

## February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
		<b>6:30 PM Guru Rinpoche Tsok</b> 7:30 PM EST Online Medicine Buddha Practice	Anniversary of Kangyur Rinpoche			<b>2 PM Tsok for Anniversary Dudjom Yansi Rinpoche</b>
5	6	7	8	9	10	11
<b>2 PM Chöd Practice</b>  9a Green Tara Practice		7:30 PM EST Online Medicine Buddha Practice	Anniversary of Longchenpa			
12	13	14	15	16	17	18
9a Green Tara Practice		7:30 PM EST Online Medicine Buddha Practice	<b>6:30 PM Dakini Tsok</b>			
19	20	21	22	23	24	25
9a Green Tara Practice		<b>8am - LOSAR</b> Water Rabbit Year of 2150  7:30 PM EST Online Medicine Buddha Practice				
26	27	28				
9a Green Tara Practice		7:30 PM EST Online Medicine Buddha Practice				

### FEBRUARY PRACTICES AND TEACHINGS

February 1, Wednesday – Anniversary of Kangyur Rinpoche

**February 4, Saturday at 2PM – Tsok for Anniversary of Kyabje Dudjom Rinpoche III, Sangye Pema Shepa’s Parinirvana (1990-2022)**

**February 5, Sunday at 2PM – Chöd Practice**

February 8, Wednesday – Anniversary of Longchenpa

**February 15, Wednesday at 6:30 – Dakini Tsok**

**February 21, Tuesday – LOSAR – Tibetan New Year 2150 – Year of the Water Rabbit**

Traditionally, people do not eat before coming to the temple. After chanting and praying together we go downstairs and have some traditional Tibetan fare (rice with raisins and Tibetan cookies). This way, we have the first meal of the New Year together. It is also traditional to buy some new, never worn, clothes and wear them to the event (not mandatory, but a nice custom). It is also customary to make offerings to the lamas, monks, and nuns of the Temple when visiting on this day.