

**DHAMMA NIKETHANAYA  
BUDDHIST CULTURAL CENTRE**

**FINANCIAL STATEMENTS**

**31<sup>st</sup> MARCH 2021**

**Charity Number 1116187**

**A. Dervish & Co. Ltd  
Accountants  
496-498 Bearwood Road  
Bearwood  
Birmingham  
B66 4HB**

**DHAMMA NIKETHANAYA BUDDHIST CULTURAL CENTRE**

Reference and Administrative information

Charity Name	Dhamma Nikethanaya Buddhist Cultural Centre
Registered Charity Number	1116187
Principal Address	69 Pix Road Letchworth Garden City Hertfordshire SG6 1PZ
Board of Trustees	Rev Akurala Samithasiri Padmalatha Wijeratne Mrs R S Ratnaveli Dep Gary A L Gland John Williams Nicola Butler
Independent Examiner	A. Dervish and Co. Ltd Accountants 496-498 Bearwood Road Bearwood Birmingham B66 4HB
Bankers	Barclays Bank PLC Leicester LE87 2BB

## **DHAMMA NIKETHANAYA BUDDHIST CULTURAL CENTRE**

### **Independent Examiner's Report to the Trustees of the Dhamma Nikethanaya Buddhist Cultural Centre.**

**Year ended 31<sup>st</sup> March 2021**

I report on the unaudited accounts of the charity for the year ended 31<sup>st</sup> March 2021 set out on the following pages.

### **RESPONSIBILITIES AND BASIS OF REPORT.**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **BASIS OF INDEPENDENT EXAMINER'S REPORT**

My examination was carried out in accordance with the general directions given by the Charities Commissioners. An independent examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.



**DHAMMA NIKETHANAYA BUDDHIST CULTURAL CENTRE**

**Independent Examiner's Report to the Trustees of The  
Dhamma Nikethanaya Buddhist Cultural Centre (continued)**

**Year ended 31<sup>st</sup> March 2021**

**INDEPENDENT EXAMINER'S STATEMENT**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



A. Dervish & Co. Ltd  
Accountants  
496-498 Bearwood Road  
Bearwood  
Birmingham  
B66 4HB

16/12/2022



**Dhamma Nikethanaya Buddhist Cultural Centre**  
**Statement of Financial Activities**  
**For The Year Ended 31<sup>st</sup> March 2021**

	<u>2021</u>	<u>2020</u>
<b><u>Income</u></b>		
Donations	63,379	92,753
HMRC Gift Aid	0	13,165
	<hr/> 63,379	<hr/> 105,918
<b><u>Expenditure</u></b>		
Monks expenses	3,063	24,347
Rent and housing costs	31,700	57,663
Light and Heat	1,322	2,672
Rates and water	3,639	1,013
Salaries and wages	12,000	0
Repairs and maintenance	0	26,534
Telephone and mobile	919	936
Travel and motor	4,175	12,944
Printing postage and stationery	799	1,291
Bank loan interest and charges	0	284
Sundries	277	3,765
Accountancy	1,320	1,900
Depreciation	2,650	3,533
Sri Lanka – Stupa Project	0	10,010
Events	120	2,779
	<hr/> 61,984	<hr/> 149,671
Surplus/(deficit) for the financial year	1,395	(43,753)
Total funds brought forward	<hr/> 9,521	<hr/> 53,274
Total funds carried forward	<hr/> 10,916	<hr/> 9,521

**Dhamma Nikethanaya Buddhist Cultural Centre**

**Balance Sheet as at 31<sup>st</sup> March 2021**

	<u>2021</u>	<u>2020</u>
<b><u>Fixed Assets</u></b>		
Motor vehicle	33,500	33,500
Accum. Depreciation	(22,900)	(19,367)
Annual Depreciation	<u>(2,650)</u>	<u>(3,533)</u>
	7,950	10,600
Meditation Hall	24,693	24,693
	<u>32,643</u>	<u>35,293</u>
<b><u>Current Assets</u></b>		
Cash at bank	5,144	6,754
<b><u>Current Liabilities</u></b>		
Loans	18,844	23,567
Creditors and accruals	<u>8,027</u>	<u>8,958</u>
	(26,871)	(32,525)
Net Assets	<u>10,916</u>	<u>9,521</u>
<b><u>Funds</u></b>		
Brought forward	9,521	53,274
Surplus (Loss) from I&E	1,395	(43,753)
	<u>10,916</u>	<u>9,521</u>

These financial statements were approved by the members of the committee on the:

03<sup>rd</sup> March 2023 and are signed on their behalf by:



Reverend Akurala Samithisiri



## **DHAMMA NIKETHANAYA BUDDHIST CULTURAL CENTRE**

### **Notes to the Financial Statements**

#### **Year ended 31<sup>st</sup> March 2021**

#### **1. Accounting policies**

##### **Basis of accounting**

The financial statements have been prepared under the historical cost Convention and in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2005) issued in March 2005, and the Charities Act 1993.

##### **Income**

Voluntary income is received by way of donations

##### **Motor Vehicles**

Motor vehicles are not held in the name of the charity, but are held in the name of Reverend Samithisiri. The vehicle is paid for by the charity on the understanding that it's use is for the charity and should Reverend Samithisiri leave the services of the charity that the vehicle will be returned to the charity. Due to the terms of the provision, the charity elects to show the vehicle as an asset of the charity even though the title is not in the charities name.

##### **Rent and Housing Costs**

The charity directly and indirectly pays for the housing and property expenses associated with the provision of Buddhist services to the public and for the accommodation of the monks. Some of these expenses are capital in nature but are not directly owned by the charity and therefore are not listed in the assets of the charity.





## **Charity Trustees Annual Report 2020**

**DHAMMA NIKETHANAYA INTERNATIONAL COMMUNITY CENTRE**  
FOR EDUCATION MEDITATION PSYCHOTHERAPY AND COUNSELLING

**Letchworth**  
**Dhamma Nikethanaya**  
**Buddhist Cultural Centre**

Charity Commission Registration Number: 1116187

69, Pix Road, Letchworth Garden City, Hertfordshire SG6 1PZ

**Website:** [www.buddhistacademy.com](http://www.buddhistacademy.com)

**Email:** [buddhistacademy@gmail.com](mailto:buddhistacademy@gmail.com)

**Telephone:** 01462 641 688

**Mobile:** 07983 466 105

Sunday 04<sup>th</sup> April 2021

Charity Commission Registration Number: 1116187

### **Charity Trustees Annual Report:**

This meeting was held online.

On Sunday 04<sup>th</sup> April 2021

Present Trustees: Reverend Akurala Samithasiri,  
Miss Padmalatha Wijeratne,  
Mrs Rathnawalie Dep,  
Mrs Nikki Butler,  
Mr Gary Bland &  
Mr John Williams

Other Members Present: Mr Frederick Day, Mr. Rasika Jayawardana, Mrs Vipuli Gunasena, Mr Rajitha Kuruppu, Mr Aloka Hettiarachchi, Mr Glenn Everard, Mr Ram Murthi Summan, Mr Paul Martin, Mr Udena Wanniarachchi, Mr Manohar Summan, Mr Des Raj & Mrs Pushpa Chauhan.

Most Venerable Dickwelle Seelasumana Nayaka Thero; *Retired Principal of Vidyathunga Vidyayathana Piriven Matara Sri Lanka* and Most Venerable Gunnapana Sumanarama Thera; head monk of London Edmonton Samadhi Meditation Centre attended as guest monks.

Meeting started with few minutes meditation and religious observations. Reverend Akurala Samithasiri welcomed everyone and chaired the charity annual meeting.

Mrs Rathnawalie Dep presented the minutes of the previous meeting. Mr Glenn Everard suggested the minutes as accurate and Miss Padmalatha Wijeratne seconded it.

Reverend Akurala Samithasiri requested to elect the trustees and new office bearers for the **New Year 2020-2021**. Mrs Rathnawalie Dep suggested Reverend Akurala Samithasiri to re-elect as the trustee and the president. Mr Glenn Everard seconded it. Mr Paul Martin suggested to re-elect Mrs Rathnawalie Dep as the secretary and Miss Padmalatha Wijeratne seconded it. Mr Glenn Everard suggested to re-elect Miss Padmalatha Wijeratne as the treasurer and the trustee and Mr Rasika Jayawardana seconded it. Mrs Vipuli Gunasena suggested Mrs Nikki Butler as the assistant secretary and the trustee. Mr Gary Bland seconded it. Mr Udena Wanniarachchi suggested Mr John Williams as the trustee and the vice president. Mr Rasika Jayawardana seconded it.

Reverend Akurala Samithasiri was elected as the president, Mr John Williams as the vice president, Mrs Rathnawalie Dep as the secretary, Mrs Nikki Butler as the assistant secretary,

Miss Padmalatha Wijeratne as the treasurer and Mr Gary Bland as assistant treasurer were elected as new office bearers for the year 2020-2021.

## **2020-2021 Annual Report: (01-04-2020 & 31-03-2021)**

Welcome to the **17<sup>th</sup> Annual General Meeting of Dhamma Nikethanaya International Community Centre for Education Meditation Psychotherapy & Counselling** registered charity.

We experienced the most challenging year with the Covid-19 Corona Virus Pandemic. However, we all were relieved and fortunate to get more relaxed rules at the end of the year. Amidst all challenges we accomplished a great deal to serve our multi-cultural community. Overall it has been a very successful year with regards to the services we delivered. This report will reflect the work carried out by our charity for the year ending **31<sup>st</sup> March 2021**.

As in the previous years we have been continuing our services and carrying out our objectives for the benefit of the community in UK and other countries (Only Sri Lanka in this year).

### **Emergency Appeal and Lock Down: From 04<sup>th</sup> April 2020**

Our centre announced some guide lines to manage the social distancing and safety of the monks and the community. We followed all the government legislations and still continued our blessings online, privately and at distance. Venerable Akurala Samitha and Miss Padmalatha Wijeratne were remained in Sri Lanka at the beginning of the year due to the closure of the airport and country lock down. However we delivered all our programmes online by connecting Venerable Akurala Samitha and Miss Padmalatha Wijeratne from Sri Lanka. Whole world became standstill and most of us lost our loved ones. It was a tragedy indescribable. We were very grateful to the government officials, NHS, health care workers, defence officials and financial organizations for managing efficiently and taking every precautions in this life threatening situation to help the needy.

It was financially the hardest time as very little donations received and people were going through cost of living difficulties. We did not receive any public funds but our community stepped into keep us survived by making donations in response to our emergency appeals. In addition, we distributed food parcels to affected Sri Lankan community as well.

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### **Sri Lankan New Year Festival Celebrated on 14<sup>th</sup> April 2020**

There were no any functions in this year to celebrate the Sri Lankan New Year. All our members remained locked down at their homes and observed religious practices with their family members. We did an online blessings chanting on Sri Lankan New Year day **14<sup>th</sup> April 2020**. A large number of members joined online for the blessings.



## Centre Anniversary Day Celebration 19<sup>th</sup> April 2020

Due to the early stage of pandemic, we could not organize something special as everyone was concentrating day to day survival. However, to mark the Centre Anniversary Day of Letchworth Dhamma Nikethanaya Buddhist Community Centre we held a special chanting, meditation programme, dhamma talk and pooja on Sunday **19<sup>th</sup> April 2020** and people joined online. We started the centre on 19<sup>th</sup> April 2004. 19<sup>th</sup> April of the year was regarded as the Centre Anniversary day. This year it marks the **17<sup>th</sup> Year of the Centre and our organization** and also the **15<sup>th</sup> year being a registered charity**. Venerable Akurala Samitha conducted a Special Chanting of Blessings Programme and a session of meditation to celebrate the centre anniversary day. Venerable Akurala Samitha appreciated the hard work of all centre members and shared the blessings with all in gratitude.

## Online Vesak Buddha Day Celebration: Meditation, Buddha Pooja, Chanting and Festival of Vesak Lanterns Day on 07<sup>th</sup> May 2020

Vesak (May) Full Moon Day is the most important day to Buddhists across the globe as it celebrates the birth, enlightenment and the great passing away of our lord Buddha. On **07<sup>th</sup> of May 2020** all the members joined online for a day programme with observing higher precepts, homage, Meditation, Dhamma talk and chanting protection blessings. As everyone was staying at homes, we did not have to organize it on a weekend. A large number of devotees joined online. Venerable Akurala Samitha conducted the online programme from Sri Lanka with his father and family. Everyone shared their pictures of Vesak decorations and lanterns. It was very uplifting and really helping with blessings. Children and adults joined singing the devotional songs at the end of the online programme. Bracknell, Milton Keynes, Sri Lanka and people from all over the world joined into this programme.

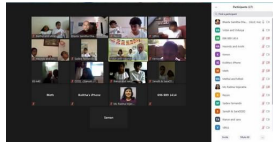


## Charity Work in Sri Lanka: Covid-19 Corona Virus Victims Appeal 04<sup>th</sup> April 2020:



Taking the advantage of the lock down in Sri Lanka, Venerable Akurala Samitha managed to complete few outstanding charity works. As people were struggling without any labour work, Venerable Akurala Samitha helped some temples and community centres to do some building works by supporting the builders. On **04<sup>th</sup> April 2020** Venerable Akurala Samitha made a special **appeal to help the victims of the Covid-19 Corona Virus**. By responding to that our members helped to distribute a large number of dry food parcels and helped the local people to get some labour work by doing some building work at community centres in Sri Lanka.

## Online Poson Full Moon Poya Day Programme on 06<sup>th</sup> June 2020



Buddhists observe the full Moon Poya Day every month as a significant day for practice (*sabbath*). Even though every full moon poya day is important, some of them are highly significant due to historical reasons. **Poson Full Moon Poya Day** is the second such significant Full Moon Poya Day for particularly Sri Lankan Buddhists as on that day the Buddhism was introduced to **Sri Lanka in 236 BC** (Before Christ) and another seven countries from India.



We had to host this programme online this year due to the peak of pandemic. A large number of devotees from Letchworth, Bracknell, Milton Keynes, Sri Lanka and all over the world joined to observe at a (eight) sil (precepts), meditation, Buddha pooja, Bodhi pooja and dhamma discussions. Free dry food parcels were distributed to poor families in Sri Lanka with the donations received from the community in UK.

## Meditation Sessions in Sri Lanka: 08-07-2020

Venerable Akurala Samitha conducted few mental health programmes and meditation sessions to help for the Sri Lankan community. Final session was held on **08<sup>th</sup> July 2020** at **Kovilavatta Bodhirukkaramaya Balapitiya Sri Lanka**. All in the local communities greatly appreciated the teachings and the practice. They all requested to continue those sessions either on online. But it was hard for the local community to deal with the technology.



## Returning Back to UK from Sri Lanka: 14-07-2020



Venerable Akurala Samitha and Miss Padmalatha Wijeratne visited Sri Lanka on **27<sup>th</sup> February 2020** to do the regular charity works and also to attend Venerable Akurala Samitha's mother's death anniversary remembrance dana ceremony. Due to the unprecedented rise of deadly virus, they were locked down in Sri Lanka. Yet they did conduct all the services on online by spending very late nights due to the time differences. After being there for **over five months**, they returned back to UK on **14<sup>th</sup> July 2020** as airlines resumed back their cargo services with limited passengers. **Most Venerable Hunupola Shanthadeva Thero** and **Venerable Singapore Kittisara Thero** came to airport to do the blessings. **Mr Nihal Wijethunga** also helped in Sri Lanka. **Mr Glenn Everard** helped to provide the transport from London Heathrow Airport to Letchworth. Venerable Akurala Samitha and Miss Padmalatha Wijeratne self-isolated for 10 days.

## **New Visiting Monk's arrival: Dr Dato' Sir Sumana Siri of Singapore Malaysia: 16<sup>th</sup> July 2020.**



**Most Venerable Dr Dato' Sir Sumana Siri of Singapore Malaysia** (D.Th (Oxford), PhD (VN), D.B.S, B.A (Hons), D. Hom (Med)(UK), D.H.M, N.M.D (USA) FBIH (UK) Medical Consultant, CEO, Global Buddhist Realist Movement) is the Chief Sangha Nayaka of UK and Europe, visited Venerable Akurala Samitha to stay few months at the centre on **16<sup>th</sup> July 2020**. Rev Dr. Sumana Siri, of Sri Lankan heritage, was born and brought up in Malaysia and Singapore. He is an exceptional student both at school and university. He has mastered 16 languages excelling in many fields of expertise. Of international fame and renown, he has been the leading light in modern Buddhist Missions. He is an academic and well experienced monk. He contributed to all our educational, spiritual and wellbeing services.

## **New Visiting Monk's Arrival: Dr Chandana Bhikkhu from United States of America on 04<sup>th</sup> September 2020.**

**Venerable Dr Chandana Bhikkhu** is a Ph.D scholar in Buddhist Ministry and also an



American citizen who practices as a professional psychotherapist and counsellor in United States of America. He became a student of **Most Venerable late Dr Havanpola Ratanasara Maha Nayaka Thero** at the College of Buddhist Studies, Los Angeles CA in 1990. He has been practicing meditation for nearly 30 years and hosting meditation retreats and giving dhamma talks in many parts of the world including USA, Malaysia, Indonesia, Sri Lanka, Nepal and India. Lately he was staying at Verona Buddhist Vihara in Italy and wanted to stay few weeks at our centre and offer some meditation programmes. He visited on **04<sup>th</sup> September 2020**. But he could not stay longer due to some other unplanned circumstances and had to return back to Italy on 02<sup>nd</sup> October 2020.

## **Warm Welcome Back Home from Lister Hospital: 22-07-2020**

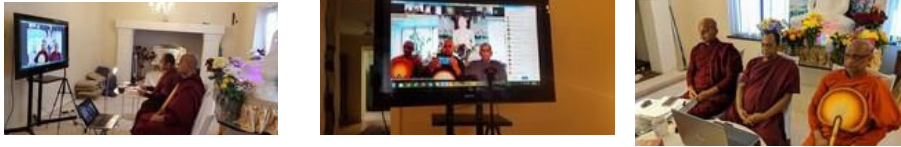


**Father Michael Sijuwade** visited the centre on **22<sup>nd</sup> July 2020** with the blessings of all the staff of Lister Hospital Chaplains and interfaith groups to **welcome Venerable Akurala Samitha back in UK**. While he was quarantining, he still attended the online meeting at the Lister Hospital Chaplains Team. Everyone appreciated Venerable Akurala Samitha's contributions at the most difficult time of the history.

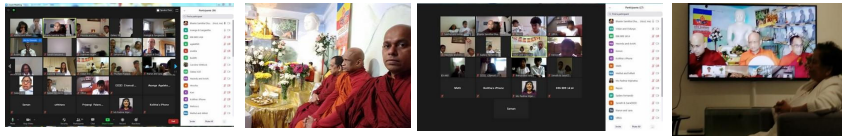


## **Online Temple Studio for delivering Dhamma Talks, Blessings Chanting, Meditation Programmes and All Other Temple work:**

Due to the pandemic deadly virus, we all have to maintain safety of the community. We set up Online Temple to do our regular services. Monks at the centre dedicated for those programmes and worked tirelessly to meet all the requirements. It was very challenging but it was really supportive to eliminate the fears and worries at the time of pandemic.



## **Every Saturday Evening From 6PM till 8PM Dhamma Dana, Bodhi Pooja, Meditation & Protection Blessings Chanting Programme:**



A series of online and onsite programmes were held on every Saturday evening from 6PM till 8PM. The

programme was included a **Dhamma Talk in Sinhala, Dhamma Talk in English, Bodhi Pooja Homage, Meditation and Protection Blessings Chanting**. Venerable Monks offered the Dhamma Talks in Sinhala and English on very interesting and highly educational topics. Generous devotees and families sponsored the dhamma dana (sharing the gift of lord Buddha's teachings).

## **Daham Sisila Programmes on Every Sunday From 5PM till 6.30PM:**



Milton Keynes Vihara Community organized a series of regular Dhamma

Programme on Every Sunday especially to help the people (young and adults) who were isolated due to the lock down. Saturday programmes were given the priority for pooja, blessings, children and meditation. Hence Sunday this programme was given priority for the young and adult. It was very much for adults as we had a topic to make dhamma reflections by the monks and the community was given the opportunity to engage actively with the discussion. A large number of participants were attended.

## **Annual Three Months Rains Retreat Opening Ceremony and Esala Full Moon Poya Day Programme 04-07-2020**



Due to the government legal restrictions on community gathering, this year annual vassana three months retreat season was held online on **Esala (July) Full Moon Poya Saturday 04<sup>th</sup> July 2020**. Vassana

Season is known as **Annual Rains Meditation Retreat** that Theravada Monks should practice once a year for three months on Esala Full Moon Poya Day. Venerable Monks of Letchworth Dhamma Nikethanaya Buddhist Cultural Centre observed the beginning of **annual rains three months retreat** on **Saturday 04<sup>th</sup> July 2020** respecting the advice of the Lord Buddha and in compliance with the 2600 years old tradition. Whole day programme was held online with chanting, meditation, dhamma talk and observing eight precepts. A large number of devotees joined online. This year three months Rains Retreat (Vassana) Season was between **04<sup>th</sup> July 2020** and **02<sup>nd</sup> November 2020**. This year three months retreat and kathina ceremony was not sponsored by **one principle** family. Due to the pandemic restrictions we thought of doing the retreat with the full participation of all the members of the community. This is the **17<sup>th</sup> consecutive year Rainy Retreat** of the Dhamma Nikethanaya Buddhist Centre. **Most Venerable Dr Dato' Sumana Siri Nayaka Thero of Singapore Malaysia** and **Most Venerable Dickwelle Seelasumana Nayaka Thero** joined with **Most Venerable Akurala Samitha Thero** to stay the three months rains retreat in this year 2020.

### **Milton Keynes Vassana (Rains Retreat) Sunday 05<sup>th</sup> July 2020:**



Venerable Akurala Samitha organized the facilities for the community in Milton Keynes to host the annual three months rains retreat in Milton Keynes. This year ceremony was sponsored by the whole community. Opening ceremony was held online on **Sunday 05<sup>th</sup> July 2020**. Centre remained closed for public and most of the activities were done by online.

### **Special Pooja and Blessings during the Vassana (Rains Retreat) Three Months Season: From 04<sup>th</sup> July 2020 till 02<sup>nd</sup> November 2020:**



Three months rains retreat is a significant time for the community to do more poojas, meditation programmes, dhamma talks and protection blessings chanting. Regularly on every Saturday we hosted a special programme for 12 weeks until the end of the rains retreat. It was well attended and generated lots of blessings. Among them a **special atavisi Buddha Pooja was held on 22<sup>nd</sup> August 2020 with Dhammachakka pavattana Sutta chanting**. A **Special Bodhi Pooja** was held on **08<sup>th</sup> September 2020**. On **12<sup>th</sup> September 2020**, **Healing Chanting of Bojjanga Sutta** was held online.

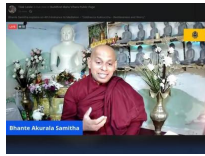
### **Special Blessings Pooja for Mrs Rathnawalie Dep 19<sup>th</sup> September 2020**



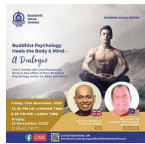
**Mrs Rathnawalie Dep** was a founder member and outstanding supporter of the centre. We were always ever so grateful and indebted to her dedication and thoughtfulness. She was experiencing health issues. Venerable Akurala Samitha visited few times at her residence and did some blessings to support morally and spiritually during the difficult times. We hosted a special blessing at her

house on **19<sup>th</sup> September 2020**. Miss Padmalatha Wijeratne also joined the blessings in gratitude to Mrs Rathnawalie Dep's contribution towards the temple.

### **Malaysia Buddhist Maha Vihara Online Programmes on 25<sup>th</sup> September & 13<sup>th</sup>**



**November 2020:** Malaysia Buddhist Maha Vihara hosted few Online Dhamma Sessions with Venerable Akurala Samitha on **Buddhism, Meditation and Psychotherapy**: These were available on Youtube for the benefit of wider community. On **25<sup>th</sup> September 2020** Venerable Akurala Samitha gave a talk on Buddhist Psychotherapy and an exposition on (uddacca kukkuca) hindrance to meditation: restlessness and worry.



On **13<sup>th</sup> November 2020** Venerable Akurala Samitha participated a dialogue with Most Reverend Dr Dato' Sir Sumana Siri Nayaka Maha Thero on **"Buddhist Psychology Heals the Body and Mind"** organized by **Malaysia Buddhist Maha Vihara**.

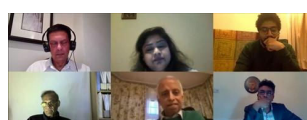
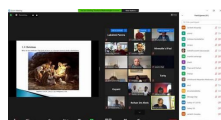
### **APSL (The Association of Professional Sri Lankans in the UK) Online Discussions Series: 27<sup>th</sup> September 2020 and 13<sup>th</sup> March 2021:**



The Association of Professional Sri Lankans in the UK (APSL) in collaboration with Letchworth Dhamma Nikethanaya Buddhist Centre hosted few discussion series. First on which was held on **Sunday 27<sup>th</sup> September 2020**. The title was **"Eastern and Western Values"**. **Venerable Akurala Samitha** did a presentation and a talk. **Mr Thushara Madurasinghe** organized the event. **Mr Rohan De Alwis** (Past President, APSL), and **Dr Dulini Fernando** (Executive Committee Member, APSL) also joined the

panel discussion.

### **Second of the series was held on 13<sup>th</sup> March 2021.** The topic on this; **Living in the**

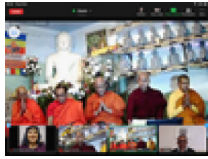


**UK / Sri Lankan Cultural Values Discussions Series** was **"Sri Lankan**

**religious festivals and their significances"**. **Mr Thushara Madurasinghe** made the welcome. **Venerable Akurala Samitha** did a talk on **Sri Lankan Cultural Values and religious festivals and how it can relate to young children who are born and brought up outside Sri Lanka**. Panel discussion was moderated by **Mr Rohan De Alwis** (Solicitor and past president of APSL) and **Dr Dulini Fernando**. Among the panel members **Mr Tariq Salih** made the presentation to explain the **Islamic religious festivals in Sri Lanka**. **Professor Sir Sabaratnam Arulkumaran** did a talk on **Hindu religious festivals in Sri Lanka**. **Mrs Gayani Senaratne** did a presentation explaining the **Buddhist religious festivals in Sri Lanka**. **Mr Mervyn Silva** made a presentation on **Christian religious festivals in Sri Lanka**. A large number of members from many different parts of the UK and abroad attended the online session.



## Special Monastic Chanting Held During the Vassana Season: 08<sup>th</sup> October 2020



It was a great blessing for our community to have three

monks staying during the vassana season.

Venerable

Monks hosted a **very special Monastic Ceremony** called **Pathimokka Chanting**. Two other monks also invited. **Most Venerable Dediawela Wimala Nayaka Thero**, Head of Letchworth Buddhist Vihara and **Most Venerable Sooriyawewe Kusala Thero**, deputy head of Letchworth Buddhist Vihara attended with the resident monks **Most Venerable Dr Dato' Sir Sumana Siri of Singapore**, **Most Venerable Dickwelle Seelasumana Nayaka Thero**, Matara Sri Lanka and **Venerable Akurala Samitha**. **Miss Padmalatha Wijeratne** and **Mr Paul Martin** supported the event as many people cannot be gathered. Over 80 people of the community were joined online.

**Mother's Day Pooja: 14<sup>th</sup> March 2021:** A special pooja and blessings chanting was held on **Mother's Day 14<sup>th</sup> March 2021** at the centre. Due the pandemic restrictions and the nature of the deadly virus whole our community was in dreadful distress due to the loss of parents and loved one. This special chanting and tribute pooja brought healing to many hearts.



## The Annual Kathina Ceremony: 17<sup>th</sup> Consecutive Year (Sangha Day Community Event) Celebration held on Saturday 17<sup>th</sup> October 2020:



The Annual Kathina Ceremony is the biggest community event at the centre. It was held on **Saturday 17<sup>th</sup> October 2020** at **Letchworth Dhamma Nikethanaya**

**Buddhist Centre**. Outside ceremony venues were not available due to pandemic. Therefore we hosted the ceremony at the centre with the participation of few members of the community and all others joined online. However, we were able to experience the best spirit of the typical ceremony and everyone enjoyed the ceremony without noticing much difference as venerable monks used the best technology to stream it live.



This was the **17<sup>th</sup> consecutive Kathina Ceremony** or community day (Sangha Day) Celebration held by Letchworth Dhamma Nikethanaya Community. This year there were no any main sponsors. Final Kathina Ceremony was sponsored by all the community. **Miss Padma Wijeratne**, **Mr Nishendra Dissanayaka**, **Mrs Nisansala Dharmaratne**, **Miss Chamari Jayasinghe** and **Mrs Nikki Butler** sponsored special gifts to Venerable Monks. **Mrs Yasa Amarasinghe**, **Mr Sujeewa** and **Mrs Sujeewa Lokwaduge** family joined with decorations and offering kapparukka (wish-fulfilling tree

offerings). **Mrs Rathnawalie Dep** attended online from home as she was not feeling well. **Mr Paul Martin** helped with the arrangements. **Mr Alpesh Pratap Chaudasama** and **Mrs Neelam Singh** helped with the photography and videography. In this occasion over **120 devotees** representing cosmopolitan member families of the centre attended online. Representing the community of monks in the United Kingdom, **six Venerable Monks** too attended to this. Due to pandemic restrictions and seriousness of the virus, we were not able to invite more monks.



The venerable monks who were attended are; **Most Venerable Dediawela Wimala Thero** (Head Monk of Letchworth Buddhist Vihara), **Most Venerable Dato' Sir Dr Sumana Siri Nayaka Thero of Singapore Malaysia** (Chief Prelate of UK, Europe, Singapore and Malaysia and Head of Global Realists Monastery), **Most Venerable Dickwelle Seelasumana Nayaka Maha Thero** (retired principal of Vidyathunga Vidyayatana, Dickwella, Matara), **Most Venerable Mathugama Palitha Maha Thero** (Head Monk of Cambridge Buddhist Vihara), **Most Venerable Sooriyawewa Kusala Thero** (Deputy Head Monk of Letchworth Temple) and **Most Venerable Akurala Samitha Thero** (Head Monk of Letchworth Dhamma Nikethanaya Buddhist Centre) .



**Most Venerable Dediawela Wimala Thero** administered the five precepts. **Dr Dato' Sir Sumana Siri Nayaka Maha Thero** delivered the English Dhamma talk to mark the beginning of the ceremony and explain the significances of the day by dedicating the Kathina Dana and commended the importance of mental health services rendered by Venerable Akurala Samitha and Dhamma Nikethanaya Buddhist Centre. **Most Venerable Sooriyawewa Kusala Thero** conducted the Buddha Pooja. **Most Venerable Dickwelle Seelasumana Nayaka Thero** delivered a Dhamma Talk in Sinhala explaining the significances of the traditional spiritual ceremony to the modern world, and highlighted the credentials of Venerable Akurala Samitha as a rare skilful monk from whom the community can be benefited immensely. **Most Venerable Mathugama Palitha Maha Thero** conducted Kathina Robe offering and the punnanumodana (sharing of merits). All the monks chanted very special protection chanting to bring blessings to all the community.



**Venerable Akurala Samitha** conducted **A Special Atavisi Buddha** to invoke the merits and blessings to parents of all members of the community. Late parents of the members of the community were dearly remembered by sharing the merits.

**Hamper Gift Parcels** to venerable Monks were sponsored by **Mr Nishendra & Mrs Nisansala Dharmaratne**.

**Gift Donations Offering to Venerable Monks** were supported by all the members of the community with the main support of **Miss Padmalatha Wijeratne, Miss Chamari Jayasinghe** and **Mrs Rathnawalie Dep**.



**Children of our Dhamma School** actively participated online. Kathina Procession was held in compounds of the temple. Special thanks to teachers and parents including **Mr Rasika, Mrs Vipuli, Miss Padma and Mrs Vina**. The Son of Mr and Mrs Dissanayaka, Mr Nisaja Dissanayaka sang a beautiful devotional song to the audience.

**Venerable Akurala Samitha** thanked everyone supported to make this year Kathina ceremony a great success. The Ceremony arrangements and temple decorations were not possible without the earnest support of **Mr Hasindu Lokuwaduge and family, and Mr Paul Martin**. Venerable Samitha shared heartfelt gratitude and blessings with them all.



greatly counted for the success of the ceremony.

**Venerable Akurala Samitha** shared the blessings with those who offered **Atapirikara, Robes**, Monks' gift items and other donations. Their support

**Atapirikara (Eight Requisites) and Monks' Pirikara (Gift Dana) Pooja Offering** were sponsored by Mrs Rathnawalie Dep, Mr Sampath & Mrs Dilini Samaraweera, Mrs K F Hill, Miss Nilanka Samarathunga, Mrs Kisha Chaudari Alahakoon, Mr Nuwan Kadurugamuwa, Mr Priyantha & Mrs Kumuduni Uluwita, Mrs Chopana Kadurugamuwa, Mr Asanga & Mrs Sangeetha Agalakotuwa, Mrs Yasa Amarasinghe, Mrs Rukmal Wijesekara, Mrs Kanti Silva, Miss Padma Wijeratne, Mrs Suba & Dr Ramanayake, Mrs Caroline Whitelock, Mr Adhithya Uluwita, Mrs Cheryl Green, Mr Dayal & Mrs Baksho Summan, Mrs Niranjala Perera, Mr Suneth & Miss Sara Gamage, Mrs Chandrika Worrell, Mr Aloka & Mrs Veena Hettiarachchi, Mr Sujeewa & Mrs Sujeewa Lokuwaduge, Mr Rajitha & Mrs Lakshi Weerakkodi, Mrs Premalatha Weerakkodi, Mr Des & Mrs Pushpa Raj, Mrs Jeevani Atakalan Ko, Mrs Gayani & Mr Aruna Wijekoon, Mr Nishendra & Mrs Nisansala Dharmaratne, Mr Santokh, Mrs Usha, Mr Gavrav Mr Vishal Saroye, Mr Vijay & Mrs Pavan Summan.



**Robes Offerings to Venerable Monks** were made by Mr Andrew Dep, Mr Virul Perera, Mrs Rathnawalie Dep, Mr Sadev & Family, Mrs Helena Khushlani Dep, Mrs Harshani

Weerasinghe, Mr Khushil Dep, Mrs Nadeeka Athuraliya, Mr Kolitha, Mrs Wayomi & Miss Jinesha Nawarathne, Mr Rasika & Mrs Wipuli Jayawardana, Mr Murali & Mrs Priya Chandrasena, Mr Ram Murthi Summan, Mr Dilshan & Mrs Kanchana Wijesekara, Mrs Ruwanthi & Mr Chandrin Katuwawala, Mr Udena & Mrs Nilanthi Wannanarachchi, Mrs Girly Geetha Weerasinghe, Mrs Delphi Ellis, Mr Ranil Adhikari & Mrs Chaturika Nanayakkara, Mrs Lalanthika & Mrs Punya Warnakulasooriya, Mr Amalka & Mrs Nilanthi Hewa Naimanage, Dr Kamal & Mrs Samanmali Witharana, Mr Santokh, Mrs Usha, Mr Gavrav Mr Vishal Saroye, and Mr Chaminda & Mrs Suresha Ranaweera.





## Annual Kathina Ceremonies at Other Temples in UK:

**Edmonton Samadhi Meditation Centre** hosted the Annual Kathina Ceremony on **Saturday 17<sup>th</sup> October 2020** and Venerable Akurala Samitha attended to it.

**Thames Buddhist Vihara Croydon** hosted the Annual Kathina Ceremony on **Sunday 18<sup>th</sup> October 2020** and Venerable Akurala Samitha attended to it.



**London Hendon Mindfulness (Vipassana) Meditation Centre** celebrated their Annual Kathina Ceremony on **24<sup>th</sup> October 2020**. Venerable Akurala Samitha and other monks joined online representing our centre.

**Birmingham Buddhist Maha Vihara** hosted the Annual Kathina Ceremony on **Sunday 25<sup>th</sup> October 2020** and Venerable Akurala Samitha attended to it.

## Milton Keynes Vihara Annual Kathina Ceremony on Sunday 01<sup>st</sup> November 2020:



Under the patronage of **Venerable Akurala Samitha, Milton Keynes Vihara Community** celebrated their

**annual Kathina Ceremony on Sunday 01<sup>st</sup> November 2020**. This was their **02<sup>nd</sup> consecutive ceremony**. Due to the legal restrictions of Covid-19 pandemic, it was hosted online with the participation of few members from the community. It was held in highest spirit and dedicated all the blessings as a healing to the whole universe.



**Most Venerable Dediawela Wimala Thero** (Head Monk of Letchworth Buddhist Vihara), **Most Venerable Dato' Sir Dr Sumana Siri Nayaka Thero of Singapore Malaysia** (Chief

Prelate of UK, Europe, Singapore and Malaysia and Head of Global Realists Monastery), **Most Venerable Dickwelle Seelasumana Nayaka Maha Thero** (retired principal of Vidyathunga Vidyayatana, Dickwella, Matara), **Most Venerable Mathugama Palitha Maha Thero** (Head Monk of Cambridge Buddhist Vihara), **Most Venerable Sooriyawewa Kusala Thero** (Deputy Head Monk of Letchworth Temple) and **Most Venerable Akurala Samitha Thero** (Head Monk of Letchworth Dhamma Nikethanaya Buddhist Centre) were attended the ceremony.

On behalf of Letchworth Dhamma Nikethanaya Buddhist Centre, **Miss Padmalatha Wijeratne** and **Mr Glenn Everard** attended the ceremony and helped to make it a great success. A large number of devotees joined online from their homes.





## **Hospital Visit: Blessings to Mrs Rathnawalie Dep on 22<sup>nd</sup> October 2022:**



Venerable Monks regularly visit the hospital to bless the patients and provide the spiritual and pastoral care. Venerable Akurala Samitha visited Lister Hospital to do a special blessing for Mrs Rathnawalie Dep as she was having unexpected health issues. She was the one who initiated our services to the Lister Hospital.

## **Celebrating Members' Special Moments:**

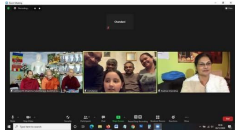
### **Most Venerable Dickwelle Seelasumana Thero's Birthday 20<sup>th</sup> November 2020:**



Community of the centre hosted a special blessings ceremony to celebrate the birthday of **Most Venerable Dickwelle Seelasumana**

**Nayaka Thero**. He was the retired principle of Vidyathunga Vidyayathanaya, Budu Raja Maha Vehera, Dickwella, Vevurukannala, Matara. He stayed as the resident monk helping the community during the most difficult times. He supported weekly Dhamma Talks, Pooja, Chanting and other spiritual needs. We all at the centre were very grateful for his contribution.

**Mrs Rathnawalie Dep Birthday Celebration on 30<sup>th</sup> December 2020:** Members of the centre organized a special blessing ceremony and pooja with the participation of Mrs Rathnawalie Dep's family to bless Mrs Rathnawalie on her birthday. Due to the pandemic restrictions they were house bound and were experiencing health challenges. Event was organized by Miss Padmalatha Wijeratne.



**Most Reverend Dato' Sir Dr Sumana Siri Nayaka Thero's Birthday 01<sup>st</sup> January 2021:** Centre community celebrated the birthday of **Most Venerable Dato' Sir Dr Sumana Siri Nayaka Thero of Singapore Malaysia** on **01<sup>st</sup> January 2021**. Being a resident monk, he became a very resourceful monk, tirelessly contributing to the dhamma programmes, giving talks, attending the pooja and chanting. We all at the centre, were very grateful for all his contributions. Members of the centre organized a special blessings ceremony to wish him all the good health and fulfilment of his future ambitions.



**Most Venerable Gunnepana Sumanarama Thero's Birthday on 24<sup>th</sup> January 2021:** **Most Venerable Gunnepana Sumanarama Thero** is the head monk of London Edmonton Samadhi Meditation Centre. He helps our spiritual and social activities a lot. Venerable Monks at the centre and the community are very grateful of his contributions.

We remembered him on his birthday **24<sup>th</sup> January 2021** by doing a special pooja and invoke the blessings to him.

**Mr Glenn Everard celebrated his 50<sup>th</sup> Birthday on 25<sup>th</sup> January 2021:**



Glenn Everard was a long standing dedicated member of the centre. He celebrated his very **special 50<sup>th</sup> birthday**

in the centre. Centre community organized a special pooja to invoke blessings to him on his 50<sup>th</sup> birthday on **25<sup>th</sup> January 2021**.

**Miss Padmalatha Wijeratne celebrated her Birthday on 25<sup>th</sup> January 2021:**



Miss Padmalatha Wijeratne has been a long standing member and also holds responsible positions like trustee and treasurer at the centre. She contributed her time, effort and financial support for the temple extensively. Everyone at the centre is extremely grateful for her

dedication to upkeep the centre. Resident Monks and the community organized a **special blessings pooja chanting on 25th January 2021** to invoke blessings to **Miss Padmalatha Wijeratne**. A large number of members of the centre joined online to the pooja.

**Late Mrs Hema Weerasinghe remembered on 03<sup>rd</sup> February 2021:**



Family and friends joined the centre to remember late **Mrs Hema Weerasinghe** on the **02<sup>nd</sup> year death anniversary** remembrance ceremony on **03<sup>rd</sup> February 2021**.

**Mrs Niranjala Perera celebrated her 78<sup>th</sup> Birthday** with special dhamma dana Saturday Evening programme on **27<sup>th</sup> February 2021**.

**Mr Brixciuous Anthony Hettiarachchi celebrated his 50<sup>th</sup> Birthday on 12<sup>th</sup>**

**March 2021**. He is one of the main and dedicated supporter of the centre. A special pooja was held with the friends and family on 12<sup>th</sup> March 2021 at Letchworth Dhamma Nikethanaya Buddhist Centre.

**Venerable Akurala Samitha's Birthday 25<sup>th</sup> March 2021:**



the privilege to pay tribute to the outstanding work of **Venerable Akurala Samitha on his 49<sup>th</sup> birthday** by organizing a



**special dana (food offering to monks) ceremony and chanting blessings pooja on 25<sup>th</sup> March 2021**. Miss Padmalatha Wijeratne organized the event. **Mr Godfry, Mrs Sunethra De Silva, Mrs Nikki Butler,**

**Mrs Emma Davilar, Mrs Nilanka Hettiarachchi, Mrs Nadika Athuraliya, Miss Chamari Jayasinghe and Mrs Jinanjali Rajakaruna** helped the dana (food offerings to monks) and the ceremony. **Most Venerable Dediya Wimala Nayaka Thero** (Head of Letchworth Buddhist Vihara), **Most Venerable Dr Dato' Sumana Siri Nayaka Thero of Singapore**

**Malaysia, Most Venerable Dickwelle Seelasumana Nayaka Thero and Most Venerable Sooriyawewa Kusala Thero** joined the special blessings.



### **Interfaith Activities by the Centre:**



Our centre has been actively participating local and national interfaith groups and make necessary contributions to be part of the interfaith relations. **Venerable Akurala Samitha** and **Miss Padmalatha Wijeratne** regularly attend **East and North Hertfordshire NHS Trust Lister Hospital, QE II Hospital in Welwyn Garden City, and Mount Vernon Cancer Hospital in London Northwood** as a part of chaplain team. Venerable Akurala Samitha attends monthly meetings and hosts a weekly meditation sessions in addition to visiting the patients for blessings. **Brother John O'Neill**, team lead of Spiritual and Pastoral Care Chaplain of East and North Herts NHS Trust, appreciated the dedicated the work done by Miss Padmalatha Wijeratne and Venerable Akurala Samitha at Lister Hospital on **26<sup>th</sup> March 2021**.

### **Home Visit By the Centre:**

Home visits are a very active part of the centre. Venerable Monks do the regular home visits for spiritual and cultural needs. It had been over a year, we had not been able to do so due to the pandemic. Everything was happening virtually and devotees missed the actual blessings environments a lot. However our members were seriously missing that spiritual support. Therefore we facilitated that slowly.

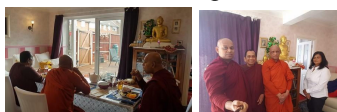


First home visit took place at **Mr Des Raj and Mrs Pushpa Chauhan** house on **27<sup>th</sup> July 2020**. **Most Venerable Dr Dato' Sir Sumana Siri Chief Prelate of Singapore and Malaysia** also joined the house blessings.

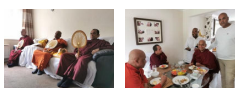
**Monks Visited Shakespeare's Birthplace on 23<sup>rd</sup> August 2020:** Venerable Monks visited Shakespeare's village and met the members of **Mr & Mrs Sujeewa Lokuwaduge** family at their residence on **23<sup>rd</sup> August 2020**.



House Blessing Dana Organized by **Miss Padma Wijeratne** on **28<sup>th</sup> August 2020**: Miss Padma Wijeratne hosted a dana (food offerings) and blessings ceremony at her residence to share the merits blessings for the parents and those who help the centre activities.



**On 29<sup>th</sup> August 2020 Mr Chandrin & Mrs Ruwanthi Katuwawala** hosted a special house blessings ceremony in memory of departed relatives and friends.





**13<sup>th</sup> October 2020:** Our Resident Monks; **Most Venerable Dr Dato' Sir Sumana Siri**



**Nayaka Thero, Most Venerable Dickwelle Seelasumana Nayaka Thero and Most Venerable Akurala Samitha** visited **Mrs Yasa Amarasinghe** house on her birthday On **Tuesday**

**13<sup>th</sup> October 2020** to do a special blessing. Miss Padmalatha Wijeratne also joined. **Mrs Yasa Amarasinghe** is a very dedicated member of the centre and even supported Most Venerable Dickwelle Seelasumana Nayaka Thero by providing financial references to obtain necessary visa. We are very grateful for her contributions.

### **Blessings the new Business: Rothwell House Hotel, Kettering on 14<sup>th</sup>**

**December 2020:** Venerable Akurala Samitha visited few business places to do blessings



as all were struggle with the pandemic situation. **Mr Iranga Withana** and **Mrs Nawini Perera** organized a blessing ceremony at the new business premises at **Rothwell House Hotel, Kettering** on **14<sup>th</sup> December 2020**.

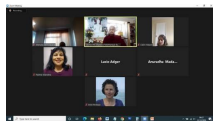
### **Blessings at Mrs Kisha Alahakoon Chaudari on 18<sup>th</sup> December 2020:**



Venerable resident monks visited the residence of **Mrs Kisha Alahakoon Chaudari** with **Mrs Padma Wijeratne** on **18<sup>th</sup> December 2020** to do a special blessing as Mrs Kisha Alahakoon Chaudari was supporting few important projects

in Sri Lanka and regularly support the welfare of the resident monks. As she does not go out usually and in particular due the covid pandemic, monks and the centre arranged the visit to do the blessings.

### **Year End Blessings: Christmas Blessings programme on 25<sup>th</sup> and 26<sup>th</sup>**



**December 2020:** We hosted an online blessings and meditation programme on Christmas day morning for people to share the spiritual blessings at the difficult times.

A good number of people joined the online session. A special Bodhi Pooja Blessings programme was held on Boxing Day **26<sup>th</sup> December 2020**.

### **2021 Happy New Year Blessings: A Special Atavisi Buddha Pooja to welcome the New Year was held on 1<sup>st</sup> January 2021**



The Community of Letchworth Dhamma Nikethanaya organised online Atavisi Buddha Pooja Special Blessings ceremony on **Friday 01<sup>st</sup> January 2021** to share the blessings with all on the dawn of the **New Year 2021**. Usually lots of devotees gather the temple on New Year Day to get the blessings. But due to the new Covid-19 pandemic restrictions



and tier rules, everyone had to join online. However temple was allowed to keep open for individual prayers by appointment basis.



The morning blessings were sponsored by **Miss Chamari Jayasinghe, Miss Nadika Athuraliya and Miss Padmalatha Wijeratne**. gathered at the centre to **start the New Year 2020 with Blessings**. A large number of devotees joined the **evening Atavisi**

**Buddha Pooja**. This programme was sponsored mainly by devotees from Letchworth, Milton Keynes and Bracknell communities. Atavisi Buddha Pooja was sponsored by following members of the community. 1. Dr Vijitha Rathnayaka, Dr Ruvini Rathnayaka, Daughter Dr Aruni Rathnayaka & Family (Wising all a Very Happy New Year, 5th Year Remembrance & Transference of merits to Mrs Nalini Dharmasena, loving mother of Dr Ruvini Rathnayaka, To Transfer Merits to Late father of Dr Ruvini Rathnayaka, Professor Dr B. D. Dharmasena, To Transfer merits to loving parents of Dr Vijitha Rathnayake Mr & Mrs M. B. Rathnayake and to share the merits with all the departed relatives of participants.) 2. Mrs Suba & Dr Ramanaya Family (wishing all in the family good health & protection.) 3. Dr Ruvini Senasinghe Family (Transfer of merits to loving mother & wishing all in the family good health) 4. Mrs Uthpala & Professor Arosha Bandara & family (wish all the family good health, prosperity & protection) 5. Mrs Shreeni & Dr Ajith De Silva & Family (Wishing all in the family good health and protection) 6. Mr Murali & Mrs Priya Chandrasena & Family (To Transfer merits to loving father Mr Kandiah Shanmuganathan and wish all the family good health prosperity & protection) 7. Mr Sujeewa & Mrs Sujeewa Lokuwaduge & Family (wishing all in the family good health and protection) 8. Mr Nalika Alawatta & Family (wishing all in the family good health and protection) 9. Mr Rasika & Mr Vipuli Jayawardana & Family (Wishing all in the family good health) 10. Mrs Veena & Mr Aloka Hettiarachchi & Family (wishing all in the family good health and protection) 11. Mrs Nilanthi & Mr Udena Wanninayake & Family (Wishing all in the family good health) 12. Mr Mahendra Wijesinghe Family (Wishing all in the family good health and protection) 13. Mrs Nisansala & Mr Nishendra Dissanayake Family (Wishing parents and all in the family good health) 14. Mrs Malindi & Mr Indika Daluwathumulla & Family (wishing Methul, Meheli & all in the family good health and protection) 15. Mr Chandima Fernando Family (Wishing all in the family good health) 16. Master Virul, Mrs Gayani & Mr Susantha Nonis Family (wishing all in the family good health and protection) 17. Mr Thusantha Lakmal Mrs Nilmini & Family 18. Mr Ajith & Mrs Samanthi De Silva 19. Mr Saliya & Mrs Dinusha De Silva 20. Dr Mahesh Dias & Dr Nimalka Dia & family 21. Mr Asanka & Mrs Jayani Perera 22. Mr Kasup & Mrs Ashvini Gadiewasam 23. Mrs Pincy Nugara & Family 24. Mrs Pushpa & Mr Peter Kalubowila & Family 25. Mr Upul & Mrs Thanuja Perera 26. Mrs Anagi De Silva and daughters Dinu & Anuradha 27. Mrs Manjula & Maithri Gunasekara 28. Miss Padma Wijeratne & family 29. Mrs Kisha Chaudari Alahakoon 30. Mr Priyantha & Mrs Kumuduni, Son Adhithya Uluvita 31. Mrs Rathnawalie Dep 32. Mrs Dilini, Mr Sampath & Daughter Sadili Samraweera 33. Mrs Prishani Rathnayake 34. Mrs Kumudu Gunasekara & Danuka Putha 35. Mrs Ruwanthi Katuwawala 36. Mr Chitra & Mrs Anoma Senaratne.



It was a honour and blessings to have three resident monks at the centre. **Most Venerable Dr Dato' Sumana Siri Nayaka Thero** of Singapore Malaysia and **Most Venerable Dickwelle Seelasumana Nayaka Thero** joined with **Most Venerable Akurala Samitha Thero** for the New Year Day Blessings on **Friday 01<sup>st</sup> January 2021**.

### **Special Pooja and Blessings Chanting for Covid-19 Pandemic Relief on 09<sup>th</sup> January 2021:**



Members of the centre joined together to host a **special Bodhi Pooja and Bojjanga paritta chanting of protection blessings** on **09<sup>th</sup> January 2021** to share the healings to overcome the deadly virus problems. A large

number of members joined the programme online as there was another wave of the pandemic virus making the lives in threat.

**Covid Vaccine:** Venerable Akurala Samitha took the Covid Vaccine on **14<sup>th</sup> January 2021** and encouraged the community to take the vaccine to keep the community safe. Followed by that other two monks also received the vaccination.



**Visiting ICU Covid Patients and Doing Blessings while resting in peace on 20<sup>th</sup> January 2021:** Venerable Akurala Samitha visited the hospitals to bless the covid patients at a very distraught time of their life. Some of those patients were in the ICU and passed away with covid. All the community admired the selfless contributions of Venerable Akurala Samitha.

### **Beauty of Weather Heals the Pains of the difficult times: Snow in Letchworth 24<sup>th</sup> January 2021:**



A heavy fall of snow in January brought healing to the withering minds of the people. All the members of the community deeply appreciated the dedication and commitments

of the centre to help the community at such a difficult time in the history. This reflected the vibrant programmes organised to help the community.

### **Donating Baby Hats to Lister Hospital Children's Ward on 28<sup>th</sup> January**



**2021:** Our members of the community engaged in many worthwhile activities during the lockdown situations. Most of our senior members engaged in knitting. A parcel of hats made for children were donated to **Lister Hospital Children's ward** on **28<sup>th</sup> January 2021** by **Miss Padmalatha Wijeratne**.

## Venerable Akurala Samitha's Mother's 05<sup>th</sup> Year Remembrance Ceremony: 02<sup>nd</sup> March 2021:



Venerable Akurala Samitha and few members of the community usually travel to Sri Lanka for this ceremony annually. Due to the pandemic and financial difficulties, Venerable Akurala Samitha decided to stay in UK and do the ceremony in UK and Sri Lanka. **In memory of Loving Mother of Venerable Akurala Samitha, a wheel chair** was donated to **Mr Fedderick Day** and offered dana (food) to monks at the centres in **Letchworth** and **Milton Keynes** on **02<sup>nd</sup> March 2021**. Monks did a chanting and transferred the merits.

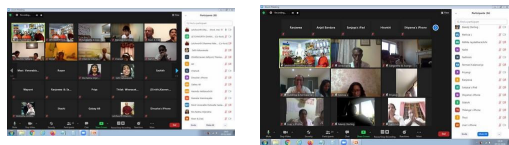
## Food Offering in Sri Lanka: on 02<sup>nd</sup> March 2021:



Venerable Akurala Samitha also organized a special programme in parallel in his home town **Akurala** in **Sri Lanka** in **loving memory of the beloved mother** on **02<sup>nd</sup> March 2021**.

Cooked food parcels were distributed for **500 people** and offered dana (food) for over **30 monks** at their local Buddhist centres in **Akurala** and **Kalutara** in **Sri Lanka**.

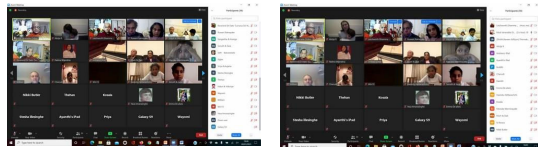
## Full Moon Day and Monthly Retreat Sessions: 07<sup>th</sup> November 2020



**Letchworth Dhamma Nikethanaya** hosted a day programme to mark the **III (November) Full Moon Poya Day** on **Saturday 07<sup>th</sup> November 2020**. **Mrs Sangeetha** and **Mr Asanga Agalakotuwa**

sponsored the day programme in memory of their **late mother Mrs Suranjini Seneviratne** on her **1<sup>st</sup> Death Anniversary**. A large number of members attended online and onsite with meditation, pooja, homage blessings and dhamma talks.

## Duruth (January) Full Moon Poya Day: 30<sup>th</sup> January 2021:



Duruthu Poya Full Moon Day is the first full moon poya day of the new year. Centre organized a special dhamma discussion, meditation session and a chanting of protection blessings Bodhi pooja on **Saturday 30<sup>th</sup>**

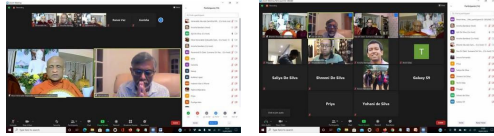
**January 2021** to mark the Duruthu Full Moon Poya Day. A large number of devotees joined online to the programme.

## Saturday Evening Weekly Special Pooja and Dhamma Dana Online Programmes at Letchworth Dhamma Nikethanaya:

Our centre continued regular programmes on Saturday. Devotees sponsored most of the days.



## **Sunday Evening Daham Sisila Programmes:**



Every Sunday evening, venerable monks attended a Dhamma Discussion programme organized by Milton Keynes Buddhist Centre community. Monks delivered talks on selected subjects and the general public joined the discussion.

All age groups attended and they all found it very useful programme for knowledge and blessings.

## **School Children Visit The Buddhist Centre for 2020/2021:**

No school visits have been taking place due to the pandemic restriction in this year.

## **Sri Lankan Independent Day 06<sup>th</sup> February 2021:**



Sri Lankan National Day is on 04<sup>th</sup> February. Centre community celebrated the **Sri Lankan Independence Day on 06<sup>th</sup> February 2021** and commemorates the **73<sup>rd</sup> Anniversary** for being an independent republic. In 1948 Sri Lanka received its sovereignty from Great Britain.

Our centre organized a special pooja blessings online to bring all Sri Lankan together and celebrated their cultural and patriotic values. Dhamma school children made wonderful presentations to reflect the rich knowledge about the subject. It was a highly educational programme.

## **February (Navam) Full Moon Day Programme with Meditation Retreat and Chanting on 08<sup>th</sup> February 2020:**



Centre community hosted a special Dana (food) offering and Blessings Chanting programme on **08<sup>th</sup> February 2020** to mark the **Navam (February) Full Moon Day in Letchworth**. The

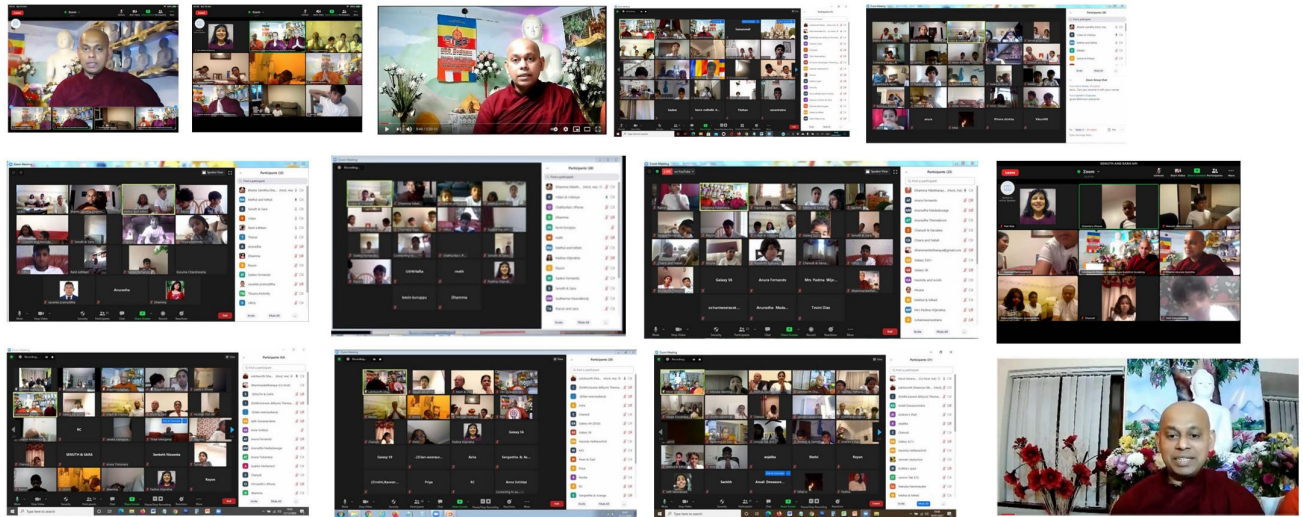
day programme was attended by many members and shared the blessings by attending to offer dana (food) to venerable monks and sharing food with all. A special talks were delivered by Venerable monks explaining the significances of the Navam (February) Full Moon Poya Day and Buddhist principles.

## **Every Saturday Online Dhamma School: Children's Buddhism and Meditation Programmes: Letchworth, Milton Keynes & Bracknell**

With the pandemic, our regular Children's Dhamma School become an online school. Lots of children joined as it gives the facility to join from home. **Letchworth Dhamma Nikethanaya Buddhist Centre** hosted this online Dhamma School weekly on every Saturday from **3PM till 5PM**. **Miss Padma Wijeratne, Mr Rasika Jayawardana, Professor Arosha Bandara and**



**Dr Ajith De Silva** also helped with conducting the programme. Children were learning Buddhism, Meditation, Chanting, Values, Culture and Sinhala Language.



**Milton Keynes & Bracknell Community Dhamma School** were not taking place due to the pandemic. They all joined the online Saturday Dhamma School.

## **Sri Lanka Child Sponsorship, Community Welfare Support, Charity Projects and Visits: From 26<sup>th</sup> February 2021:**

We are very grateful to all our members for supporting the child sponsorship programmes and other welfare activities in Sri Lanka. Due to the outbreak of the pandemic, we have to do extra to help our children. Most of the meetings were held online as we were not able to visit in person.

### **Charity Projects in Sri Lanka for the Financial Year 2020 / 2021:**



We shipped food items, baby food, medicine and sanitary items to **Sri Lanka on 26<sup>th</sup> October 2020** and few other times. Sri Lankans were struggling with economic and health crisis. We are very grateful for our community for stepping into help the needy people in Sri Lanka.

### **Stupa Building Project Completion in Sri Lanka: 23<sup>rd</sup> February 2021**

We supported few building projects at community centres in Sri Lankan temples. Our Centre community supported a building work of the Pagoda at Sri Vijayarama Akurala Sri Lanka. It was completed on **23<sup>rd</sup> February 2021**. Special Ceremony was held and shared the blessings with all those who supported.



## **New Round up 2020-2021:**

Venerable Akurala Samitha attended few events, extending Our Services and Valuable Contributions of Venerable Akurala Samitha to other temples and organizations in UK.

- The Global Ambedkarite Convention in London hosted an online Buddha Day Vesak Celebration on 09<sup>th</sup> May 2020. Venerable Akurala Samitha attended the event.

- **Loving Mother of Mr Susil Nanayakkara passed away on 16<sup>th</sup> June 2020.**



**Venerable Akurala Samitha** attended the house for a dana and merits transfer on **19<sup>th</sup> June 2020** at Danwala Estate, **Kiribathavila Baddegama Sri Lanka.**

- **Special Bodhi Pooja at Balapitiya Bodhirukkhamaya Kovilavatta Sri Lanka on 22<sup>nd</sup> June 2020:**



During the pandemic Venerable Akurala Samitha did lots of spiritual and welfare support to Sri Lankan community. To mark the departure of Venerable Akurala Samitha, Most Venerable Galvehera Wimalasiri Nayaka Thero, Most Venerable Kosgoda Siriwimala Thero and other monks

and the Sri Lankan community organized a special Bodhi Pooja Blessings Chanting to bless Venerable Akurala Samitha a safe journey. Most Venerable Randombe Gnanissara Thero conducted the pooja.

- **On 07<sup>th</sup> July 2020 Venerable Akurala Samitha** visited the residence of **Sri Lanka**



**Navy Commander Admiral Piyal De Silva** to do a blessing as he was retiring after serving as **the chief officer of Sri Lanka Navy** from 2019 to 2020. **Most Venerable Kosgoda Siriwimala Thero** is the spiritual advisor and chief chaplain for all three forces. He

arranged this special meeting of blessings. **Most Venerable Galvehera Wimalasiri Nayaka Thero** was also attended. Venerables also visited the residence of the **Commander of the Army (Sri Lanka)** from 2019 till 2020, **General Shavendra Silva.**

- **Mr Dilal Thilakaratne (02/08/1968 – 11/12/2020) Remembrance Dana Ceremony:**



Friends of Mr Dilal Thilakaratne organised a special Food offering (Dana) Ceremony to mark **the 07<sup>th</sup> day** of his passing at Crystal Club,

Wembley London. Three monks of the centre attended with **Miss Padmalatha Wijeratne** representing the centre. Event was online and they donated a laptop computer to the centre in memory of Mr Dilal Thilakaratne to do online programmes.

- **Sri Lanka High Commission in London** hosted an online webinar to create a platform for expatriates to come together and meet the Her Excellency the High Commissioner on **Friday 30<sup>th</sup> October 2020.** A discussion on enhancing connectivity



between the High Commission and the British Sri Lankans was held. Venerable Akurala Samitha attended the online event.

- **Most Venerable Dediawela Wimala Nayaka Thero's 75<sup>th</sup> Birthday**



celebrated on **07<sup>th</sup> February 2021**. **Venerable Akurala Samitha** and the resident monks attended a special online blessings programme to invoke the blessings to **Most Venerable Dediawala Wimala Nayaka Thero**, the head monk of Letchworth Buddhist Vihara on **07<sup>th</sup> February 2021** to mark the **75<sup>th</sup> Birthday** of the **Most Venerable Dediawela Wimala Nayaka Thero**. The blessings ceremony was organized by **Most Venerable Mathugama Palitha Thero**, the head monk of Cambridge Buddhist Vihara. **The High Commissioner of Sri Lanka in the UK, H.E. Saroja Sirisena** also joined the ceremony.

- **Online Dhamma Talk organized by Birmingham Buddhist Maha**



**Vihara on 28<sup>th</sup> March 2021**: Venerable Akurala Samitha delivered a Dhamma Talk on 28<sup>th</sup> March 2021 to the community of Birmingham Buddhist Maha Vihara. **Most Venerable Dr Witharadeniye Kassapa Maha Thero OBE** (Deputy Chief Prelate of Great Britain & Head Monk of Birmingham Buddhist Maha Vihara, Stoke on Trent Vihara and Leicester Dharmasoka Buddhist Vihara) invited the talk. Family and friends of **Professor Punchibandara Sannasgala** sponsored the Dhamma Dana Talk in his loving memory to transfer merits to **Professor Punchibandara Sannasgala**.

## Obituaries:

- **12<sup>th</sup> December 2020: Mr Dilal Thilakaratne (02/08/1968 – 11/12/2020):** A Special



Merits Transfer Punya Anumodana Prayer blessings service was held on **12<sup>th</sup> December 2020** in Loving Memory of **Late Mr Dilal Thilakaratne** who passed away on **Friday 11<sup>th</sup> December 2020** at his residence in Colindale

London. He is the husband of Mrs Dilrukshi and the father of two children daughter



Manisha and son Thejan. He was a very long standing friend and a member of our centre and actively helped a lot in our activities. He was a very active member of the community and a political analyst. He was the former vice President of United National Party (UNP) UK Branch. He was very generous and kind person who supported many charitable works in UK and fond in cricket. Mr Brixious Anthony, Mr Lalinda, Mr Rasika Shashpriya, Mr Dinesh Kapukotuwa and Mr Lasantha Perera attended the centre and lots of other friends and family joined the occasion online. He passed away from a heart attack.



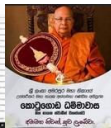
- **21<sup>st</sup> January 2021: Mr Don Ariyaratna (02/11/1947 – 21/01/2021):** Mr Don Ariyaratna was a good friend of Venerable Akurala Samitha and was a good supporter of the centre. He passed away from Covid-19 on **21<sup>st</sup> of January 2021**. Venerable Akurala Samitha was the only monk to attend the funeral as no monks were available due to the risk of Covid. Funeral was held at **South Essex Crematorium, Upminster on 02<sup>nd</sup> February 2021**.



- **06<sup>th</sup> February 2021: Mrs Kamla Kumari Ram (30/12/1966 – 06/02/2021):** Venerable Akurala Samitha conducted the funeral of Mrs Kamla Kumari Ram on **Monday 08<sup>th</sup> March 2021** at **North Hertfordshire Memorial Park & Crematorium, Holwell**.



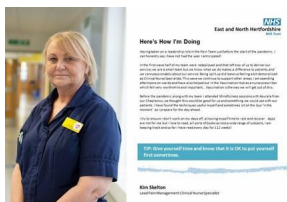
- **22<sup>nd</sup> March 2021: Agga Maha Pandita Most Venerable Kotugoda Dhammawasa Maha Nayaka Thero: (23/01/1933 – 22/03/2021):** The Supreme Prelate (uttaritara mahanayaka) of Sri Lanka Amarapura-Rāmañña



Nikāya and the chief incumbent of Sri Dharmapalaramaya, Mount Lavinia Sri Lanka passed away on **22<sup>nd</sup> March 2021**. A special merits transfer ceremony and tribute pooja was held at our centre on **29<sup>th</sup> March 2021**. **Most Venerable Dr Dato' Sumana Siri Nayaka Thero of Singapore Malaysia** organized the ceremony. Most Venerable Dediawela Wimala Nayaka Thero (Head Monk of Letchworth Buddhist Vihara), Most Venerable Dickwelle Seelasumana Nayaka Thero (resident monk of Letchworth Dhamma Nikethanaya), Most Venerable Kamburawala Sri Rewatha Nayaka Thero (Head Monk of Scotland Buddhist Vihara and Chief Prelate of Great Britain), Most Venerable Mathugama Palitha Thero (Head Monk of Cambridge Buddhist Vihara), Most Venerable Akurala Samitha Thero (Head of Letchworth Dhamma Nikethanaya and Milton Keynes Vihara) attended the merits transfer ceremony and offered dhamma talks. A large number of devotees attended online ceremony.

- **25<sup>th</sup> February 2021: Mrs Bualoy Crampton (00/00/1958 – 25/02/2021):** Mrs Bualoy Crampton passed away aged 63. Her husband Mr Robert Crampton and **Chenery Funeral Services Ltd** requested Venerable Akurala Samitha to conduct the funeral. Venerable Akurala Samitha conducted the funeral on **Tuesday 16<sup>th</sup> March 2021** at **North Hertfordshire Memorial Park and Crematorium**.

## Lister Hospital Mindfulness Meditation Programmes: Venerable Akurala



Samitha and Miss Padmalatha Wijeratne visit **Lister Hospital East & North Herts NHS Trust** to do regular weekly mindfulness meditation session. Venerable Akurala Samitha trained staff and patient and facilitates drop in sessions. Hospital News Letter features how the staff coped during the stressful times. Writing a personal review **08<sup>th</sup> February 2021**, to the hospital newsletter **Mrs Kim Kelton, Lead Pain Management Clinical Nurse Specialist** mentioned that “before the pandemic along

*with my team I attended Mindfulness sessions with Akurala (Bhante Samitha) from our chaplaincy, we thought this would be good for us and something we could use with our patients. I have found the techniques useful myself and sometimes sits on the bus in the moment as I prepare for the day ahead."* That reflects how much it has benefited for the wider community.

**St Francis' College Trust, Letchworth Positive Mental Health Evening Online Session 28-01-2021:** Venerable Akurala Samitha gave a talk and guided meditation to the parents and staff of St Francis' College Trust in Letchworth on Mindfulness Meditation. Mrs Charlott McDermott organized it on Thursday 28<sup>th</sup> January 2021 via zoom. It was very well received by them and greatly appreciated.

**Lister Hospital EN-NHS Trust, Maternity Bereavement Team Training Session on Mindfulness 26-03-2021:** Venerable Akurala Samitha held a talk and a guided meditation session for the training for the maternity bereavement team at Lister Hospital on Friday 26<sup>th</sup> March 2021. It was organized by Ms Jacqui Hylton who is the midwife lead for bereavement.

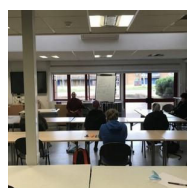
### **Reviews, Feedbacks and Interviews to promote Mindfulness Meditation:**



Members of the local community were extremely grateful for the meditation sessions and Bhante Samitha (Venerable Akurala Samitha's) teaching during the difficult times of pandemic. Few participants

gave video feedback interviews to share publicly in gratitude for the services delivered by the centre. **Mr Joseph Abrams** gave a video feedback on **31<sup>st</sup> December 2020** and published on youtube channel. **Mrs Anne Howarth** was a senior member of the local community. She was reluctant to join online as technology was a challenge to adopt into. However with the help of the centre, she managed to get used to it and became very grateful for the support to given to pass the difficult times. She gave an interview feedback on **05<sup>th</sup> January 2021**. It was published on youtube channel for the public to view. **Mrs Anne Howarth** also revised her interview on **12<sup>th</sup> January 2021** that was given few years back. **Mrs Emma Davilar** was also extremely grateful for the centre services and helps available during the difficult times. She also gave an interview on **06<sup>th</sup> January 2021**.

**Milton Keynes College (MK College) Mindfulness Meditation Workshops on 16<sup>th</sup> December 2020:** Venerable Akurala Samitha did a **Mindfulness Meditation Session at MK College, Chaffron Way to children aged 15-17** who had a horrid time but want to make a change. **Mr Simon Wendt** who the tutor organised the session with **Mrs Lisa Boyd**.



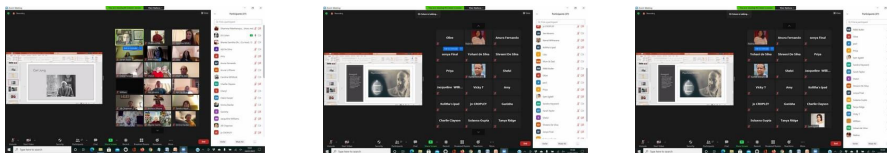
## Mindfulness Webinars hosted by Letchworth Dhamma Nikethanaya:

With the lock down, self-isolation and vaccine effects, lots of people in the community going through lots of mental health issues. In addition to the spiritual support, we organized monthly webinars to bring professionals, scholars and wellbeing practitioners together to share the knowledge.

**Webinar on Loneliness on 13<sup>th</sup> December 2020 By Claire Harper:** First webinar was delivered by Miss Claire Harper. She was third year medical student and a meditation practitioner of the centre. Topic was a research paper she had done on her university course with Mindfulness Meditation. A large number of people attended online and had a very beneficial discussion.



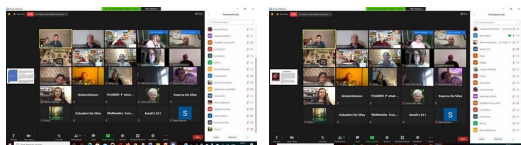
**Webinar on Sunday 24<sup>th</sup> January 2021: On Psychological Approaches to Mindfulness & Meditation: Past, Present and Future, by Dr Elliot Cohen** (Senior Lecturer at Leeds Beckett University School of Social Sciences - Psychotherapist, Mindfulness Teacher & Member of Dhamma Nikethanaya Buddhist Academy). There was an increased interest on these seminars. A good number of people attended online.



**Webinar on Sunday 28<sup>th</sup> February 2021: on Positive Psychology & Mindfulness Meditation: The Art of Staying Present, Strong and Well; Through difficult times. By Dr Kamal Witharana** (MD, MSc, FRSPH, PTLLS, IfI) (Medical Doctor in Public Health & Clinical Lecturer in UK; Divisional Director of Health Service in Sri Lanka; Associate Member of Positive Psychology Guild UK, Member of Pali Text Society & Mindfulness Meditation Researcher & Teacher)



**Webinar on Sunday 28<sup>th</sup> March 2021: "Transformation through Suffering: How psychological turmoil can lead to spiritual awakening." By Dr Steve Taylor** (Senior Lecturer in psychology at Leeds Beckett University. He is the author of several best-selling (13) books, including his new book The Clear Light, Waking From Sleep, The Fall, Out of the Darkness, Back to Sanity, The Calm Centre, The Leap and Spiritual Science. He is the current chair of the Transpersonal Psychology Section of the British Psychological Society. His books have been published in 20 languages, and his articles and essays have been published in many academic journals, magazines and newspapers. He writes blog articles for Scientific American and for Psychology Today. Steve lives in Manchester, England with his wife and three young children. [www.stevenmtaylor.com](http://www.stevenmtaylor.com)).





## **Mindfulness Meditation Courses and Psychotherapy Counselling Session:**



Centre organizes Mindfulness Meditation Courses in **Letchworth, Bedford, Milton Keynes and Godmanchester**. It has been very beneficial to our multicultural community and those courses have been very popular. It also brought funds to the centre. Everyone deeply appreciated the wellbeing and happiness brought into their lives through teachings of Reverend Akurala Samithasiri (Bhante Samitha Akurala).

**Mindfulness Meditation Retreats:** Few One Day retreats were held in **Letchworth** during this year (2019-2020). Those were included from 6AM till 6PM whole day programme with silent meditation, guided meditation, mindfulness teaching, webinars, seminars, workshops, presentations, guest speakers, sharing lunch and discussion on selected topics.

**Letchworth Children's Mindfulness Course** is held on every **First Saturday from 3PM till 5PM**. Significant number of children attended the session. Parents had real interest to up keep the course as those are very beneficial to the children for concentration and dealing with emotional difficulties.

### **Letchworth Adults Beginners Mindfulness Courses:**

Centre held **Five courses** during this year for adults in Letchworth area. These were 08 weeks courses. **Miss Padmalatha Wijeratne** dedicated a lot to keep these courses up and raise funds for the centre. We are very grateful for her volunteer support.

Letchworth Course I: Started: 21-05-2020 Finished: 09-07-2020

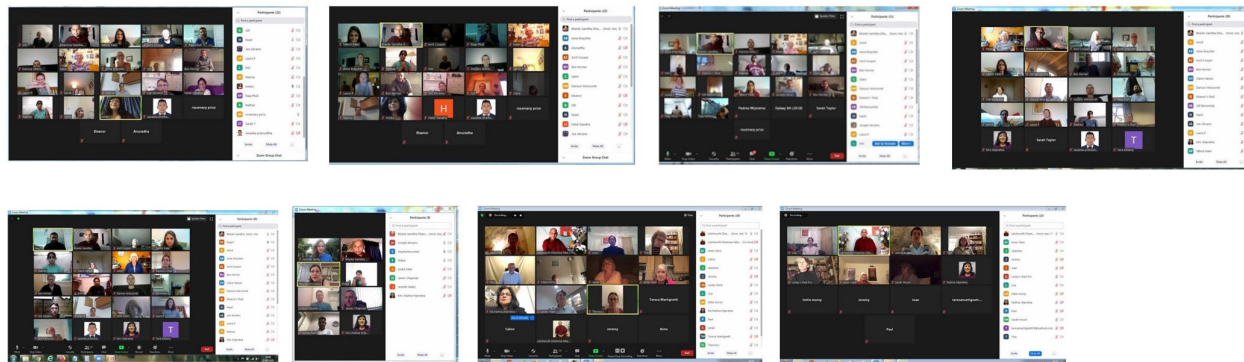
Letchworth course II: Started: 16-07-2020 Finished: 03-09-2020

Letchworth Course III: Started: 10-09-2020 Finished: 29-10-2020

Letchworth Course IV: Started: 05-11-2020 Finished: 24-12-2020

Letchworth Course V: Started: 07-01-2021 Finished: 25-02-2021

Following are the pictures from Letchworth Adults Mindfulness Meditation Courses 2020-2021.



**Advanced Mindfulness Course: Every Wednesday 7-9PM** Every Wednesday Advanced Mindfulness Course is being held at Letchworth Dhamma Nikethanaya. **Five groups** were completed during the whole year.

Letchworth Advanced Mindfulness Course I: Started: 20-05-2020 Finished: 08-07-2020

Letchworth Advanced Mindfulness Course II: Started 15-07-2020 Finished 02-09-2020

Letchworth Advanced Mindfulness Course III: Started 09-09-2020 Finished 28-10-2020

Letchworth Advanced Mindfulness Course IV: Started 04-11-2020 Finished 23-12-2020

Letchworth Advanced Mindfulness Course V: Started 06-01-2021 Finished 24-02-2021

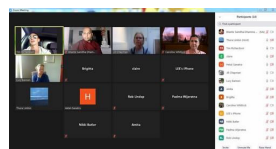


### **Bedford, Milton Keynes and Godmanchester Mindfulness Meditation Beginners Courses:**

We did not have onsite Mindfulness Meditation Sessions after the pandemic. Therefore Bedford, Milton Keynes and Godmanchester people joined online on Thursday and Wednesday.

All our Mindfulness Meditation courses had been very successful. It has been a great help to the community. These also enabled funds to the up keep the centre.

### **Sunday Drop In Mindfulness Meditation in Letchworth:** Every Sunday evening 7-9PM we



regularly host a session for the community to drop in for Mindfulness Meditation. With the outbreak of the pandemic, we hosted it online. It was a great success. **Dr Thura Limbin, Miss**

**Padmalatha Wijeratne and Mr Glenn Everard** facilitate with teachings and hosting. Different subject were discussed and guide the community to attend the meditation regularly on every Sunday throughout the year.

### **Psychotherapy & Counselling Sessions:**

Due to the pandemic all our counselling sessions stopped but we managed to provide few online sessions. Mr Mark Brumwell continues to provide it on Mondays and Bhante Samitha also hosted few. We are very grateful to **Mr Mark Brumwell** for his voluntarily support to the centre. Bhante Samitha also conducts Counselling and Psychotherapy Session and all the funds go to the centre.

## **Licence to Operate as a Buddhist Centre & A place of Worship:**

Letchworth Garden City Heritage Foundation granted Reverend Akurala Samithasiri "Licence to operate as a Buddhist Centre at 69, Pix Road, Letchworth Garden City". Also it is a place of worship.

**School Advisory Council for Religious Education (SACRE):** Venerable Akurala Samitha is the Buddhist Advisor to both Bedford Borough Council and Central Bedfordshire Council. He contributes into the School Advisory Council for Religious Education as a member.

**North Herts Interfaith Forum:** Venerable Akurala Samitha is a committee member of the North Herts Interfaith Forum and contributes to its activities to bring cohesion among the faith groups.

## **Fund Raising Financial Insights of the Year 2020-2021:**

All our courses and teaching programmes are on donation basis. We managed to raise funds to the centre as follows.

Following list is just a general outline to show how the donations received and expenses maintained. Please look into the accountants report for more accurate figures.

Fund raising programmes:

- ❖ Beginners Mindfulness Meditation Online Courses in Letchworth, Bedford, Milton Keynes and Godmanchester.
- ❖ Diploma Mindfulness Meditation Courses online and onsite in Letchworth.
- ❖ Advanced Mindfulness Meditation Courses Online and onsite in Letchworth.
- ❖ Buddhism Online Courses in Letchworth.
- ❖ Children's Mindfulness Meditation Online Course in Letchworth.
- ❖ Psychotherapy & Counselling Sessions in Letchworth.
- ❖ Dana Donations received to the centre.
- ❖ Blessings Gratitude Donations received to the Centre.
- ❖ General Donations received to the centre.
- ❖ Donations received to the travel expenses towards the car.
- ❖ Child Sponsorship Project.
- ❖ Reverend Akurala Samithasiri contributed to the centre all the personal donations received to him (these are in addition to the above course funds.)
- ❖ Standing Order Subscriptions received to the Centre.
- ❖ General Donations Received to the centre account.
- ❖ Disaster Emergency help Fund received for helping Sri Lanka.
- ❖ Kathina Donation Received individually.
- ❖ Centre Standing Orders and General Donations.

**Total income (Donations): = £63,379.00**

- ❖ HMRC Gift Aid: £0.00



**Total income (Donations): = £63,379.00**

**Expenses Break Down for the year 2020-2021:**

- ❖ House Mortgage Rent & Hiring Community Centre Halls to host meditation and other events.
- ❖ Centre improvements.
- ❖ Gas, Electricity & Water.
- ❖ Telephone.
- ❖ Food.
- ❖ Motor, Travel & Transport.
- ❖ Monks Expenses and other expenses.
- ❖ Council Tax.

**Total Expenses: = £61,984.00**

**Conclusion:**

Despite the challenges of the pandemic, 2020-2021 Year of the Dhamma Nikethanaya Buddhist Centre was a very progressing year. We are very grateful to all our members and friends by supporting us to achieve another successful year. However we continued to face the most ever challenging year due to the Covid-19 Corona Virus pandemic with the beginning of the year 2021. It was even hard to survive as things like locked down and social distancing. However our members were very concerns about the welfare of the monks and helped the centre to survive through the difficult time. Monks even worked tirelessly to help the needy by taking a huge risk.

We managed to make a big difference to the livelihood in our local community especially through mental health services and children programmes and also our international community, particularly Sri Lanka. We are very impressed with the voluntary support and goodwill of our devotees to up keep our services and events.

Our projects in Sri Lanka are also very demanding due the economic crisis and pandemic in Sri Lanka. We have to do extra help. We are happy to help children to get their studies and other necessities. Our education projects for the needy children in Sri Lanka had been a great need. However their lives in Sri Lanka are getting much harder and they are in a hedge of a financial crisis due this pandemic. We may have to do little bit more towards them. We endeavour to develop our support to them little bit more in the next year.

We are pleased to see a good and growing interest from our local community on our Mindfulness Courses, Meditation Sessions, Psychotherapy and Counselling session. We also determine to extend those services into our multicultural community in the forthcoming year. Those courses, voluntary services and teachings have changed the lives without any obligation to gender, race, religion, ethnicity or age.

On behalf of the trustees of Dhamma Nikethanaya International Community Centre for Education, Meditation, Psychotherapy & Counselling (UK Registered Charity Number 1116187), we would like to thank all our supporters and well wishes for helping our charity fundraising events encouraging us to continue our charitable services for the benefit of the public. We look forward to see more new members joining to strengthen our community wellbeing projects and make our charity efforts a success.

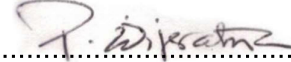
**Thank you.**



Mrs Rathnawalie Dep  
Secretary



Reverend Akurala Samitahsiri  
President



Miss Padmalatha Wijeratne  
Treasurer