

Cittaviveka Memo Autumn 2009

There are evening meditations in the Dhamma Hall every day except Monday and Friday which members of the public are welcome to attend.

On Saturdays after the meditation there is a talk on Dhamma; and on Sundays, tea and dialogue in the House at 5:00 pm. This is followed by a guided meditation in the Dhamma Hall at 7:30 pm. Forest Days and Garden Days are occasions when visitors can help to support the monastery with some simple forestry and gardening projects.

Lay Forums are occasions for dialogue on themes that integrate Buddhist practice with daily life.

❖ 20 August Pabbajja - Samanera Ordination.

Three men will take the ten precepts
as novice monks.

7:30 pm

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| ❖ 30 August | Garden Day | ☪ | 2:00 pm |
| ❖ 13 September | Forest Day | ☪ | 1:30 pm |
| ❖ 20 September | Lay Forum | ☸ | 2:00 pm |
| ❖ 27 September | Garden Day | ☪ | 2:00 pm |
| ❖ 28 Sept – Oct 4 | Sangha on silent group retreat in monastery | | |
| ❖ 04 October | Pavara all-night meditation vigil to conclude Vassa. | | |
| ❖ 18 October | Kathina Day | ☪ | 1:30 pm |
| ❖ 25 October | Forest Day | ☪ | 12:30 pm |
| ❖ 09 November | Lay Forum | ☸ | 2:00 pm |
| ❖ 22 November | Garden Day | ☪ | 12:30 pm |
| ❖ 06 December | Lay Forum | ☸ | 2:00 pm |
| ❖ 13 December | Forest Day | ☪ | 12:30 pm |

☪ Meeting at the workshop

☸ In the main house shrine or reception rooms

The Sangha will be visiting the following Buddhist groups;-

- Brighton David Glendining (01273 723378)
- London Hampstead Caroline Randall (0208 3480537)
- Southampton Robert Elliot (0238 0612838)
- Kent - Alokabodhi Group - Bee (01622 726414)
- Portsmouth Medhavi (02392 732280)

November 8th- 27th

Forest Work in Hammer Wood.

A chance for four lay men to live in the monastery and forest kuti and work with the Sangha. Please contact 'Forest Work' at the monastery for details if you would like to participate.

After 25 October the clocks change back to GMT the meal offering is at 10:30am.