

APRIL 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9a Green Tara Practice	2	3 7:30p Medicine Buddha Practice	4	5 8p Tranquility Meditation	6	7 9a Green Tara Practice
8 9a Green Tara Practice	9	10 7:30p Medicine Buddha Practice 7:30p Dakini Tsok	11	12 8p Tranquility Meditation	13	14 9a Green Tara Practice
15 9a Green Tara Practice	16	17 7:30p Medicine Buddha Practice	18	19 8p Tranquility Meditation	20	21 9a Green Tara Practice
22 9a Green Tara Practice	23	24 7:30p Medicine Buddha Practice	25 7:30p Pema Sangthig Tsok	26 8p Tranquility Meditation	27	28 9a Green Tara Practice
29 9a Green Tara Practice 2-5p Chöd Practice	30	1 7:30p Medicine Buddha Practice	2	3 8p Tranquility Meditation	4	5 9a Green Tara Practice

APRIL 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.

April 10, Tuesday at 7:30 pm – Dakini Tsok

April 25, Wednesday at 7:30 pm – Pema Sangthig Tsok

April 29, Sunday at 2pm–5pm – 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.

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.