



# SATIPATTHANA MEDITATION CENTRE

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## NOVEMBER 2007 ACTIVITIES:

- 1. 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).**
- 2. Dhamma Discussions (Burmese) by Venerable Mahasi Shwe Min Wan Sayadaw U Sobhana:**  
**10 Nov (Sat), 11 Nov (Sun), 17 Nov (Sat) & 18 Nov (Sun), 7.30 pm**  
Venerable Mahasi Shwe Min Wan Sayadaw U Sobhana, (Aggamahakamathanacariya, Aggamahasadhammajotika), formerly the attendant monk of the late Venerable Mahasi Sayadaw, will be conducting Dhamma discussions in Burmese on 10 & 11 Nov and 17 & 18 Nov at 7.30 pm.
- 3. Group Meditation Session: 18 November, 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!
- 4. Pindapata (alms food offering): 25 November, Sunday, 9 am**  
On Sunday 25 November, our Venerable, Ashin Viriyacara 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!

**5. 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.

## 十一月活动

- 1. 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。
- 2. 内观禅一日修，星期日，十一月十八日，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。
- 3. 拖钵化缘，星期日，十一月二十五日，早上九点**  
我们的法师将在星期日，十一月二十五日，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！

### **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 November 2007*

### *How Dāna (giving) should rightfully be performed*

*DĀNA* is a Pali word that can be translated as giving, generosity, charity and liberality. It is a first step towards eliminating the defilements of greed, hatred and delusion. When you give, you have loving-kindness (*mettā*) and compassion (*karunā*) in your heart. So at that time, greed, hatred or ill-will, and delusion would be absent.

“Giving” is a word that has very wide connotations. It does not mean that you give only expensive things. And it does not mean that you give only material things that cost money. For you can give many immaterial things which may count even more than material things. When we are kind to each other, we are giving kindness, gentleness, comfort, peace, happiness, etc. So we can give by being kind.

In doing *dāna*, such as offering food to monks, the donor should be happy before, during and after the offering. This means that before the offering, during the preparatory stage, the donor should go about the planning and preparation happily. He should realise and appreciate that what he is thinking, planning and doing is very commendable and wholesome. He should be glad on that account. Then when offering the food he should be happy, mindful and aware of what he is doing. He should not be absent-minded and think about other things while making the offering. After the offering whenever he recalls his good deed, he should rejoice and be glad.

*Dāna* when done with the belief in the law of *kamma* is accompanied by wisdom. So, when we enjoy the results such as wealth in later or future lives, it will be accompanied by wisdom. When we do any good deed, we should make an aspiration for the attainment of *Nibbāna* – the cessation of all suffering.

There are instances in the Buddhist text where a person who regretted making an offering to a monk, was later reborn with wealth which he, however, was unable to enjoy because of his miserliness. So we should take care to have purity of mind before, during and after the deed.



Sādhu! Sādhu! Sādhu! Idam Me Dānam Nibbānassa Paccayo Hotu.  
(May this dana of mine be a condition for the attainment of Nibbana.)

*Extracted from ‘Giving (DĀNA)’,  
By Bhikkhu Visuddhacara, Pg. 1,3,4.*