

Events at Serenity Insight Meditation Center in 2010

New Year Blessing Ceremony

Our first New Year Blessing Ceremony was celebrated on January 3, 2010 with Meditation, Chanting and Blessings.

One Day Loving-kindness Meditation Retreat

Metta or Loving-kindness meditation was held on Valentine's Day, with continued weekend meditations held every other month in 2010.

Visak Day (Buddha Day) Celebration 2010

Our first Visak Day Celebration was held on June 13, 2010, with over 40 participants. The event was also graced by the presence of a visiting monk from England and a visiting nun from St. Louis, Missouri. After the meditation and religious ceremony, we had a wonderful selection of food for the guests. Much thanks to Twin Dragon Restaurant, Zaw and Cynthia, Brian and Patricia, Lewis, Art and Clare, Dale and Wendy for contributing to the food and drinks. We look forward to next year's event.

Weekly Meditation Meet

A weekly meditation from 6 to 7 p.m. is scheduled on Tuesdays at 888 Gash Road, Mills River, North Carolina 28759. Burmese families come to the center at 7-9 p.m. every Saturday, and listen to sermons and meditate. The meditation hall is the yellow building on the hill. Unless specifically stated, there is no charge for any of the meetings held at Dhamma Hall.

7-Day Retreat

We held the second 7-Day Retreat in March.

Rain Retreat for 2010

Beginning July 22, Bhante UJotika spent the traditional 3-month rain retreat at

Chanmyay Satipatthana Vihara at Springfield, Illinois. He went through an intensive meditation retreat under the guidance of the Most Venerable Chanmyay Sayadaw.

One Month Retreat

We held a one-month Retreat from November 15 to December 15 upon request from one of our yogis.