

DECEMBER 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 9a Green Tara Practice 1-3p and 3:30-5:30p Longchen Nyingtik Ngöndro Teaching	26	27 7:30p Medicine Buddha Practice	28	29 8p Tranquility Meditation	30	1 9a Green Tara Practice
2 9a Green Tara Practice 2p Dakini Tsok	3	4 7:30p Medicine Buddha Practice	5	6 8p Tranquility Meditation with teaching	7	8 9a Green Tara Practice
9 9a Green Tara Practice 2p Thinley Norbu Anniversary Tsok	10	11 7:30p Medicine Buddha Practice	12	13 8p Tranquility Meditation with teaching	14	15 9a Green Tara Practice
16 9a Green Tara Practice	17 7:30p Pema Sangthig Tsok	18 7:30p Medicine Buddha Practice	19	20 8p Tranquility Meditation with teaching	21	22 9a Green Tara Practice 2-5p Chöd Practice
23 9a Green Tara Practice	24	25 7:30p Medicine Buddha Practice	26	27 8p Tranquility Meditation with teaching	28	29 9a Green Tara Practice 2p Anniversary Tsok for Chatrul Rinpoche, Dudjom Rinpoche, and Taklung Thangpa
30 9a Green Tara Practice	31 7:30p Dakini Tsok	1 7:30p Medicine Buddha Practice	2	3 8p Tranquility Meditation with teaching	4	5 9a Green Tara Practice

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.

DECEMBER PRACTICES AND TEACHINGS

December 2, Sunday at 7:30 pm – Dakini Tsok

December 9, Sunday at 2 pm – Thinley Norbu Anniversary Tsok

December 17, Monday at 7:30 pm – Pema Sangthig Tsok

December 22, Saturday 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.

December 29, Saturday at 2 pm – Anniversary Tsok for Chatrul Rinpoche, Dudjom Rinpoche, and Taklung Thangpa

December 31, Monday at 7:30 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. 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.