



SATIPATTHANA MEDITATION CENTRE

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

JANUARY 2007 ACTIVITIES:

- 1. 14-day Vipassana Meditation Retreat by Venerable Chanmyay Sayadaw from 31 Dec 06 to 13 Jan 07 at Aloha Resorts, Cranwell Road**
- 2. Guided METTA Meditation sessions cum Dhamma discussion (English) by Sayadaw Dr Dhammapiya: 15 Jan (Mon) -19 Jan (Fri), 7.30 - 9.30 pm**

A series of guided Metta meditation sessions cum Dhamma discussions will be conducted in English by Sayadaw Dr Dhammapiya the Abbot of Mettananda Vihara, Fremont, California at 7.30 pm from 15-19 Jan.
- 2. Meditation (Day) Retreat, 8.30 am -5.30 pm & Evening Dhamma Discussions (English), 7.30 pm by Sayadaw Dr Dhammapiya: 20/1 (Sat) to 24/1 (Weds)**

A five-day meditation (day) retreat will be conducted in English from 20-24 January, 8.30 am to 5.30 pm by Sayadaw Dr Dhammapiya, the Abbot of Mettananda Vihara, Fremont, California, USA. Dhamma discussions will be conducted every evening at 7.30 pm from 20-24 Jan. If you are interested to attend the day retreat, please complete the registration form and send it to SMC by 6 Jan 07.
- 3. Dhamma Discussions (English) by Bhante Aggacitta: 30 Jan (Tues) & 1 Feb (Thurs), 7.30 pm**

Bhante Aggacitta, the abbot of Sasanarakkha Buddhist Sanctuary, Malaysia will be conducting two Dhamma discussions on 30 Jan (Tues) and 1 Feb (Thurs) at 7.30 pm.
- 4. 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.
- 5. Group Meditation Sessions: 8.30 am - 5 pm (i) 1 Jan 2007 Monday & (ii) 28 Jan 2007, Sunday**

All are welcome to join us in the group meditation sessions. Lunch will be provided. Please register at the notice board in SMC. Sadhu!

6. Pindapata (alms food offering): 9 am
(i) 1 Jan 2007 Monday & (ii) 28 Jan 2007, Sunday

On Monday 1 Jan and Sunday 28 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!

一月活动

1. 群体一天禅，(1)星期一，一月一日和(2)星期日，一月二十八日 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，(1)星期一，一月一日和(2)星期日，一月二十八日 2007年，早上九点

我们的法师将在星期一，一月一日和(2)星期日，一月二十八日 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)
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Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
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Sunday, 9.30 am	Puja & Meditation
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Sunday, 11.30 am 每逢星期日早上十一点半	Lunch dana 布施食物给僧团
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Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)
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DHAMMA REFLECTION in the month of January 2007

Right Attention & Resolution

For the Bodhisatta, Adhitthana, determination, means resolute determination, for this will-power forces all obstructions out of his path, and no matter what may come to him in the form of grief or disaster he never turns his eyes from his goal. He could easily be persuaded to do good, but not so could he be tempted to do anything contrary to his noble principles. He will be as soft as a flower or as firm as a rock, as occasion demands.



We should pay attention and be careful about what we do, careful to do only good things. If we are careful in this way we shall not have to worry about the result, it will be good. If you sow a mango seed, a mango tree will come up, not a chilli plant, which in turn will produce only chillies; therefore if we are careful to live this life rightly, we need not worry about our future, it will come rightly, everything will be right.

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