



SATIPATTHANA MEDITATION CENTRE

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SEPTEMBER 2005 ACTIVITIES:

- 1. Basic Abhidhamma Course (English): Every Tues from 26 Jul onwards, 7.30 pm till mid Oct**
Sayadaw U Rajinda is conducting 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.
- 2. Basic Abhidhamma Course (Burmese): Every Sat from 10 Sept onwards, 7 – 9 pm**
Ashin U Kosalla is conducting basic Abhidhamma course in Burmese every Saturday at 7.00 pm every Saturday starting 10 Sept onwards. All are welcome to attend the course. Please register at the notice board by 4 Sept.
- 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 is conducted by lay teachers for children from 2 – 5 pm in the sessions as indicated.
- 4. Burmese Language Class for Adults: (21 Aug – 27 Nov) Every Sun, 2 - 4 pm**
A Burmese Language class is conducted by lay teachers for adults every Sunday (21 Aug – 27 Nov) from 2 – 4 pm.
- 5. Group Meditation Session: 25 Sept, Sunday, 8.30 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!
- 6. Pindapata (alms food offering): 25 Sept, Sunday, 9 am**
On Sunday 25 Sept 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 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!

九月活动

1. **群体一天禅，星期日，九月二十五日，早上八点半到下午五点**
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，九月二十五 早上九点**
我们的法师将在星期日, 九月二十五日,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 September 2005

**A TRIBUTE TO THE LATE VENERABLE SAYADAW U SĪLĀNANDA
Memorial Service held at SMC on 21 Aug 2005**

**Sayadaw U Sīlānanda
(*Agga Maha Pandita*)
(*Maha Saddhammajotika Dhaja*)
Abbot of the Theravada Buddhist Society of America
(Bay Area, USA)
(December 16, 1927 – Aug. 14, 2005)**

The Venerable Sayadaw U Sīlānanda was the abbot of the Dhammānanda Vihāra, Half Moon Bay, California, and the Spiritual Director of Dhammachakka Meditation Centre, Theravada Buddhist Society of America and Tathāgata Meditation Centre, having been chosen by the renowned Burmese meditation master, the Most Venerable Mahāsi Sayadaw, to teach in America and spread the Dhamma in the West.

Born to a devout Buddhist family in Mandalay on 16 December, 1927, Sayadaw received his early education at Kelly High School, an American Baptist Mission School for boys. In 1943, at the age of 16, he ordained as a novice monk and began formal religious training with his preceptor and other renowned monks. Full bhikkhu ordination followed in 1947.

Sayadaw held two Dhammācariya (Master of Dhamma) degrees and has taught at the Athithokdayone Pali University and was an external examiner at the Department of Oriental Studies, University of Art and Sciences in Mandalay, Myanmar.

Sayadaw was the chief compiler of the comprehensive Tipiṭaka Pali-Burmese Dictionary and one of the distinguished editors of the Pali Cannon and associated Commentaries at the Sixth Buddhist Council, held in Yangon from 1954 to 1956. He was the author of seven Burmese Buddhist books and nine in English. Three of his English books had been translated into Chinese.

Since coming to America in 1979, Sayadaw had been teaching Vipassanā meditation, Abhidhamma and other aspects of Theravada Buddhism in English, Burmese, Pali and Sanskrit. He had led meditation retreats throughout the USA, Canada, Mexico, Jamaica, Japan, Malaysia, Singapore and Europe.

Sayadaw was loved and well-regarded by his students as a skilful, patient, wise and compassionate teacher.

In 1993, the Venerable Sayadaw was awarded the title of Agga Maha Pandita by the Burmese religious authorities and in 1999, the title of Agga Maha Saddhamma Jotikadhaja. He was also appointed as Rector of International Theravada Buddhist Missionary University of Yangon in Myanmar and was conferred Honorary Doctorate (D.Litt.) by the Yangon University in 2000.

His Dhamma Propagation in Singapore

Sayadaw was invited to conduct a series of Abhidhamma lectures in Singapore in December 2000, June 2001, December 2001 and December 2004, as well as meditation retreats in 1999 and Dec 2002.

Venerable Sayadaw U Silānanda passed away on 14 Aug 2005 at the age of 77.

Anumodana

For many of us who have benefited and our lives touched by his guidance, wisdom and compassion, we gather here today to express our sincere gratitude and appreciation, and to share our merits with our dear beloved teacher, Venerable Sayadaw U Silānanda.

Reflection on Life and Death

Here is an extract on reflection on Life and Death from a Dhamma Talk given by Sayadaw U Silānanda:

On such occasion it is pertinent to reflect deeply on life as well as on death, as the passing away of the deceased has reminded all of us of the stark reality of life, that *all life ends in death*.

Let us now reflect on life and death.

Reflection on Life and Death

Right from the very day a man has been conceived inside a womb,
He cannot but go on and on, nor going can he once turn back.

The nights and days go slipping by
As life keeps dwindling steadily
'Till mortal's span, like water pools
In failing rills, is all used up.

As there is danger, when the fruits are ripe,
That is the morning they will fall,

So mortals are in constant danger,
When they are born, that they will die.

As the fate of pots of clay
Once fashioned by the potter's hand,
Small or big or backed or raw;
Condemns them to be broken up,
So mortals' life leads but to death.

The dew drop on the blade of grass
Vanishes when the sun comes up;
Such is a human span of life;
So, brothers, be not heedless.

The span, the sickness, and the time, and where the body will be laid, the
destiny;
The living world can never know these things;
There is no sign when they will be.

Monks, this human life span is short. There is a new life to be gone to.
Wholesome deeds should be done; the life of purity should be led.
There is no not dying for the born. He who lives long, lives a hundred
years, or a little more.

The life of human kind is short;
A wise man should not be attached to it,
But act as one whose head is burning;
For death will never fail to come.

Life, person, pleasure, pain - just these alone
Join in one conscious moment that flicks by.

Ceased aggregates of those dead or alive
Are all alike, gone never to return.

Grown man and younglings, wise and simples – all are thralls of death,
all death's predestin'd prey.

When they in death depart, no sire can save his son, nor kith save kin,
from passing hence.

Mark how – while kin stand around with loud laments – like kine to
slaughter, men are hauled away.

Since death and sure decay assail the world, the wise, who knows its laws, forbear to grieve.

Therefore, give ear to Saints; - weep not; reflect, at the sight of death, thou can't not 'bring him back'.

As with their house on fire, men quench the flames with water, let the steadfast be quick (as wind wafts cotton-down) to banish grief, wails, cravings, pangs.

For his own weal, let him pluck out the shafts he plants in his own breast.

Those shafts plucked out, at ease, with heart at rest, he grieves not but, overcoming grief, finds peace.

May all beings find eternal peace in Nibbāna.

Here is a quote from the *Mahā Satipaṭṭhāna Sutta* : “This is the only way, bhikkhus, for the purification of beings, for the overcoming of sorrow and lamentation, for the disappearance of pain and grief, for realising the Noble Path, for the realisation of Nibbana, namely, **the Four Foundations of Mindfulness.**”

To Venerable Sayadaw U Sīlānanda who is now in another realm, thank you for your guidance and the happy memories. We hope to meet again when the conditions arise, practising the Noble Eightfold Path until we reach Nibbāna.

Sādhu! Sādhu! Sādhu!