

MAY 2018

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

MAY 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.

May 10, Thursday at 7:30 pm – Dakini Tsok

**May 19, Saturday – May 20, Sunday – Time: 9:30am – 4pm
 Namgyalma Practice / Namgyal Tong Cho (Thousand-fold Offerings of Namgyalma)**

Namgyalma is the deity of longevity and purification. Namgyalma practice is especially effective and powerful in removing obstacles and cleansing negative karma that hinders good health and long life. According to scriptures, her mantra has infinite benefits and blessings. It is said to be so powerful that anybody who hears it will never again be reborn in the lower realms. The Eight Precepts must be observed for twenty-four hours. Please do not eat breakfast prior to coming to the Temple; coffee or tea is acceptable. Please see the poster or website for the list of precepts. A simple vegetarian lunch will be served daily to all practitioners. If you cannot attend and would like to offer a donation to help defray the cost of daily food and tea for all practitioners. *No Tara practice on May 19th or May 20th.*

May 24, Thursday at 4:30 pm – Pema Sangthig Tsok and Kyabgön Phakchok Rinpoche Birthday Tsok

May 29, Tuesday at 2 pm – 5 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.

**May 23, Wednesday – May 29, Tuesday – Time: 9:30am – 4pm
 Dechen Shin Drup / Amitabha Buddha Practice**

Ven. Khenpo Sonam Rinpoche has offered to give teachings on Amitabha Buddha, the Buddha of Boundless Light, and his Pureland. In conjunction with the teachings, Rinpoche will conduct a daily practice of Amitabha Buddha. Each morning precepts will be taken, therefore participation for the full day on any day attended is mandatory. The Eight Precepts must be observed for twenty-four hours. Please do not eat breakfast prior to coming to the Temple; coffee or tea is acceptable. Please see the poster or website for the list of precepts. A simple vegetarian lunch will be served daily to all practitioners. We ask all practitioners who will be attending for the full week to please notify us in advance to assist the kitchen staff. If you cannot attend and would like to offer a donation to help defray the cost of daily food and tea for all practitioners. *No Tara practice on May 26th or May 27th.*

Riwoche Temple has instituted the following for the Amitabha Buddha Practice retreat: People attending will need to bring their own plate, cup, and utensils. We are making an effort to be more environmentally responsible and to reduce the amount of waste produced.

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