

## SATIPATTHANA MEDITATION CENTRE

735A & 735B, Havelock Road, Singapore 169652  
Tel: (65) 62725696 Email: sati\_patthana@yahoo.com.sg  
<http://www.smcmeditation.org>

---

### FEBRUARY 2006 ACTIVITIES:

- 1. Lunar New Year celebration: 5 February, Sunday: 9.30 am**  
We will be celebrating the Lunar New Year on 5 Feb. Flowers and lights for offering will 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. Burmese Language Class (Reading & Writing) for Children: Every Sun, 2 - 5 pm**  
A Burmese Language class on reading and writing is conducted by lay teachers for children every Sunday from 2 – 5 pm.
- 5. Group Meditation Session: 26 Feb, 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): 26 Feb, Sunday, 9 am**  
On Sunday 26 Feb, 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!

## 二月活动

1. **群体一天禅，星期日，二月二十六日，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，二月二十六日，早上九点**  
我们的法师将在星期日，二月二十六日，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！

### **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 February 2006*

### *Right Thoughts*

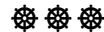
Our life is what we make it by our own thoughts and deeds, thus it is through our own thoughts that a man rises or falls.



It should be constantly remembered that no enemy can harm one so much as one's own evil thoughts and craving, these are own inner enemies who follow us day and night, and from whom we must try to keep away.



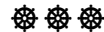
Right thought also means having correct thought. Sometimes we think untruly or wrongly of other persons just because of prejudice or ignorance; we get an idea that a certain person is a bad person, and therefore all that he does must be evil. We attribute motives to him which are often without foundation, and in doing so we are thinking untruly of him, and therefore our thought is not right thought.



By purifying his thoughts, purging them of the three bad roots of greed, hatred and ignorance, a bad person can be changed into a good one by developing his lower nature into a higher one, thereby acquiring the three roots of unselfishness, goodwill and insight. A good person can develop himself still further into an even better and higher type.



We live amongst others, so that whatever we think or say or do will necessarily affect a great many people. We should remember that our thought, our speech and our action are not merely qualities, but powers we possess to use. All are meant to be used for service, and to use them otherwise is to fail in our duty.



Evil thoughts are to be eliminated and virtuous thoughts to be increased. Mere ceasing from evil is not enough, a noble effort is needed to replace evil by good. All this constitutes self-culture, and in the course of this culture the individual, through his kind thoughts, words and deeds, helps all his neighbours and makes them happy.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 14-21.*