

Programme – Apr ~ Jun 2018

SPECIAL EVENTS	
<p>Long Retreat (7 days) 28 April – 5 May</p>	<p>Application is required. For application information, please contact Aloka: amc@aloka.info . Application closing date: Mon, 2 April</p>
<p>Vesak Eve Celebration May 27 (Sun)</p>	<p>Light Offerings & Candlelight Procession at 7pm, followed by chanting at the Aloka Stupa.</p> <p><i>*Please contact Aloka (02) 4375 1178 if you would like to sponsor a light.</i></p>
<p>Vesak Day May 29 (Tue)</p>	<p>Celebrate the auspicious occasion of Vesak with chanting, meditation and a day of silent retreat:</p> <p>10:00am Chanting & Meditation 11:30am Lunch 12.30pm The Aloka Stupa will be open</p> <p>Please bring a vegetarian dish to share for lunch. <i>Contact: Aloka (02) 4375 1178.</i></p>
REGULAR ACTIVITIES	
<p>Sunday Chanting & Meditation Session Every Sunday* at 10am (*except during retreats/events)</p>	<p>Join us on Sunday mornings for chanting & meditation. All welcome. <i>Contact: Aloka (02) 4375 1178 / John 9899 8441.</i> Please bring a vegetarian dish to share for lunch afterwards.</p>
<p>One Day Retreats 9:30am – 3:30pm</p> <p>Apr 1 (Sun) May 6 (Sun) Jun 3 (Sun)</p>	<p>Suitable for all including beginners. Programme includes chanting, meditation and Dhamma talk. Registration upon arrival.</p> <p>Contact: Aloka on (02) 4375 1178. Lunch dana coordinators: Audrey 9899 5256 / Ming Lih 9899 8441.</p>
<p>Aloka Dhamma Groups</p> <p><u>Hills District:</u> Weekly on Friday 8 – 10pm</p> <p><u>Central Coast:</u> Fortnightly on Friday 7pm</p>	<p>Aloka devotees coming together to chant and meditate, to develop spiritual communal support. Please contact the coordinators for venues:</p> <p>Hills District (Sydney): <i>John & Ming Lih 9899 8441</i></p> <p>Central Coast: <i>Amanda (02) 4381 1388</i></p>
<p>Working Bee From 9am 20 May (Sun)</p>	<p>Volunteers needed to help maintain Aloka and prepare for Vesak celebrations. <i>Contact: Chandra Rupasinghe 8677 3799 or Joe Ang 9899 5256.</i></p>

Note: All activities are held at Aloka Meditation Centre, 50 Ross Rd, Peats Ridge unless otherwise stated.

See website www.aloka.info for latest information & contact details