

**OCTOBER 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> 9a Green Tara Practice	<b>30</b>	<b>1</b> 7:30p Medicine Buddha Practice	<b>2</b>	<b>3</b> 8p Tranquility Meditation	<b>4</b>	<b>5</b> 9a Green Tara Practice
<b>6</b> 9a Green Tara Practice	<b>7</b>	<b>8</b> 7:30p Medicine Buddha Practice <b>8p Pema Sangthig Tsok</b>	<b>9</b>	<b>10</b> 8p Tranquility Meditation	<b>11</b>	<b>12</b> 9a Green Tara Practice
<b>13</b> 9a Green Tara Practice 2-5p <b>Chöd Practice</b>	<b>14</b>	<b>15</b> 7:30p Medicine Buddha Practice	<b>16</b>	<b>17</b> 7:30p <b>Dilgo Khyentse Rinpoche Anniversary Tsok</b>	<b>18</b>	<b>19</b> 9a Green Tara Practice
<b>20</b> 9a Green Tara Practice	<b>21</b>	<b>22</b> 7:30p Medicine Buddha Practice	<b>23</b> 7:30p <b>Dakini Tsok</b>	<b>24</b> 8p Tranquility Meditation	<b>25</b>	<b>26</b> 9a Green Tara Practice
<b>27</b> 9a Green Tara Practice	<b>28</b> 10a-4p <b>Vajrakilaya</b>	<b>29</b> 10a-4p <b>Vajrakilaya</b> 7:30p Medicine Buddha Practice	<b>30</b> 10a-4p <b>Vajrakilaya</b> 7:30p <b>Sangye Won Tsok and Anniversary of Rigdzin Jigme Lingpa</b>	<b>31</b> 10a-4p <b>Vajrakilaya</b> 8p Tranquility Meditation	<b>1</b> 10a-4p <b>Vajrakilaya</b>	<b>2</b> 9a Green Tara Practice 10a-4p <b>Vajrakilaya</b>

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

**October 13, Sunday 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.

**October 17, Thursday at 7:30 pm – Dilgo Khyentse Rinpoche Anniversary Tsok**

**October 23, Wednesday at 1:30 pm – Dakini Tsok**

**October 28, Monday – November 3, 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 30, Wednesday at 7:30 pm – Sangye Won Tsok & Anniversary of Rigdzin Jigme Lingpa**

**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.