



Forest Sangha Calendar

2022 · 2565

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Scriptural quotes on each page are English renderings of texts from the Pali Canon.

The translations are extracts from the Dhammapada interpretation:

A Dhammapada for Contemplation, © Aruno Publications,
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<https://forestsangha.org/teachings/books/a-dhammapada-for-contemplation?language=English>

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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 therefore not always the same as the precise astronomical occurrences.

THE MAJOR FULL MOON DAYS FOR 2022 / 2565

Māgha Pūjā · February 16 ('Sangha Day')

Commemorates the spontaneous gathering of 1250 arahants to whom the Buddha gave the exhortation on the basis of the Discipline (*Ovāda Pāṭimokkha*).

Vesākha Pūjā · May 15 ('Buddha Day')

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

Āsāḷhā Pūjā · July 13 ('Dhamma Day')

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

Pavāraṇā Day · October 10

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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All states of being are determined by the heart.
 It is the heart that leads the way. Just as the wheel of the oxcart follows
 the hoof-print of the animal that draws it, so suffering will surely follow
 when we speak or act impulsively from an impure heart.

Dhammapada 1

January

2022/2565

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						

*Jan 16: Ajahn Chah Memorial Day

Jan 2 ● 14 days Hemanta 3/8
 Jan 17 ○ 15 days Hemanta 4/8



Naturally held dear are those who live with right action
and have found the Way, and through insight
have become established in the truth.

Dhammapada 217

February

2022/2565

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						

* Feb 16: Māgha Pūjā

Feb 1 ● 15 days Hemanta 5/8
Feb 16 ○ 15 days Hemanta 6/8



You should follow the ways of those
 who are steadfast, discerning, pure and aware,
 just as the moon follows the path of the stars.

Dhammapada 208

March

2022/2565

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			

Mar 2 ● 14 days Hemanta 7/8
 Mar 17 ○ 15 days Hemanta 8/8



A deed is well-done
 when upon reflection
 no remorse arises:
 with joy one harvests its fruits.

Dhammapada 68

April

2022/2565

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 ●	

* Apr 13: South Asian New Year

Apr 1 ● 15 days Gimha 1/8
 Apr 16 ○ 15 days Gimha 2/8
 Apr 30 ● 14 days Gimha 3/8







It is good to restrain the eye.
 It is good to restrain the ear.
 It is good to restrain the nose.
 It is good to restrain the tongue.



Dhammapada 360

May

2022/2565

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					

* May 15: Vesākha Pūjā

May 15  15 days Gimha 4/8
 May 30  15 days Gimha 5/8







Those who are energetically committed to the Way,
 who are pure and considerate in effort,
 composed and virtuous in conduct,
 steadily increase in radiance.


Dhammapada 24

June

2022/2565

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			

*Jun 17: Ajahn Chah's Birthday

Jun 14  15 days Gimha 6/8
 Jun 28  14 days Gimha 7/8







All pollution is cleared from the minds of those
 who are always vigilant, training themselves day and night,
 and whose lives are fully intent upon liberation.

Dhammapada 226

July


2022/2565

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

* Jul 13: Āsāḥā Pūjā

† Jul 14: First Day of Vassa

Jul 13  15 days Gimha 8/8

Jul 28  15 days Vassāna 1/8









Reciting a single verse of truth
 which calms the mind
 is better than reciting
 a hundred meaningless verses.

Dhammapada 102

August

2022/2565

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				

Aug 12  15 days Vassāna 2/8
 Aug 26  14 days Vassāna 3/8









If you walk the path
 you will arrive at the end of suffering.
 Having beheld this myself, I proclaim the Way
 which removes all thorns.

Dhammapada 275

September

2022/2565

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		

Sep 10  15 days Vassāna 4/8
 Sep 25  15 days Vassāna 5/8







It is easy to do that
 which is of no real benefit to oneself,
 but it is difficult indeed to do that
 which is truly beneficial and good.

Dhammapada 163

October


2022/2565

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						

* Oct 10: Pavāraṇā

† Oct 10: Last Day of Vassa

Oct 10  15 days Vassāna 6/8

Oct 24  14 days Vassāna 7/8









Tedious is the company of fools, always painful,
 like being surrounded by enemies;
 but to associate with the wise
 is like being at home.

Dhammapada 207

November

2022/2565

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				

Nov 8  15 days Vassāna 8/8
 Nov 23  15 days Hemanta 1/8










The Buddha's perfection is complete;
 there is no more work to be done.
 No measure is there for his wisdom; no limits are there to be found.
 In what way could he be distracted from truth?

Dhammapada 179

December

2022/2565

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	

Dec 8  15 days Hemanta 2/8
 Dec 22  14 days Hemanta 3/8

2022 / 2565

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

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	●	27	28
29	30	31				

September

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

October

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

November

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

December

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

¹ Jan 16: Ajahn Chah Memorial Day

² Feb 16: Māgha Pūjā

³ Apr 13: South Asian New Year

⁴ May 15: Vesākha Pūjā

⁵ Jun 17: Ajahn Chah's Birthday

⁶ Jul 13: Āsāḷhā Pūjā

⁷ Jul 14: First Day of Vassa

⁸ Oct 10: Pavāraṇā

⁹ Oct 10: Last Day of Vassa

January

Cittaviveka Monastery,
West Sussex, UK



February

Abhayagiri Monastery,
California, USA



March

Alms-round, Wat Pah
Nanachat, NE Thailand



April

A *sīladhara* (nun),
Amaravati Monastery



May

Buddha Bodhivana
Monastery, Victoria, Australia



June

Alms-round,
Santacittarama Monastery,
Italy



July

Ajahn Viradhammo,
Tisarana Monastery,
Ontario, Canada



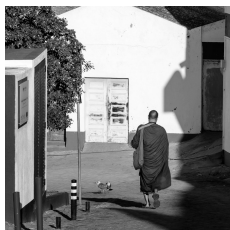
August

Main temple,
Santacittarama Monastery,
Italy



September

Alms-round,
Sumedharama Monastery,
Portugal



October

Aruna Ratanagiri Monastery,
Northumberland, UK



November

Tudong,
Santacittarama Monastery,
Italy



December

Hartridge Monastery,
Devon, UK



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
Hemel Hempstead
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.hartridgemonastery.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

PORTUGAL:

Sumedharama
Caminho do Vale Grande 59
Fonte Boa Dos Nabos
2655-464 Ericeira
www.sumedharama.pt

THAILAND:

Wat Pah Nanachat
Bahn Bung Wai
Amper Warin
Ubon 34310
www.watpahnachat.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
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

Temple Forest Monastery
32 Derbyshire Ln
Temple, NH, 03084
Tel. +1 (603) 654-2292
www.forestmonastery.org

CANADA:

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