

Australian Buddhist Mission Inc.

Programme – Apr ~ Jun 2019

SPECIAL EVENTS	
<p>Vesak Eve Celebration May 18 (Sat), 7pm</p>	<p>Light Offerings* & Candlelight Procession, followed by chanting at the Aloka Stupa.</p> <p>7.00pm Procession commences from the Main Residence building. <i>(Please wear sturdy footwear, bring your torch and appropriate weather gear.)</i></p> <p>*Please contact Aloka (02) 4375 1178 if you would like to sponsor a light.</p>
<p>Vesak Day May 19 (Sun), 10am</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 – 2pm Stupa open for meditation</p> <p>*Please bring a vegetarian dish to share for lunch.</p>

REGULAR ACTIVITIES	
<p>Sunday Chanting & Meditation Session</p> <p>Every Sunday* at 10am <i>(*except during retreats/events)</i></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>Apr 7 (Sun) May 5 (Sun) Jun 2 (Sun)</p>	<p>Suitable for all including beginners. Programme includes chanting, meditation and Dhamma talk. Registration upon arrival.</p> <p><i>Contact: aloka.events@gmail.com</i> <i>Lunch dana coordinators: Audrey 9899 5256 / Ming Lih 9899 8441.</i></p>
<p>Full Moon Chanting 7pm</p> <p>Apr 19 (Fri) Jun 17 (Mon)</p>	<p>Chanting and meditation in the Aloka Stupa.</p> <p><i>*For elder members and friends who require transport, or those who can volunteer to provide transport, please contact the coordinators:</i></p> <p><i>Wan Leng 0488 145 851 / John 0437 300 4780</i></p>
<p>Aloka Dhamma Groups</p> <p><u>Hills District:</u> Weekly on Friday 8 – 10pm</p> <p><u>Central Coast:</u> Monthly on Friday</p>	<p>Aloka devotees coming together to chant and meditate, to develop spiritual communal support. Please contact the coordinators for venues/dates:</p> <p>Hills District (Sydney): <i>John & Ming Lih 9899 8441</i></p> <p>Central Coast: <i>Amanda (02) 4381 1388</i></p>
<p>Service Offering Day</p> <p>Apr 14 (Sun) from 9am</p>	<p>Volunteers needed to help maintain Aloka's buildings and grounds.</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