

## **Buddha Day Festival and Mitra Ceremony**

Let's come back together at the Norwich Buddhist Centre to celebrate the Buddha's enlightenment. This is the biggest festival of the Buddhist world, held at the time of the full moon and also known as Wesak. It is a time for us to rejoice in and contemplate the Buddha's life and teaching.

The day will include meditation and reflection on the Buddha's qualities. Alokadhara will give a talk on what the Buddha's teaching offers today's troubled world. The celebrations continue with a Mitra ceremony in the afternoon for Jackie Baker, Olivia Hansell and Charley Ramm.

The festival will include

9.45 Doors open

10.15 Meditation and reflection, with Buddha tea served to you in the shrine room

11.15 Talk by Alokadhara, 'A Radiant Light in the Darkness'

12.15 Discussion

1.00pm Lunch - bring vegetarian/vegan lunch to share

2pm Sangha activity

2.30 Mitra Ceremony

3.30 Tea and cake

Please bring cakes