

JANUARY 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>
<b>7</b> 9a Green Tara Practice	<b>8</b>	<b>9</b> 7:30p Medicine Buddha Practice	<b>10</b>	<b>11</b> 7:30p <b>Dakini Tsok</b>	<b>12</b>	<b>13</b> 9a Green Tara Practice
<b>14</b> 9a Green Tara Practice	<b>15</b>	<b>16</b> 7:30p Medicine Buddha Practice	<b>17</b>	<b>18</b> 8p Tranquility Meditation with teaching	<b>19</b>	<b>20</b> 9a Green Tara Practice
<b>21</b> 9a Green Tara Practice	<b>22</b>	<b>23</b> 7:30p Medicine Buddha Practice	<b>24</b>	<b>25</b> 8p Tranquility Meditation with teaching	<b>26</b> 7:30p <b>Pema Sangthig Tsok</b>	<b>27</b> 9a Green Tara Practice
<b>28</b> 9a Green Tara Practice	<b>29</b>	<b>30</b> 7:30p Medicine Buddha Practice	<b>31</b> 6-9p <b>Chöd Practice</b>	<b>1</b> 8p Tranquility Meditation with teaching	<b>2</b>	<b>3</b> 9a Green Tara Practice 2p <b>Longchenpa 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.*

### JANUARY PRACTICES AND TEACHINGS

#### January 2, Tuesday 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.

#### January 4, Thursday at 7:30 pm – Anniversary Tsok for Dudjom Rinpoche and Taklung Thangpa

#### January 6, Saturday at 2 pm – Anniversary Tsok for Chatrul Sangye Dorje Rinpoche's Parinirvana

#### January 11, Thursday at 7:30 pm – Dakini Tsok

#### January 26, Friday at 7:30 pm – Pema Sangthig Tsok

#### January 31, 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.

### 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.