



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

MAY 2009 ACTIVITIES:

1. **Abhidhamma Course (English): Sat, 6.00-7.30 pm on 2 May & 9 May**

Sayadaw U Rajinda will continue to conduct the Abhidhamma course in English on Saturday from 6.00-7.30 pm on 2 May & 9 May. All are welcome to attend the course. Please register at the notice board in SMC.

2. **Paritta Sutta Chanting: Sat, 7.45 pm on 2 May & 9 May**

Sayadaw U Rajinda will continue to conduct the Paritta Sutta Chanting class with explanation in English on Saturday at 7.45 pm on 2 May & 9 May. All are welcome to attend the class.

3. **Vesak Day Celebration: 9 May, Saturday at 9.30 am**

We will be celebrating Vesak Day (Buddhist Era 2553) on 9 May to mark the Birth, Enlightenment and Parinibbana of our Lord Gotama Buddha. Do join us on this special occasion. We wish everyone a Happy Vesak Day! 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
11.30 am Offering of lunch dana to the Sangha (potluck)
11.40 am Lunch for devotees (potluck)

4. **'Light a Lantern' for Vesak at SMC: 9 May 09**

"Giving food, one gives strength; giving clothes, one gives beauty; giving a vehicle, one gives ease; giving a lamp, one gives sight. The one who gives a residence is the giver of all" – Sagathavagga, Devatasamyutta

Lanterns will be lit at SMC premises for the celebration of Vesak Day. Sponsorship for each lantern is \$30. If you wish to sponsor a lantern, please quickly email your name(s) and send us a cheque, or write your name(s) on the provided envelope and the name list on the white board at SMC before 9 May 09. Sadhu! Sadhu! Sadhu!

5. **Dhamma Talks (Burmese) by Sayadaw U Ghositabhivamsa:
3, 10, 17, 24 & 31 May 09 (Sun), 7.30 pm**

We are pleased to invite Venerable Sayadaw U Ghositabhivamsa, a meditation teacher from Mettananda Vihara, Fremont, California to conduct Dhamma talks in Burmese on 3, 10, 17, 24 & 31 May 09 (Sundays) at 7.30 pm.

6. **Group Meditation Session: 17 May 09, 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!

7. **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
May 2009**

Udana

Anekajāti samsāraṃ
Sandhāvissaṃ anibbisaṃ
Gahakāraḥ gavesanto
Dukkhā jāti punappunaṃ

Gahakāraka diṭṭho'si
Punagehaṃ na kāhasi
Sabbā te phāsukā bhaggā
Gahakutaṃ visankhitaṃ
Visankhāragataṃ cittaṃ
Taṇhānaṃ khayāṃ ajjhagā

Paeon of Joy

Through many a birth I wandered in Samsara
Seeking but not finding
The builder of this house
Sorrowful is it to be born again

O house builder! Thou art seen
Thou shalt build no house again
All your rafters are broken
Thy ridge pole is shattered
My mind has attained the unconditioned
Achieved is the destruction of craving

- *The Buddha, Udāna*