



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

JUNE 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. 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.
- 4. Dhamma Course for Children: 3 Jun(Sat) to 10 Jun(Sat), 12 Jun(Mon) to 16 Jun(Fri) from 2 – 5.30 pm. Examination on 17 Jun (Sat)**
A Dhamma course will be conducted for children of 7 to 16 years old on the dates stated above. Please register at the notice board at SMC by 27 May 06.
- 5. 9-day Vipassana Meditation Retreat at 33B Lowland Road: 16 Jun (Fri) – 24 Jun (Sat)**
A nine-day Vipassana meditation retreat will be conducted under the guidance of Venerable Sayadaw U Rajinda at 33B Lowland Road (5 minutes walk from Kovan MRT). The fees is \$100 and \$125 per participant for SMC member and non-SMC members respectively. The retreat is limited to 25 yogis. Registration is on a first-come-first serve basis and it closes on 21 May 06. In the event of overwhelming response, preference will be given to the SMC members and regular donors of breakfast and lunch dana. A briefing will be conducted one week before the retreat. To register as yogi or Dhamma helper, please sms Mr. Zaw Tun @ 98322294 or Ms Kang SH @ 96368518 before 21 May 06.

6. **Group Meditation Session: 25 June, 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!

7. **Pindapata (alms food offering): 25 June, Sunday, 9 am**

On Sunday 25 June, our four Venerables, Sayadaw U Rajinda, Ashin 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!

六月活动

1. **群体一天禅，星期日，六月二十五日，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，六月二十五日，早上九点**

我们的法师将在星期日，六月二十五日，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 June 2006

Meditation

The mind itself is one of the specified objects for meditation. We should try to analyse our own mind, our own types of consciousness by watching, concentrating on our own thoughts – if they are evil, just know it; if they are moral, just know it. That knowledge is just the beginning, the first stage, but it will of itself help one to become free from evil states, because on knowing the nature of a state, if it is evil we shall not follow it, we shall try to avoid it, and therefore can thus gradually work towards its eradication. Meditation is thus mental training, and from a trained mind spring right thoughts, words and deeds.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',
By Ashin Thittila, Pg. 122.*