



General Program



SATURDAY

07:30 am.....Observance of Triple Gem & 8 Precepts / 5 precepts

NB: The above ceremony is now held in the Dhammahall |

08:30 am.....Silent Meditation in the Dhammahall

10:30 am.....Alms offering

11:45 am.....Personal Questions & Dhamma Discussion

SUNDAY

10:30 am.....Pindapāta (Alms offering)

11:45 am.....Personal Questions, Dhamma Talk & Discussion

3:00-5:00 pm.....Chanting, Guided Meditation, Dhammatalk & Discussion.

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY

10: 30 am.....Pindapāta (Alms offering)

11:45 am..... Personal Questions & Dhamma Discussion

PUBLIC HOLIDAYS

10: 30 am.....Pindapāta (Alms offering)

11:45 am..... Personal Questions & Dhamma Discussion

Everyone is now welcome to join the program on any day of the week and to bring food to offer to the monks and to share with other lay visitors. The senior monk is available for discussion with them after the meal. There's usually not many people Tuesday to Friday. Therefore, Rukmani is organizing the roster to ensure that the monks will get some food on these weekdays. If you can commit beforehand to offer on Tue, Wed, Thu or Fri, please contact Rukmani or Neetha at: **RUKMANI** rukmanijayasinghe@gmail.com (0400 799 069) **NEETHA** ganesa@tpg.com.au (0408 451136)

* According to the rules of celibacy laid down by the Buddha, a monk alone may not sit or talk privately with women. The presence of another man is always required - even to discuss Dhamma or to sit in silent meditation in the same room. For this reason, ladies need to ensure that another man is present when they visit the resident monk.