



Order of Buddhist Contemplatives

A Celebration of the Buddha's Birth, Enlightenment and Teachings

**Saturday, 29 May 2010
at All Hallows Church,
Regent Terrace, Leeds LS6 1NP**

**The Leeds Serene Reflection Meditation Group,
supported by monks from Throssel Hole Buddhist
Abbey, invites you to join them in Leeds
to celebrate Wesak.**

We hope that you and members of your Serene Reflection Meditation Group will be able to join us for a day of meditation and celebration.

Friends, family and children are very welcome for all or part of the day.

Schedule

10.00 am	Meditation
10.40 am	Ceremony Preparations (tea available)
11.00 am	Wesak Ceremony
12.00 noon	Dharma Talk
12.45 pm	"Bring and Share" Vegetarian Lunch
2.00 pm	• Meditation (25 mins) / Walking Meditation (5 -10 mins) / Meditation (25 mins)
	OR
	• Walk - Kirkstall Abbey
3.15 pm	Tea & cake
4.00 pm	Close

**For further information please contact
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