

SATIPATTHANA MEDITATION CENTRE

40 Jalan Malu-Malu, Sembawang Springs Estate, Singapore 769657
Tel: (65) 67589488 Email: sati_paththana@yahoo.com.sg
<http://www.smcmeditation.org>

Dear Devotees,

Please be informed that we are moving wef 17 Jan 2009. Our new address is 40 Jalan Malu-Malu, Sembawang Springs Estate, Singapore 769657. Tel: (65) 67589488.

We are moving to a new site to achieve our objective of providing a meditation centre in Singapore where the yogis can practise meditation anytime throughout the year and to provide proper accommodation for the Sangha.

We welcome you to participate in our activities at our new centre.
We look forward to your support. Thank you.

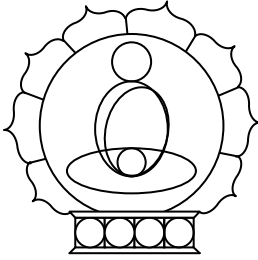
With metta,
Satipatthana Meditation Centre
5 January 2009

JANUARY 2009 ACTIVITIES:

**1. 7-day Vipassana Meditation Retreat during Lunar New Year:
24 Jan (Sat) – 31 Jan (Sat)**

Please be informed that Sayadaw U Rajinda will be conducting a 7-day Vipassana meditation retreat at Santisukharama Hermitage, Kota Tinggi in Malaysia from 24 Jan – 31 Jan 09. Free of charge. Any amount of donations is welcome. For registration and more information, please contact Zaw Moe San at 91714350.

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.



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FEBRUARY 2009 ACTIVITIES:

1. Lunar New Year Celebration & Puja: 1 Feb, Sunday, 9.30 am

We will be celebrating the Lunar New Year on 1 Feb with a New Year puja and blessing service at our new centre, 40 Jalan Malu-Malu. Lights, flowers and robes will be available for offering at the centre. Do join us in the Sanghika dana and potluck lunch.

We wish everyone a peaceful, healthy, successful and happy Lunar New Year! 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
- 11.00 am Offering of lunch dana to the Sangha (potluck)
- 11.15 am Lunch for devotees (potluck)

2. Group Meditation Session: 15 February, Sunday, 8.30 am - 5 pm

All are welcome to join us in the group meditation session at our new centre, 40 Jalan Malu-Malu. Lunch will be provided. Please email us your registration details (name, contact number) or register at the notice board at SMC. Sadhu! Sadhu! Sadhu!

3. 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.

Weekly Activities 每周期活动:

Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)

DHAMMA REFLECTION in the months of
January & February 2009

New Beginnings
Every Instant of Time

FOR LAY-PEOPLE, the new year comes only once a year. Within our bodies however, every moment is as a new year, for our so-called individual existences are in reality nothing but the ceaseless arising and passing away of both matter (Rupa-khanda) and mind (Nama) or states of consciousness. Within each inconceivably short instant time (or Khana), there is the threefold arising or coming into being (Uppada), existing (Thiti), and passing away (Bhanga).

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
translated by U Hla Maung, Pg. 60.*

Value and Potential
Of Human Life

THE LORD BUDDHA and celestial beings speak of the great value and potential of human life. How important to realize that, having won this wonderful opportunity, one should not fritter away in frivolous, meaningless or unwholesome activities. One should strive and profit from this human life, for, by purity of conduct, by mindfulness and development of concentration and wisdom, one can attain Nibbāna, the release from the sufferings of Saṃsāra.

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
translated by U Hla Maung, Pg. 43.*

