



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

FEbruary 2007 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. **Meditation Retreat during Lunar New Year: 17 – 20 Feb (Sat – Tues),
8.30 am – 6.30 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. **Group Meditation Session: 25 Feb, 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!

4. **Pindapata (alms food offering): 25 Feb, Sunday, 9 am**

On Sunday 25 Feb, our two Venerables, Ashin Viriyacara 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!

5. **Lunar New Year celebration on 4 MARCH 2007 (Sun): 9.30 am**

We will be celebrating the Lunar New Year on 4 March. Flowers and lights for offering will available at the centre. Do join us in the potluck lunch dana.

二月活动

1. **群体一天禅，星期日，二月二十五日，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，二月二十五日，早上九点**
我们的法师将在星期日,二月二十五日,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)
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 February 2007

Metta

‘Let thoughts of boundless love pervade the whole world
– above, below and across;
without any obstruction, free of hate and free of enmity.’

- *Karaniya Metta Sutta*



‘As far up as the highest existence
As far down as the lowest existence
In the entire universe
Whatever beings that move
on earth,
on water
or
in air
may they be free
from suffering and enmity
from physical suffering and danger.’

- *Metta Recitation*