



# SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

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## MAY 2008 ACTIVITIES:

### 1. **Group Meditation Session: 18 May, 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!

### 2. **Vesak Day Celebration: 19 May, Monday 9.30 am**

We will be celebrating Vesak Day (Buddhist Era 2552) on 19 May to mark the Birth, Enlightenment and Parinibbana of our Lord Gotama Buddha. Do join us on this special occasion. We wish everyone a Happy Vesak Day! May the Blessings of the Triple Gem shower upon all!

#### **Programme**

- 9.30 am Taking Refuge and Five Precepts  
Chanting  
Meditation  
Dhamma Talk  
Sharing of Merits
- 11.30 am Offering of lunch dana to the Sangha (potluck)
- 11.40 am Lunch for devotees (potluck)

### 3. **Pindapata (alms food offering): 25 May, Sunday, 9 am**

On Sunday 25 May, 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!

### 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. **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.
  
7. **Upcoming Activities in June: Please refer to SMC website for more details**  
A Dhamma course for children in Burmese will be conducted in June (31 May - 7 June, 9-14 June).  
  
A 9-day Vipassana meditation retreat will be conducted under the guidance of Sayadaw U Rajinda and Ashin Pannavudha from 14 June (Sat) to 22 June (Sun) at Santisukharama Hermitage (Hermitage of Peaceful Bliss), Kota Tinggi, Malaysia.

## 五月活动

1. **卫塞庆典（佛历2552），星期一，五月十九日，早上九点半**  
我们将在五月十九日，早上九点半举行卫塞庆典。欢迎大家到本中心庆祝卫塞节。祝大家卫塞节快乐。
  
2. **内观禅一日修，星期日，五月十八日，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。
  
3. **拖钵化缘，星期日，五月二十五日，早上九点**  
我们的法师将在星期日，五月二十五日，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 May 2008*

*Homage to the Buddha*

To the Buddhas of the past,  
To the Buddhas of the future,  
To the Buddhas of the present,  
I offer my reverence always.

For me there is no other refuge,  
The Buddha is my matchless refuge,  
By these words of truth,  
May joyous victory be mine.