



SATIPATTHANA MEDITATION CENTRE

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AUGUST 2006 ACTIVITIES:

- 1. Abhidhamma Course (Burmese): Every Sun from 23 Jul onwards, 7 pm till 24 Sept**
Sayadaw U Rajinda is conducting Abhidhamma course in Burmese every Sunday at 7.00 pm. All are welcome to attend the course.
- 2. Abhidhamma Course (English): Every Tues from 25 Jul onwards, 7.30 pm till 26 Sept**
Sayadaw U Rajinda will continue to conduct the Abhidhamma course in English every Tuesday at 7.30 pm from 25 Jul till 26 Sept. All are welcome to attend the course.
- 3. Basic Abhidhamma Course (English): Every Sat from 5 Aug onwards till 30 Sept**
Sayadaw U Rajinda will conduct the basic Abhidhamma course in English every Saturday from 5 Aug till 30 Sept. The first session on 5 Aug will start at 5 pm. The rest of the Saturday sessions will start at 7 pm. All are welcome to attend the course.
- 4. Meditation for Beginners (English): Every Thurs, 7.00 pm (3 Aug – 21 Sept)**
Meditation classes for beginners will be conducted in English every Thursday for 8 weeks from 3 Aug to 21 Sept at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the class.
- 5. Sharing of Merits in the Seventh Lunar Month (Ullambana): 6 Aug (Sun) at 9.30 am**
A memorial service to share merits in the seventh lunar month will be conducted on 6 Aug 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.
- 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: 27 Aug, 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): 27 Aug, Sunday, 9 am**

On Sunday 27 Aug, our two Venerables, Sayadaw U Rajinda and Bhante Pannawuda 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!

八月活动

1. **群体一天禅，星期日，八月二十七日，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，八月二十七日，早上九点**

我们的法师将在星期日,八月二十七日,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
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 August 2006



The Beyond the Walls Discourse (Tirokudda Kanda, Khuddakapatha)

- translation by Anandajoti Bhikkhu

1. They stand beyond the walls, and at the junctions and crossroads,
They stand at the door-posts, having come to their (former) homes.
2. But when abundant food and drink, both staple and non-staple, is prepared,
No one remembers these beings, because of their (past unwholesome) deeds,
3. Thus those who are compassionate give to their (departed) relatives,
At the right time, pure, excellent, suitable drink and food.
4. (Thinking:) “May this go to our relatives, may our relatives be happy!”
Those who have gathered, the departed relatives who have assembled
5. Around the food and drink, respectfully offer their thanks: (saying:)
“May our relatives live long! Those to whom we owe this gain,
For we have been honoured, those who give are not without reward!”
6. For in that place there is no ploughing, and cattle-rearing is not found there,
Similarly there is no trading, or buying and selling of gold.
The departed in that place, who have died, (have to) subsist on gifts.
7. Just as water that rains on the highlands, flows down to the lowlands,
So too what has been given here is of benefit to the departed.
8. Just as rivers that are full (flow and) fill up the ocean,
So too what has been given here is of benefit to the departed.
9. (Thinking:) “He gave to me, he worked for me, he was my relative, my friend,
my companion,” He should give gifts for the departed, remembering what they
have done before.
10. For no tears, or grief, or any other lamentations, Are of any use to the departed,
as long as their relatives continue (grieving) in this way.
11. But that gift that has been given, and well placed in the Sangha,
Is of benefit to them for a long time, immediately it is of benefit.
12. This then is the definition of a relative's duties -
(and by this) great honour has been done to the departed,
Strength has also been given to the monks,
And no little merit has been produced by you!