



## **SRI SAMBODHI BUDDHIST MEDITATION CENTRE**

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### **BAK POYA CELEBRATIONS 2019 (2562)**

On Bak full moon day, five years after attaining enlightenment, Lord Buddha, accompanied by deity Samuddhisumana, visited Sri Lanka for the second time. The visit was to Nagadeepa to advise against the feud between the two Naga kings, Chulodara and his uncle Mahodara who were preparing to wage war over a gem studded throne. Lord Buddha expounded the Jataka stories of Kakoluka, Phandana, Latukika and Wattaka explaining the evils of discord and the value and benefits that could be brought about from being united and living in peaceful co-existence. After the feud was settled the kings offered the throne to Lord Buddha which he courteously declined. It was later enshrined in Rajayathana Stupa in Nagadeepa.

Bak Poya which is on Friday the **19<sup>th</sup> of April**, will be celebrated at Sri Sambodhi Buddhist Meditation Centre on **Sunday the 21<sup>st</sup> of April** with an '**Aṭṭānga Uposatha Sila**' programme followed by '**Aṭṭapana Buddha Pūjā**'.

The programme on the **21<sup>st</sup> of April** will be in Sinhala as follows:

- 6.30 a.m. Kiripindu and Buddha Pūjā
- 7.00 a.m. Heel Dāna to Bhikkhus
- 8.30 a.m. Administering Aṭṭānga Uposatha Sila and Buddha Vandanā by Ven. Madugalle Mahanama Thero
- 9.00 a.m. Sermon followed by Bhāvanā by Ven. Kamburugamuwe Mahanaga Thero. He is the Director of Sri Vajirarama Temple, Bambalapitiya, Dhamma School, established in 1918 and attended at present by over 3000 pupils (A position previously held by Ven. Daranagama Kusaladhamma Nayaka Thero)
- 10.45 a.m. Buddha Pūjā
- 11.00 a.m. Dāna to Bhikkhus, Upāsikās and Upāsakas
- 12.30 p.m. Punnyanumodana
- 12.45 p.m. Parittha Chanting by Upāsikās and Upāsakas
- 1.00 p.m. Sermon by Ven. Dr Kebalewe Siri Sumana Thero
- 2.30 p.m. Tea
- 3.00 p.m. Sermon by Ven. Madugalle Mahanama Thero
- 5.30 p.m. Aṭṭapana Buddha Pūjā

Those who wish to observe Aṭṭānga Uposatha Sila at the Vihara on Friday 19th (Poya Day) are welcome to do so.

To reduce the use of ‘disposable plastic cups and plates’, you are welcome to bring your own reusable cup and plate. Disposable plates and cups will be available as usual. To minimise the use of plastics, bottled water will not be provided.

**Public Transport:**

There is no District Line service to Plaistow and Upton Park.

**ALL ARE WELCOME**

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Sri Sambodhi Buddhist Meditation Centre

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