

JANUARY 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 9a Green Tara Practice	<b>31</b> 7:30p <b>Dakini Tsok</b>	<b>1</b> 7:30p Medicine Buddha Practice	<b>2</b>	<b>3</b> 8p Tranquility Meditation with teaching	<b>4</b>	<b>5</b> 9a Green Tara Practice
<b>6</b> 9a Green Tara Practice	<b>7</b>	<b>8</b> 7:30p Medicine Buddha Practice	<b>9</b>	<b>10</b> 8p Tranquility Meditation with teaching	<b>11</b>	<b>12</b> 9a Green Tara Practice
<b>13</b> 9a Green Tara Practice	<b>14</b>	<b>15</b> 7:30p Medicine Buddha Practice	<b>16</b> 7:30p <b>Pema Sangthig Tsok</b>	<b>17</b> 8p Tranquility Meditation with teaching	<b>18</b>	<b>19</b> 9a Green Tara Practice
<b>20</b> 9a Green Tara Practice	<b>21</b> 6-9p <b>Chöd Practice</b>	<b>22</b> 7:30p Medicine Buddha Practice	<b>23</b> 7:30p <b>Longchenpa Anniversary Tsok</b>	<b>24</b> 8p Tranquility Meditation with teaching	<b>25</b>	<b>26</b> 9a Green Tara Practice
<b>27</b> 9a Green Tara Practice	<b>28</b>	<b>29</b> 7:30p Medicine Buddha Practice	<b>30</b> 7:30p <b>Dakini Tsok</b>	<b>31</b> 8p Tranquility Meditation with teaching	<b>1</b>	<b>2</b> 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.*

### JANUARY PRACTICES AND TEACHINGS

**January 16, Wednesday at 7:30 pm – Pema Sangthig Tsok**

**January 21, Monday 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.

**January 23, Wednesday at 7:30 pm – Longchenpa (Lonchen Rabjam) Anniversary Tsok**

**January 30, Wednesday at 7:30 pm – Dakini Tsok**

### UPCOMING EVENTS

**February 5, Tuesday – LOSAR – Tibetan New Year 2146 – Year of the Earth Pig**

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.

### 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.