

Millions celebrate Vesak Day Around the World

Vesak Day is the day Buddhists remember the birth, the enlightenment, and the passing away of the Buddha. The United Nations observes the day of Vesak at its headquarters and offices, worldwide. Vesak Day is globally observed as well as being a public holiday in some countries. As Buddhism spread from India, it was adapted and celebrated in many different ways in various countries. 550 million people in the world identify Buddhism as their religion or way of life. Buddhist practitioners are encouraged to reiterate their determination to lead noble lives, to practice loving-kindness and to bring peace of mind to themselves and peace to the world.

Creating a Compassionate Society



Flying 40 feet high above the ground in front of Ottawa City Hall was the international Buddhist flag on "Vesak Day in Ottawa" 2015.



Ottawa City Road signs at Buddhist Temples, right

The Ottawa Vesak Day celebrations will be attended by Sanga, Canadian government officials, various diplomatic dignitaries, as well as the Ottawa Community at large.

The celebrations will also feature cultural performances and art displays from Ottawa's diverse Asian communities.

This event assists in empowering and inspiring ethno-cultural friendships by promoting intercultural dialogue and building strong relationships within the Ottawa community.

Vesak in Ottawa and Asian Heritage - Celebrate Together -

Ottawa Mayor Jim Watson will
deliver the "Vesak Day"
Official Proclamation on
May 7th, 2016
12:00 PM - 4:00 PM

ALL ARE WELCOME!
Jean Pigott Hall, Ottawa City Hall
110 Laurier Ave West
Free Admission.
*Please bring a non-perishable
food donation to
the Ottawa Food Bank*



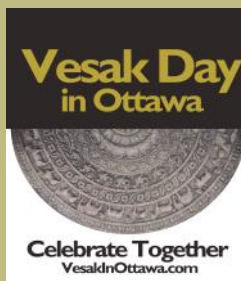
Equality, Peace and Reconciliation in the World

In the Buddhist tradition, Vesak is a day that commemorates the birth, enlightenment and death of Gautama Buddha. This is a good opportunity to reflect upon his words during these times when there are many conflicts and much suffering all over the world. His teachings on loving kindness, compassion and having a generous heart are most beneficial for humanity. Hatred cannot overcome hatred; only by loving kindness can hatred be overcome. Join us in a renewed commitment to peace, equality and reconciliation in this world.



May is Asian Heritage Month in Canada

The Asian Heritage Month declaration is an appreciation of freedom and democracy that Canadians enjoy and shared the rich history of Asian-Canadians and their contributions to Canada. In May 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month.



Mayor Jim Watson, right, presented Vesak Day in Ottawa proclamation to Dr. N. F. Han, May 2, 2015 at the City Hall, City Councillors Shad Quadri and Marianne Wilkinson also in the photo



Practicing Generosity & Compassion



Meditation for Mindfulness

Mindfulness Meditation is a non-sectarian, research-based form of meditation derived from a 2,500 year old Buddhist practice called Vipassana or Insight Meditation. It is a form of meditation designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion. Mindfulness is non-judgmental, open-hearted, friendly, and inviting of whatever arises in awareness and can be a wonderful practice for people to deal with day to day stresses.

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