



Dhamma Sunday



Uposatha Observance - Sunday 22nd January 2017

Program

08:30 – 09:00 Morning chanting & taking Precepts

09:00 – 10:00 Guided Meditation

10:15 – 11:30 Dhamma Talk/discussion

Vimamsaka Sutta

11:30 – 01:00 Buddha Pooja & Lunch Meal offerings

01:00 – 03:00 Dhamma discussion/forum

Sāleyyaka Sutta

03:00 – 03:30 Tea

03:30 – 04:30 Afternoon Dhamma talk

04.30 - 05.00 Taking five precepts and chanting

* please note that Dhamma talks and discussions will be conducted in Sinhala language