



# Forest Sangha Newsletter



If undelivered, please return to:  
Amaravati Monastery, St Margarets, Great Gaddesden,  
Hemel Hempstead, HERTS. HP1 3BZ UK

## Associated Monasteries

### BRITAIN

**Amaravati Monastery**  
St Margarets,  
Great Gaddesden,  
Hemel Hempstead,  
Hertfordshire, HP1 3BZ  
Tel: +44 (0144) 284 2455  
Fax: (0144) 284 3721  
Retreat Info: 284 3239  
[www.amaravati.org](http://www.amaravati.org)  
Stewards:  
*English Sangha Trust*

**Aruna Ratanagiri**  
Harnham Buddhist Monastery  
Harnham, Belsay,  
Northumberland  
NE20 0HF  
Tel: +44 (0166) 188 1612  
Fax: (0166) 188 1019  
[www.ratanagiri.org.uk](http://www.ratanagiri.org.uk)  
[sangha@ratanagiri.org.uk](mailto:sangha@ratanagiri.org.uk)  
Stewards: *Harnham Buddhist Monastery Trust*

**Hartridge Monastery**  
Upottery, Honiton,  
Devon EX14 9QE  
Tel: (0140) 489 1251  
[www.hartridgemonastery.org](http://www.hartridgemonastery.org)  
Stewards: *Devon Vihara Trust*

**Cittaviveka**  
Chithurst Buddhist Monastery  
Chithurst, Petersfield,  
Hampshire GU31 5EU  
Tel: (0173) 081 4986  
Fax: (0173) 081 7334  
[www.cittaviveka.org](http://www.cittaviveka.org)  
Stewards:  
*English Sangha Trust*

### ITALY

**Santacittarama**  
Località Brulla,  
02030 Frasso Sabino (Rieti)  
Tel: +39 (0765) 872 186  
Fax: +39 (06) 233 238 629  
[www.santacittarama.org](http://www.santacittarama.org)  
Stewards:  
*Santacittarama Association*

### SWITZERLAND

**Dhammapala**  
**Buddhistisches Kloster**  
Am Waldrand,  
CH 3718 Kandersteg  
Tel: 033 / 6 752 100  
Fax: 033 / 6 752 241  
[www.dhammapala.org](http://www.dhammapala.org)  
Stewards:  
*Dhammapala 31921-201-5*

### U.S.A.

**Abhayagiri Monastery**  
16201 Tomki Road,  
Redwood Valley, CA 95470  
Tel: +1 (707) 485 1630  
Fax: +1 (707) 485 7948  
[www.abhayagiri.org](http://www.abhayagiri.org)  
Stewards:  
*Sanghapala Foundation*

### AUSTRALIA

**Buddha Bodhivana Monastery**  
780 Woods Point Road,  
East Warburton,  
Victoria. 3799  
Tel: +61 (0) 359 665 999  
Fax: +61 (0) 359 665 998

**Vimokharama Hermitage**  
PO Box 152 Kallista  
Victoria, 3971

### CANADA

**Tisarana Buddhist Monastery**  
1356 Powers Road, RR #3  
Perth, Ontario K7H 3C5  
Tel: +1 (613) 264 8208  
[www.tisarana.ca](http://www.tisarana.ca)  
Stewards:  
*Tisarana Buddhist Monastery*

**Arrow River Forest Hermitage**  
Box 2, RR 7, Site 7  
Thunder Bay, Ontario  
P7C 5V5  
Tel: +1 (647) 477 5919  
[www.arrowriver.ca](http://www.arrowriver.ca)

## Observance Days

These days are traditionally given over to quiet reflection and meditation. Visitors are welcome. Please enquire at the monasteries, as routines vary.

Moon phase	☉ HALF	● NEW	☾ HALF	○ FULL
JANUARY	8 (Fri)	15 (Fri)	23 (Sat)	30 (Sat)
FEBRUARY	7 (Sun)	13 (Sat)	21 (Sun)	28 (Sat)*
MARCH	8 (Mon)	15 (Mon)	23 (Tue)	30 (Tue)
APRIL	7 (Wed)	13 (Tue)	21 (Wed)	28 (Wed)
MAY	6 (Thu)	13 (Thu)	21 (Fri)	28 (Fri)☿
JUNE	5 (Sat)	11 (Fri)	19 (Sat)	26 (Sat)
JULY	4 (Sun)	11 (Sun)	19 (Mon)	26 (Mon)*
AUGUST	3 (Tue)	10 (Tue)	18 (Wed)	25 (Wed)
SEPTEMBER	2 (Thu)	8 (Wed)	16 (Thu)	23 (Thu)
OCTOBER	1 (Fri)	8 (Fri)	16 (Sat)	23 (Sat)♋
OCT./NOV.	31 (Sun)	6 (Sat)	14 (Sun)	21 (Sun)
NOV./DEC.	29 (Mon)	6 (Mon)	14 (Tue)	21 (Tue)

\* Magha Puja ☿ Vesakha Puja \* Asalha Puja ♋ Pavarana Day

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### NEW ZEALAND

**Bodhinyanarama Monastery**  
17 Rakau Grove,  
Stokes Valley,  
Lower Hutt 5019,  
tel: +64 (0)4 563 7193  
[www.bodhinyanarama.net.nz](http://www.bodhinyanarama.net.nz)  
Stewards: *Wellington Theravada Buddhist Association*

**Vimutti Monastery**  
PO Box 7  
Bombay 2343  
+64 (0)9 236 6816  
[vimutti.atba@gmail.com](mailto:vimutti.atba@gmail.com)  
[www.vimutti.org.nz](http://www.vimutti.org.nz) Stewards: *Auckland Theravada Buddhist Association*

### THAILAND

**Wat Pah Nanachat**  
Bahn Bung Wai,  
Amper Warin,  
Ubon Rajathani 34310  
[www.watpahnachat.org](http://www.watpahnachat.org)  
To receive the *Forest Sangha Newsletter* in Thailand, please write to Amaravati.

Please also see the Sangha portal website:  
[www.forestsangha.org](http://www.forestsangha.org)