

Programme – Jan ~ Apr 2019

| SPECIAL EVENTS | |
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| <p>Lunar New Year Day Feb 5 (Tue)</p> | <p>Join us to welcome the Year of the Pig: 10.00am Chanting & blessings 11:30am Lunch Dana</p> <p><i>Please bring a vegetarian dish to share for lunch. Contact: aloka.events@gmail.com</i></p> |
| <p>Lunar New Year Celebrations Feb 10 (Sun)</p> | <p>Lunar New Year celebrations to welcome the Year of the Pig: 10.00am Chanting & blessings 11:30am Lunch Dana 12:30pm Dhamma Talk by Venerable Mahinda</p> <p><i>Please bring a vegetarian dish to share for lunch. Contact: aloka.events@gmail.com</i></p> |
| <p>Aloka Novitiate Programme 1-10 March</p> | <p>Public programme includes Ordination Ceremony on Sat 2 March; Pindapata and Closing Ceremony on Sun 10 March. Further details to be advised.</p> <p>Sponsors would be greatly appreciated for the daily light offerings (\$50 per light), breakfast and lunch dana (\$25 / \$50 respectively), or any contribution towards the cost of organising this programme. Sadhu!</p> <p><i>Contact: aloka.events@gmail.com</i></p> |

| REGULAR ACTIVITIES | |
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| <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. Please bring a vegetarian dish to share for lunch afterwards.</p> <p><i>Contact: Aloka (02) 4375 1178 / John 9899 8441.</i></p> |
| <p>One Day Retreats 9:30am – 3:30pm</p> <p>Feb 3 (Sun) Apr 7 (Sun)</p> | <p>Suitable for all including beginners. Programme includes chanting, meditation and Dhamma talk. Registration upon arrival. <i>*Note: there is no One Day Retreat in March.</i></p> <p><i>Contact: aloka.events@gmail.com</i> <i>Lunch dana coordinators: Audrey 9899 5256 / Ming Lih 9899 8441.</i></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</p> <p>Jan 13 (Sun) Feb 24 (Sun)</p> | <p>Volunteers needed to help maintain Aloka and prepare for upcoming events.</p> <p><i>Contact: Kenny 0423 181 551 / aloka.events@gmail.com</i></p> |

Note: All activities are held at Aloka Meditation Centre, 50 Ross Rd, Peats Ridge (Tel: 02 4375 1178) unless otherwise stated.

See website www.aloka.info for latest information