



Saraha Scheduled Events in August & September

Saraha

Saraha Nyingma Buddhist Institute

Thursday, August 16 6:30 pm

Drop in, 1st Tibetan language class at Saraha

Thurs. & Fri., August 16 & 17, 7:00 pm

Group Meditation Practice with Teaching by Lama Sonam Tsering

Sat. & Sun., August 18 & 19, 10:00 am

Chenrezig Compassion Group Meditation Practice with Teaching and Training in Tonglen Meditation by Lama Sonam Tsering

Tues - Thurs., August 21/22/23, 7:00 pm

Group Meditation Practice with Teaching by Lama Sonam Tsering

Sat. 8/25, 6:30 pm

teaching IN CORVALLIS

by Minling Khenchen

Tsewang Rigdzin Rinpoche

"Refuge and the 7 Branch Offering"

Sun. 8/26, 6:00 pm

teaching IN EUGENE

by Minling Khenchen

Tsewang Rigdzin Rinpoche

"The Four Immeasurables & the 6 Perfections"

Mon. - Thurs., August 27-30, 7:00 pm

Group Meditation Practice with Teaching by Lama Sonam Tsering

Sat. 9/01, 3:00 pm

teaching IN NEWPORT

by Minling Khenchen

Tsewang Rigdzin Rinpoche

"Faith and Wisdom"

Sun. 9/02, 4:30-6:30 pm

teaching IN PORTLAND

by Minling Khenchen

Tsewang Rigdzin Rinpoche

"Introduction to the Six Bardos"

Location:

Saraha Buddhist Temple, 477 E. 40th Ave. Eugene (formerly the site of the UUCE Unitarian church)

541-359-3588

saraha.org

info@saraha.org

Saraha Nyingma



Minling Khenchen Tsewang Rigdzin Rinpoche



Lama Sonam Tsering

Saraha is open to the public for classes and scheduled events. Beginners and families are welcome. Events are free of charge unless otherwise noted in our event schedules. Please check online for more event details.

The Saraha Nyingma Buddhist Institute is a local, registered, non-profit religious organization, dedicated to the education, training and practice of the Dudjom Lineage of Nyingma Tibetan Buddhism.

al folk dancing, 6:45 lessons, \$3; 7:45pm dance, \$2, Willamalane Activity Center, 215 W. C St., Spfd., 344-7591.

22wed

Sunrise 6:25am; Sunset 8:05pm
Av High 82; Av Low 51

BENEFIT Nearby Nature fundraiser, Cozmic, mandatory flyer at wkly.ws/1c9 Don.

FOOD/DRINK Activation Foods mini-workshop, learn simple recipes involving cultured & fermented foods, 7-9pm, Stellaria / Hummingbird Wholesale Bldg., 150 Shelton McMurphy Blvd. \$20-\$30.

Sweetwater Farm Stand, fresh farm produce, products & recopes, 4-6pm, 1243 Rainbow Dr.

The Corner Market continues. See Thursday, Aug. 16.

GATHERINGS Free Admission Day at UO Museum of Natural & Cultural History, 11am-5pm, UO. FREE.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Homeowner Assistance Meeting, 5-7pm, Growers' Market, 454 Willamette St. FREE.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd.

Trivia at Supreme Bean, 7pm, 16 Tons Supreme Bean, 29th & Willamette. FREE.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

KIDS/FAMILIES Lapsit Storytime, ages birth-3 w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6 w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Cozmic Carnival, variety, 5pm, Cozmic. FREE.

LECTURES/CLASSES "New to Medicare? Learn the How-To's" 5-6pm, LTCA offices, 333 W. 10th Ave., 222-9020. FREE.

Prenatal class for soon-to-be parents, 5:30-6:30pm, Eugene Pediatric Associates Conference Room, 995 Willagillespie Rd., Suite 100, 484-5437. FREE.

Americas African Legacy - Legacy Workshop Series, 6-7:30pm, Jazz Station, 124 W. Broadway, 684-0254. FREE.

"Spiritual & Musical Context of the Mbiru" w/Fradreck Mujuru, 6:30-7:30pm, downtown library, info at 682-5450. FREE.

Bike Maintenance Basics, learn to lube a chain, fix a flat or simple tune-ups, 7pm, REI, 306 Lawrence St., space limited to 25, reg. FREE.

MUSIC Upstate Trio, 7pm, Territorial Vineyards, 907 W. 3rd Ave. FREE.

Open mic, 7:30pm, Cozmic. FREE. The Longshots, Do It Kappa, ska, rock, 9pm, Sam Bond's. \$1-\$5.

OUTDOORS/RECREATION Youth Mountain Biking & Camping Adventure, today & tomorrow, Salmon Creek Trail, 485-1495. \$25-\$50.



The Roving Park Players' production of Five Children & It opens Thursday, Aug. 16

Weight Training & Strength Yoga, 8:30am, Celebration Studio, 1820 Willamette St. \$10.

Raft Trip for Adults, 8:45am-4:30pm, Campbell Center, 155 High St., 682-5318. \$35.

Bike Riding for Seniors, weekly in-town rides, helmets required, 9:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Accessible Aquatics, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

Kundalini Yoga Happy Hour, 5:30-6:30pm, YogaWest, 3635 Hilyard St. \$8.

GEARS: Lorane Hwy. to McBeth Rd., 22 miles, 6pm, Alton Baker Park, info at 484-9398.

Beginning Poi Spinning (Firedancing) 7:30-8:30pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. FREE TRIAL.

Advanced Poi Spinning (Firedancing) 8:30-9:30pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. FREE TRIAL.

SPiritual A Course in Miracles Drop-In Study Group, 10-11:45am, Unity of the Valley, 39th & Hilyard, 914-0431. FREE.

Open Heart Meditation, noon, Unity of the Valley, 39th & Hilyard, info at open-your-heart.org.uk FREE.

Mujuru Mbiru Group, mbiru, 6:30pm, Cozmic. \$7-\$10.

Brown Chicken Brown Cow, Whistle Pigs, old-time, 9pm, Sam Bond's. \$3.

OUTDOORS/RECREATION Obsidians: climb Mt. Baker, sign up obsidians.org

Sunset Tree Climb, 5-8pm, Sladden Park. \$30.

Sailboat Racing Class, 5:30-9pm, Richardson Park Marina, 682-5329. \$30.

Drop-in Kayaking continues. See Thursday, Aug. 16.

Jacob's Gallery, 1 Eugene Center, 682-5000. FREE.

FOOD/DRINK The Corner Market continues. See Thursday, Aug. 16.

FOOD for Lane County Youth Farm stand continues. See Thursday, Aug. 16.

Wine tasting, 5-7pm, Supreme Bean Coffee Co., 2864 Willamette St. FREE.

Park Blocks Farmer's Market continues. See Thursday, Aug. 16.

GATHERINGS Eugene Metro Business Networking International, 11:30am, Downtown Athletic Club, 999 Willamette St., http://wkly.ws/159 \$12 lunch.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

LECTURES/CLASSES "How Long Term Care Insurance Works" w/Kim Kelly, 5-6pm, LTCA offices, 333 W. 10th Ave., 222-9020. FREE.

MUSIC The Cheeseburgers, 6:30pm, Skinner Butte Park, next to Campbell Center. FREE.

Michael Franti & Spearhead, Trombone Shorty, 6:30pm, Cuthbert Amphitheater, www.thecuthbert.com \$40 adv., \$45 day of.

Mujuru Mbiru Group, mbiru, 6:30pm, Cozmic. \$7-\$10.

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Pictures are representative, actual product will vary. Limited to stock on hand during sales event, no rainchecks. Prices shown will vary on computer configurations chosen at time of purchase. Sale ends September 9, 2012.

23thurs

Sunrise 6:26am; Sunset 8:03pm
Av High 82; Av Low 51

ART/CRafts 2012 Mayor's Art Show, 5:30pm, Hult Center



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SUMMER LUNCH SPECIAL



BENTO BOX

\$4.95 REG. \$10.95
12PM-2:30PM