



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

JANUARY 2006 ACTIVITIES:

1. **New Year Puja: 1 Jan, Sunday, 9.30 am**

We will be celebrating the beginning of year 2006 on 1 Jan with a New Year puja and blessing service. Flowers and lights for offering will be available at the centre. Do join us in the Sanghika dana and potluck lunch.

2. **Basic Abhidhamma Course (English): Every Tues, 7.30 pm**

Sayadaw U Rajinda is conducting basic Abhidhamma course in English every Tuesday at 7.30 pm. All are welcome to attend the course.

3. **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.

4. **Group Meditation Session: 22 Jan, 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!

5. **Pindapata (alms food offering): 22 Jan, Sunday, 9 am**

On Sunday 22 Jan, 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!

6. **Meditation Retreat during Lunar New Year: 28 - 30 Jan (Sat – Mon), 9 am - 6 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!

7. Lunar New Year celebration on 5 FEBRUARY 2006: 9.30 am

We will be celebrating the Lunar New Year on 5 Feb. Lights for offering will available at the centre. Do join us in the Sanghika dana and potluck lunch.

十二月活动

1. 群体一天禅，星期日，一月二十二日，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，一月二十二日，早上九点
我们的法师将在星期日，一月二十二日，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 January 2006

New Beginnings Every Instant of Time

FOR LAY-PEOPLE, the new year comes only once a year. Within our bodies however, every moment is as a new year, for our so-called individual existences are in reality nothing but the ceaseless arising and passing away of both matter (Rupa-khanda) and mind (Nama) or states of consciousness. Within each inconceivably short instant time (or Khana), there is the threefold arising or coming into being (Uppada), existing (Thiti), and passing away (Bhanga).

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
translated by U Hla Maung, Pg. 60.*

Value and Potential Of Human Life

THE LORD BUDDHA and celestial beings speak of the great value and potential of human life. How important to realize that, having won this wonderful opportunity, one should not fritter away in frivolous, meaningless or unwholesome activities. One should strive and profit from this human life, for, by purity of conduct, by mindfulness and development of concentration and wisdom, one can attain Nibbāna, the release from the sufferings of Saṁsāra.

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
translated by U Hla Maung, Pg. 43.*

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Short is the life span of human beings. We never know when it is time for us to leave this world. Let us reflect on this and resolve to try to spend some time each day to practise dana, sila and bhavana.