

V. V. THRANGU RINPOCHE BIRTHDAY



On November 14th, we will be celebrating the birthday of our beloved Thrangu Rinpoche's 78th Birthday!

If you are available, please come and participate on this auspicious day, as we remember Rinpoche's loving kindness and the profound teachings he has bestowed upon us.

| TIME | ACTIVITY |
|-----------|---|
| 10: 00 am | Circumambulating around the monastery with Rinpoche's Portrait. |
| 10:30 am | "Green Tara Prayers" for the long life and good health of Rinpoche. Offering of Body, Speech and Mind. Followed by individual offering. |
| 12:00 pm | Lunch served by the monastery to all participants. |
| 1:30 pm | Songs to praise for Rinpoche. |
| 3:00 pm | Cake cutting ceremony. |
| 4:30 pm | Mahakala Practice. |