



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

OCTOBER 2005 ACTIVITIES:

- 1. Basic Abhidhamma Course (English): Every Tues at 7.30 pm till 11 Oct**
Sayadaw U Rajinda is conducting basic Abhidhamma course in English every Tuesday at 7.30 pm till 11 October. All are welcome to attend the course.
- 2. Basic Abhidhamma Course (Burmese): Every Sat, 7 – 9 pm**
Basic Abhidhamma course will be conducted in Burmese every Saturday at 7.00 pm. All are welcome to attend the course.
- 3. Group Meditation Session: 16 Oct, 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!
- 4. Pindapata (alms food offering): 16 Oct, Sunday, 9 am**
On Sunday 16 Oct 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!
- 5. Kathina Day (Robes offering ceremony) : 30 Oct, Sunday, 9 am**
Satipatthana Meditation Centre will organize a Kathina Robe Offering Ceremony on 30 Oct 05 at 9 am. This will be our 1st Kathina Ceremony. Our meditation teacher and advisor, Sayadaw U Rajinda and Ashin U Kosalla are currently residing at the centre for the three-month vassa period. So do join us in this meritorious event. Copies of the program are available at the centre.

十月活动

1. 群体一天禅，星期日，十月十六日，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，十月十六日，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！

3. 卡帝那供奉袈裟庆典，星期日，十月三十日，早上九点

本中心将在十月三十日，早上九点举行卡帝那供奉袈裟庆典。这将是四念处禅修中心的第一次卡帝那庆典。卡帝那是原始佛教传统庆典。在这节日里，信徒将供奉袈裟及必需品给僧团。今年，四念处禅修中心的禅师及宗教导师 Sayadaw U Rajinda 和 Ashin U Kosalla 在本中心度过雨季安居。我们深切地邀请您们来参加这项吉祥的盛会。请到本中心领取节目表。

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 October 2005

Article on Benefits of holding *Kathina* Ceremony

When the monks hold *Kathina* ceremony with the robes offered by the devotees, by the act of *vinaya kamma*, the monks get five *Kathina* benefits for five months. The donors of the *Kathina* robes can also get five results like the Sangha. They are as follows:

1. The donors of *Kathina* robes could go freely wherever they wish without any hindrance in every existence.
2. They could go to any place to carry out their tasks. They will be done easily and lightly without having to bear any burden in every existence.
3. They may eat any kind of nutrition or food, but will not have stomach trouble, diarrhoea, food poison or other dangers in every existence. They will get the benefit of easily digesting whatever is eaten.
4. They may keep lots of properties without having enemies.
5. The property of donors of *Kathina* robes cannot be taken away by force. If they do not wish to give away their property, nobody with any power can take by force. They get the benefit of making other people get it only when they give.

May all the donors of the *Kathina* robes and devotees be well and happy! May they attain *nibbana*!

- Extracted from '*Noble Kathina Robe Offering but Once a Year*',
Dhamma Padetha, Vol I-II. Pg. 114, by Sayadaw U Kundala

Click here <http://www.tbsa.org/articles/TalkonKathina.htm> for a talk on *Kathina* by Sayadaw U Silananda