

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 9a Green Tara Practice 2p Pema Sangthig Tsok	26	27 7:30p Medicine Buddha Practice	28	1 8p Tranquility Meditation with teaching	2 Chotrul Duchen 6-9p Chöd Practice	3 9a Green Tara Practice
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
11 9a Green Tara Practice 2p Dakini Tsok	12	13 7:30p Medicine Buddha Practice	14	15 8p Tranquility Meditation with teaching	16	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	26 7:30p Pema Sangthig Tsok	27 7:30p Medicine Buddha Practice	28	29 8p Tranquility Meditation with teaching	30	31 9a Green Tara Practice 2-5p Chöd Practice

MARCH PRACTICES AND TEACHINGS

March 2, Friday – Chotrul Duchen

The first fifteen days of the year celebrate the fifteen days on which, in order to increase the merit and aid the devotion of future disciples, Buddha displayed a different miracle.

March 2, 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.

March 11, Sunday at 2 pm – Dakini Tsok

March 26, Monday at 7:30 pm – Pema Sangthig Tsok

March 31, Saturday at 2:00 pm – 5:00 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.

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

If you wish to sponsor a Tsok Please ask in person at the Temple.