

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