



Forest Sangha
Calendar
2011/2554

With loving gratitude to Luang Por Sumedho

This 2011 calendar is an expression of a variety of skills offered by several friends and supporters. In particular: Tubten Yeshe (January photo), Chinch Gryniewicz (Dec. photo) and Neil Taylor (design). We are grateful for their generous contributions.

The quotes on each page are extracts from teachings given by Luang Por Sumedho.

This calendar has been sponsored for free distribution by generous supporters in Malaysia with gratitude and respect for the Forest Sangha – Vassa 2010

LUNAR OBSERVANCE DAYS ● ◐ ◑ ○

These days are devoted to quiet reflection at the monastery. Visitors may come and take the Precepts for the day and join in all or part of the extended evening meditation.

The dates for the lunar calendar are determined by traditional methods of calculation, and are not always the same as the precise astronomical occurrences.

THE MAJOR FULL-MOON DAYS OF 2011/2554-55

Magha Puja February 18 ('Sangha Day')

Commemorates the spontaneous gathering of 1250 *arahants*, to whom the Buddha gave the exhortation on the basis of the discipline (*Ovada Patimokkha*).

Vesakha Puja (Wesak) May 17 ('Buddha Day')

Commemorates the birth, enlightenment and passing away of the Buddha.

Asalha Puja July 15 ('Dhamma Day')

Commemorates the Buddha's first discourse, given to the five *samanas* in the Deer Park at Sarnath, near Varanasi. The traditional Rainy-Season Retreat (*Vassa*) begins on the next day.

Pavarana Day October 12

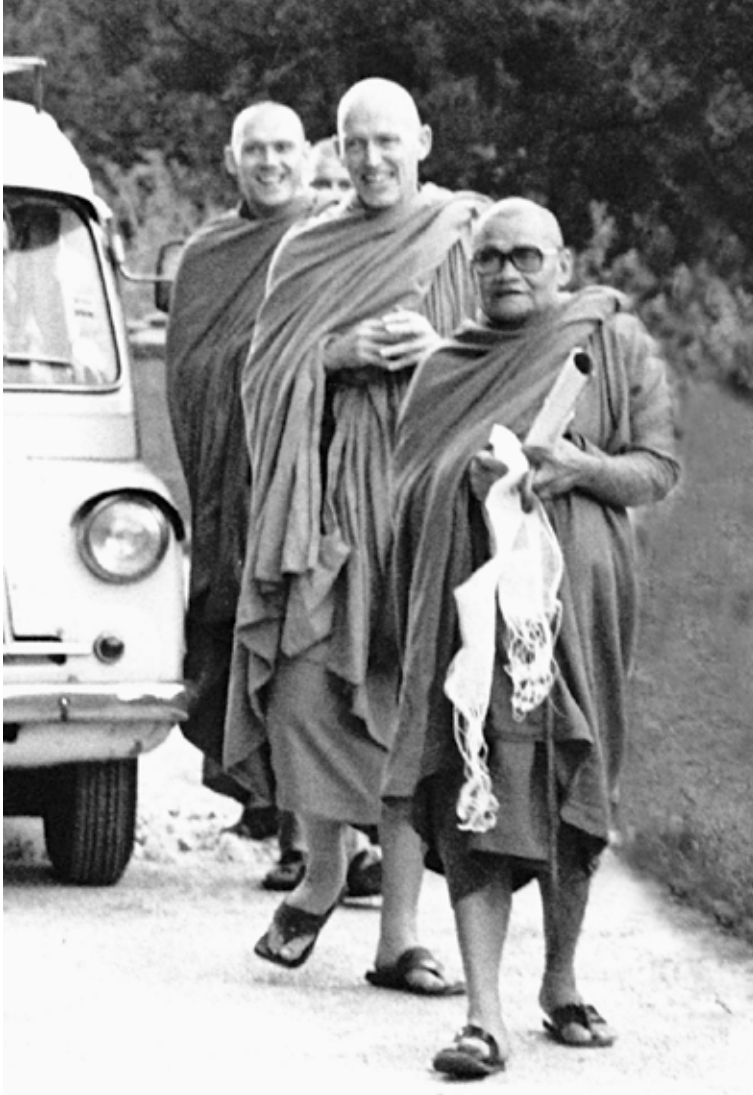
This marks the end of the three-month *Vassa*-retreat. In the following month, lay people may offer the *Kathina*-robe as part of a general alms-giving ceremony.

WEB ADDRESSES FOR THIS FOREST SANGHA COMMUNITY

www.forestsangha.org
www.fsnewsletter.org
www.dhammathreads.org
www.dhammataalks.org.uk

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Luang Por Chah's message to Luang Por Sumedho

"Whenever you have feelings of love or hate for anything whatsoever, these will be your aides and partners in building *parami* (spiritual virtues). The Buddha-Dhamma is not to be found in moving forwards or backwards, nor in standing still. This, Sumedho, is your place of non-abiding."

January 2011/2554

S S M T W T F S S M T W T F S S M T W T F S S M
 1 2 3 ● 5 6 7 8 9 10 11 ☾ 13 14 15 16* 17 18 ☉ 20 21 22 23 24 25 26 ☽ 28 29 30 31

*Ajahn Chah Memorial Day



Dana – Generosity

This is the beauty and joy of our humanity – being able to love, to share, to be generous; to give without caring whether anyone else knows or acknowledges it.

February 2011/2554

T W T F S S M T W T F S S M T W T F S S M
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*Magha Puja

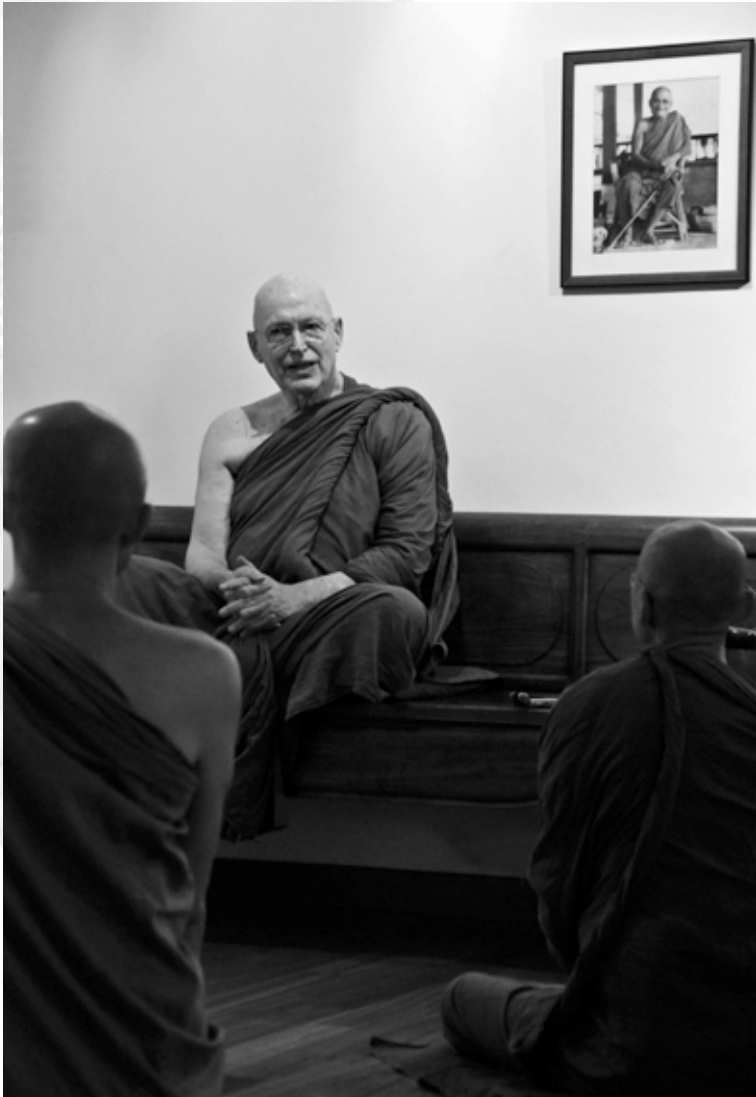


Sila – Integrity

Observing Buddhist precepts is a training; we don't demand that we immediately become perfect. The precepts are guidelines; they help anchor us. They encourage restraint from unskillful actions of body, speech and mind. They uplift us towards that which is noble, good, kind and generous.

March 2011/2554

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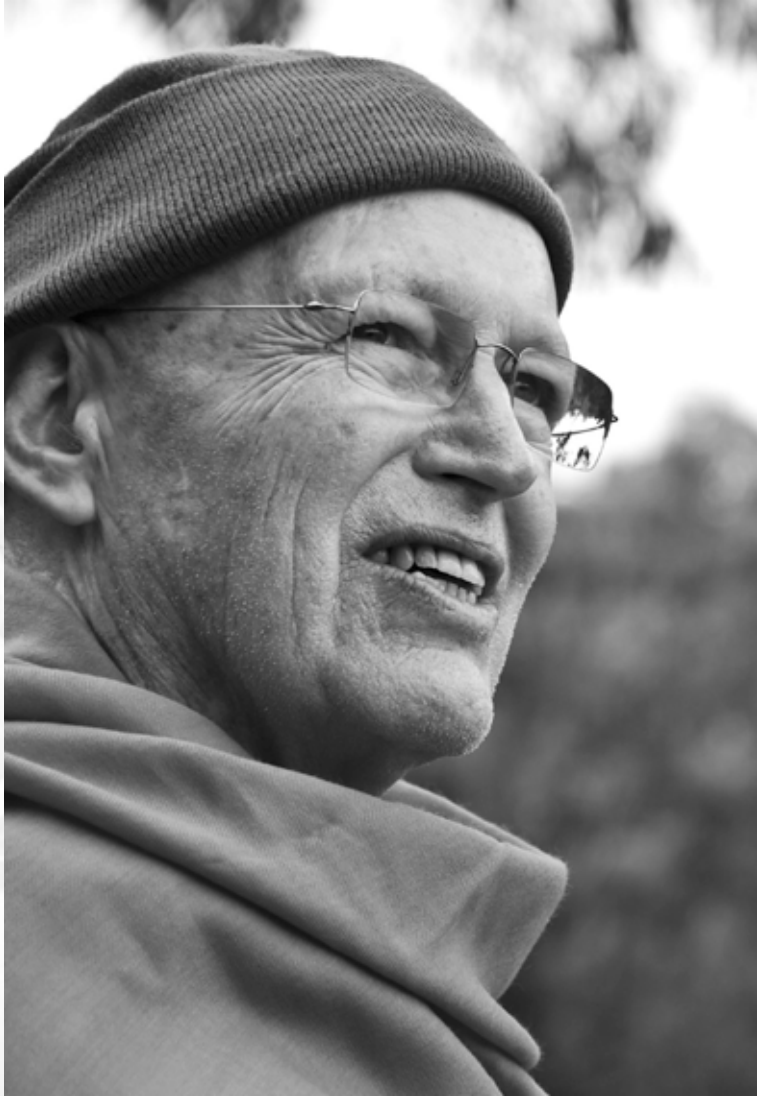


Nekkhamma – Renunciation

The way of spiritual life is a movement away from the distraction of attaining or acquiring. It is a relinquishing, a letting go. It simplifies our lives, freeing us from that which is unnecessary. There's no judgement or rejection, it is pure mindfulness developing in the present moment – the only place Truth can be found.

April 2011/2554

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Aditthana – Determination

Our practice involves a courageous effort to look deeply into things; not merely analysing our personality. We resolve to follow the path until we have profound understanding. Everything fits into the same pattern, the same law: all that arises ceases.

May 2011/2554

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*Vesakha Puja



Metta – Friendliness

Metta is kindness with awareness. It doesn't mean we resign ourselves to mediocrity or to tyranny. It means that we don't get caught in the old patterns of fear, depression, jealousy or resentment. When we stop dwelling in aversion for ourselves or others it is easier to bear with the vicissitudes of life.

June 2011/2554

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*Ajahn Chah Birthday



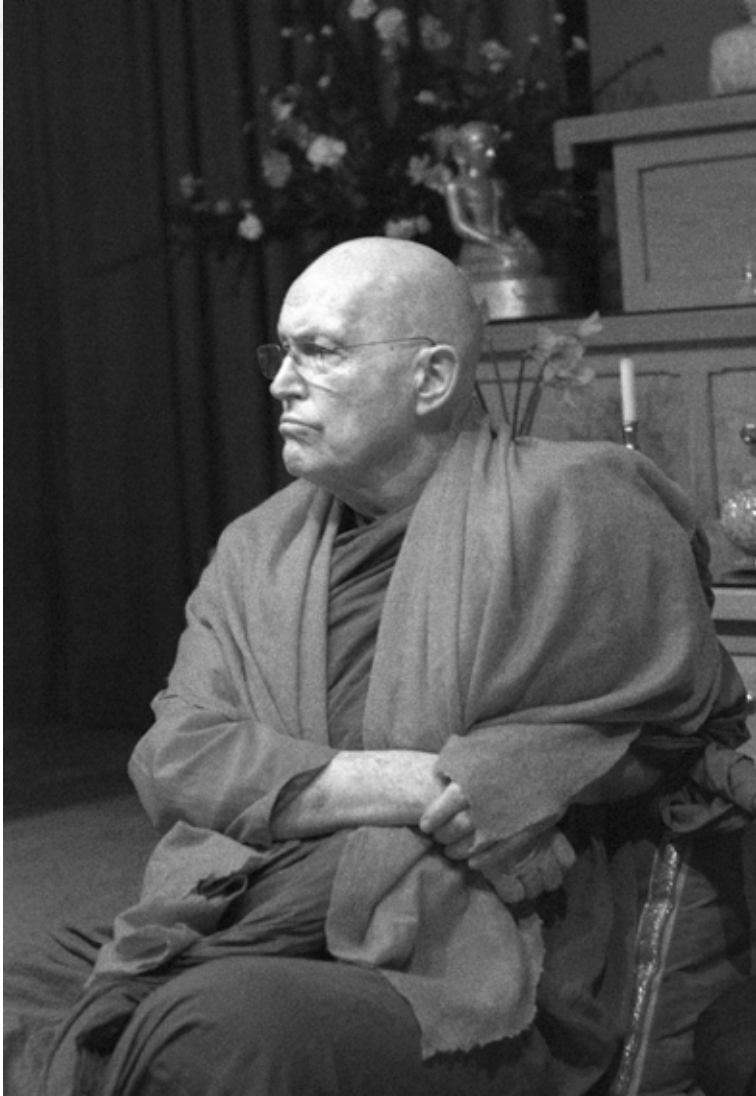
Viriya – Energy

Practice is voluntary; there is no compulsion. The energy required has to come from within – from our own hearts. Don't expect someone else to enlighten you. Your effort can be useless if all you're doing is rearranging your actions of body and mind so you become a Buddhist. That's not liberation.

July 2011/2554

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*Asalha Puja *Vassa begins

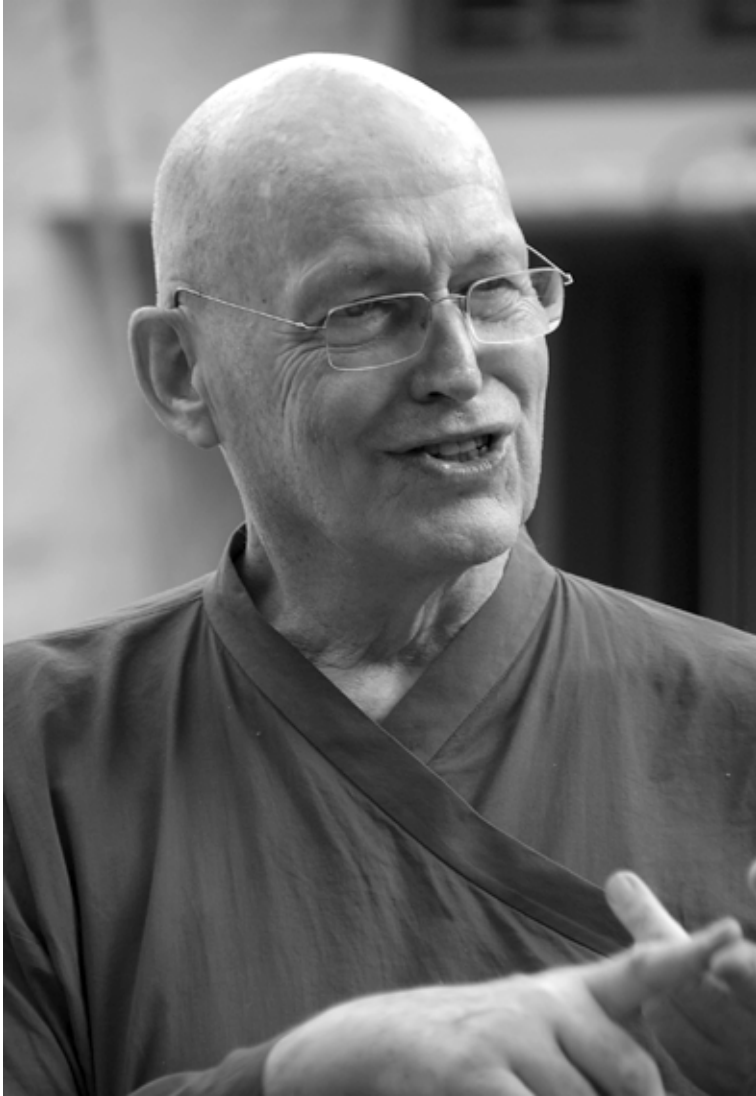


Khanti – Patience

Patient endurance is the foundation of my practice. We need to learn to endure, patiently and kindly, through the troughs of disillusionment, to stop reinforcing old cycles of habit. Then come to cessation – the silence and emptiness of the mind.

August 2011/2554

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Pañña – Wisdom

Living wisely means we observe our attachments, understand them, and let them go. And we don't just attach to ideas that we should or shouldn't be attached to things. Wisdom means we can recognise our own particular forms of pride and attachment to views and opinions, the material world, our teachers and the tradition to which we belong.

September 2011/2554

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Sacca – Truthfulness

Sacca Parami – truthfulness – is perfected as a determined willingness to see things as they are in terms of Dhamma and not believe in or be intimidated by one’s own views, opinions and feelings.

October 2011/2554

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*Pavarana



Upekkha – Equanimity

When we're mindful, creativity is spontaneous – there's no attachment to ideas and memories of self. There's no one who loves or is loved; there's no personal being that is created. Being mindful in this way, we find the real expression of kindness, compassion, joy and equanimity that is always fresh, always kind, patient and ever-forgiving of oneself and others.

November 2011/2554-55

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Luang Por Sumedho's message to us ...

When the holy life has been lived, the *samana*, with a heart of gratitude and contentment, realises the Deathless, the ultimate liberation from ignorance and delusion.

I wish to express my gratitude to everyone and everything that has made my life as a bhikkhu possible – the Lord Buddha, Phra Dhammapariyatimuni (my preceptor), Phra Bodhinyana Thera (Ajahn Chah) and all the Sangha and lay supporters whose generosity and respect have helped and encouraged me in so many ways.
Sadhu Sadhu Sadhu.



December 2011/2555

T F S S M T W T F S S M T W T F S S M T W T F S
 1 2 4 5 6 7 8 9 11 12 13 14 15 16 17 19 20 21 22 23 25 26 27 28 29 30 31

ASSOCIATED MONASTERIES

Western disciples of Ajahn Chah

The portal page for this community worldwide is:

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