



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

AUGUST 2005 ACTIVITIES:

- 1. Basic Abhidhamma Course (English): Every Tues from 26 Jul onwards, 7.30 pm till mid Oct**
Sayadaw U Rajinda will be continuing with the basic Abhidhamma course in English every Tuesday at 7.30 pm for three months from 26 Jul till mid October. All are welcome to attend the course. Please register at the notice board in SMC.
- 2. Meditation for Beginners (English): Every Thurs, 7.00 pm (26 Jul – 1 Sept)**
Meditation classes for beginners will be conducted in English every Thursday from 26 Jul to 1 Sept at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the course.
- 3. Burmese Language Class (Reading & Writing) for Children: (14 sessions), 2 - 5 pm**
Sessions: Aug 21, 28. Sept 3, 4, 5, 6, 11, 18, 25. Nov 19, 20, 26, 27.
Dec 3 (Exam)
A Burmese Language class on reading and writing will be conducted by lay teachers for children from 2 – 5 pm in the sessions as indicated. Class size is limited to 20 students only. In the event that there are more than 20 students, preference will be given to the children of SMC members and regular donors of breakfast and lunch dana. Please refer to the application form and rules in the attached. Interested parents or applicants have to submit the completed application forms to SMC before 13 August. For online registration, please email application forms to atmtdn@singnet.com.sg.
- 4. Burmese Language Class for Adults: (21 Aug – 27 Nov) Every Sun, 2 - 4 pm**
A Burmese Language class will be conducted by lay teachers for adults every Sunday (21 Aug – 27 Nov) from 2 – 5 pm. Please register at the notice board of SMC before 13 August.

5. Group Meditation Session: 28 Aug, Sunday, 8 am - 5 pm

All are welcome to join us in the group meditation session at the second storey. Lunch will be provided. Please register at the notice board in SMC. Sādhu!

6. Pindapata (alms food offering): 28 Aug, Sunday, 9 am

On Sunday 28 Aug, our two Venerables, Sayādaw U Rajinda and Ashin U Kosalla 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 on the third storey to offer food dana to the 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.

Sādhu! Sādhu! Sādhu!

八月活动

1. 群体一天禅，星期日，八月二十八日，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，八月二十八日，早上九点

我们的法师将在星期日，八月二十八日，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！

Weekly Activities 每周期活动:

Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
Sunday, 9.30 am	Puja, Meditation & Dhamma Talk (English)
Sunday, 11.30 am	Lunch dana
每逢星期日早上十一点半	布施食物给僧团
Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)

DHAMMA REFLECTIONS in the month of August 2005

Look upon Our Good Deeds as Precious Jewels

WHEN WE HAVE a particularly lovely jewel, be it a ring or brooch, bracelet or necklace, how proud and joyful we are at every opportunity we get to wear and display it. We feel joy thinking of it. We feel joy gazing at it. We feel joy wearing and displaying it. We feel joy thinking, "What a lovely piece of jewel I have!"

In like fashion, we should recollect again and again, and with joy, the acts of charity that we have done.

Habitual (Acinnaka) Kamma

IT IS IMPORTANT to frequently recall to mind one's deeds of pious charity (and other meritorious deeds) and to rejoice in thus bringing about the well-being of beings. Every time one rejoices thus, one not only raises the worth of one's wholesome volitions (*Kusala Cetana*), but by such frequent recalling and rejoicing, one's *Kamma* becomes Habitual Kamma (*Acinnaka kamma*) and one reaps its fullest possible benefits, not in later existences, but in this very life.

<Extracted from the 'Timeless and priceless treasures of Thabyekan Sayadaw' at
<http://www.nibbana.com/thabyek1.htm>>