

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 6:30 p.m. Dakini Tsok	4
5 9 a.m. Green Tara Practice	6	7 7:30 p.m. EST Medicine Buddha Practice	8	9	10	11
12 9 a.m. Green Tara Practice	13	14 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice 7:30 p.m. EST Medicine Buddha Practice	15 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	16 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	17 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	18 9:30a–4p Guru Rinpoche Tsok
19 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	20 9:30a–4p Dechen Shin Drup/ Amitabha Buddha Practice	21 9:30a–4p Namgyalma Practice / Namgyal Tong Cho 7:30 p.m. EST Medicine Buddha Practice	22 9:30a–4p Namgyalma Practice / Namgyal Tong Cho	23 Saga Dawa Duchen 10a–12p Teaching 2 p.m. Chöd Practice <i>Kyabgön Phakchok Rinpoche Birthday</i>	24	25
26 9 a.m. Green Tara Practice	27	28 7:30 p.m. EST Medicine Buddha Practice	29	30	31	

MAY PRACTICES AND TEACHINGS

Sundays In Person/Zoom of Green Tara Practice. Tuesdays In Person/Zoom Medicine Buddha Practice.

May 3, Friday at 6:30 p.m. – Dakini Tsok

May 14, Tuesday – May 20, 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 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 19th.

May 18, Saturday at 9:30 am – 4 pm – Guru Rinpoche Day Tsok

May 21, Tuesday – May 22, Wednesday – 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.

May 23, Thursday – *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.*

May 23, Thursday – Time: 10 am – 12 pm – Teaching on the Benefits of Dechen Shin Drup

Ven. Khenpo Sonam Rinpoche has offered to give teachings on the benefits of Dechen Shin Drup.

May 23, Thursday at 2 pm – Chöd Practice

May 23, Thursday – *Kyabgön Phakchok Rinpoche Birthday*