



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

JUNE 2008 ACTIVITIES:

- 1. Dhamma Course for Children: 31 May to 7 Jun, 9 to 14 June from 2 – 5.30 pm. Examination on 14 June (Sat)**
A Dhamma course will be conducted for children of 7 to 16 years old in Burmese from 31 May to 14 June.
- 2. Prize Presentation Ceremony on 29 June (Sun), 4 pm for children who had completed Dhamma class held during 31 May-14 June**
All parents, children, members and devotees are invited to grace this happy occasion.
- 3. 9-day Vipassana Meditation Retreat: 14 June (Sat) – 22 June (Sun)**
A nine-day Vipassana meditation retreat will be conducted under the guidance of Venerable Sayadaw U Rajinda and Bhante Pannavudha at Santisukharama Hermitage (Hermitage of Peaceful Bliss), Kota Tinggi, Malaysia. The fee is \$90 per participant. To register as yogi or Dhamma helper, please sms Mr Zaw Moe San @ 91714350 or Ms Kang SH @ 96368518 before 18 May 08.
- 4. Group Meditation Session: 15 June, 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): 29 June, Sunday, 9 am**
On Sunday 29 June, our three Venerables, Sayadaw U Rajinda, Ashin Pannasetthalankara 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. **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.
7. **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.
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.
9. **Upcoming Activities in July: Please refer to SMC website for more details**
5-13 July 2008: 31 ‘Abhidhamma in Daily Life – Part V’ by Sayadaw Dr Nandamalabhivamsa and ‘Basic Abhidhamma’ by Sayalay Daw Yuzananyani. Please register for the course before 28 June 08.

六月活动

1. **内观禅一日修，星期日，六月十五日，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，六月二十九日，早上九点**
我们的法师将在星期日，六月二十九日，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 June 2008

Moulding Good Minds

Parents should teach their children not only to strive for material success, but also to cherish and value the teachings of the Triple Gem – the Buddha, the Dhamma, and the Sangha – as did always the rich merchant Anathapindika, who donated much of his great wealth for the benefit of the Triple Gem during the time of the Buddha.

In line with the Myanmar saying, “An old earthenware pot cannot be reshaped” (or the English saying, “you can’t teach an old dog new tricks”), children need to be nurtured at an early age when their minds are still receptive and their opinions and attitudes can still be moulded.

Extracted from ‘Timeless & Priceless Treasures of Thabyekan Sayadaw’