



SATIPATTHANA MEDITATION CENTRE

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APRIL 2006 ACTIVITIES:

1. **Cheng Beng Memorial Service: 2 Apr, Sunday, 9.30 am**

Cheng Beng Memorial Service will be conducted on 2 April at 9.30 am. Lights, flowers and robes will be available for offering. Please join us to share our merits with our dear departed ones, followed by a potluck lunch dana.

2. **Burmese New Year Celebration cum Food Fiesta: 16 Apr, Sunday, 9.30 am**

We will be celebrating Burmese New Year on 16 April at 9.30 am. A Food Fiesta will be held from 11 am onwards and a variety of delicious food (*Nan Gyi Thoke 'Dry Rice noodle salad', Mohinga 'Burmese Laksa', Shwe Yin Aye 'Bubor Cha Cha', Burmese Tofu salad, Bein Moke 'Pancake with poppy seeds', Mee Goreng, Or Ni 'Yam Pudding', Rojak, Konnyaku 'Japanese jelly', fruits, drinks etc*) will be available for all devotees. Please join us on this joyous occasion and tickle your taste buds at the Food Fiesta.

Programme

9.30 am Taking Refuge and Five Precepts (Burmese)
Chanting
Dhamma Talk (Burmese)
Meditation
Sharing of Merits

11.00 am Offering of lunch dana to the Sangha (potluck)
& Start of Food Fiesta – *WHILE STOCKS LAST!*

3. **Dhamma Discussions on 'Basic Abhidhamma' (Burmese):**

22/4, 6/5 from 6-7.30 pm & 23/4, 29/4, 30/4, 1/5, 7/5 from 5-6.30 pm

Dr Mehm Tin Mon (Saddhamma Jotikadhaja, Professor of International Theravada Buddhist Missionary University, Myanmar) is conducting a series of Dhamma discussions on Basic Abhidhamma in Burmese on 22, 23, 29, 30 April and 1, 6, 7 May. All are welcome to attend the Dhamma discussions.

4. **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.

5. **Meditation for Beginners (Mandarin): Every Weds, 7.00 pm (starting 5 April)**
Meditation classes for beginners will be conducted in Mandarin every Wednesday from 5 April onwards at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the course.
6. **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.
7. **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.
8. **Group Meditation Session: 30 Apr, 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!
9. **Pindapata (alms food offering): 30 Apr, Sunday, 9 am**
On Sunday 30 April, our four Venerables, Sayadaw U Rajinda, Ashin U Kosalla, Bhante Pannawuda 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!

四月活动

1. **初级华文禅修班：每逢星期三，晚上七点（从四月五日开始）**
本中心将在四月五日，晚上七点，举行初级华文禅修班。旧学员照旧七点半开始。欢迎大家前来参加。
2. **群体一天禅，星期日，四月三十日，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。
3. **拖钵化缘，星期日，四月三十日，早上九点**

我们的法师将在星期日, 四月三十日, 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 April 2006

Happy Days

Whatever beings, O monks, behave righteously by body, speech and mind during the morning/noon/evening, a happy morning/noon/evening will be theirs.

Truly auspicious and a festive time,
A happy morning and a joyful rising,
A precious moment and a blissful hour
Will come for those who offer alms
To the ones who lead the holy life.

On such a day, right actions in words and deeds,
Right thoughts and noble aspirations,
Bring gain to those who practise them;
Happy are those who reap such gain,
For they have grown in the Buddha's Teaching,
May you and all your relatives
Be happy and enjoy good health!

(III, 150)

*Adapted from 'Numerical Discourses of the Buddha –
An Anthology of Suttas from the Anguttara Nikaya',
Translated and edited by Nyanaponika Thera & Bhikkhu Bodhi, pg 78.*