

SATIPATTHANA MEDITATION CENTRE

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

MARCH 2009 ACTIVITIES:

1. **Group Meditation Session: 15 March, 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!
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.

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 month of March 2009

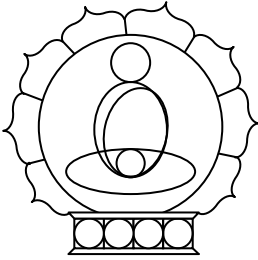
Five Subjects for Frequent Recollection

I am of nature to decay, I have not gone beyond decay.
I am of the nature to be diseased, I have not gone beyond disease.
I am of the nature to die, I have not done beyond death.
All that is mine, dear and delightful, will change and vanish.

I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, whether good or evil, of that I shall be the heir.

Thus we should frequently recollect.

- *Upajjhatthana Sutta, Anguttara Nikaya v.57*



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APRIL 2009 ACTIVITIES:

1. **Abhidhamma for Daily Life – Part VI (English)**
by Sayadaw Dr Nandamalabhivamsa: 4, & 10 Apr (9-11 am & 7-9.30pm),
5 Apr (9-11 am & 3-5 pm), 6 – 9 Apr (7.30-9.30 pm) & 11 Apr (9-11 am)
An eight-day course on ‘Abhidhamma for Daily Life – Part VI’ will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Missionary University (ITBMU), Myanmar. The topic to be covered is Chapter 7-Paccaya Sangaha (Compendium of Causality). Please register for the course before 29 March 09.
2. **Dhamma Talks by Sayadaw Dr Nandamalabhivamsa:**
 - (i) Dhamma Talk (in English) : A Mental Power for Healing of Diseases on 3 April (Fri) at 8 pm, SMC, 40 Jln Malu-Malu
 - (ii) Dhamma Talk (in Burmese) on 5 Apr (Sun) at 7.30 pm, SMC, 40 Jln Malu-Malu
 - (iii) Dhamma Talk (in Burmese): ရောဂါကုစားစိတ်စွမ်းအား တရားတော် on 11 Apr (Sat) at 6 pm, Burmese Buddhist Temple
3. **Cheng Beng Memorial Service: 12 April, Sunday, 9.30 am**
Cheng Beng Memorial Service will be held on 12 April at 9.30 am. Lights, flowers and robes will be available for offering. Please join us to share our merits with our dear departed ones, all our relatives in our previous lives and all beings. There will be a potluck lunch dana.
4. **Abhidhamma Course (English): Every Sat, 6.00-7.30 pm from 18 April**
Sayadaw U Rajinda will continue to conduct the Abhidhamma course in English every Saturday at 6.00-7.30 pm from 14 April. All are welcome to attend the course. Please register at the notice board in SMC.

5. **Paritta Sutta Chanting: Every Sat, 7.45 pm from 18 April**

Sayadaw U Rajinda will continue to conduct the Paritta Sutta Chanting class with explanation in English every Saturday at 7.45 pm from 18 April. All are welcome to attend the class.

6. **Burmese New Year Celebration cum Food Fiesta: 19 Apr, Sunday, 9.30 am**

We will be celebrating Burmese New Year on 19 April at 9.30 am. A Food Fiesta will be held from 11 am onwards and a variety of delicious food (*Mohinga 'Burmese Laksa', Shwe Yin Aye 'Bubor Cha Cha', Burmese Sujee cake, drinks etc*) will be available for all devotees. Please join us on this joyous occasion and tickle your taste buds at the Food Fiesta. We wish everyone good health, peace of mind, happiness and a prosperous Burmese New Year.

Programme

9.30 am Taking Refuge and Five Precepts (Burmese)
Chanting
Dhamma Talk (Burmese)
Meditation
Sharing of Merits

11.00 am Offering of lunch dana to the Sangha (potluck)
& Start of Food Fiesta – *WHILE STOCKS LAST!*

7. **Group Meditation Session: 26 April 09, Sunday, 8.30 am - 5 pm**

In view of the Burmese New Year celebration on 19 April, please be informed that Group Meditation Session will be held on 26 April. 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!

8. **Burmese Language Class (Reading & Writing) for Children:
Every Sun, 2 - 5 pm**

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Weekly Activities 每周期活动:

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Sunday, 7.30 pm Meditation & Dhamma Talk (Burmese)

DHAMMA REFLECTION in the month of
April 2009

Happy Days

Whatever beings, O monks, behave righteously by body, speech and mind during the morning/noon/evening, a happy morning/noon/evening will be theirs.

Truly auspicious and a festive time,
A happy morning and a joyful rising,
A precious moment and a blissful hour
Will come for those who offer alms
To the ones who lead the holy life.

On such a day, right actions in words and deeds,
Right thoughts and noble aspirations,
Bring gain to those who practise them;
Happy are those who reap such gain,
For they have grown in the Buddha's Teaching,
May you and all your relatives
Be happy and enjoy good health!

(III, 150)

*Adapted from 'Numerical Discourses of the Buddha –
An Anthology of Suttas from the Anguttara Nikaya',
Translated and edited by Nyanaponika Thera & Bhikkhu Bodhi, pg 78.*

