



## SATIPATTHANA MEDITATION CENTRE

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### SEPTEMBER 2007 ACTIVITIES:

- 1. Abhidhamma Course (English): Every Tues, 7.30 pm (14 Aug – 9 Oct)**  
Sayadaw U Rajinda will continue to conduct the Abhidhamma course (Chapter 9 – Forty subjects of meditation) in English every Tuesday at 7.30 pm for 9 weeks from 14 Aug till 9 Oct. All are welcome to attend the course. Please register at the notice board in SMC.
- 2. Meditation for Beginners (English): Every Thurs, 7.00 pm (16 Aug – 4 Oct)**  
Meditation classes for beginners will be conducted in English every Thursday for 8 weeks from 16 Aug to 4 Oct at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the class. Please register at the notice board in SMC.
- 3. Paritta Sutta Chanting: Every Sat, 7.30 pm (11 Aug – 13 Oct)**  
Paritta Sutta Chanting class will be conducted with English explanation every Saturday for 10 weeks from 11 Aug to 13 Oct at 7.30 pm. All are welcome to attend the class. Please register at the notice board in SMC.
- 4. Group Meditation Session: 16 September, 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): 30 September, Sunday, 9 am**  
On Sunday 30 September, our three 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!

**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.

## 九月活动

**1. 内观禅一日修，星期日，九月十六日，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，九月三十日，早上九点**

我们的法师将在星期日，九月三十日，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, 7.30 pm	Meditation & Dhamma Talk (Burmese)

*DHAMMA REFLECTION in the month of September 2007*

*Metta*

Metta, loving-kindness, is to be started within ourselves. If we can say that we love ourselves, can we harm ourselves by having angry thoughts within ourselves? If we love a person, will we do harm to him? To love the self means to be free from selfishness, hatred, anger, etc.; and unless we ourselves possess metta within, we cannot share or radiate, we cannot send this metta to others.



Metta is not merely benevolent thought but the performing of charitable deeds, active ministry for the good of one and all; a subject not to be talked about, but to put in our being, to suffuse it within ourselves.



We are asked to be loving towards all living beings, therefore metta must go hand in hand with helpfulness, with willingness and a spirit of sacrifice for the welfare of other beings. In the Digha Nikaya it is said by the Buddha that almost every virtue such as unselfishness, loving-sympathy and loving-kindness is included in this metta. If you have real metta you can be almost everything; you can radiate a noble, grand peace. It is this metta that attempts to break away all barriers which separate beings from one another.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 82-84.*