

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3 9a Green Tara Practice	4	5 7:30p Medicine Buddha Practice	6 6-9p Chöd Practice	7 7:30p Anniversary of Nyoshul Khenpo Tsok	8	9 9a Green Tara Practice
10 9a Green Tara Practice	11	12 7:30p Medicine Buddha Practice	13	14 8p Tranquility Meditation	15 7:30p Dakini Tsok	16 9a Green Tara Practice
17 9a Green Tara Practice	18	19 7:30p Medicine Buddha Practice	20	21 8p Tranquility Meditation	22	23 9a Green Tara Practice
24 9a Green Tara Practice	25	26 7:30p Medicine Buddha Practice	27	28 8p Tranquility Meditation	29	30 9a Green Tara Practice 2-5p Pema Sangthig Tsok

SEPTEMBER 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.

September 6, 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.

September 7, Thursday at 7:30 pm – Anniversary of Nyoshul Khenpo Tsok

September 15, Friday at 7:30 pm – Dakini Tsok

September 30, Saturday at 7:30 pm – Pema Sangthig Tsok

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.