



SATIPATTHANA MEDITATION CENTRE

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OCTOBER 2006 ACTIVITIES:

- 1. Kathina Day (Robes offering ceremony) : 15 Oct, Sunday, 9 am**
Satipatthana Meditation Centre will organize a Kathina Robe Offering Ceremony on 15 Oct 06 at 9 am. This will be our 2nd Kathina Ceremony. Our meditation teacher and advisor, Sayadaw U Rajinda and Bhante Pannawuda are currently residing at the centre for the three-month vassa period. So do join us in this meritorious event. Copies of the program are available at the centre. **Please note that the venue has been changed to the open shelter at Block 24A, Beo Crescent (next to Kim Seng Neighbourhood Police Post).**
- 2. Dhamma Discussions on 'The Essence of Buddha Abhidhamma Course - Part 2' (in Burmese language) by Dr Mehm Tin Mon: 15-20 Oct from 7-9 pm, 21-22 Oct from 5-9 pm**
Dr Mehm Tin Mon (Saddhamma Jotikadhaja, Professor of International Theravada Buddhist Missionary University, Myanmar) is conducting a series of Dhamma discussions on Abhidhamma in Burmese on 15-22 Oct. All are welcome to attend the Dhamma discussions.
- 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. Group Meditation Session: 29 Oct, 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!
- 5. Pindapata (alms food offering): 29 Oct, Sunday, 9 am**
On Sunday 29 Oct, our two Venerables, Ashin Viriya 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!

十月活动

1. 卡帝那供奉袈裟庆典，星期日，十月十五日，早上九点

本中心将在十月十五日，早上九点举行卡帝那供奉袈裟庆典。这将是四念处禅修中心的第二次卡帝那庆典。卡帝那是原始佛教传统庆典。在这节日里，信徒将供奉袈裟及必需品给僧团。今年，四念处禅修中心的禅师及宗教导师 Sayadaw U Rajinda 和 Bhante Pannawuda 在本中心度过雨季安居。我们深切地邀请您们来参加这项吉祥的盛会。请到本中心领取节目表。

2. 群体一天禅，星期日，十月二十九日，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，十月二十九日，早上九点

我们的法师将在星期日，十月二十九日，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 October 2006

How Dāna (giving) should rightfully be performed

DĀNA is a Pali word that can be translated as giving, generosity, charity and liberality. It is a first step towards eliminating the defilements of greed, hatred and delusion. When you give, you have loving-kindness (*mettā*) and compassion (*karunā*) in your heart. So at that time, greed, hatred or ill-will, and delusion would be absent.

“Giving” is a word that has very wide connotations. It does not mean that you give only expensive things. And it does not mean that you give only material things that cost money. For you can give many immaterial things which may count even more than material things. When we are kind to each other, we are giving kindness, gentleness, comfort, peace, happiness, etc. So we can give by being kind.

In doing *dāna*, such as offering food to monks, the donor should be happy before, during and after the offering. This means that before the offering, during the preparatory stage, the donor should go about the planning and preparation happily. He should realise and appreciate that what he is thinking, planning and doing is very commendable and wholesome. He should be glad on that account. Then when offering the food he should be happy, mindful and aware of what he is doing. He should not be absent-minded and think about other things while making the offering. After the offering whenever he recalls his good deed, he should rejoice and be glad.

Dāna when done with the belief in the law of *kamma* is accompanied by wisdom. So, when we enjoy the results such as wealth in later or future lives, it will be accompanied by wisdom. When we do any good deed, we should make an aspiration for the attainment of *Nibbāna* – the cessation of all suffering.

There are instances in the Buddhist text where a person who regretted making an offering to a monk, was later reborn with wealth which he, however, was unable to enjoy because of his miserliness. So we should take care to have purity of mind before, during and after the deed.



Sādhu! Sādhu! Sādhu! Idam Me Dānam Nibbānassa Paccayo Hotu.
(May this dana of mine be a condition for the attainment of Nibbana.)

*Extracted from ‘Giving (DĀNA)’,
By Bhikkhu Visuddhacara, Pg. 1,3,4.*