

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

### MAY 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.*

**May 14, Tuesday at 8 pm – Pema Sangthig Tsok**

**May 18, Saturday at 2 pm – 5 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.

**May 23, Thursday at 7:30 pm – Kyabgön Phakchok Rinpoche Birthday Tsok**

**May 29, Wednesday at 7:30 pm – Dakini Tsok**

### UPCOMING EVENTS

**June 9, Sunday – June 10, Monday – Time: 9:30am – 4pm**

**Namgyalma Practice / Namgyal Tong Cho (Thousand-fold Offerings of Namgyalma)**

Namgyalma is the deity of longevity and purification. Namgyalma practice is especially effective and powerful in removing obstacles and cleansing negative karma that hinders good health and long life. According to scriptures, her mantra has infinite benefits and blessings. It is said to be so powerful that anybody who hears it will never again be reborn in the lower realms. The Eight Precepts must be observed for twenty-four hours. Please do not eat breakfast prior to coming to the Temple; coffee or tea is acceptable. Please see the poster or website for the list of precepts. A simple vegetarian lunch will be served daily to all practitioners. If you cannot attend and would like to offer a donation to help defray the cost of daily food and tea for all practitioners. *No Tara practice on June 9<sup>th</sup>.*

**June 11, Tuesday – June 17, Monday – Time: 9:30am – 4pm**

**Dechen Shin Drup / Amitabha Buddha Practice**

Ven. Khenpo Sonam Rinpoche has offered to give teachings on Amitabha Buddha, the Buddha of Boundless Light, and his Pureland. In conjunction with the teachings, Rinpoche will conduct a daily practice of Amitabha Buddha. Each morning precepts will be taken, therefore participation for the full day on any day attended is mandatory. The Eight Precepts must be observed for twenty-four hours. Please do not eat breakfast prior to coming to the Temple; coffee or tea is acceptable. Please see the poster or website for the list of precepts. A simple vegetarian lunch will be served daily to all practitioners. We ask all practitioners who will be attending for the full week to please notify us in advance to assist the kitchen staff. If you cannot attend and would like to offer a donation to help defray the cost of daily food and tea for all practitioners. *No Tara practice on June 15<sup>th</sup> or June 16<sup>th</sup>.*

*Riwoche Temple has instituted the following for the Amitabha Buddha Practice retreat: People attending will need to bring their own plate, cup, and utensils. We are making an effort to be more environmentally responsible and to reduce the amount of waste produced.*

**June 21, Friday – June 23, Sunday – Toronto Retreat with Khenpo Sonam Rinpoche – Details to be announced.**

### 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.*

### 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