



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

APRIL 2008 ACTIVITIES:

1. **Dhamma discussions (English) by Sayadaw U Sejjanalankara:** **14, 18, 19, 20, 21, 24 & 25 Apr 08**

A series Dhamma discussions will be conducted in English by Sayadaw U Sejjanalankara (Dvipitakadhara), the Abbot of Dhammasukha Monastery in Los Angeles, USA as follows:

Date & Time:

- (i) 14 (Mon) & 18 (Fri) Apr 2008, 7.30 pm
- (ii) 19 Apr (Sat), 4-6 pm & 20 Apr (Sun) 3.30-5pm
- (iii) 21 (Mon), 24 (Thurs) & 25 (Fri) Apr, 7.30 pm

Topics:

- (i) Is an individual going to perish into nothingness ?
- (ii) Right Understanding, how it should be enhanced to benefit your practice
- (iii) Factors of Enlightenment
- (iv) Solitude and Disentanglement, what it means in a meditative life

Venue: Satipatthana Meditation Centre, 735A (Level 2), Havelock Road.

(http://www.smcmeditation.org/SMC_map.htm)

All are welcome to attend the Dhamma discussions.

2. **Burmese New Year Celebration cum Food Fiesta: 13 Apr, Sunday, 9.30 am**

We will be celebrating Burmese New Year on 13 April at 9.30 am. A Food Fiesta will be held from 11 am onwards and a variety of delicious food (*Mohinga 'Burmese Laksa', Shwe Yin Aye 'Bubor Cha Cha', Burmese Sujee cake, drinks etc*) will be available for all devotees. Please join us on this joyous occasion and tickle your taste buds at the Food Fiesta. We wish everyone good health, peace of mind, happiness and a prosperous Burmese New Year.

Programme

- 9.30 am Taking Refuge and Five Precepts (Burmese)
Chanting
Dhamma Talk (Burmese)
Meditation
Sharing of Merits
- 11.00 am Offering of lunch dana to the Sangha (potluck)
& Start of Food Fiesta – *WHILE STOCKS LAST!*

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

A new class, Burmese Language class on reading and writing will be conducted by lay teachers for children from 2 – 5 pm starting from 6 April 08.

4. **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.

5. **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.

6. **Group Meditation Session: 20 April, 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 April, Sunday, 9 am**

On Sunday 27 April, 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.

S dhu! S dhu! S dhu!

四月活动

1. **内观禅一日修，星期日，四月二十日，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，四月二十七日，早上九点**

我们的法师将在星期日，四月二十七日，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 April 2008

Happy Days

Whatever beings, O monks, behave righteously by body, speech and mind during the morning/noon/evening, a happy morning/noon/evening will be theirs.

Truly auspicious and a festive time,
A happy morning and a joyful rising,
A precious moment and a blissful hour
Will come for those who offer alms
To the ones who lead the holy life.

On such a day, right actions in words and deeds,
Right thoughts and noble aspirations,
Bring gain to those who practise them;
Happy are those who reap such gain,
For they have grown in the Buddha's Teaching,
May you and all your relatives
Be happy and enjoy good health!

(III, 150)

*Adapted from 'Numerical Discourses of the Buddha –
An Anthology of Suttas from the Anguttara Nikaya',
Translated and edited by Nyanaponika Thera & Bhikkhu Bodhi, pg 78.*