



SATIPATTHANA MEDITATION CENTRE

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

MAY 2006 ACTIVITIES:

- 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.
- Abhidhamma for Vipassana (English)**
by Sayadaw Dr Nandamalabhivamsa: 9/5 to 17/5, 7.30 – 9.30 pm
A nine-day course on 'Abhidhamma for Vipassana' will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Mission University, Myanmar. Registration for this course is now closed as the maximum class size has been reached.
- Vesak Day Celebration: 12 May, Friday 9.30 am**
We will be celebrating Vesak Day (Buddhist Era 2550) on 12 May to mark the Birth, Enlightenment and Parinibbana of our Lord Gotama Buddha. Do join us on this special occasion. We wish everyone a Happy Vesak Day! May the Blessings of the Triple Gem shower upon all!
Programme
9.30 am Taking Refuge and Five Precepts
Chanting
Meditation
Dhamma Talk
Sharing of Merits
11.30 am Offering of lunch dana to the Sangha (potluck)
11.40 am Lunch for devotees (potluck)
- 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.
- 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.

6. 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.

7. Group Meditation Session: 28 May, 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!

8. Pindapata (alms food offering): 28 May, Sunday, 9 am

On Sunday 28 May, 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!

9. Upcoming Activities in June:

A Dhamma course for children will be conducted from 11 - 19 June, 2-5pm. Further details will be released soon.

A 9-day Vipassana meditation retreat will be conducted under the guidance of Sayadaw U Rajinda from 16 June (Fri) to 24 June (Sat). Please refer to the attached for further details.

五月活动

1. 卫塞庆典（佛历 2550），星期五，五月十二日，早上九点半

我们将在五月十二日，早上九点半举行卫塞庆典。欢迎大家到本中心庆祝卫塞节。祝大家卫塞节快乐。

2. 群体一天禅，星期日，五月二十八日，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。

1. **拖钵化缘，星期日，五月二十八日，早上九点**

我们的法师将在星期日，五月二十八日，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 May 2006

The Tathāgata

“... Monks, in the whole world with its devas, Māra and Brahmā, in this generation with its ascetics and brahmins, devas and Brahmins, the Tathāgata is the conqueror, unconquered, one who sees-at-will, the wielder of power. Therefore he is called the Tathāgata.

By comprehending all the worlds,
All in the world just as it is,
From all the world he is released;
In all the world he clings to nothing.

He is the all-victorious sage,
The liberator from all bonds,
By him the highest peace was won:
Nibbāna that is free of fear.

A taintless Enlightened One,
Free from all woe, with doubt destroyed,
Has made an end to all kamma,
Set free in the destruction of life's props.

Exalted One, he is the Buddha,
The lion without compare;
For the divine and human worlds
He has set rolling the Supreme Wheel.

Therefore devas and human beings
Who go for refuge to the Buddha,
Meet him full of reverence,
The mighty one free from self-doubt.

‘Tamed, of the tamed he is the best;
Calmed, of the calm he is the first;
Freed, of the free he is supreme;
Crossed over, the best of those who cross.’

So saying, they pay him reverence,
The mighty one free from self-doubt;
In all the worlds of devas and humans
There is none who ever equals you! ”

(IV, 23)

*Extracted from ‘Numerical Discourses of the Buddha –
An Anthology of Suttas from the Anguttara Nikaya’,
Translated and edited by Nyanaponika Thera & Bhikkhu Bodhi, pg 83.*



The task of each and every Buddhist is first to make the Buddha-Dhamma a living reality, by studying it and practising it in everyday life. When we live in accordance with the Dhamma we can speak about it with authority. Secondly, a Buddhist's task is to spread the pure Buddha-Dhamma, or help the Sangha who devote their whole lives to the study, practice and spreading of the pure Dhamma – which is excellent in the beginning, in the middle and in the end. Thereby we become helpers of humanity and messengers of peace and happiness.

*Extracted from ‘A Buddhist's Companion – An Exposition & Selected Quotations’,
By Ashin Thittila, Pg. 54.*