



## SATIPATTHANA MEDITATION CENTRE

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### MARCH 2007 ACTIVITIES:

- 1. Lunar New Year celebration : 4 Mar (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.
- 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. *For children who wish to join the Burmese Language classes for beginners in March, please approach the Teachers on Sundays.*
- 3. Meditation for Beginners (Mandarin): Every Weds, 7.30 pm (starting 7 Mar)**  
Meditation classes for beginners will be conducted in Mandarin every Wednesday from 7 March onwards at 7.30 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the course.
- 4. Group Meditation Session: 25 Mar, 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): 25 Mar, 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!
- 6. Cheng Beng Memorial Service: 1 Apr, Sunday, 9.30 am**  
Cheng Beng Memorial Service will be conducted on 1 April at 9.30 am. Lights, flowers and robes will be available for offering. Please join us to share our merits with our dear departed ones, followed by a potluck lunch dana.

## 三月活动

1. 初级华文禅修班：每逢星期三，晚上七点（从三月七日开始）

本中心将在三月七日，晚上七点半，举行初级华文禅修班。旧学员照旧七点半开始。欢迎大家前来参加。

2. 群体一天禅，星期日，三月二十五日，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。

3. 拖钵化缘，星期日，三月二十五日，早上九点

我们的法师将在星期日,三月二十五日,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)
<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 March 2007*

*A Giver of What*

[A deva:] A giver of what is a giver of strength?  
A giver of what, a giver of beauty?  
A giver of what, a giver of ease?  
A giver of what, a giver of vision?  
And who is a giver of everything?  
Being asked, please explain this to me.

[The Buddha:] A giver of food is a giver of strength.  
A giver of clothes, a giver of beauty.  
A giver of a vehicle, a giver of ease.  
A giver of a lamp, a giver of vision.  
And the one who gives a residence,  
is the one who is a giver of everything.  
But the one who teaches the Dhamma  
is a giver of the Deathless.

- *Kindada Sutta, Samyutta Nikaya I.42*