



Forest Sangha
Calendar
2009/2552

This 2009 calendar features pictures by a variety of photographers.
We are grateful for their generous contribution.

Scriptural quotes on each page are English renderings of texts from the Pali Canon.
The translations draw on the works from:
"A Dhammapada for Contemplation" (2006 © Aruna Pubs);

Appreciation is expressed to all who have offered assistance with this production.

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 FULL-MOON DAYS OF 2009 2552/53

Magha Puja March 00 ('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 00 ('Buddha Day')

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

Asalha Puja July 00 ('Dhamma Day')

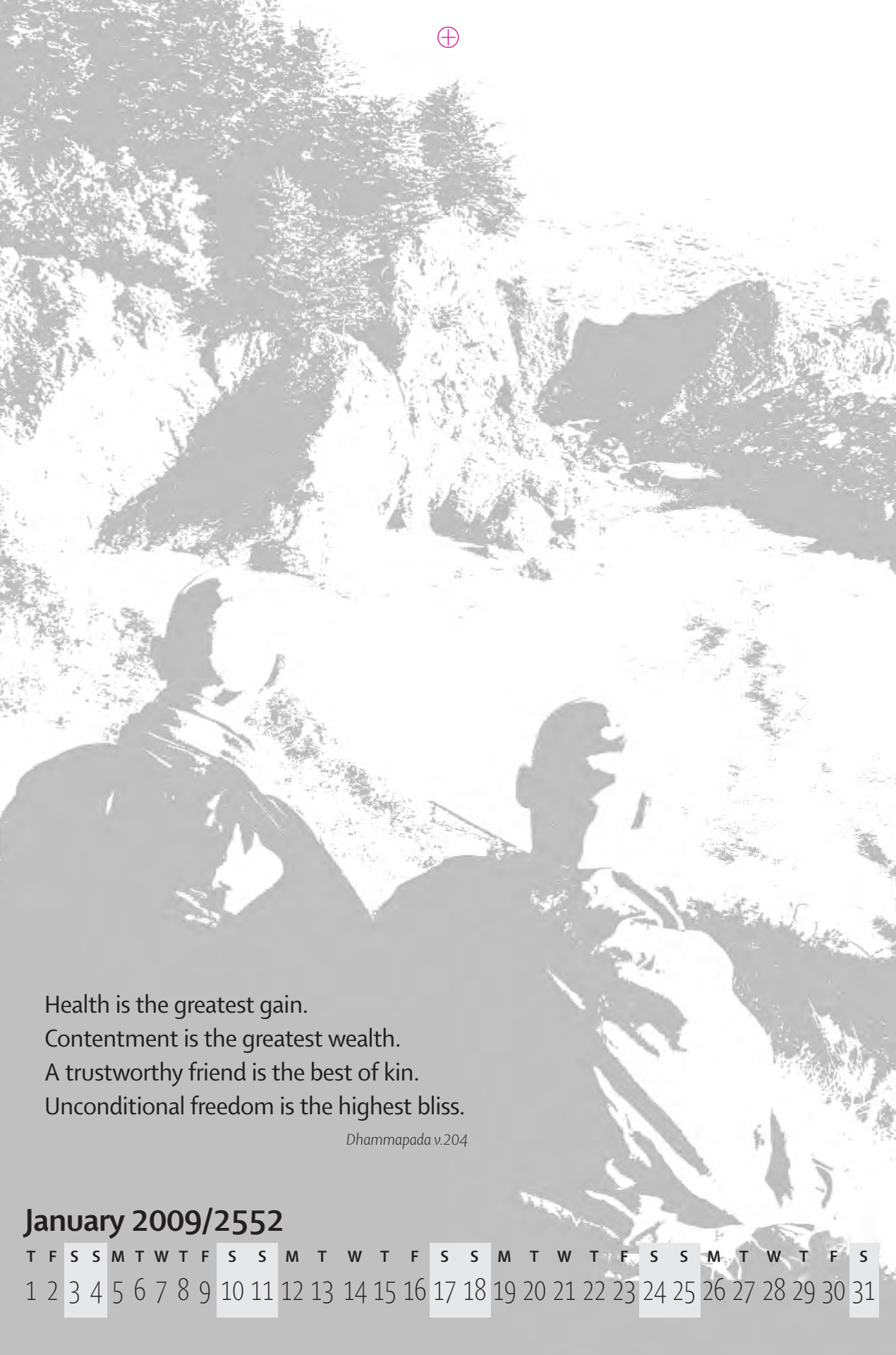
Commemorates the Buddha's first discourse, given to the five samanas in the Deer Park at Sarnath, near Varanasi. The traditional Rainy-Season Retreat (Vassa) begins on the next day.

Pavarana Day October 00

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.dhammathreads.org
www.dhammatalks.org.uk



Health is the greatest gain.
Contentment is the greatest wealth.
A trustworthy friend is the best of kin.
Unconditional freedom is the highest bliss.

Dhammapada v.204

January 2009/2552

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	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



One who abides in Dhamma,
who delights in Dhamma,
who contemplates Dhamma,
who memorises Dhamma
does not lose the Way.

Dhammapada v.364

February 2009/2552

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28



Freeing themselves from longing,
unhindered by habitual grasping,
those who align themselves with the Way
delight in non-attachment
and, while still in the world,
are radiant.

Dhammapada v.89

March 2009/2552

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



Happiness arises from
honouring awakened beings.

Dhammapada v.332

April 2009/2552

W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



Be careful in what you say,
restrained in what you think,
and impeccable in how you act.
Purifying these three ways of behaviour.
will take you along the Way of the sages.

Dhammapada v.281

May 2009/2552

F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



The protected and guarded mind
leads to ease of being.
Though subtle, elusive and hard to see,
one who is alert
should watch over this mind.

Dhammapada v.36



June 2009/2552

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



Do not dwell on the faults
and shortcomings of others,
instead, seek clarity
about your own.

Dhammapada v.50

July 2009/2552

W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



As a bee gathering nectar
 does not harm or disturb
 the colour and fragrance of the flower,
 so do the wise move through the world.

Dhammapada v.49



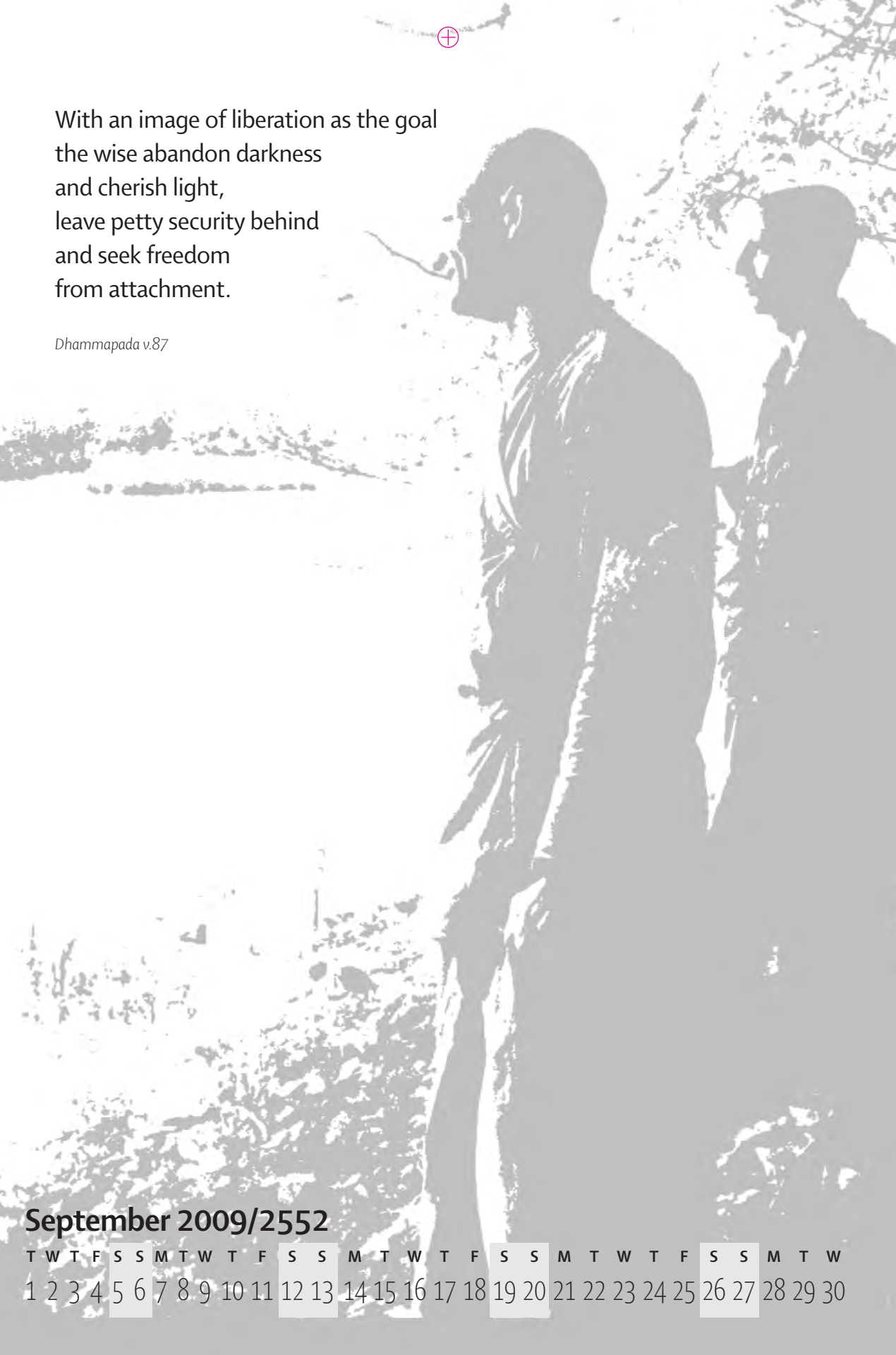
August 2009/2552

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	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



With an image of liberation as the goal
 the wise abandon darkness
 and cherish light,
 leave petty security behind
 and seek freedom
 from attachment.

Dhammapada v.87



September 2009/2552

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



Clear away the forests of craving
 but do not attack and destroy the trees.
 Clear the entire forest of craving
 and you will see the Way to freedom.

Dhammapada v.283

October 2009/2552

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	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



Cultivate the company
of those who support your aspiration
for energetic practice of the teachings.

The beauty of pure conduct
conditions whole-hearted well-being
giving rise to complete freedom from remorse.

Dhammapada v.376



November 2009/2552

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	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



We are our own protection;
we are indeed our own secure abiding;
how could it be otherwise?
So with due care
we attend to ourselves.

Dhammapada v.380

December 2009/2552

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



ASSOCIATED MONASTERIES AND CENTRES

Below are addresses of monasteries founded by Western disciples of Ajahn Chah,
and associated centres.

The portal page for this community worldwide is:
www.forestsangha.org

UNITED KINGDOM:

Amaravati Buddhist Monastery
Great Gaddesden,
Hemel Hempstead,
Hertfordshire HP1 3BZ.
Tel. Office: +44 (0)144 284 2455
Fax. +44 (0)144 284 3721
Retreat Centre: +44 (0)144 284 3239
www.amaravati.org

Aruna Ratanagiri
Harnham Buddhist Monastery,
Harnham,
Belsay,
Northumberland NE20 0HF.
Tel. +44 (0)1661 881 612
Fax. +44 (0)1661 881 019
www.ratanagiri.org.uk

Cittaviveka
Chithurst Buddhist Monastery
Chithurst,
Petersfield,
Hampshire GU31 5EU.
Tel. +44 (0)1730 814 986
Fax. +44 (0)1730 817 334
www.cittaviveka.org

Hartridge Buddhist Monastery
Odle Cottage,
Upottery,
Honiton,
Devon EX14 9QE.
Tel. +44 (0)1404 89 1251
Fax. +44 (0)1404 89 0023

SWITZERLAND:

Kloster Dhammapala
Am Waldrand,
CH-3718 Kandersteg.
Tel. +41 (0)33 675 21 00
Fax. +41 (0)33 675 22 41
www.dhammapala.ch

THAILAND:

Wat Pah Nanachat,
Bahn Bung Wai,
Amper Warin,
Ubon 34310.

AUSTRALIA:

Bodhinyana Monastery
216 Kingsbury Drive,
Serpentine, WA 6125.
Tel. +61 (0)8 9525 2420
Fax. +61 (0)8 9525 3420
www.bsua.org

Bodhivana Monastery
780 Woods Point Road,
East Warburton,
Victoria 3799.
Tel. +61 (0)3 5966 5999
Fax. +61 (0)3 5966 5998

NEW ZEALAND:

Auckland Buddhist Vihara
29 Harris Road,
Mt. Wellington,
Auckland.
Tel. +64 (0)9 5795 443

Bodhinyanarama Monastery
17 Rakau Grove,
Stokes Valley,
Lower Hutt 5019.
Tel. +64 (0)4 5637 193
www.bodhinyanarama.net.nz

NORTH AMERICA:

Abhayagiri Buddhist Monastery
16201 Tomki Road,
Redwood Valley,
CA 95470.
Tel. +1 (707) 485 1630
Fax. +1 (707) 485 7948
www.abhayagiri.org

ITALY:

Santacittarama
Localita 'Le Brulla',
02030 Frasso Sabino
(Rieti).
Tel. +39 07 6587 2186
Fax. +39 06 233 238 629
www.santacittarama.org