



# SATIPATTHANA MEDITATION CENTRE

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## JANUARY 2008 ACTIVITIES:

- 1. Abhidhamma for Daily Life – Part IV (English)**  
**by Sayadaw Dr Nandamalabhivamsa: 12 & 13 Jan (9-11 am & 7-9.30pm),**  
**14, 15, 16 & 18 Jan (7-9.30 pm), 19 Jan (9-11 am)**  
A seven-day course on ‘Abhidhamma for Daily Life – Part IV’ will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Missionary University (ITBMU), Myanmar. The topics to be covered are Chapter 6–Vithimutta (Passive Mental Process), Chapter 7–Paccaya Sangaha (Compendium of Causality), and Kammatthana Sangaha (Meditation Subject). Please register for the course before 6 Jan 08.
- 2. Basic Abhidhamma (English) by Sayalay Daw Yuzananyani:**  
**12, 13 & 19 Jan (1.30 – 5.30 pm)**  
A three-day course on ‘Basic Abhidhamma’ will be conducted in English by Sayalay Daw Yuzananyani, Assistant Lecturer of the International Theravada Buddhist Missionary University, Myanmar. The topics to be covered are Citta (Consciousness), Cetasika (Mental Factors), Rupa (Matter) & Pakinnaka (Miscellaneous). Please register for the course before 6 Jan 08.
- 3. Dhamma Discussions by Sayadaw Dr Nandamalabhivamsa:**  
**(English) ‘Contemplation of Feeling’, 19 Jan (Sat), 7-9 pm, Tai Pei Buddhist Centre**  
**(Burmese) ‘အမှန်မြင်မှ အမြင်မှန်မည်စေ Seeing things as they really are leads to right**  
**view’, 20 Jan (Sun) 7.30 pm, SMC**
- 4. Paritta Sutta Chanting: Every Sat, 7.30 pm**  
Paritta Sutta Chanting class with English explanation is held every Saturday at 7.30 pm. All are welcome to attend the class.
- 5. Abhidhamma Course (English): Every Tues, 7.30 pm**  
Sayadaw U Rajinda is conducting Abhidhamma course (starting from Chapter 1) in English every Tuesday 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.

**6. Group Meditation Session: 20 January, 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!

**7. Pindapata (alms food offering): 27 January, Sunday, 9 am**

On Sunday 27 January, 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!

**8. 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.

一月活动

**1. 内观禅一日修, 星期日, 一月二十日, 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, 一月二十七日, 早上九点**

我们的法师将在星期日, 一月二十七日, 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 January 2008*

### *Kamma*

Everyone is the architect of his own fate. We shall reap in the future, in this life or the next, what we are sowing now. As we had the power in the past to make our present what it is, so we have equal power now to create a happy and useful future.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',  
By Ashin Thittila, Pg. 127*