



AIM Logo

**2024 • 2568**

**Association for Insight Meditation**

Website: [www.aimwell.org](http://www.aimwell.org) • Email: [pesala@aimwell.org](mailto:pesala@aimwell.org)

## December

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29			



Ruthodow • Mandalay

© Wikipedia

# Mon Tue Wed Thu Fri Sat Sun

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First light ▲ is typically about one hour before sunrise ☀. In the dark winter months almsfood cannot be accepted by monks before 6:45 am. Moon Phases and Sunrise Times: [timeanddat.com](http://timeanddat.com)

## January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## March

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



White Marble Buddha

# February

© Aldwin Teo

**Mon Tue Wed Thu Fri Sat Sun**

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## February

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## April

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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Assembly Hall Shwedagon • Rangoon

# March

© Mark Wealthy

**Mon Tue Wed Thu Fri Sat Sun**

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### March

M	T	W	T	F	S	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

### May

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# April

Shwethalyaung Piya

© Wikipedia

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
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In the UK, the full-moon of April 2023 falls on 24th at 00:48. The Uposatha is moved to 23rd to avoid a 16 day gap from the new-moon of 8th April. The Vinaya rules specify that the Uposatha is held 14 or 15 days apart.

## April

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## June

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Mahābodhi Stūpa • Bodhgaya

© Wikipedia

# May

## Mon Tue Wed Thu Fri Sat Sun

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May						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July						
M	T	W	T	F	S	S
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22	23	24	25	26	27	28
29	30	31				

**Mon Tue Wed Thu Fri Sat Sun**

In the UK, the full-moon of June 2023 falls on 22nd at 02:07. The Uposatha is moved to 21st to avoid a 16 day gap from the new-moon of 6th June. The Vinaya rules specify that the Uposatha is held 14 or 15 days apart.

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17	18	19	20	21○	22	23
24	25	26	27	28	29	30



June						
M	T	W	T	F	S	S
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

August						
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19	20	21	22	23	24	25
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**Mon Tue Wed Thu Fri Sat Sun**

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15	16	17	18	19	20	21○
22	23	24	25	26	27	28
29	30	31				

In the UK, the new-moon of July 2023 falls on 5th at 23:57. The Uposatha is moved to 6th to avoid a 16 day gap from the full-moon of 21st July. The Vinaya rules specify that the Uposatha is held 14 or 15 days apart.



July

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

M	T	W	T	F	S	S
30						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29



Mahāsi Sayādaw (1904-1982) © Mahāsi Yeikthā

# August

**Mon Tue Wed Thu Fri Sat Sun**

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## August

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## October

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Mount Popa

© Ralf-André Lettau Wikipedia

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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September						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

November						
M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Shwedagon Pagoda © Dustein Wikipedia

**Mon Tue Wed Thu Fri Sat Sun**

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14	15	16	17○	18	19	20
21	22	23	24	25	26	27 GMT Begins 01:00
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## October

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## December

M	T	W	T	F	S	S
30	31					1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

# November



## Kyaik Pun Piya

© Sandu Thin Thin Mar Oo

# Mon Tue Wed Thu Fri Sat Sun

In the UK, the full-moon of Nov 2023 falls on 15th at 21:28. The Uposatha is moved to 16th to avoid a 16 day gap to the new-moon of 1st December. The Vinaya rules specify that the Uposatha is held 14 or 15 days apart.

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November

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January

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20	21	22	23	24	25	26
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December



Sanchi Stupa Gateway © Ravesh Vyas Wikipedia

Mon Tue Wed Thu Fri Sat Sun

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