

OCTOBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9a Green Tara Practice	1 10a-4p Vajrakilaya	2 10a-4p Vajrakilaya 7:30p Medicine Buddha Practice	3 10a-4p Vajrakilaya	4 10a-4p Vajrakilaya 1:30p Dakini Tsok 8p Tranquility Meditation	5 10a-4p Vajrakilaya	6 9a Green Tara Practice 10a-4p Vajrakilaya
7 9a Green Tara Practice 10a-4p Vajrakilaya	8	9 7:30p Medicine Buddha Practice	10	11 7:30p Sangye Won Tsok and Anniversary of Rigdzin Jigme Lingpa	12	13 9a Green Tara Practice
14 9a Green Tara Practice	15	16 7:30p Medicine Buddha Practice	17	18 8p Tranquility Meditation	19 7:30p Pema Sangthig Tsok	20 9a Green Tara Practice
21 9a Green Tara Practice	22	23 7:30p Medicine Buddha Practice	24 6p Chöd Practice	25 8p Tranquility Meditation	26	27 9a Green Tara Practice
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

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.

OCTOBER PRACTICES AND TEACHINGS

October 1, Monday – October 7, Sunday at 10 am – 4 pm – Vajrakilaya Ceremony – Phurba Drum Cho

Vajrakilaya is the wrathful form of Vajrasattva. This practice is famous for being the most powerful in removing obstacles, destroying the forces hostile to compassion, and for purification. Attendance for the full week is not required. We do require all practitioners attending the full week to please notify us of their participation in advance to assist the kitchen staff.

October 4, Thursday at 1:30 pm – Dakini Tsok

October 11, Thursday at 2 pm – Sangye Won Tsok & Anniversary of Rigdzin Jigme Lingpa

October 19, Friday at 7:30 pm – Pema Sangthig Tsok

October 24, Wednesday 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.

October 31, Wednesday – Lha Bab Duchen

*“Buddha Shakyamuni’s Descent from Tushita heaven” is celebrated. Buddha’s mother, Queen Mayadevi, had been reborn in Tushita Heaven. To repay his mother’s kindness and to liberate her, Buddha went to Tushita for three months teaching dharma to his mother and other celestial beings. *Note – Tsok will take place in the afternoon with the Vajrakilaya practice.*

October 31, Wednesday at 7:30 pm – Lha Bab Duchen Tsok

REGULAR PRACTICES

Medicine Buddha Practice 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.