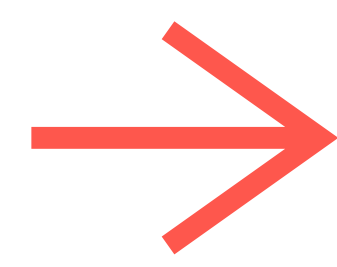


HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life
at DU



HELLO
my name is

**Parinirvana
Day**

[Mahayana Buddhist]

[Go online to find this year's dates and add here!]

A bit about me!

"In Mahayana tradition, the death of the Buddha is marked by Parinirvana Day. The word 'parinirvana' refers to the Buddha's 'complete nirvana', or complete liberation from samsara. According to Buddhist belief, the Buddha achieved enlightenment and remained on Earth to teach and guide others for a further 40 years. He died aged 80, and achieved complete nirvana.

On Parinirvana Day, Mahayana Buddhists attend the temple and may listen to readings about the Buddha's final days. People bring gifts to their local monastery or temple to support it. They may also offer chanting, meditation and devotions. Some Buddhists go on a Parinirvana retreat.

The tone is sombre and reflective. As he was dying, the Buddha told his followers not to cry, as all things pass away. However, Buddhist think about death and impermanence on this day, as well as the souls of the deceased.

[Source: BBC "Bitesize; Practices in Buddhism" | <https://www.bbc.co.uk/bitesize/guides/>]

Mood?

Somber; Reflective;
Meditative

Some greetings

May you have a meaningful Parinirvana Day;
Wishing you a fulfilling observance

Some foods (may differ by denomination or region)

Miso Udon Soup;
Other simple vegetarian foods

Possible accommodations

- Community members may have busier than average schedules with pre-holiday preparations and may require time for prayer + traditions
- Community members may be traveling to spend time with friends and family

SPIRITUAL STORYTELLING

Share YOUR
favorite holiday
memories/insights!



See what others
shared!

