

FEBRUARY 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9a Green Tara Practice	29	30 7:30p Medicine Buddha Practice	31 6-9p Chöd Practice	1 8p Tranquility Meditation with teaching	2	3 9a Green Tara Practice 2p Longchenpa Anniversary Tsok
4 9a Green Tara Practice	5	6 7:30p Medicine Buddha Practice	7	8 8p Tranquility Meditation with teaching	9	10 9a Green Tara Practice 2p Dakini Tsok
11 9a Green Tara Practice	12	13 7:30p Medicine Buddha Practice	14	15 8p Tranquility Meditation with teaching	16 8am - LOSAR - Tibetan New Year 2145 - Year of the Earth Dog	17 9a Green Tara Practice
18 9a Green Tara Practice	19	20 7:30p Medicine Buddha Practice	21	22 8p Tranquility Meditation with teaching	23	24 9a Green Tara Practice
25 9a Green Tara Practice 2p Pema Sangthig Tsok	26	27 7:30p Medicine Buddha Practice	28	1 8p Tranquility Meditation with teaching	2 <i>Chotrul Duchen</i> 6-9p Chöd Practice	3 9a Green Tara Practice

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.

FEBRUARY PRACTICES AND TEACHINGS

February 3, Saturday at 2 pm – Longchenpa (Lonchen Rabjam) Anniversary Tsok

February 10, Saturday at 2 pm – Dakini Tsok

February 16, Friday – LOSAR – Tibetan New Year 2145 – Year of the Earth Dog

Traditionally, people do not eat before coming to the temple. After chanting and praying together we go downstairs and have some traditional Tibetan fare (rice with raisins and Tibetan cookies). This way, we have the first meal of the New Year together. It is also traditional to buy some new, never worn, clothes and wear them to the event (not mandatory, but a nice custom). It is also customary to make offerings to the lamas, monks, and nuns of the Temple when visiting on this day.

February 25, Sunday at 2 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.