



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>

JULY 2009 ACTIVITIES:

1. **SMC Opening Ceremony cum Vassa Robe Offering Ceremony:** **5 July 09 (Sun), 9.30 am**

We have shifted to our new premises at 40 Jalan Malu-Malu in Jan 09. Now, we are happy to invite you to our SMC Opening Ceremony cum Vassa Robe Offering Ceremony on 5 July 2009 at 9.30 am. Sayadaw U Pannavamsa (Aggamahapandita, Aggamahasaddhammajotika), Abbot of Dhammikayama Burmese Buddhist Temple, Penang, and Sayadaw U Sejjanalankara (Dvipitakadhara), Abbot of Dhammasukha Monastery, Los Angeles, USA have been specially invited for the opening ceremony. Devotees who wish to offer vassa robes and requisites to the Sangha are welcome to participate in this meritorious offering ceremony. Robes will be available for offering at the centre. (Map http://www.smcmeditation.org/SMC_map.htm)

Programme on 5 July 09 (Sun)

- 9.30 am Opening Ceremony - Official ribbon cutting
9.35 am Taking of 3 Refuges & 5 Precepts by the devotees
Opening Address
Paritta Chanting by Sangha
Offering of flowers, light, food & water
by SMC Sunday Children Dhamma class
Dhamma Talk
Offering of Vassa Robes and Requisites to Sangha
Sharing of Merits
Metta Chanting by SMC Sunday Children Dhamma Class
- 11.30 am Sanghikadana – Offering of lunch to the Sangha
Lunch – Burmese Laksa (Mohinga) & Glass Noodle Soup
for all devotees

2. **Invitation to observe vassa: 7 July (Tues), 8 pm**

The committee will be inviting Venerable Sayadaw U Rajinda and Bhante Mahacara on 7 July at 8 pm to observe their vassa at SMC during the three-month vassana season.

3. **Meditation for Beginners (English): 9 sessions, Every Sat, 7.00 pm – 9.00 pm on 25 July, 1, 8, 15, 22, 29 Aug, 5, 12, 19 Sept 09**

Vipassana meditation is an awareness meditation. It teaches you to be with the present moment, to live in the present moment. Through this practice, one can purify one's mind of mental defilements of greed, hatred and delusion, overcome sorrow, lamentation, pain and grief, as well as to cope better with the stress of daily living.

Meditation classes for beginners will be conducted in English by Sayadaw U Rajinda every Saturday for 9 weeks from 25 July to 19 Sept at 7.00 pm. Participants are invited to attend the one-day group meditation retreat at SMC on 20 Sept 09 after attending the 9 sessions.

Please register by email sati_patthana@yahoo.com.sg or on the notice board at the centre. The course is free.

Course outline is as follows:

25 Jul, 1 Aug, 8 Aug **The Four Guardian Meditation**

- Recollection of Buddha's virtues (Buddhanusati)
- Cultivation of loving-kindness (Metta)
- Recollection of loathsomeness of the body (Asubha)
- Recollection of Death (Maranasati)

Four Foundations of Mindfulness (Vipassana Meditation)

5, 22, 29 Aug

- Contemplation of the Body (Kayanupassana)
- Contemplation of the Feelings (Vedanupassana)

5, 12 & 19 Sept

- Contemplation of the Mind (Cittanupassana)
- Contemplation of the Mental Objects (Dhammanupassana)

20 Sept

One-day group meditation retreat

4. **Abhidhamma Course (English): Every Fri, 7.30 pm, 24 Jul till 25 Sept 09**

Sayadaw U Rajinda is conducting Abhidhamma course (starting from Chapter 1) in English every Friday at 7.30 pm. All are welcome to attend the course. All are welcome to attend the course. Please register at the notice board in SMC.

5. **Group Meditation Session: 19 July 09, 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!

6. Pindapata (alms food offering): 26 July, Sunday, 9 am

On Sunday 26 July, our Venerable, Sayadaw U Rajinda will be going on pindapata (collection of alms food) in the vicinity of the market (near platform area) at Chong Pang City, Yishun Ring Road. Giving alms food or food dana is one of the meritorious deeds. 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!

**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 July 2009

Doing Meritorious Deeds on the Full-Moon Day of Vassa

The full-moon day of Vassa which falls in the month of July is of great importance for all Buddhists as it commemorates the following significant events in the life of the Buddha: It was on this day that

- (i) the Bodhisatta Gotama, was conceived in the womb of Queen Mahamaya.
- (ii) the Bodhisatta Gotama renounced the world for enlightenment.
- (iii) the Lord Buddha delivered his first sermon, the *Dhammacakkappavattana Sutta*.
- (iv) the first vassa was observed by the Buddha and the five Ascetics at Isipatana.
- (v) the commencement of the preaching of the Abhidhamma to his mother and the devas at the Tavatimsa Heaven which took place in the seventh year of his Enlightenment.

Hence Buddhist devotees observe the full-moon day of Vassa with special significance and do meritorious deeds. Buddhist families visit the monasteries to make offerings of food, vassa robes and requisites, take precepts, practise meditation and listen to Dhamma discourses given by the Venerable Sayadaws.

Offering of vassa robes to the Sangha is a nibaddha kusala, which means constant propagating meritorious deeds which all donors have gained. If one with nibaddha kusala does not attain sotapanna in this life, due to some circumstances he will be liberated from apaya (i.e. the four woeful states) in the second existence, just like a sotapan.

Here's a verse composed by our Benefactor Venerable Mahasi Sayadaw to inspire Buddhists to do nibaddha kusala which prevents suffering in apaya in the subsequent existence.

“ Taking Refuge in the Three Gems, observing five precepts and drawing lots (to offer almsfood).

Fortnightly dana, vassa robe offering,

Donating cisterns for drinking water and monasteries building

Donors of these seven danas,

Like sotapanna will not return to apaya.”

Sadhu! Sadhu! Sadhu!

- Adapted from sources:

1. The Religious Significance of the Full Moons by Alec Robertson, pg 54
2. Dhamma Padetha Vol I-II by Sayādaw U Kundalābhivamsa, “Doing Meritorious Deeds on the Fullmoon Day of Wāso (Āsalha)”, pg 227
3. Dhamma Ratana Vol I by Sayādaw U Kundalābhivamsa, “Seven Constant Propagating Kusala (Nibaddha Kusala)”, pg 16