

Overnight Stay MINDFULNESS AND CULTURAL RETREAT



"Wat" is Lao for "Temple", and "Buddhovath" is actually a compound Pāli word of "Buddha" a self-awakened being, and "Ovāda" meaning to "exhort" or "urge/encourage"

Standard Pāli-English would have it written as "Buddh'ovāda", but because Pāli-English was yet to be standardized, the temple name took on the French (French influence due to past colonization) spelling with the fact that Lao-Pāli words exclude the short-"a" at ends of words like Buddha, Dhamma, and kamma. Therefore we get **Buddhovath**



This temple was built here in 1991, but started in Providence in 1987, on the blood, sweat, & tears of Laotian refugees & POW's, from the Vietnam War, and has since been both a Cultural Center and a Place of Faith & Practice for Laotian-Americans and Buddhists of all schools and ethnicities.

Overnight Stay MINDFULNESS AND CULTURAL RETREAT

Experience Level - **Beginner**

Equipment & Food - **Not Provided**

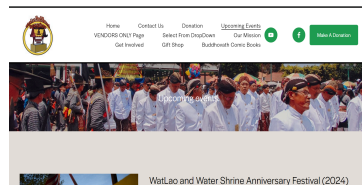
Please bring a tent or camping trailer, & sleeping bag for the overnight stay.

* If you decide to stay after the monks have eaten their last meal of the day, you are very welcome to partake in the food meals provided by the public for the Sunday Festival Ceremonies

Shelter - **Outdoor, Open-Air stage shelter available to stay dry.**

Amenities - **Electricity (110V), Public Restrooms & WiFi (Buddhovath GUEST)**

Visit our website watlaobuddhovath.org to coordinate your next overnight-stay by saving the date of the Saturday of a Cultural/Buddhist Festival by checking out our "Upcoming Events" page.



We are a 501c3 federally registered entity. Donations are welcome for the expansion and continuation of this project.



2025 SEASON

Overnight Stay

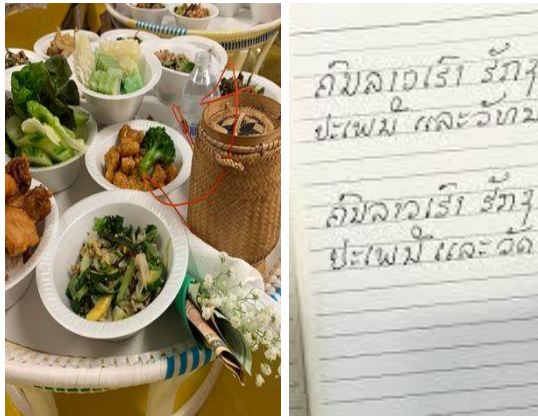
MINDFULNESS AND CULTURAL RETREAT



*Get a taste of the
simple teachings of
the Theravāda
Forest Tradition.*

Overnight Stay MINDFULNESS AND CULTURAL RETREAT

*Learn about the culture through food, speaking,
reading & writing the Lao language, and
through the arts.*



*Learn about the Faith through Interacting with
Monastics, Dhamma Talks, Questions and Answers,
and Meditation.*



Overnight Stay MINDFULNESS AND CULTURAL RETREAT ITINERARY

Saturday 1:00 pm - Check-In and Orientation

Saturday 2:00 pm - Dharma of the Day

Saturday 2:30 pm - Group Guided Meditation

Saturday 3:00 pm to 3:30 pm - ARTS & CRAFTS : A GIFT

Saturday 3:30 pm to 5:00 pm - Use Your Personal Time by helping out around the temple with chores/Festival setup OR study from Tripitaka Books OR meditate in seclusion.

Saturday 5:00 pm - Learn to MAKE A LAO DISH - if you forgot to bring food for dinner, use the temple's stored-up donated food for dinner and just set aside a small portion for tomorrow's Dānā.

Saturday 6:00 pm - **OPTIONAL** Evening Chanting

Saturday 7:00 pm to 8:00 pm - Learn to READ/WRITE LAO

Saturday 6:45 pm to 9:30 pm - Use Your Personal Time by helping out around the temple with chores/Festival setup OR study from Tripitaka Books OR meditate in seclusion.

Saturday 9:30 pm - Lights Out - Get some rest for the Midnight Meditation Session!

SUNDAY 12:00 AM - MIDNIGHT MEDITATION - WEATHER

PERMITTING WE WILL MEDITATE IN THE UPOSATH ã HALL

- 30 min sitting group
- 30 min walking paths (group, solo, or in pairs)

Sunday 4:00 am - RISE AND SHINE!

Sunday 4:15 am - Group Morning Chanting with English Translations

Sunday 5:00 am - **OPTIONAL** Morning Chanting in Lao OR Use Your Personal Time by helping out around the temple with chores/Festival setup OR study from Tripitaka Books OR meditate in seclusion OR break camp.

Sunday 7:00 am - Offer Dānā via whole-meal

Sunday 7:30 am - Or as alms-bowl droppings

Sunday 5:00 am - Dharma of the Day

Sunday 8:30 am - Questions and Answers

Sunday 9:00 am - Retreat Check-Out

OPTIONAL! The Sunday Festivities start and you're welcome to stay for the ceremonies and eat with the community for lunch.

****Although this is for Beginners, the routine may seem intense for many. Please review the schedule and bring up concerns during orientation.**

2025 Overnight Schedule MINDFULNESS AND CULTURAL RETREAT

March 22-23, 2025 *
April 12-13, 2025
May 17-18, 2025 **
May 31-Jun 1, 2025
Jun 21-22, 2025
July 19-20, 2025 **
Aug 9-10, 2025
Aug 30-31, 2025
Sep 20-21, 2025
Oct 11-12, 2025
Nov 1-2, 2025 *

*SUBJECT TO CHANGE DUE TO COLD WEATHER

**NOT ALIGNED WITH BUSY BOUN EVENT

Pañca Sīlā (the 5 Moral Precepts) is Mandatory & Expected from all visitors:
NO - KILLING, STEALING, SEXUAL MISCONDUCT, LYING, + INTOXICANT USAGE