

SATIPATTHANA MEDITATION CENTRE

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OCTOBER 2008 ACTIVITIES:

1. **Kathina Day (Robes offering ceremony) : 26 Oct, Sunday, 9 am**

Satipatthana Meditation Centre will organize a Kathina Robe Offering Ceremony on 26 Oct 08 at 9 am. This will be our 4th Kathina Ceremony. Our meditation teacher and advisor, Sayadaw U Rajinda and Ashin Pannavudha are currently residing at the centre for the three-month vassa period. So do join us in this meritorious event. Copies of the program are available at the centre. *Please note that the ceremony may be held at the open shelter at Block 24A, Beo Crescent (next to Kim Seng Neighbourhood Police Post) – venue is subject to confirmation.*

NOTE: Pindapata will not be held at the Beo Crescent market on 26 Oct 08. The next Pindapata will be on 30 Nov 08.

2. **Abhidhamma Course (English): Every Tues, 7.30 pm till 7 Oct**

Sayadaw U Rajinda will continue to conduct the Abhidhamma course in English every Tuesday at 7.30 pm from 12 Aug till 7 Oct. All are welcome to attend the course.

3. **Meditation for Beginners (English): Every Thurs, 7.00 pm till 9 Oct**

Meditation classes for beginners will be conducted in English every Thursday for 8 weeks from 21 Aug to 9 Oct at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the class.

4. **Paritta Sutta Chanting: Every Sat, 7.30 pm till 11 Oct**

Paritta Sutta Chanting class with explanation in English is held every Saturday at 7.30 pm from 16 Aug till 11 Oct. All are welcome to attend the class.

5. **Abhidhamma Course (Burmese): Every Sun, 7.00 pm till 12 Oct**

Sayadaw U Rajinda will conduct the Abhidhamma course (starting with Cittas) in Burmese every Sunday at 7.00 pm from 7 Sept till 12 Oct. All are welcome to attend the course.

**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. Group Meditation Session: 19 Oct, 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!

十月活动

1. 内观禅一日修，星期日，十月十九日，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. 迦思那衣(功德衣)庆典，星期日，十月二十六日，早上九点

本中心将在十月二十六日，早上九点举行迦思那衣(功德衣)供奉庆典。这将是四念处禅修中心的第四次迦思那庆典。迦思那是原始佛教传统庆典。在这节日里，信徒将供养袈裟及必需品给僧团。今年，四念处禅修中心的禅师及宗教导师 Sayadaw U Rajinda 和 Ashin Pannavudha 在本中心度过雨季安居。我们深切地邀请您们来参加这项吉祥的盛会。请到本中心领取节目表。

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 October 2008

How Dāna (giving) should rightfully be performed

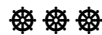
DĀNA is a Pali word that can be translated as giving, generosity, charity and liberality. It is a first step towards eliminating the defilements of greed, hatred and delusion. When you give, you have loving-kindness (*mettā*) and compassion (*karunā*) in your heart. So at that time, greed, hatred or ill-will, and delusion would be absent.

“Giving” is a word that has very wide connotations. It does not mean that you give only expensive things. And it does not mean that you give only material things that cost money. For you can give many immaterial things which may count even more than material things. When we are kind to each other, we are giving kindness, gentleness, comfort, peace, happiness, etc. So we can give by being kind.

In doing *dāna*, such as offering food to monks, the donor should be happy before, during and after the offering. This means that before the offering, during the preparatory stage, the donor should go about the planning and preparation happily. He should realise and appreciate that what he is thinking, planning and doing is very commendable and wholesome. He should be glad on that account. Then when offering the food he should be happy, mindful and aware of what he is doing. He should not be absent-minded and think about other things while making the offering. After the offering whenever he recalls his good deed, he should rejoice and be glad.

Dāna when done with the belief in the law of *kamma* is accompanied by wisdom. So, when we enjoy the results such as wealth in later or future lives, it will be accompanied by wisdom. When we do any good deed, we should make an aspiration for the attainment of *Nibbāna* – the cessation of all suffering.

There are instances in the Buddhist text where a person who regretted making an offering to a monk, was later reborn with wealth which he, however, was unable to enjoy because of his miserliness. So we should take care to have purity of mind before, during and after the deed.



Sādhu! Sādhu! Sādhu! Idam Me Dānam Nibbānassa Paccayo Hotu.
(May this dana of mine be a condition for the attainment of Nibbana.)

*Extracted from ‘Giving (DĀNA)’,
By Bhikkhu Visuddhacara, Pg. 1,3,4.*