

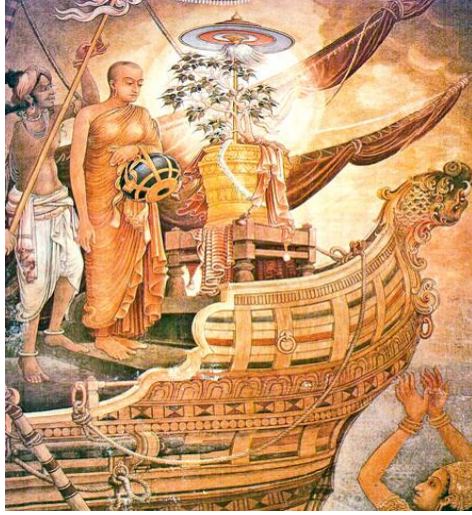


NEWS LETTER

**DHARMASHOKA BUDDHIST
VIHARAYA, LEICESTER**

7th December 2022

Unduvap full Moon Poya Day



Unduvap Poya is the last Full Moon Poya Day of the year and commemorates the arrival of Sangamitta Theri in Sri Lanka with a Bo sapling from the sacred Jaya Sri Maha Bodhi in India during the month of Unduvap.

Sangamitta Theri was accompanied on this voyage of utmost importance by several members of the royal family who had entered the Sasanaya. This contingent landed in Dambakolapatuna port in Jaffna on an Unduvap Poya day during the reign of King Devanampiyatissa. Sangamitta Theri was the daughter of Emperor Asoka and the sister of Arahant Mahinda who brought Buddhism to Sri Lanka on Poson Poya day. After landing here and delivering this precious gift, she was responsible for establishing the Bhikkhuni Sasana during the month of Unduvap.



Unduvap Poya Program

11th December 2022

9.00 am Administration Eight precepts

9.30 am Dhamma sermon (in Sinhala)
by **Bhante Kusala**

10.40 am Meditation session
by **Bhante Arunasiri**

11.00am Offering Buddha Puja

1.00 pm Pirith Chanting

1.30 pm Dhamma Sermon and Discussion
(in English) by **Bhante Arunasiri**

2.40 pm Tea Break

3.00 pm Evening Gilanpasa Buddha Puja
& Birthday Blessings by **Bhante Kusala**

4.15 pm Conclusion



LIVE

leicester dharmashoka vihara

**DHARMASHOKA
BUDDHIST VIHARAYA
LEICESTER
91, QUENIBOROUGH ROAD,
Le4 6GX.**



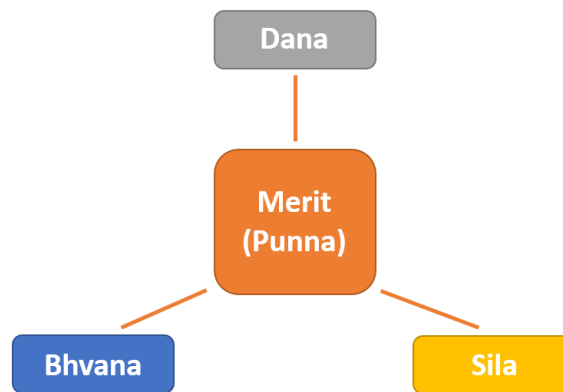
NEWS LETTER

**DHARMASHOKA BUDDHIST
VIHARAYA, LEICESTER**

7th December 2022

What is merit?

Merit (*puñña*) is something done that which purifies and cleanses the mind. It has the power of purifying the mind of the three evil roots mainly greed, hatred and delusion. Thus merit can be looked upon as those actions that improve the quality of the mind. It is the making of merit that ensures one to lead a balanced, righteous and harmonious life.



Another fruit of merit is that “merit opens doors everywhere.” A meritorious man generally finds his way unobstructed, smooth in general. The power of merit will not only be experienced in this life but also in the subsequent life.

Buddha once said “merit is one thing that fire nor earthquake can destroy, nor can water drown its effect.” In other words, others cannot destroy one's accumulated good merits.

We can acquire merits by performing the ten meritorious deeds below which comprised of Three Stages: Generosity (*Dana*), Morality (*Sila*) and Meditation (*Bhavana*).

Underneath Dana comes: charity, sharing of merits and rejoice in others' merits. This overcomes jealousy and selfishness.

Underneath Sila comes: Morality, paying respect and providing service in helping others. This overcomes attachment and anger.

Underneath Bhavana comes: Meditation, listening to dhamma, teaching the dhamma and straightening one's view. This overcomes delusion and wrong views.