

ALBA White Board

ALBA Day Retreat

10 February 2024

Theme: 'Brothers and Sisters in birth, ageing, sickness and death'

Led by Randula Haththotuwa

Thank you friends for joining the retreat 😊

Please share any reflections below - it would be lovely to hear from you.

This was the book I was referring from today

Mindfully facing disease and death

by Bhikkhu Analayo

Metta

Randula

Thank you for a really nourishing retreat today, Randula. I especially appreciated how you included a chanting of the Bojjhanga Piritha towards the end. I always include it in my morning puja along with the metta Sutta and the Mangala Sutta. I so value the blessings contained within these pirithas and feel the benefits of them in my daily life and practice.

Sending you metta and blessings.

Madeline 🙏.