



SATIPATTHANA MEDITATION CENTRE

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JULY 2007 ACTIVITIES:

- 1. 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).
- 2. Group Meditation Session: 15 July, 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!
- 3. Pindapata (alms food offering): 29 July, Sunday, 9 am**
On Sunday 29 July, our two Venerables, Sayadaw U Rajinda 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!
- 4. Vassa Robe Offering Ceremony:
29 July (Sun), 9.30 am (in English) & 7.30 pm (in Burmese)**
Devotees who wish to offer vassa robes and requisites to the Sangha are welcome to participate in this meritorious offering ceremony on 29 Jul at 9.30 am (in English) and 7.30 pm (in Burmese). Robes will available for offering at the centre. Do join us in the potluck lunch dana.
- 5. Invitation to observe vassa: 30 July (Mon), 8 pm**
The committee will be inviting Venerable Sayadaw U Rajinda, Ashin Viriyacara and Bhante Pannavudha on 30 July at 8 pm to observe their vassa at SMC during the three-month vassana season.
- 6. 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.

七月活动

1. 内观禅一日修，星期日，七月十五日，早上八点半到下午五点
我们每月会举行集体成群内观禅一日修。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，七月二十九日，早上九点
我们的法师将在星期日，七月二十九日，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！
3. 雨安居供奉袈裟庆典，星期日，七月二十九日，早上九点半
欢迎大家在七月二十九日，早上九点半到本中心前来参加雨安居供奉袈裟庆典及共用午餐。
4. 邀请三位法师在四念处禅修中心持守雨安居，星期一，七月三十日，晚上八点
本中心行政人员将在七月三十日，星期一，晚上八点举行邀请三位法师 Sayadaw U Rajinda, Ashin Viriyacara 和 Bhante Pannavudha 在四念处禅修中心持守雨安居。

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 July 2007

Doing Meritorious Deeds on the Full-Moon Day of Vassa

The full-moon day of Vassa which falls in the month of July is of great importance for all Buddhists as it commemorates the following significant events in the life of the Buddha: It was on this day that

- (i) the Bodhisatta Gotama, was conceived in the womb of Queen Mahamaya.
- (ii) the Bodhisatta Gotama renounced the world for enlightenment.
- (iii) the Lord Buddha delivered his first sermon, the *Dhammacakkappavattana Sutta*.
- (iv) the first vassa was observed by the Buddha and the five Ascetics at Isipatana.
- (v) the commencement of the preaching of the Abhidhamma to his mother and the devas at the Tavatimsa Heaven which took place in the seventh year of his Enlightenment.

Hence Buddhist devotees observe the full-moon day of Vassa with special significance and do meritorious deeds. Buddhist families visit the monasteries to make offerings of food, vassa robes and requisites, take precepts, practise meditation and listen to Dhamma discourses given by the Venerable Sayadaws.

Offering of vassa robes to the Sangha is a nibaddha kusala, which means constant propagating meritorious deeds which all donors have gained. If one with nibaddha kusala does not attain sotapanna in this life, due to some circumstances he will be liberated from apaya (i.e. the four woeful states) in the second existence, just like a sotapan.

Here's a verse composed by our Benefactor Venerable Mahasi Sayadaw to inspire Buddhists to do nibaddha kusala which prevents suffering in apaya in the subsequent existence.

“ Taking Refuge in the Three Gems, observing five precepts and drawing lots (to offer almsfood).

Fortnightly dana, vassa robe offering,

Donating cisterns for drinking water and monasteries building

Donors of these seven danas,

Like sotapanna will not return to apaya.”

Sadhu! Sadhu! Sadhu!

- Adapted from sources:

1. The Religious Significance of the Full Moons by Alec Robertson, pg 54
2. Dhamma Padetha Vol I-II by Sayādaw U Kundalābhivamsa, “Doing Meritorious Deeds on the Fullmoon Day of Wāso (Āsalha)”, pg 227
3. Dhamma Ratana Vol I by Sayādaw U Kundalābhivamsa, “Seven Constant Propagating Kusala (Nibaddha Kusala)”, pg 16