

NOVEMBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b> 9a Green Tara Practice	<b>29</b>	<b>30</b> 7:30p Medicine Buddha Practice	<b>31</b> <i>Lha Bab Duchen</i> 7:30p <b>Lha Bab Duchen Tsok</b>	<b>1</b> 8p Tranquility Meditation	<b>2</b> 7:30p <b>Dakini Tsok</b>	<b>3</b> 9a Green Tara Practice
<b>4</b> 9a Green Tara Practice	<b>5</b>	<b>6</b> 7:30p Medicine Buddha Practice	<b>7</b>	<b>8</b> 8p Tranquility Meditation	<b>9</b>	<b>10</b> 9a Green Tara Practice 1-3p and 3:30-5:30p <b>Longchen Nyingtik Ngöndro Teaching</b>
<b>11</b> 9a Green Tara Practice 10a-12p & 2p-4p <b>Avalokiteshvara Meditation</b>	<b>12</b>	<b>13</b> 7:30p Medicine Buddha Practice	<b>14</b>	<b>15</b> 8p Tranquility Meditation	<b>16</b>	<b>17</b> 9a Green Tara Practice 2p <b>Pema Sangthig Tsok</b>
<b>18</b> 9a Green Tara Practice 1-3p and 3:30-5:30p <b>Longchen Nyingtik Ngöndro Teaching</b>	<b>19</b>	<b>20</b> 7:30p Medicine Buddha Practice	<b>21</b>	<b>22</b> 8p Tranquility Meditation	<b>23</b> 6-9p <b>Chöd Practice</b>	<b>24</b> 9a Green Tara Practice 1-3p and 3:30-5:30p <b>Longchen Nyingtik Ngöndro Teaching</b>
<b>25</b> 9a Green Tara Practice 1-3p and 3:30-5:30p <b>Longchen Nyingtik Ngöndro Teaching</b>	<b>26</b>	<b>27</b> 7:30p Medicine Buddha Practice	<b>28</b>	<b>29</b> 8p Tranquility Meditation	<b>30</b>	<b>1</b> 9a Green Tara Practice

*Riwoche Temple is making an effort to be more environmentally responsible by reducing 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.*

### NOVEMBER PRACTICES AND TEACHINGS

**November 2, Friday at 7:30 pm – Dakini Tsok**

**November 10, 18, 24, and 25 at 1-3pm (Session One) and 3:30-5:30pm (Session Two) – Longchen Nyingtik Ngöndro Teaching**

At the request of Kyabje Tulku Pema Thinley Rinpoche, we are pleased to announce Ven. Khenpo Kunsang Dechen and Ven. Khenpo Sonam Rinpoche have agreed to teach the Longchen Nyingtik Ngöndro. The Longchen Nyingtik Lineage or the lineage of the Great Perfection is based upon the terma revelations of the 18th century treasure revealer, Rigzin Jigme Lingpa. He was a reincarnation of the 8th century Dharma King Trison Detsen, who in order to firmly establish the Dharma in Tibet, invited Guru Padmasambhava to Tibet to help complete and consecrate Samye, Tibet's first monastery. Due to the unbroken lineage blessing from Rigzin Jigme Lingpa to our present time, the Longchen Nyingtik is practiced widely by all Nyingma lineages.

Ven. Khenpo Kunsang Dechen Rinpoche was born in Tibet and studied in Namdrolling Monastery Monastic College with top Honors. He has received countless teachings and transmissions from the greatest masters of our time like Kyabje Dilgo Khyentse Rinpoche, Kyabje Penor Rinpoche, Kyabje Khenpo Ngagchung, Kyabje Khenpo Jigme Phuntsok, Kyabje Lama Achok Rinpoche, Kyabje Tulku Pema Thinley Rinpoche etc. Ven. Khenpo Kunsang Dechen lives in Toronto and is a reclusive practitioner. We are extremely pleased he has agreed to teach and give this precious opportunity of lineage blessing to everyone. Ticket: By Donation Translation in English and Mandarin available.

**November 11, Sunday at 10am – 12pm & 2pm – 4pm – Remembrance Day Avalokiteshvara Meditation for Peace**

In this time of war and natural disasters, all are invited to join the Riwoche community for meditation on the All Compassionate One, Avalokiteshvara, for world peace and healing.

**November 17, Saturday at 2 pm – Pema Sangthig Tsok**

**November 23, 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** 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**. 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.