

## SATIPATTHANA MEDITATION CENTRE

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### OCTOBER 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: 21 October, 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): 28 October, Sunday, 9 am**  
On Sunday 28 October, our Venerable, Ashin 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 Venerable 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.

**7. Kathina Day (Robes offering ceremony) : 4 November, Sunday, 9 am**

Satipatthana Meditation Centre will organize a Kathina Robe Offering Ceremony on 4 Nov 07 at 9 am. This will be our 3<sup>rd</sup> Kathina Ceremony. Our meditation teacher and advisor, Sayadaw U Rajinda and Ashin Pannavudha are currently residing at the centre for the three-month vassa period. So do join us in this meritorious event. Copies of the program are available at the centre. **Please note that the ceremony will be held at the open shelter at Block 24A, Beo Crescent (next to Kim Seng Neighbourhood Police Post).**

## 十月活动

**1. 内观禅一日修，星期日，十月二十一日，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，十月二十八日，早上九点**

我们的法师将在星期日，十月二十八日，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！

**3. 卡帝那袈裟(功德衣)供奉庆典，星期日，十一月四日，早上九点**

本中心将在十一月四日，早上九点举行卡帝那袈裟(功德衣)供奉庆典。这将是四念处禅修中心的第三次卡帝那庆典。卡帝那是原始佛教传统庆典。在这节日里，信徒将供奉袈裟及必需品给僧团。今年，四念处禅修中心的禅师及宗教导师 Sayadaw U Rajinda 和 Ashin Pannavudha 在本中心度过雨季安居。我们深切地邀请您们来参加这项吉祥的盛会。请到本中心领取节目表。

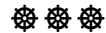
## Weekly Activities 每周期活动:

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 October 2007*

### *Generosity*

Every good action must be done with a good, pure motive; so when we give, pure motive means our generosity should be pure generosity, without hoping for any return or reward for what we do. It means that without selfish desire we are willing to share, willing to do, willing to help, to give with generous-mindedness, otherwise the motive will not be good.



Because of generosity, generous action, one can as a result be born wealthy; or whatever one does one can gain successfully in the way of wealth – that is cause and effect.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 96, 98.*