



Saturday, September 21

10:30 AM ~ Arrive

11 AM ~ Meal Offering
(bring a ready-to-serve dish to share)

1-3 PM ~ Almsgiving Ceremony &
Dhamma Reflections

at the

Mindfulness Care Center
42 Gough St., San Francisco 94103

(click on "contact" at mindfulnesscare.org
for transportation and parking info)

All are invited to attend this community gathering at which we offer our material and financial donations for Aloka Vihara. This year we will also focus our support on the "Founders' Fund" for creating a new rural forest monastery. The almsgiving day provides an opportunity to join in strengthening the Bhikkhuni (Nuns) Sangha.

For more information about the event, including the "wish list" and details on how to offer your support, please visit: <http://bit.ly/almsgiving2013>

Or contact Danny Bernstein at: dabylon@gmail.com, 415-533-2354