



## SATIPATTHANA MEDITATION CENTRE

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

---

### NOVEMBER 2006 ACTIVITIES:

1. **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.

2. **Group Meditation Session: 26 Nov, 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!

3. **Pindapata (alms food offering): 26 Nov, Sunday, 9 am & Birthday Celebration**

On Sunday 26 Nov, our two Venerables, Sayadaw U Rajinda and Ashin Viriyacara 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.

We will also be celebrating the birthday of our Religious Advisor, Sayadaw U Rajinda on 26 Nov morning. We welcome all devotees to join us on this happy occasion.

Sādhu! Sādhu! Sādhu!

### 十一月活动

1. **群体一天禅，星期日，十一月二十六日，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，十一月二十六日，早上九点**

我们的法师将在星期日，十一月二十六日，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)
<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 November 2006**

### *Right Action*

At every level there is action which has a past that leads up to it, as well as a future proceeding from it. An action is the manifestation of the mind and a desire for anything for stimulates the mind, so it is our reactions to outside stimuli that we have to control.



It is we ourselves who are responsible for our own misdeeds. You will remember the saying of the Buddha, “Evil deeds are done only by yourself, not by your parents, friends, relatives or advisers. So you yourself will have to reap the painful results of these misdeeds.” So we are responsible for our own evil actions, there is no one to save us from the results of these evil deeds.



Only the present moment exists and can be said to be within management, and the responsibility of using this present moment either for good or for evil, lies with each individual.