

# Nan Tien Temple Community Day

Date: Sunday 13<sup>th</sup> Jan 2019

Time: 10:00am-3:00pm

Time	Activity	Venue
09:30-10:30am	Registration <b>*FREE surprise gift available!</b>	Information Centre (Level 3)
09.50-10.50am	Cuppa with a Reverend	Gandha Hall
	<u>Arts and Crafts activities:</u> ▪Brag bracelets making ▪Lantern Painting ▪Beads Making	West Corridor
	<u>Video-watching:</u> Reflection on Nan Tien Temple's 20 Years of Growth+ followed by quiz	Information Centre (Level 3)
11.00-11.50am	<u>Blessing Ceremony</u> ▪ Brief talk by Reverend ▪Chanting+ Light Offering ▪Purification Ceremony	Main Shrine
12.00- 12.40pm	Special Lunch (La Ba Congee and Finger food) for Community Members <b>*Registration at Information Centre before 10:30am</b>	Gandha Hall
	Free distribution of La Ba Congee (First come, first serve)	Dining Hall
12.40- 1.00pm	Ringing the Gratitude Bell	Gratitude Bell
1:10-2:10pm	Talk on Mindfulness	Nan Tien Institute (Level 1)
	Children's parties (magic show and modelled balloons, etc.)	Nan Tien Institute (Level 1)
2:10-3:00pm	Mindful Cooking	Karma Cafe, Nan Tien Institute