



## SATIPATTHANA MEDITATION CENTRE

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### SEPTEMBER 2006 ACTIVITIES:

1. **Abhidhamma Course (Burmese): Every Sun, 7 pm, 23 Jul - 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, 7.30 pm, 25 Jul - 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, 7 pm, 5 Aug - 30 Sept**  
Sayadaw U Rajinda will conduct the basic Abhidhamma course in English every Saturday at 7 pm till 30 Sept. 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. **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.
6. **Group Meditation Session: 24 Sept, 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): 24 Sept, Sunday, 9 am**

On Sunday 24 Sept, 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!

## 九月活动

1. **群体一天禅，星期日，九月二十四日，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，九月二十四日，早上九点**  
我们的法师将在星期日，九月二十四日，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)
<b>Sunday, 9.30 am</b>	<b>Puja &amp; Meditation</b>
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 September 2006*

### *Patience*

Patience means endurance, the highest form of endurance in the face of suffering which may be inflicted upon oneself by others; and it means forbearance of others' wrongs. A Bodhisatta practices patience to the extent that not even when his hands or feet are cut off will he become provoked.



Knowing how and why we differ in thought and outlook on life, we are able to make ample allowances for all types of people and are thus able to live more harmoniously with others. Patience brings forth peace, success, happiness and security.



Once we have identified our own character, and judged the most dominant aspect in us, we can choose an object for meditation that will help us. If, for instance, we are very quick-tempered, the object must be one that will help us to be patient. To make us patient we should choose something opposite such as goodwill or peace, or love (metta).

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 74,77,80.*