

MARCH 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 9a Green Tara Practice	25	26 7:30p Medicine Buddha Practice	27	28 8p Tranquility Meditation with teaching	1 7:30p Dakini Tsok	2 9a Green Tara Practice
3 9a Green Tara Practice	4	5 7:30p Medicine Buddha Practice	6	7 8p Tranquility Meditation	8	9 9a Green Tara Practice
10 9a Green Tara Practice	11	12 7:30p Medicine Buddha Practice	13	14 8p Tranquility Meditation	15	16 9a Green Tara Practice 2p Pema Sangthig Tsok
17 9a Green Tara Practice	18	19 7:30p Medicine Buddha Practice	20	21 6-9p Chöd Practice	22	23 9a Green Tara Practice
24 9a Green Tara Practice	25	26 7:30p Medicine Buddha Practice	27	28 8p Tranquility Meditation	29	30 9a Green Tara Practice 2p Dakini Tsok
31 9a Green Tara Practice	1	2 7:30p Medicine Buddha Practice	3	4 8p Tranquility Meditation	5	6 9a Green Tara Practice

MARCH 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.

March 1, Friday at 7:30 pm – Dakini Tsok

March 16, Saturday at 2 pm – Pema Sangthig Tsok

March 21, Thursday 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.

March 30, Saturday at 2 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.

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

If you wish to sponsor a Tsok
 Please ask in person at the Temple.