

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

APRIL 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.

April 14, Sunday at 2 pm – Pema Sangthig Tsok

April 19, Friday at 6pm–9pm – 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.

April 29, Monday at 7:30 pm – Dakini Tsok

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. 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.