Alert to the needs of the journey, those on the path of awareness, like swans, glide on, leaving behind their former resting places.
This 2009 calendar features pictures by a variety of photographers. We are grateful for their generous contribution.

Scriptural quotes on each page are English renderings of texts from the Pali Canon. The translations are extracts from: "A Dhammapada for Contemplation" (2006 © Aruna Pubs). (For full or literal translations please refer to other works)

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 not always the same as the precise astronomical occurrences.

THE MAJOR FULL-MOON DAYS OF 2009-2552/53

Magha Puja February 9 (‘Sangha Day’) Commemorates the spontaneous gathering of 1250 arahants, to whom the Buddha gave the exhortation on the basis of the discipline (Ovada Patimokkha).

Vesakha Puja (Wesak) May 8 (‘Buddha Day’) Commemorates the birth, enlightenment and passing away of the Buddha.

Asalha Puja July 7 (‘Dhamma Day’) Commemorates the Buddha’s first discourse, given to the five samanas in the Deer Park at Sarnath, near Varanasi. The traditional Rainy-Season Retreat (Vassa) begins on the next day.

Pavarana Day October 4 This marks the end of the three-month Vassa-retreat. In the following month, lay people may offer the Kathina-robe as part of a general alms-giving ceremony.

WEB ADDRESSES FOR THIS FOREST SANGHA COMMUNITY

www.forestsangha.org
www.dhammathreads.org
www.dhammatalks.org.uk

Health is the greatest gain.
Contentment is the greatest wealth.
A trustworthy friend is the best of kin.
Unconditional freedom is the highest bliss.

Dhammapada v. 204
One who abides in Dhamma, who delights in Dhamma, who contemplates Dhamma, who memorises Dhamma does not lose the Way.

Dhammapada v. 364

*Magha Puja
Freeing themselves from longing, unhindered by habitual grasping, those who align themselves with the Way delight in non-attachment and, while still in the world, are radiant.

Dhammapada v. 89
Happiness arises from honouring awakened beings.

Dhammapada v.332
Be careful in what you say, restrained in what you think, and impeccable in how you act. Purifying these three ways of behaviour will take you along the Way of the sages.

*Dhammapada v. 281*
The protected and guarded mind leads to ease of being.

Though subtle, elusive and hard to see, one who is alert should tend to and watch over this mind.

Dhammapada v. 36
Do not dwell on the faults and shortcomings of others, instead, seek clarity about your own.

*Dhammapada v. 50*
As a bee gathering nectar does not harm or disturb the colour and fragrance of the flower, so do the wise move through the world.

Dhammapada v. 49
With an image of liberation as the goal
the wise abandon darkness
and cherish light,
leave petty security behind
and seek freedom
from attachment.

Dhammapada 87
Clear away the forests of craving but do not attack and destroy the trees.
Clear the entire forest of craving and you will see the Way to freedom.

_Dhammapada_ v. 283
Cultivate the company of those who support your aspiration for energetic practice of the teachings.

The beauty of pure conduct conditions whole-hearted well-being giving rise to complete freedom from remorse.

Dhammapada v. 375-6
We are our own protection; we are indeed our own secure abiding; how could it be otherwise? So with due care we attend to ourselves.

Dhammapada v. 380
<table>
<thead>
<tr>
<th>Country</th>
<th>Monastery Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
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<tbody>
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Western disciples of Ajahn Chah

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