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# Buddha's birthday marked in Halifax

'It's similar to the celebration of Christmas,' said Swarna Weerasinghe

Anjuli Patil · [CBC News](#)

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Members of the Buddhist community say the temple on Herring Cove Road is open to anyone who is interested in the Dhamma tradition. (Elizabeth McMillan/CBC)

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The Atlantic Theravada Buddhist Cultural and Mediation Society in Halifax celebrated the founder of their faith's birthday with plenty of food and meditation on Sunday.

"All vegetarian and no drinking and so everything is very calm and quiet," said Swarna Weerasinghe, a member of the society. "It's similar to the celebration of Christmas."

Today not only marks Buddha's birthday, but followers say it is also the day he attained enlightenment and the day of his death. The holiday is known as Vesak.

"All of those three things happened on the full moon day of May, and today is the full moon day of the month of May."

Weerasinghe says about 125 people attended the event [at the newly built temple on Herring Cove Road](#).

There was meditation, followed by a potluck lunch, followed by more meditation, then chanting and discussion.

"It's all about humbleness and living a moral life."

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