

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	2 9:30a–4p Namgyalma Practice / Namgyal Tong Cho	3 9:30a–4p Namgyalma Practice / Namgyal Tong Cho
4 <i>Saga Dawa Duchen</i> 9a Green Tara Practice 2p Chöd Practice	5	6 7:30 PM EST Online Medicine Buddha Practice	7	8	9	10
11 9a Green Tara Practice	12	13 6p Dakini Tsok 7:30 PM EST Online Medicine Buddha Practice	14	15	16	17
18 9a Green Tara Practice	19	20 7:30 PM EST Online Medicine Buddha Practice	21	22	23	24
25 9a Green Tara Practice	26	27 7:30 PM EST Online Medicine Buddha Practice	28 6p Guru Rinpoche Tsok	29	30	

JUNE PRACTICES AND TEACHINGS

Sunday weekly In Person and Zoom webcast of the Green Tara Practice

Green Tara practice is on Sundays from 9-10am at the Temple. You are welcome to join virtually. Please see our website for details.

Tuesday weekly Zoom webcast of the Medicine Buddha Practice

Tuesdays we have our weekly zoom webcast of the medicine buddha practice. Please see our website for details.

May 25, Thursday – June 1, Thursday – Time: 9:30 am – 4 pm 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 until sunrise the next day. 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 towards the week of practice, please e-transfer to donations@riwoche.com. If you have a specific request on the direction of your donation (for tsok/tea offering/meal offering), please make a note in your e-transfer or email office@riwoche.com. Any donation amount is greatly appreciated. No Green Tara practice on Sunday May 28th.

June 2, Friday – June 3, Saturday – Time: 9:30 am – 4 pm

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 until sunrise the next day. 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 towards the week of practice, please e-transfer to donations@riwoche.com. If you have a specific request on the direction of your donation (for tsok/tea offering/meal offering), please make a note in your e-transfer or email office@riwoche.com. Any donation amount is greatly appreciated.

June 4, Sunday – Saga Dawa Duchen – Buddha Shakyamuni's Enlightenment and Parinirvana are celebrated. He became enlightened during a full moon night in Bodhgaya and entered parinirvana in Kushinagar.

June 4, Sunday at 2 pm – *Saga Dawa Duchen Chöd Tsok*