



## SATIPATTHANA MEDITATION CENTRE

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### **JUNE 2005 ACTIVITIES:**

**1. Basic Abhidhamma Course: Every Tues from 3 May till end June, 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.

**2. Dhamma Course for Children: 12-25 June**

A Dhamma course will be conducted for children of 7 to 16 years old from 12 – 25 June, 2-5 pm. Those who do not satisfy the age criteria have to seek approval from Sayadaw. Please register at the notice board at SMC.

**3. Group Meditation Session: 26 June, Sunday, 8 am - 5 pm and Pindapata (alms food offering): 26 June, Sunday, 9 am**

On Sunday 26 June 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.

A group meditation session will be conducted on the same day, 26 June from 8 am to 5 pm. Lunch will be provided. All are welcome to join us in the group meditation session. Please register at the notice board in SMC.

Sadhu! Sadhu! Sadhu!

## 六月活动

**1. 群体一天禅，星期日，六月二十六日，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，六月二十六日，早上九点**

我们的法师将在星期日，六月二十六日，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功德给所有众生。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！