



## SATIPATTHANA MEDITATION CENTRE

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### NOVEMBER 2008 ACTIVITIES:

**1. 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.

**2. Dhamma Discussions by Sayadaw Dr Dhammapiya: 15 & 16 Nov 08**

We are pleased to invite Venerable Sayadaw Dr Dhammapiya, the Abbot of Mettananda Vihara, Fremont, California to conduct Dhamma discussions as follows:

- (i) 15 Nov (Sat), 7.30 – 9.30 pm (in English) – Topic: “Worryless Living”
- (ii) 16 Nov (Sun), 4.00 – 5.00 pm (in English) – Topic: “The path leading to happiness (Sukha) & the path leading to suffering (Dukkha)”
- (iii) 16 Nov (Sun), 7.30 pm - 9.30 pm (in Burmese)  
– Topic: “Life is beyond our expectation”

**3. Group Meditation Session: 16 Nov, Sunday, 8.30 am - 5 pm**

Venerable Sayadaw Dr Dhammapiya, the Abbot of Mettananda Vihara, Fremont, California will be conducting the Group Meditation Session on 16 Nov. All are welcome to join us in the group meditation session. Lunch will be provided. Please register at the notice board in SMC. Sadhu!

**4. Pindapata (alms food offering): 30 Nov, Sunday, 9 am**

On Sunday 30 Nov, our three Venerables, Sayadaw U Rajinda, Ashin U Kosalla 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.

We will also be celebrating the birthday of our Religious Advisor, Sayadaw U Rajinda on 30 Nov morning.

We are also pleased to announce that the two schools currently being constructed at Kyaik Latt and Latputta are almost completed. A final

powerpoint show on Part IV: Aid to Myanmar Cyclone Victims and Monasteries in Myanmar will be shown on 30 Nov morning.

We invite and welcome all donors and devotees to join us and to rejoice in all the merits on this happy occasion. Sādhu! Sādhu! Sādhu!

## 十一月活动

1. 内观禅一日修，星期日，十一月十六日，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，十一月三十日，早上九点  
我们的法师将在星期日，十一月三十日，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 November 2008**

### *Generosity*

Every good action must be done with a good, pure motive; so when we give, pure motive means our generosity should be pure generosity, without hoping for any return or reward for what we do. It means that without selfish desire we are willing to share, willing to do, willing to help, to give with generous-mindedness, otherwise the motive will not be good.



Because of generosity, generous action, one can as a result be born wealthy; or whatever one does one can gain successfully in the way of wealth – that is cause and effect.