 13, 2017 8 am to 8:30 pm each day, ending at noon on the 13th
 Lonchenpa (1308-1364) is the main Tibetan lineage holder of the Nyingma Dzogchen teachings and is the author of many treatises. Ven. Khenpo Yeshe Gyaltzen Rinpoche will guide retreatants through Lonchenpa's treatise, The Excellent Path to Enlightenment. This precious teaching will illuminate how the mind can be transformed, suffering overcome, and the path to true understanding to the nature of reality revealed. Attendance for the full week is required. In addition, one must have permission by a qualified Vajrayana master to attend the retreat. Retreat is limited to 25 students.
 Cost: For registration, the cost is \$600 CAD. Tenpai Jindag members receive a discount at \$500. Registration must be made prior to the retreat.
 Required texts – These will be available in the Temple store. Both are required.
 The Excellent Path to Enlightenment – Sutrayana \$25 and The Excellent Path to Enlightenment \$25
 If you have any questions or concerns, please email riwoche@gmail.com.

May 10, Wednesday at 6 pm – 9 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.

May 21, Sunday at 2:00 pm – Dakini Tsok

May 23, Monday at 8:00 pm – Kyabgön Phakchok Rinpoche Birthday 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.

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.