



# SATIPATTHANA MEDITATION CENTRE

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

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## MARCH 2008 ACTIVITIES:

1. **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.

2. **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.

3. **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.

4. **Group Meditation Session: 16 March, 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 Cheng Beng Memorial Service:  
30 March, Sunday, 9 am**

On Sunday 30 March, 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!

Cheng Beng Memorial Service will be held on 30 March at 10 am. Lights, flowers and robes will be available for offering. Please join us to share our merits with our dear departed ones, all our relatives in our previous lives and all beings. There will be a potluck lunch dana.

6. **Certificate Presentation Ceremony on 30 Mar (Sun), 4.30 pm for children who had completed/attended Burmese Language (Reading & Writing) course conducted from March 2007 to March 2008**

All parents, children, members and devotees are invited to grace this happy occasion.

7. **Starting from 6 APRIL 2008 : Burmese Language Class (Reading & Writing) for Children, Every Sunday, 2 - 5 pm**

A Burmese Language class on reading and writing will be conducted by lay teachers for children from 2 – 5 pm from 6 April 08. Class size is limited to 12 students only. In the event that there are more than 12 students, preference will be given to the children of SMC members and regular donors of breakfast and lunch dana.

Applications for the above course is now open. Please refer to the application form and rules in the attached. Interested parents or applicants have to submit the completed application forms to SMC before 30 March. For online registration, please email application forms to [sati\\_patthana@yahoo.com.sg](mailto:sati_patthana@yahoo.com.sg)

## 三月活动

1. **内观禅一日修，星期日，三月十六日，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，三月三十日，早上九点**

我们的法师将在星期日，三月三十日，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 March 2008**

***Five Subjects for Frequent Recollection***

I am of nature to decay, I have not gone beyond decay.

I am of the nature to be diseased, I have not gone beyond disease.

I am of the nature to die, I have not done beyond death.

All that is mine, dear and delightful, will change and vanish.

I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, whether good or evil, of that I shall be the heir.

Thus we should frequently recollect.

- *Upajjhatthana Sutta, Anguttara Nikaya v.57*