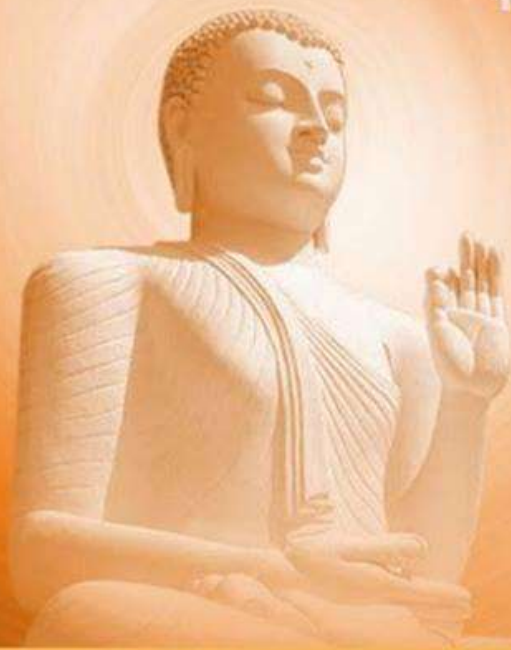


Vesak Celebration - 2016



You are cordially invited to participate in the
2016 Vesak Celebration
by
practicing generosity, morality,
concentration,
wisdom, compassion
and
loving kindness.

Sunday, May 22nd 2016
8.30am to 5.30pm



Atlantic Theravada Buddhist Society
218 Herrin Cove Road, Halifax

web: www.atlanticbuddhist.com email: atlanticbuddhistcms@gmail.com



Vesak Sil Program (22nd May, 2016)

- 8.30 a.m. Observing eight precepts –Bhanthe SIRInanda
- 8.45 a.m. Buddha pooja
- 9.00 a.m. Meditation Program –Bhanthe Vijitha
- 10.00 a.m. Tea break
- 10.15 a.m. Buddhanussathi Meditation(Recollection of the Buddha)
Bhanthe SIRInanda
- 10.45 a.m. Pindapatha Charika (Alms Round)
- 11.15 a.m. Buddha Pooja and Lunch
- 1.00 p.m. Chanting
- 2.00 p.m. Dhamma talk- Bhanthe Vijitha
- 3.00 p.m. Tea break
- 3.15 p.m. Dhamma talk - Rev. Koun
- 4.30 p.m. Dhamma discussion
- 5.30 p.m. Sil Pawaranaya and Buddha pooja

p.s. Noble Silence is expected throughout the Sil programme!

