



SATIPATTHANA MEDITATION CENTRE

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DECEMBER 2005 ACTIVITIES:

1. **Basic Abhidhamma Course (Burmese): Every Sat, 7 – 9 pm**

Ashin U Kosalla is conducting basic Abhidhamma course in Burmese every Saturday at 7.00 pm. All are welcome to attend the course.

2. **Dhamma Discussions by Sayadaw U Asabhacara**

In English : 10 Dec (Sat) at 4 pm & 11 Dec (Sun) at 9.30 am

In Burmese : 11 Dec (Sun) at 7.30 pm

Venerable Sayadaw U Asabhacara, the Abbot of Mangalarama Temple, Maryland State, U.S.A will be conducting Dhamma discussions on the dates above. The topics for 10 and 11 Dec are (1) Samatha & Vipassana Meditation, and (2) Verses of Dhammapada.

3. **Group Meditation Session: 25 Dec, 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!

4. **Pindapata (alms food offering): 25 Dec, Sunday, 9 am**

On Sunday 25 Dec, our three Venerables, Sayadaw U Rajinda, Ashin U Kosalla 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 on the third storey of the centre 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!

十二月活动

1. 群体一天禅，星期日，十二月二十五日，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，十二月二十五日，早上九点
我们的法师将在星期日，十二月二十五日，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:

Wednesday, 7.30 pm 每逢星期三晚上七点半	Meditation & Dhamma Talk (Mandarin) 四念处禅修, 佛理讨论 (华语)
Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
Sunday, 9.30 am	Puja, Meditation & Dhamma Talk (English)
Sunday, 11.30 am 每逢星期日早上十一点半	Lunch dana 布施食物给僧团
Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)

DHAMMA REFLECTION in the month of December2005

To Aid and Defend Us

WHEN ONE ENCOUNTERS an enemy, thief or robber intent on doing us harm and one is unarmed, there is cause for fear. If one is armed with something one can rely on, one can defend oneself boldly. In like manner, if one has striven to lead a good life, rarely performing unwholesome and demeritorious deeds and habitually performing good, meritorious deeds, then one can rely on one's store of merit (Kusala Kamma) to come to our aid and defence through life. There will be little to fear and one faces adversity boldly. One meets old age gracefully and without disease, one meets death painlessly and without fear, and if there is rebirth, one will be born into a good existence.

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
translated by U Hla Maung, Pg. 61.*