



PROPOSAL FOR ALMS GIVING FOR MONASTIC COMMUNITIES

A Tradition of Compassion and Generosity

INTRODUCTION : Bandu SL use its original base at Maharagama Sri Vipashyarama Purana Maha Viharaya Sri Lanka, alms giving (*Dana*) is a central practice that embodies the Buddhist virtues of generosity and compassion. Devotees offer food and essentials to the monks, allowing them to focus on their spiritual practices without worldly concerns. This sacred tradition fosters a deep connection between the lay community and the monastic order, cultivating mutual respect and spiritual growth. Through this daily ritual, both givers and receivers accumulate merit, promoting inner peace, humility, and the path toward enlightenment.

OBJECTIVES :

- **Uphold the Tradition of Alms Giving:** Preserve the sacred practice of offering alms to monks, which forms a vital part of the Buddhist way of life.
- **Foster Community Engagement:** Encourage community members to actively participate in the daily alms-giving practice, strengthening bonds within the community and enhance discipline self-respect & qualifies in the life.
- **Promote Compassion and Generosity:** Cultivate a spirit of selflessness and caring through regular acts of alms giving.
- **Celebrate the Spirit of Sharing:** Engage people in contributing food and essential items as a way to give back and share in the collective well-being of all which will create culture of exemplary habit to others.

BUDGET : You can contribute \$8-\$10 per meal for daily breakfast and lunch for the monks. Donations of cooked meals and dry foods are also welcome.

CONTACT US : Reach out to us for inquiries or comments.



+94 71 858 9347



info@bandusl.



www.bandusl.com