



SATIPATTHANA MEDITATION CENTRE

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DECEMBER 2008 ACTIVITIES:

1. **Bhikkhu Ordination 14 Dec 08 & Vipassana Meditation Retreat 15-25 Dec 08 under Venerable Chanmyay Sayadaw at Santisukharama Hermitage, Kota Tinggi, Malaysia**

All are welcome to join in the meditation retreat. Sponsors for food and air tickets are welcome. For registration, please contact Daw Mya Wut Yee 91389712 and Daw Kyu Kyu Hlaing 98322294. Sadhu! Sadhu! Sadhu!

2. **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.

3. **Group Meditation Session: 21 Dec, 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!

Note: Please be informed that there will be no Group Meditation Session on 18 January 2009 as we will be shifting into our new premises at 40 Jalan Malu-Malu. Group Meditation Session will resume on 15 February 2009 at 40 Jalan Malu-Malu.

4. **Pindapata (alms food offering): 28 Dec, Sunday, 9 am**

On Sunday 28 Dec, 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!

To our Devotees & Supporters: 28 December 2008 will be our last Pindapata at Beo Crescent Market. We would like to express our sincere thanks from the bottom of our hearts for your overwhelming and strong support for our monthly Pindapata activity at the Beo Crescent market started since April 2005, and our activities e.g. Kathina Robe Offering ceremony.

The monthly Pindapata activity will cease for the time being while we settle down at our new place at 40 Jalan Malu-Malu. We welcome you to join our activities at our new place. Thank you very much for your support. We wish you and your family members good health, peace of mind and happiness always. May everyone and all beings rejoice in the good merits! May all your noble deeds be a condition to your attainment of Nibbana. SADHU! SADHU! SADHU!

5. NOTE regarding Abhidhamma Course:

We regret to inform you that the course 'Abhidhamma for Daily Life – Part VI' schedule in early January 2009 will be postponed to a later date as Sayadaw Dr Nandamalabhivamsa is not feeling well. We will update you later when the course is re-scheduled. We apologise for any inconvenience caused.

十二月活动

1. **内观禅一日修，星期日，十二月二十一日，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，十二月二十八日，早上九点**

我们的法师将在星期日,十二月二十八日,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！

亲爱的佛友与护法大众：本中心即将于明年 2009 年 1 月 17 日 2009 年搬迁至位于三峇旺，40 Jalan Malu-Malu 的新道场。有鉴于此，2008 年 12 月 28 日将会是本中心 Beo Crescent 小贩中心的最后一次托钵活动。

感恩所有十方信众，本中心自 2005 年 4 月至今所办的各种活动如托钵化缘、供养功德衣庆典等活动都得到大家的热烈参与与护持。在搬迁之际，本中心每个月的托钵化缘将暂时停止。欢迎所有佛友在新道场正式起用之后，继续给予踊跃支持。

感谢大家过去的支持，祈愿您一家健康、平安，快乐与安详。愿十方众生随喜赞叹，愿您一切的善行与福德资粮，能成就圆满、趣向无上涅槃道果。

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 December 2008

Living in the Present

Do not pursue the past.
Do not lose yourself in the future.
The past no longer is.
The future has not yet come.
Looking deeply at life as it is
In the very here and now, the practitioner dwells in stability and freedom.
We must be diligent today.
To wait until tomorrow is too late.
Death comes unexpectedly.
How can we bargain with it?
The sage calls a person who knows how to dwell in mindfulness night and day,
'one who knows the better way to live alone.'

Bhaddekaratta Sutta, M.N. 131

