



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

JUNE 2007 ACTIVITIES:

- 1. Dhamma Course for Children: 11 to 16 Jun, 18 to 23 Jun from 2 – 5.30 pm. Examination on 23 Jun (Sat)**
A Dhamma course will be conducted for children of 7 to 16 years old on the dates stated above. Please register at the notice board at SMC by 2 June 07.
- 2. Prize Presentation Ceremony on 30 Jun (Sat) for children who had completed Dhamma class held during 11-23 June**
All parents, children, members and devotees are invited to grace this happy occasion.
- 3. 9-day Vipassana Meditation Retreat: 30 Jun (Sat) – 8 July (Sun)**
A nine-day Vipassana meditation retreat will be conducted under the guidance of Venerable Sayadaw U Rajinda and Bhante Pannavudha at Poh Ern Shih Temple, 9 Chwee Chian Road (off Pasir Panjang). The fee is \$30 per participant (SMC member). The retreat is limited to 30 yogis. Registration is on a first-come-first serve basis and it closes on 1 June 07. (<http://www.smcmeditation.org/retreat.htm>) In the event of overwhelming response, preference will be given to the SMC members and regular donors of breakfast and lunch dana. To register as yogi or Dhamma helper, please sms Mr. Zaw Tun @ 98322294 or Ms Kang SH @ 96368518 before 1 June 07.
- 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 Session: 17 June, Sunday, 8.30 am - 5 pm**
All are welcome to join us in the group meditation session. Packet vegetarian lunch will be provided for yogis. Please register at the notice board in SMC. Sadhu!

6. Pindapata (alms food offering): 24 June, Sunday, 9 am

On Sunday 24 June, our four Venerables, Sayadaw U Rajinda, Ashin Kosalla, 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!

六月活动

1. 群体一天禅，星期日，六月十七日，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，六月二十四日，早上九点

我们的法师将在星期日，六月二十四日，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 June 2007

Meditation

The mind works through the six sense-doors, and is therefore always busy. Without proper control it drifts around in any direction, and we do not know what we are thinking about from moment to moment. We therefore need to practise awareness, so that we know where the mind is, watch to know where we are, what we are thinking. Knowledge of this sort is essential if we are to avoid wrong action, and to succeed in improving ourselves.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',
By Ashin Thittila, Pg. 113.*