

JULY 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 2p Welcome Ceremony for KPCR 7:30p KPCR: Heart Advice	7 9a Green Tara Practice 1p KPCR: Michuk Thinka Empowerment and Lung 6p KPCR: Ladrub Osel Thigle Empowerment and Lung
8 9a Green Tara Practice 10:30a Dakini Tsok 1p KPCR: Wangchuk Tsendrale Thuktig Empowerment and Lung 6p KPCR: Gampopa Ladrub Dusti Chu-chung Empowerment and Lung	9	10 7:30p Medicine Buddha Practice	11	12 8p Tranquility Meditation	13	14 9a Green Tara Practice
15 9a Green Tara Practice	16 7:30p Chotrul Duchon Tsok	17 <i>*No practice*</i>	18	19 <i>*No practice*</i>	20	21 <i>*No Green Tara Practice*</i> 2p Guru Dorje Drolö Empowerment at Beanfield Centre
22 <i>*No Green Tara Practice*</i> 2p Pema Sangthig Tsok	23	24 7:30p Medicine Buddha Practice	25	26 8p Tranquility Meditation	27 6-9p Chöd Practice	28 9a Green Tara Practice
29 9a Green Tara Practice	30	31 7:30p Medicine Buddha Practice	1	2 8p Tranquility Meditation	3	4 9a Green Tara Practice

JULY 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.

July 6, Friday to July 8, Sunday – Kyabgön Phakchok Rinpoche Toronto Visit 2018

July 6, Friday at 12:30pm — Welcome Ceremony for KPCR – Open to the public.

July 6, Friday at 2pm — Heart Advice – Kyabgön Phakchok Rinpoche will teach from personal experience on following the dharma path. Rinpoche will articulate various methods for transforming and altogether avoiding the many pitfalls that practitioners often face. This is a great opportunity to enhance one's practice at any level. *Cost: By donation*

July 7, Saturday at 1pm — Michuk Thinka Empowerment and Lung
 This empowerment is based on Taklung Sangye Won, the founder of the Riwoche monastery.
Cost: \$50 or \$30 for Tenpai Jindag members.

July 7, Saturday at 6pm — Ladrub Osel Thigle Empowerment and Lung
 This empowerment is based on the eighty mahasiddhas of ancient India.
Cost: \$50 or \$30 for Tenpai Jindag members.

July 8, Sunday at 1pm — Wangchuk Tsendrale Thuktig Empowerment and Lung — It is based on the inner practice of Gampopa. *Cost: \$50 or \$30 for Tenpai Jindag members.*

July 8, Sunday at 6pm — Gampopa Ladrub Dusti Chu-chung Empowerment and Lung — It is based on Gampopa, the root of the Kagyu tradition. *Cost: \$50 or \$30 for Tenpai Jindag members.*

July 8, Sunday at 10:30 am – Dakini Tsok

July 16, Monday– Chokhur Duchon Tsok *The “First Turning of the Wheel of Dharma” is celebrated. For the first seven weeks after his Enlightenment, Buddha did not teach. Encouraged by Indra & Brahma, he then gave the first teachings at Sarnath on the Four Noble Truths*

July 22, Sunday at 2 pm – Pema Sangthig Tsok

July 21, Saturday at 2 pm – HH Dudjom Sangye Pema Shepa Rinpoche – Guru Dorje Drolö Empowerment (at Beanfield Centre) HH Dudjom Yangsi Rinpoche has kindly accepted to give a teaching and bestow the Guru Dorje Drolö Empowerment. This is a registered only event so please follow the link to register: <https://www.eventbrite.com/e/guru-dorje-drolö-empowerment-teaching-by-hh-dudjom-sangye-pema-shepa-rinpoche-tickets-47137344065?aff=announcement>.

July 27, Friday 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 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**. 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.