

# Nan Tien Community Day – Sunday Jan 13 – 10:00am – 3:00pm

## What's On...

**In celebration of the Buddha's Enlightenment, Nan Tien Temple is holding a community day where all activities are free of charge and visitors will be given a feast of La Ba Congee, which is a ceremonial rice dish. Activities on offer are varied and appeal to young and old.**

### In the morning at the Temple:

#### FREE CRAFT ACTIVITIES

- Paint and take home a traditional Chinese lantern
- Make a Buddhist bead bracelet to wear
- Make a 'Brag' bracelet with Nan Tien's resident artist, Reverend You Ji. She will help you design an eye-catching wristband that promotes positivity in the wearer.

#### CUPPA WITH A REVEREND

Have you got any questions you would like to ask a Buddhist monastic? Please join Nan Tien's Reverends for a free cup of tea and a chat!

#### NAN TIEN HISTORY AND Q&A

Relax in our air-conditioned auditorium to learn more about the temple and ask any questions you may have.

## BLESSING & PURIFICATION CEREMONY

### **11:40 – 2:00pm at the Temple:**

#### FREE LA BA CONGEE

- Everyone can feast on free La Ba Congee which is a flavoursome ceremonial rice dish. This is similar to what the Buddha ate to sustain himself when seeking Enlightenment.
- Other meals and drinks are available for purchase.

### **Afternoon at the Temple:**

#### CROSS THE NEW BRIDGE TO NAN TIEN INSTITUTE

#### 1:00 – 2:00pm

- For Adults: Relax with a free meditation class and talk on mindfulness, guided by Reverend You.
- For Children: While you unwind, let us entertain the kids with a free, professional magic show and balloon animals courtesy of Daniel Dwyer Kids Parties.

#### 2:10 – 3:00pm

- Join us for a free vegetarian cooking class. Learn the art of mindful cooking at Nan Tien Institute's Karma Cafe.