



SATIPATTHANA MEDITATION CENTRE

735A & 735B, Havelock Road, Singapore 169652
Tel: (65) 62725696 Email: sati_patthana@yahoo.com.sg
<http://www.smcmeditation.org>

DECEMBER 2007 ACTIVITIES:

- 1. Paritta Sutta Chanting: Every Sat, 7.30 pm, from 8 Dec 07 onwards**
Paritta Sutta Chanting class with English explanation will continue to be held every Saturday from 8 Dec onwards at 7.30 pm. All are welcome to attend the class.
- 2. Abhidhamma Course (English): Every Tues, 7.30 pm, 18 Dec 07**
Sayadaw U Rajinda is conducting Abhidhamma course (starting from Chapter 1) in English every Tuesday from 18 Dec 07 onwards at 7.30 pm. All are welcome to attend the course. All are welcome to attend the course. Please register at the notice board in SMC.
- 3. Dhamma Discussions by Sayadaw Asabhacara: (Burmese) 9 Dec (Sun) & 16 Dec (Sun), 7.30 pm (English) 16 Dec (Sun), 4-5 pm**
Sayadaw Asabhacara, the abbot of Mangalarama Vihara, Silver Spring, USA will be conducting three Dhamma discussions on Sundays: (in Burmese) 9 Dec and 16 Dec at 7.30 pm, and (in English) 16 Dec from 4-5 pm. The title of the Dhamma talks is “Mindfulness & Negligence” (Appamada & Pamada).
- 4. Group Meditation Session: 16 December, 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 December, Sunday, 9 am**
On Sunday 30 December, 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!

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.

十二月活动

1. **内观禅一日修, 星期日, 十二月十六日, 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, 十二月三十日, 早上九点**

我们的法师将在星期日, 十二月三十日, 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 December 2007

Habits & Practice

Habits, whether good or bad, become second nature. At leisure moments one frequently reverts to a characteristic type of thought; a miser, for instance, will constantly be thinking about his money, a spiritual man will be intent on his spiritual work. We should practise, therefore, doing good things over and over again, so that good actions become our habit, thus establishing the cause for the arising of good future result.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',
By Ashin Thittila, Pg. 69-70.*