



SATIPATTHANA MEDITATION CENTRE

735A & 735B, Havelock Road, Singapore 169652
Tel: (65) 62725696 Email: sati_patthana@yahoo.com.sg
<http://www.smcmeditation.org>

MAY 2005 ACTIVITIES:

- 1. Group Meditation Session: 1 May, Sunday, 8 am - 5 pm**
All are welcome to join us in the group meditation session. Lunch will be provided. Please register at the notice board in SMC. Sadhu!
- 2. Basic Abhidhamma Course: Every Tues from 3 May onwards, 7.30 pm for two months**
Sayadaw U Rajinda will be conducting a basic Abhidhamma course in English every Tuesday at 7.30 pm for two months, starting from 3 May till end June. All are welcome to attend the course. Please register at the notice board in SMC.
- 3. Dhamma Talk (in Burmese) by Sayadaw U Narapati: 7 & 8 May, 7.30 pm**
Sayadaw U Narapati, a well-known senior meditation monk from the Mahasi Centre, Myanmar will be giving Dhamma talks in Burmese on 7 and 8 May at 7.30 pm. Do come and join us in the Dhamma talks.
- 4. Pindapata (alms food offering): 8 May, Sunday, 9 am**
On Sunday 8 May 2005, our two Venerables, Sayadaw U Rajinda and Bhante Raja will be going on pindapata (collection of alms food) in the vicinity of SMC. Giving alms food or food dana is one of the meritorious deeds. Devotees will gather at 9 am to offer food dana to the two Venerables on their alms round. Everyone is welcome to participate in this meritorious event and share the merit. Please do not offer money during the alms round as the monks will accept food only.
Sadhu! Sadhu! Sadhu!
- 5. Vesak Day Celebration: 22 May, Sunday 9.30 am**
We will be celebrating Vesak Day on 22 May to mark the Birth, Enlightenment and Parinibbana of our Lord Gotama Buddha. Prior to the start of ceremony, devotees are welcome to make offerings to the Buddha. There will be flowers and robes for offering available at the centre.
Do join us on this special occasion.

Programme

- 9.30 am Taking Refuge and Five Precepts
Chanting
Meditation
Dhamma Talk
Sharing of Merits
- 11.30 am Offering of lunch dana to the Sangha (potluck)
- 11.40 am Lunch for devotees (potluck)

6. Upcoming Activities in June (English):

Dhamma course for children, 12 – 25 June, 2-5 pm

Samanera programme, 12 - 25 June. Dhamma course for samanera, 8.30-11 am.

Age limit 7 – 16 years old. Those who do not satisfy the age criteria have to seek approval from Sayadaw. Please register at the notice board at SMC.

五月活动

1. 群体一天禅，星期日，五月一日，早上八点到下午五点

我们每月会举行集体成群一天禅修日。中心免费提供午餐给禅修者。禅修者如有意请到中心报名参加。

2. 拖钵化缘，星期日，五月八日，早上九点

我们的法师将在星期日,五月八日,在中心的附近化缘食物。布施食物也是一种善业。信徒们会在早上九点聚在一起布施食物。欢迎大家来参加这个有意义的善业回向一切公德给所有众生。请大家注意在供食物时不要奉金钱，因为法师们只接受食物而不受金钱。

善哉！善哉！善哉！

3. 卫塞节日，五月二十二日，早上九点三十分

我们会在这天庆祝卫塞节纪念佛陀的诞生，成佛和涅槃。欢迎大家来中心参加一年一次的庆祝。

节目

- 早上 9.30 三皈依五戒
通经
静坐
开释
回向功德
- 早上 11.30 供养食物给僧团
- 早上 11.40 信徒自助餐