



2008 • 2551

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The translations draw on the works from:

“A Dhammapada for Contemplation” © Aruna Publications 2006;  
and texts from Itivuttaka 3.50; Theragatha 1.3 from Thanissaro Bhikkhu

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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 MAJOR FULL-MOON DAYS OF 2008 – 2551/52

*Magha Puja* March 21 ('Sangha Day')

Commemorates the spontaneous gathering of 1,250 arahants, to whom the Buddha gave the exhortation on the basis of the discipline (*Ovada Patimokkha*).

*Vesakha Puja* (Wesak) May 19 ('Buddha Day')

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

*Asalha Puja* July 17 ('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 14

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.

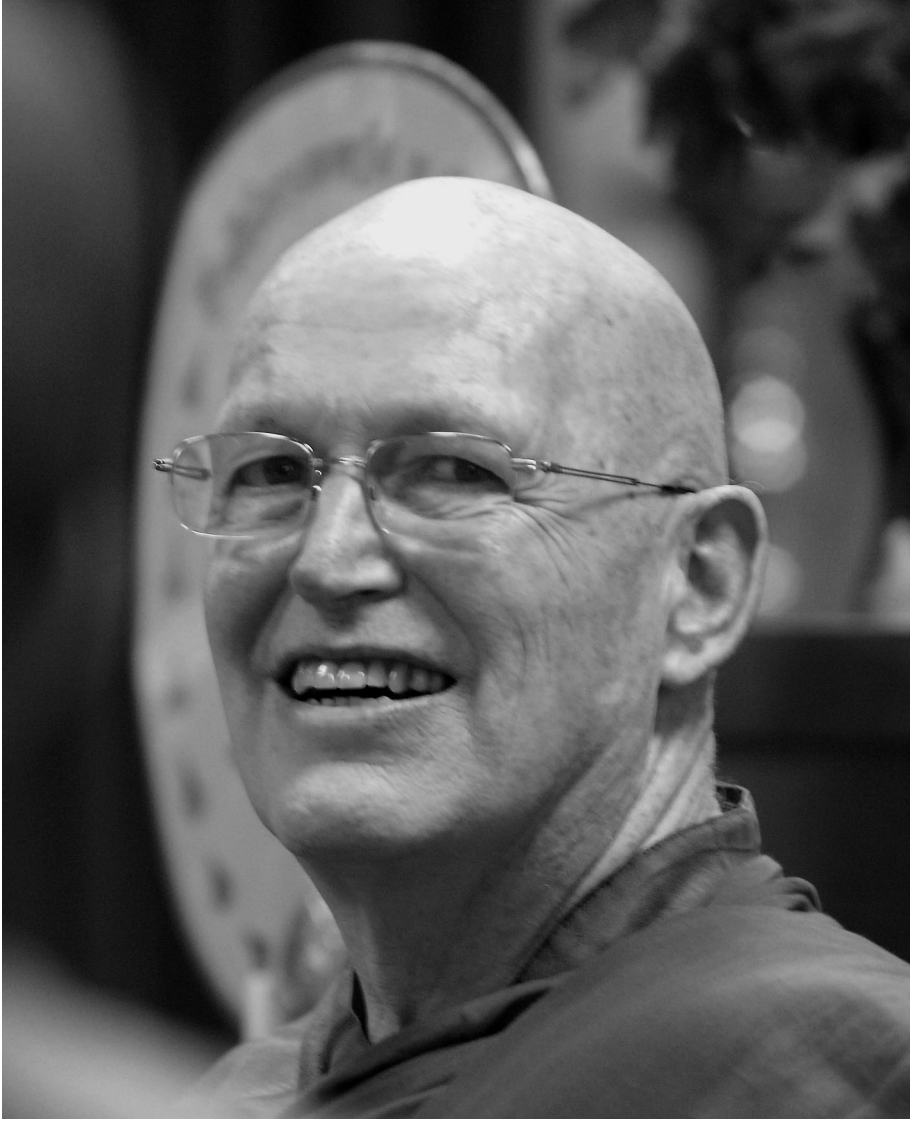
## WEB ADDRESSES FOR THIS FOREST SANGHA COMMUNITY

[www.forestsangha.org](http://www.forestsangha.org)  
[www.dhammathreads.org](http://www.dhammathreads.org)  
[www.dhammatalks.org.uk](http://www.dhammatalks.org.uk)

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“There is, monks, an unborn, unbecome, unmade, undetermined;  
 for if, monks, there were not that unborn, unbecome, unmade, undetermined,  
 an escape here from the born, become, made, determined,  
 would not be manifest.”

*Ud 8.3  
 Nibbana Sutta*

## January 2008/2551

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



“Happiness arises from the timely company of friends.  
 Happiness arises from having few needs.  
 Happiness arises from accumulated virtue at life’s end.  
 Happiness arises from seeing beyond suffering.”

*Dhammapada verse 331*

## February 2008/2551

F	S	S	M	T	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	●	7	8	9	10	11	12	13	●	15	16	17	18	19	20	○	22	23	24	25	26	27	28	●

*From left to right: Ajahns Pasanno, Nyanadhammo, Jayasaro*



“Let the wise guide beings away from darkness, give direction and advice.  
They will be treasured by the virtuous and dismissed by the foolish.”

*Dhammapada verse 77*

March 2008/2551

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	●	7	8	9	10	11	12	13	●	15	16	17	18	19	20	*	22	23	24
25	26	27	28	●	30	31																	



“Those who speak truth and give gentle encouragement,  
 contending with no-one,  
 these do I call great beings.”

*Dhammapada verse 408*

April 2008/2551

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	●	6	7	8	9	10	11	12	●	14	15	16	17	18	19	○	21	22	23	24	25	26	27	●	29	30



“It is hard to live the life of renunciation;  
 its challenges are difficult to find pleasant.  
 Yet it is also hard to live the householder’s life;  
 there is pain when associating with those  
 among whom one feels no companionship.  
 To wander uncommitted is always going to be difficult;  
 why not renounce the deluded pursuit of pain?”

*Dhammapada verse 302*

May 2008/2551

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



“Yet still a youth, a renunciate  
 fully devoted to the Way  
 lights up the world  
 like the moon emerging from clouds.”

*Dhammapada verse 382*

June 2008/2551

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



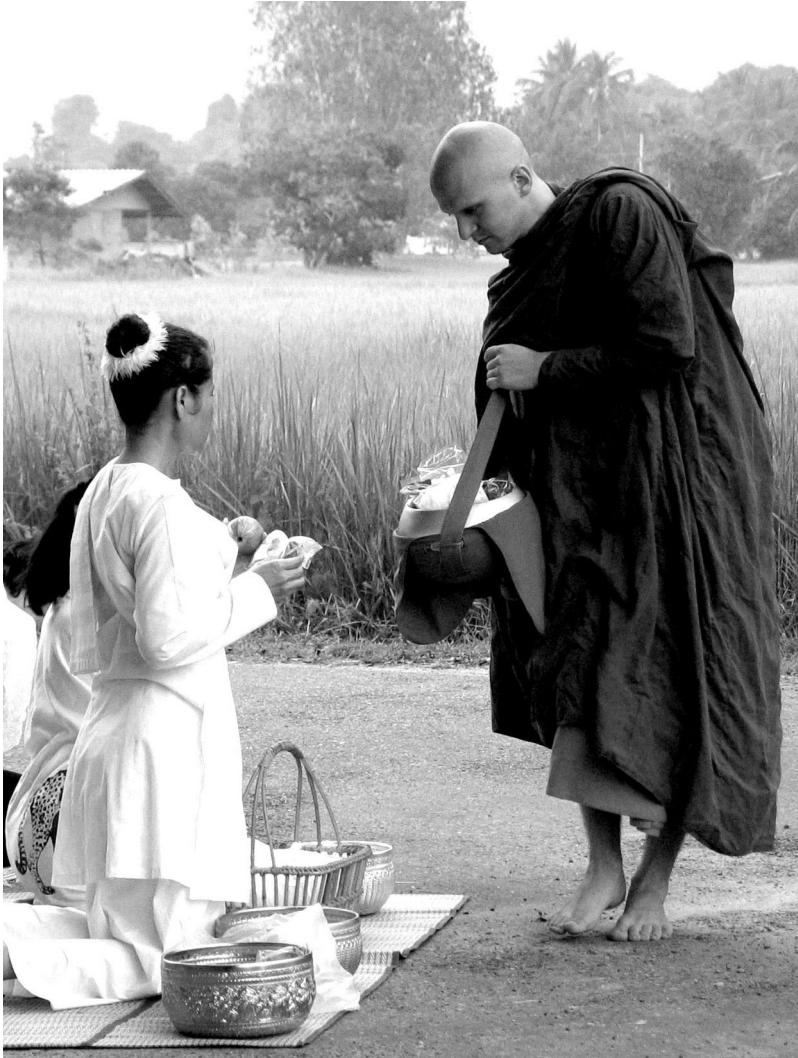


“Ignorance has been destroyed; knowledge has arisen;  
 darkness has been destroyed; light has arisen —  
 as happens in one who is heedful, ardent, and resolute.”

*Itivuttaka 3.50*

## July 2008/2551

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	●	3	4	5	6	7	8	9	●	11	12	13	14	15	16	⊛	18 <sup>+</sup>	19	20	21	22	23	24	●	26	27	28	29	30	31



“These three ways lead to the heavens:  
 asserting the truth,  
 not yielding to anger,  
 and giving...”

*Dhammapada verse 224*

## August 2008/2551

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



“Blessed is the arising of a Buddha;  
 blessed is the revealing of the Dhamma;  
 blessed is the concord of the Sangha;  
 delightful is harmonious communion.”

*Dhammapada verse 194*

September 2008/2551

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	●	8	9	10	11	12	13	○	15	16	17	18	19	20	21	●	23	24	25	26	27	28	●	30

From left to right: Ajahns Thanasanti, Anandabodhi, Upekkha

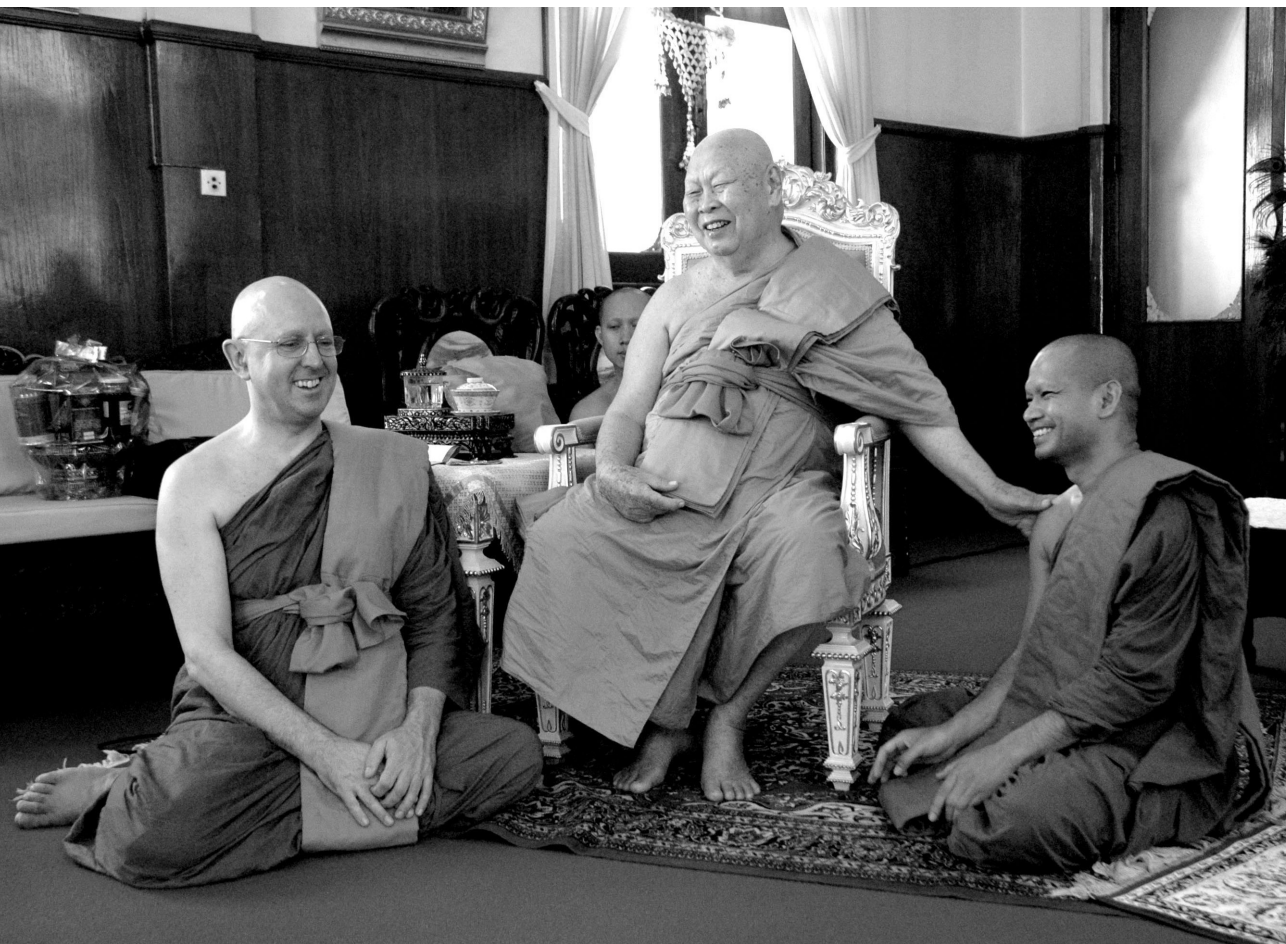


“See this: the discernment of the Tathagatas,  
like a fire ablaze in the night, giving light, giving eyes,  
to those who come, subduing their doubt.”

*Theragatha 1.3  
Kankharevata*

October 2008/2551

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	●	8	9	10	11	12	13	⊛	15	16	17	18	19	20	21	●	23	24	25	26	27	●	29	30	31



“Only blessings can arise  
 from seeking the company of wise and discerning persons,  
 who skilfully offer both admonition and advice  
 as if guiding one to hidden treasure.”

*Dhammapada verse 76*

November 2008/2551-52

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	●	6	7	8	9	10	11	○	13	14	15	16	17	18	19	●	21	22	23	24	25	26	●	28	29	30

*Somdet Phra Buddhacariya (seated) with Ajahn Brahm (left) and Ajahn Preechar Jutindharo (right)*



“Those Awakened Ones, who have tasted freedom  
from all distraction by cultivating awareness,  
view all who are suffering with compassionate perspective,  
as one on a mountaintop is able to view the plains.”

*Dhammapada verse 28*

December 2008/2552

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M	T	W	T	F	S	S	M	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	●	6	7	8	9	10	11	○	13	14	15	16	17	18	19	●	21	22	23	24	25	●	27	28	29	30	31

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# ASSOCIATED MONASTERIES AND CENTRES

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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](http://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](http://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](http://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

### **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](http://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.bswa.org](http://www.bswa.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](http://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](http://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](http://www.santacittarama.org)