



## A CELEBRATION FOR *VESĀKHA PŪJĀ*

at the Alameda Center for Buddhist Meditation  
[centerforbuddhistmeditation.org](http://centerforbuddhistmeditation.org)

According to tradition, the Buddha attained his Enlightenment in northern India 2,569 years ago beneath the full moon of the month of *Vesākha* (April-May). Each year on that day, *Vesākha Pūjā*, Buddhist practitioners all over the world gather to celebrate that Great Awakening together with the events of his birth and final passing from the world (*parinibbāna*).

This year, *Vesākha Pūjā* (in English: Vesak) falls on **Sunday, May 31st** of the Western calendar. To mark the occasion, we will be offering a full day of Dhamma and practice activities at the Alameda Center for Buddhist Meditation, as follows:

<b>8:00 to 9:00 am</b>	<b>Chanting, Silent Practice</b>
<b>9:30 am to 1:00 pm</b>	<b>Guided Practice session with Dhamma</b>
<b>2:00 to 5:00 pm</b>	<b>Silent Practice (come and go as you choose)</b>
<b>5:30 to 7:00 pm</b>	<b>Vesak Celebration (chanting, short talk, practice)</b>

All are welcome to participate in the whole or any part of this program. Except for the silent practice session in the afternoon, we ask that you arrive before the start of each session that you choose to attend and remain until the end of that session.

From 2:00 to 5:00 pm, the Center will be open for silent individual practice. No instructions will be given. During that period, you are welcome to come and go freely, and to sit for as long as you wish. If you wish to get up and go for a walk between sitting practices, that will be perfectly OK. We ask only that you remain silent when inside the building, and that you enter and leave the practice room as quietly as you can.

For lay people attending events at Vesak, it is customary to dress wholly or partly in white. Please feel free to observe this custom if you wish. Of course, this is entirely optional. You are welcome to come just as you are.