

**SEPTEMBER 2019**

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

**SEPTEMBER PRACTICES AND TEACHINGS**

**September 8, Sunday at 2 pm – Pema Sangthig Tsok**

**September 13, Friday 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.

**September 24, Tuesday at 8 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.*

**HOUSEKEEPING**

Join the **Housekeeping Crew** tidy the Temple after Green Tara Puja on **Saturdays at 10:00 am**. Please help any Saturday when you can.

**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