

## Programme – Jul ~ Sep 2018

<b>SPECIAL EVENTS</b>	
<p><b>Aloka Stupa Anniversary Celebrations</b></p> <p>Sep 15 (Sat) &amp; Sep 16 (Sun)</p>	<p>Programme details to be advised.</p> <p><i>Contact: Aloka (02) 4375 1178</i></p>
<b>REGULAR ACTIVITIES</b>	
<p><b>Sunday Chanting &amp; Meditation Session</b> Every Sunday* at 10am (*except during retreats/events)</p>	<p>Join us on Sunday mornings for chanting &amp; 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><b>One Day Retreats</b> 9:30am – 3:00pm</p> <p>Jul 1 (Sun) Aug 5 (Sun) Sep 2 (Sun)</p>	<p>Programme includes chanting, meditation and Dhamma talk. All welcome. Registration upon arrival.</p> <p><i>Contact: Aloka (02) 4375 1178 / Email: <a href="mailto:aloka.events@gmail.com">aloka.events@gmail.com</a></i></p> <p>*To offer lunch dana to support the retreat, please contact the coordinators: Audrey 9899 5256 / Ming Lih 9899 8441</p>
<p><b>Aloka Dhamma Groups</b></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><b>Hills District (Sydney):</b> <i>John &amp; Ming Lih 9899 8441</i></p> <p><b>Central Coast:</b> <i>Amanda (02) 4381 1388</i></p>
<p><b>Working Bee</b> From 9am Aug 26 (Sun)</p>	<p>Volunteers needed to help maintain Aloka's buildings and grounds.</p> <p><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](http://www.aloka.info) for latest information & contact details**