



## SATIPATTHANA MEDITATION CENTRE

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

---

### MARCH 2006 ACTIVITIES:

- 1. 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.
- 2. 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.
- 3. Certificate Presentation Ceremony on 26 Mar (Sun), 7.30 pm for children who had completed Burmese Language (Reading & Writing) course conducted from 21 Aug 2005 to 12 March 2006**  
All parents, children, members and devotees are invited to grace this happy occasion.
- 4. Group Meditation Session: 26 Mar, 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): 26 Mar, Sunday, 9 am**  
On Sunday 26 Mar, our four Venerables, Sayadaw U Rajinda, Ashin U Kosalla, Ashin U Pannawuddho 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. **Starting from 2 APRIL 2006 : Burmese Language Class (Reading & Writing) for Children, Every Sunday, 2 - 5 pm**

A Burmese Language class on reading and writing will be conducted by lay teachers for children from 2 – 5 pm from 2 April 06. Class size is limited to 12 students only. In the event that there are more than 12 students, preference will be given to the children of SMC members and regular donors of breakfast and lunch dana.

Applications for the above course is now open. Please refer to the application form and rules in the attached. Interested parents or applicants have to submit the completed application forms to SMC before 25 March. For online registration, please email application forms to [sati\\_patthana@yahoo.com.sg](mailto:sati_patthana@yahoo.com.sg)

**APPEAL FOR VOLUNTEER TEACHERS:**

If you have the interest and time to commit yourself on Sunday afternoons to teach Burmese language to the young, please send us an email with your details (name, contact number) to [sati\\_patthana@yahoo.com.sg](mailto:sati_patthana@yahoo.com.sg)

We look forward to your support. Sadhu! Sadhu! Sadhu!

## 三月活动

1. **群体一天禅，星期日，三月二十六日，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，三月二十六日，早上九点**  
我们的法师将在星期日，三月二十六日，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 March 2006*

### *Right Speech*

Right speech is abstaining from lying, from talebearing, from harsh language, from vain talk. The man who abstains from lying, who always speaks the truth, is reliable, worthy of confidence. Neither for his own advantage, or for any advantage at all will he knowingly tell a lie.

The man who avoids talebearing, not repeating elsewhere what he has heard here so as to cause dissension, is one who is gladdened by concord and tries to spread concord by what he says.

He who avoids harsh speech uses such words as are gentle and courteous, words which are appealing to others.

He who avoids vain talk is one who speaks in accordance with facts and at a suitable time; he says what is useful and speaks in a reasoned manner about things which are beneficial.



If we must talk, at least we might say something useful and helpful. Speech must be kindly, direct and forceful, not silly.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 24-25, 27.*