

SANGHAMITTA DAY 2016
AT
THAMES BUDDHIST VIHARA

49,DULVERTON ROAD, SELSDON, SURREY CR2 8PJ
(TEL: 020 8657 7120 EMAIL: thamesvihara1@gmail.com)

Sunday 18th December

PROGRAMME

MORNING

- 09.00 Administering of eight precepts (Atasil)
- 09.15 Buddha Wandanawa - Ven. Kothmale Sumedha Thero
- 09.30 Anusasana by Ven.Kanthale Wijithawansa Thero - Acting Head of the Vihara
- 09.45 Tea & Coffee
- 10.00 Meditation led by Dr. Shiroma Bandara
- 11.00 Buddha puja - Ven. Kothmale Sumedha Thero
- 11.30 Dana offering to the Venerables and Upasaka upasikas sponsored by Mr. Nihal Jayathilaka, Mr. Nawaratna Weerasekara, Mrs. Renuka Amarasinghe and Mrs. Chandrika Perera

AFTERNOON

- 01.15 Meditation led by Ven. Bhikkhuni Canda the Spiritual Director of Anukampa Bhikkhuni Project
- 02.15 Dhamma Sermon led by Ven. Bhikkhuni Canda the Spiritual Director of Anukampa Bhikkhuni Project
- 03.15 Tea & Coffee
- 03.30 Dhamma Sermon led by Ven. Kothmale Sumedha Thero
- 04.30 Dhamma Sermon led by Ven. Kanthale Wijithawansa Thero
- 05.30 Sil Pavaranaya and punyanumodhanaya
- 06.00 Buddha Vandanawa

ALL ARE WELCOME