

SATIPATTHANA MEDITATION CENTRE

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DECEMBER 2006 ACTIVITIES:

1. **Abhidhamma for Daily Life (English) by Sayadaw Dr Nandamalabhivamsa:
2/12 to 10/12, 3-5 pm & 7.30 – 9.30 pm**

A nine-day course on 'Abhidhamma for Daily Life' will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Mission University, Myanmar.

2. **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.

Note: The Pindapata cum Group Meditation session in Dec 2006 has been postponed to 1 Jan 2007 for everyone to welcome the new year with opportunities to practise dana, sila and bhavana. Sadhu! Sadhu! Sadhu!

3. **Group Meditation Session: 1 Jan 2007, Monday, 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!

4. **Pindapata (alms food offering): 1 Jan 2007, Monday, 9 am**

On Monday 1 Jan 07, 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.

Sādhu! Sādhu! Sādhu!

十二月活动

1. **群体一天禅，星期一，一月一日 2007 年，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，星期一，一月一日 2007 年，早上九点**
我们的法师将在星期一，一月一日 2007 年，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！

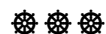
Weekly Activities 每周期活动:

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)
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 December 2006

Habits & Practice

It is by the life which a man lives that he determines for himself whether he is proceeding on the right road, or wrong; it is therefore necessary that a man should first understand himself, self-analysis. Rather as a traveler up a difficult mountain path must rearrange his baggage and discard much that will be merely a hindrance, so also must the traveler on the road to deliverance examine his own character and decide what he must discard from it.



We can sometimes judge our own character by our habitual thoughts and acts. When we do certain things again and again, that is a sign of our character.



Habits, whether good or bad, become second nature. At leisure moments one frequently reverts to a characteristic type of thought; a miser, for instance, will constantly be thinking about his money, a spiritual man will be intent on his spiritual work. We should practise, therefore, doing good things over and over again, so that good actions become our habit, thus establishing the cause for the arising of good future result.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',
By Ashin Thittila, Pg. 69-70.*