

Vesakh Daylong

at Aloka Vihara

Sunday
May 27th
10:00am-
5:30pm



Vesakh, which usually falls on the full moon of May, celebrates the birth, enlightenment and passing away of our teacher the Buddha.

We invite you to join us for a day of practice, recollecting the Buddha and your potential to awaken.

Schedule: 10:00-10:15	Arrive – Please bring dishes through to the kitchen
10:30	Welcome & Introduction, Guided Meditation
11:45	Meal Sharing & Blessing
1:30	Sitting & Walking Meditation
3:30	Tea Break
3:45	Dhamma Sharing followed by Q & A
4:45	Vesakh Ceremony
5:15	Closing & Sharing Blessings

***All teachings are freely offered.
The day will be held in Noble Silence.
Lunch: Shared Meal Offering****

**Since the beginning of Buddhism over 2500 years ago, Buddhist monks and nuns have depended on almsfood. In this spirit, you are invited to bring food to offer the nuns and that will be shared with others.*

© Contributions to support the Vihara in any way are gratefully accepted. Please view the website at:

www.saranaloka.org under 'participate > contribute'.

© Contact Dongshil at [dongshilj\(at\)gmail.com](mailto:dongshilj(at)gmail.com) or 415.722.5478 with questions.

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