



SATIPATTHANA MEDITATION CENTRE

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MAY 2007 ACTIVITIES:

- 1. Abhidhamma for Daily Life – Part III (English)**
by Sayadaw Dr Nandamalabhivamsa: 12–17 May & 19 May
9-11 am & 7-9.30pm (Saturdays), 9-11 am (Sundays), 7-9.30 pm (weekdays)
A seven-day course on ‘Abhidhamma for Daily Life – Part III’ will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Missionary University, Myanmar. Please register for the course before 2 May 07.
- 2. Vesak Day Celebration: 31 May, Thursday 9.30 am**
We will be celebrating Vesak Day (Buddhist Era 2551) on 31 May to mark the Birth, Enlightenment and Parinibbana of our Lord Gotama Buddha. Do join us on this special occasion. We wish everyone a Happy Vesak Day! May the Blessings of the Triple Gem shower upon all!
Programme
9.30 am Taking Refuge and Five Precepts
Chanting
Meditation
Dhamma Talk
Sharing of Merits
11.30 am Offering of lunch dana to the Sangha (potluck)
11.40 am Lunch for devotees (potluck)
- 3. 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.
- 4. Group Meditation Session: 20 May, 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): 27 May, Sunday, 9 am**
On Sunday 27 May, our three Venerables, Sayadaw Rajinda, Ashin Viriyacara and Bhante Pannavudha 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 second 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. Upcoming Activities in June:

A Dhamma course for children will be conducted in June (11-16 June, 18-23 June). Further details will be released soon.

A 9-day Vipassana meditation retreat will be conducted under the guidance of Sayadaw U Rajinda and Bhante Pannavudha from 30 June (Sat) to 8 July (Sun) at Poh Ern Shih (Temple of Thanksgiving). Please refer to the notice board for further details.

五月活动

1. 卫塞庆典（佛历2551），星期四，五月三十一日，早上九点半
我们将在五月三十一日，早上九点半举行卫塞庆典。欢迎大家到本中心庆祝卫塞节。祝大家卫塞节快乐。
2. 群体一天禅，星期日，五月二十日，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，五月二十七日，早上九点
我们的法师将在星期日，五月二十七日，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)
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 May 2007

"May the Dhamma last as long as my sons and grandsons, and the sun and the moon will be, and may the people follow the path of the Dhamma for, if one follows the path, happiness in this and in the other world will be attained."

- King Asoka

The Four Sublime States (Cattaro Brahmavihāra)

If of the same status, bear *mettā* (loving kindness) in your mind.
Where there is no *mettā*, there may be competition in your mind.

If of inferior status, bear *karunā* (compassion) in your mind.
Where there is no *karunā*, there may be desirous of ill-treatment in your mind.

If of superior status, keep along *muditā* (sympathetic joy or rejoicing at others' happiness and prosperity) in your mind.
Where there is no *muditā*, there may be jealousy in your mind.

If not possible to save others, keep along *upekkhā* (equanimity) in your mind.
Where there is no *upekkhā*, there may be sorrow in your mind.

Keeping these sublime states in mind, will all beings be happy.

*Extracted from 'Mottos by Ashin Kundalabhivamsa',
compiled by Ma Aye Myint, Pg. 8.*