Forest Sangha Calendar

2020 ★ 2563
This 2020 calendar has been sponsored for free distribution by the Kataññutā group of Malaysia, Singapore and Australia. It features pictures by a variety of photographers. We are grateful for their generous contribution.

The monthly Dhamma reflections are adaptations of transcribed and translated teachings contained in The Collected Teachings of Ajahn Chah, available for download at www.forestsangha.org

**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 therefore not always the same as the precise astronomical occurrences.

**THE MAJOR FULL MOON DAYS FOR 2020 / 2563**

- **Māgha Pūjā** · February 8 (‘Sangha Day’)
  Commemorates the spontaneous gathering of 1250 arahants to whom the Buddha gave the exhortation on the basis of the Discipline (Ovāda Pātimokkha).

- **Vesākha Pūjā** · May 6 (‘Buddha Day’)
  Commemorates the birth, enlightenment and passing away of the Buddha.

- **Āsāḷhā Pūjā** · July 5 (‘Dhamma Day’)
  Commemorates the Buddha’s first discourse, given to the five sanaṇas in the Deer Park at Sarnath, near Varanasi. The traditional Rainy-Season Retreat (Vassa) begins on the next day.

- **Pavāraṇā Day** · October 2
  This marks the end of the three-month Vassa retreat. In the following month, lay people may offer the Kaṭhina-robe as part of a general alms-giving ceremony.

**WEB ADDRESS FOR THIS FOREST SANGHA COMMUNITY**

www.forestsangha.org

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Aruna Ratanagiri Buddhist Monastery
www.ratanagiri.org.uk

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Whatever arises in the mind, just watch it. No picking and choosing between good and bad, fast and slow. No me, no you, no self at all. Just what there is. It's very simple. Cling to nothing.
On this Path there’s only abandoning. We practise to uproot all views stemming from self-importance.
Birth, old age, sickness, and death.
When you see these clearly, you will be able to let go of praise and blame, gain and loss, pleasure and pain, honour and insignificance.
Whether liking or disliking arise, just see them all as ‘uncertain’. This is how to get close to the Buddha, to get close to the Dhamma.
Would you get upset at a small crooked tree in the forest for not being tall and straight like some of the others? Don’t judge other people.
Dukkha, or suffering, is the first of the Four Noble Truths. Most people just want to get away from it. In reality it is through contemplating this suffering that we find wisdom.
Our practice is not about trying to achieve anything. It is simply about looking directly at the mind. But you must have patience. With great patience and endurance gradually you will learn.
In the beginning we hurry to go forward, hurry to go back, and hurry to stop. We keep practising until we reach the point where it seems that going forward is not it, going back is not it, and stopping is not it either! This is when it is finished.
This heart of ours lives in a cage, and there’s a raging tiger in that cage. When our unruly heart doesn’t get what it wants, it makes trouble. Hence the need for the discipline of meditation.
Some people get obsessed with states of absorption. Such states can be fun to play around with, but you must know the proper limits. Similar to the way we know the limitations of children compared to adults.
Don’t just do as you like; don’t indulge your thinking mind. Stop this slavish following. You must constantly go against the stream of ignorance. This is called ‘discipline’.
December

2020/2563

Dec 14  14 days  Hemanta  3/8
Dec 29  15 days  Hemanta  4/8
January
Luang Por Liem visiting Santacittarama, Italy

February
Almsround, Thailand

March
Luang Por Jundee and Ajahn Vajiro, Portugal

April
Tudong, Thailand

May
Nuns on almsround, Wat Nanachat, NE Thailand

June
Almsround, Portugal

July
Temple Opening, Abhayagiri Monastery, California, USA

August
Upasampada, Cittaviveka, UK

September
Pabbajjā, Aruna Ratanagiri, UK

October
Almsround, Pacific Hermitage, US

November
Almsround, Thailand

December
Luang Por Chah Memorial Day, Wat Pah Pong NE, Thailand
BRANCH MONASTERIES
Western disciples of Ajahn Chah
The portal page for this community worldwide is:
www.forestsangha.org

UNITED KINGDOM:
Amaravati Buddhist Monastery
Great Gaddesden
Hertfordshire, HP1 3BZ
Tel. Office: +44 (0)1442 842 455
Retreat Centre: +44 (0)144 284 3239
www.amaravati.org

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

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

Hartridge Buddhist Monastery
Odle Cottage
Upottery
Honiton
Devon, EX14 9QE
Tel. +44 (0)1404 891 251
www.hartridgegonastery.org

SWITZERLAND:
Kloster Dhammapala
Bütschelsstrasse 74
3718 Kandersteg
Tel. +41 (0)33 675 21 00
www.dhammapala.ch

ITALY:
Monastero Santacittarama
Località Brulla snc
02030 Poggio Nativo (Rieti)
Tel. +39 0765 872 528
Fax. +39 06 233 238 629
www.santacittarama.org

THAILAND:
Wat Pah Nanachat
Bahn Bung Wai
Amper Warin
Ubon 34310
www.watpahnanachat.org

AUSTRALIA:
Buddha Bodhivana Monastery
780 Woods Point Road
East Warburton
Vic 3799
Tel. +61 (3) 5966 5999
Fax. +61 (3) 359 665 998

NEW ZEALAND:
Bodhinyanarama Monastery
17 Rakau Grove
Stokes Valley
Lower Hutt 5019
Tel. +64 (0)4 563 7193
www.bodhinyanarama.net.nz

Vimutti Buddhist Monastery
PO Box 7
Bombay, Auckland 2675
(South Auckland)
Tel. +64 (0)9 236 6816
www.vimutti.org.nz

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

CANADA:
Tisarana Buddhist Monastery
1356 Powers Road
Perth, Ontario K7H 3C5
Phone: +1 (613) 264 8208
www.tisarana.ca

PORTUGAL:
Sumedharama
Caminho do Vale Grande
Fonte Boa Dos Nabos
2655-464 Ericeira
www.sumedharama.pt