



# SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

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## FEBRUARY 2008 ACTIVITIES:

1. **Meditation Retreat during Lunar New Year: 7 – 10 Feb (Thurs – Sun), 8 am – 8 pm**

Please be informed that a meditation retreat will be conducted at SMC from 8 am to 8 pm from 7-10 Feb. Lunch will be provided. Food and drink donors are welcome. Registration for the retreat at SMC is now closed.

Please be informed that Sayadaw U Rajinda will be conducting a retreat at Santisukharama, Kota Tinggi from 7-10 Feb. Registration for the retreat at Kota Tinggi is now closed.

2. **Abhidhamma Course (English): Every Tues, 7.30 pm**

Sayadaw U Rajinda is conducting Abhidhamma course in English every Tuesday at 7.30 pm. All are welcome to attend the course. Please register at the notice board in SMC.

3. **Paritta Sutta Chanting: Every Sat, 7.30 pm**

Paritta Sutta Chanting class with explanation in English is held every Saturday at 7.30 pm. All are welcome to attend the class.

4. **Group Meditation Session: 17 February, 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) cum Lunar New Year Celebration : 24 February, Sunday, 9 am**

On Sunday 24 February, we will be celebrating the Lunar New Year and 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.

**二月活动**

1. **内观禅一日修，星期日，二月十七日，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. **供养迎新春，拖钵化缘，星期日，二月二十四日，早上九点**  
我们的法师将在星期日，二月二十四日，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 February 2008**

***New Beginnings, Every Instant of Time***

FOR LAY-PEOPLE, the new year comes only once a year. Within our bodies however, every moment is as a new year, for our so-called individual existences are in reality nothing but the ceaseless arising and passing away of both matter (*Rupa khandha*) and mind (*Nama*) or states of consciousness. Within each inconceivably short instant of time (or *Khana*), there is the threefold arising or coming into being (*Uppada*), existing (*Thiti*), and passing away (*Bhanga*)

***What is of the Greatest Importance?***

IF ONE WERE to ask, "What, in life, is of the greatest importance?", the answer is to strive to improve one's good qualities or characteristics. As one

improves such characteristics, the potential for benefits and advantages increases within oneself, and when time and other conditions are right, one enjoys due happiness and success. Within the spiritual realm, development of good characteristics will bring about more quickly the realisation of that highest of goals, that eternal bliss, that deathless state, that release from the sufferings of *Samsara*, in other words, the attainment of *Nibbana*.

*Extracted from 'Timeless and Priceless Treasures'*  
by Thabyekan Sayadaw ( <http://www.triplegem.plus.com/thabyek1.htm> )