

JUNE 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> 9:30a–4p <b>Dechen Shin Drup/Amitabha Buddha Practice</b>	<b>28</b> 9:30a–4p <b>Dechen Shin Drup/Amitabha Buddha Practice</b>	<b>29</b> <i>Saga Dawa</i> 9:30a–4p <b>Dechen Shin Drup/Amitabha Buddha Practice</b> 2-5p <b>Chöd Practice</b>	<b>30</b>	<b>31</b> 8p Tranquility Meditation	<b>1</b>	<b>2</b> 9a Green Tara Practice
<b>3</b> 9a Green Tara Practice	<b>4</b>	<b>5</b> 7:30p Medicine Buddha Practice	<b>6</b>	<b>7</b> 8p Tranquility Meditation	<b>8</b>	<b>9</b> 9a Green Tara Practice 2p <b>Dakini Tsok</b>
<b>10</b> 9a Green Tara Practice	<b>11</b>	<b>12</b> 7:30p Medicine Buddha Practice	<b>13</b>	<b>14</b> 8p Tranquility Meditation	<b>15</b>	<b>16</b> 9a Green Tara Practice
<b>17</b> 9a Green Tara Practice	<b>18</b>	<b>19</b> 7:30p Medicine Buddha Practice	<b>20</b>	<b>21</b> 8p Tranquility Meditation	<b>22</b>	<b>23</b> 9a Green Tara Practice 2p <b>Pema Sangthig Tsok</b>
<b>24</b> 9a Green Tara Practice	<b>25</b>	<b>26</b> 7:30p Medicine Buddha Practice	<b>27</b>	<b>28</b> 6-9p <b>Chöd Practice</b>	<b>29</b>	<b>30</b> 9a Green Tara Practice

### JUNE 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.*

**June 9, Saturday at 2 pm – Dakini Tsok**

**June 23, Saturday at 2 pm – Pema Sangthig Tsok**

**June 28, Thursday 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.*

### 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.