



SATIPATTHANA MEDITATION CENTRE

40 Jalan Malu-Malu, Sembawang Springs Estate, Singapore 769657
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<http://www.smcmeditation.org>

AUGUST 2009 ACTIVITIES:

1. **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

2. **Meditation for Beginners (in Burmese): Every Sun, 7.00 pm – 9.00 pm**

Meditation classes for beginners will be conducted in Burmese by Sayadaw U Rajinda every Sunday during Vassa period at 7.00 pm. All are welcome to attend the class.

3. **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.

4. **Uposatha Observance of 9 Precepts cum Retreat:**

21, 29 Jul, 5, 13, 19 & 27 Aug, 3, 11, 18 & 26 Sept, 3 Oct 2009 at 9 am

Uposatha observance days will be conducted at SMC during vassa period. We are pleased to invite lay devotees who wish to take 3 Refuges and observe 9 Precepts on new moon, 1st quarter, full moon & last quarter. The sessions will be conducted in Burmese. Please register by email or at the notice board in SMC.

Program:

9.00 am Taking 3 Refuges & 9 Precepts
 Meditation (optional)
11 am Lunch (provided)
 Meditation (optional)

Uposatha Observance Days:

New Moon	First Quarter	Full Moon	Last Quarter
21 Jul (Tues)	29 Jul (Weds)	5 Aug (Weds)	13 Aug (Thurs)
19 Aug (Weds)	27 Aug (Thurs)	3 Sept (Thurs)	11 Sept (Thurs)
18 Sept (Fri)	26 Sept (Sat)	3 Oct (Sat)	-

5. **Dhamma Talks by Sayadaw Dr Nandamalabhivamsa: 12 & 15 Aug 09**

We are pleased to invite Sayadaw Dr Nandamalabhivamsa, Aggamapandita, Rector of the International Theravada Buddhist Missionary University (ITBMU), Myanmar to conduct the Dhamma talks as follows:

(i) Dhamma Talk (in English) : 12 Aug 09 (Weds) at 8 pm

Topic: The Way to Purification of Mental Impurities

Venue: SMC, 40 Jln Malu-Malu (behind Sembawang Shopping Centre)

[Plse put hyperlink of EL poster here](#)

(ii) Dhamma Talk (in Burmese) : 15 Aug 09 (Sat) at 3 pm

Venue: Mangala Vihara Main Shrine Hall (near Eunos MRT)

[Plse put hyperlink of BM poster here](#)

[Sponsors are sought for the return airfare and medical treatment of Sayadaw.](#)

6. Group Meditation Sessions:

1 Aug 09 (Sat) & 16 Aug 09 (Sun), 8.30 am - 5 pm

Two sessions of group meditation on 1st Saturday and last Sunday of the monty will be conducted during vassa period. 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!

7. Pindapata (alms food offering): 30 Aug 09, Sunday, 9 am

On Sunday 30 Aug, our Venerable, Sayadaw U Rajinda and Ashin Mahacara 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.

S dhu! S dhu! S dhu!

8. Sharing of Merits in the Seventh Lunar Month (Ullambana): 30 Aug (Sun) at 9.30 am ()

A memorial service to share merits in the seventh lunar month will be conducted on 30 Aug at 10.00 am. Lights, flowers and robes will be available for offering. Please join us to share our merits with our dear departed ones and all past relatives, followed by a potluck lunch dana.

9. 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 August 2009



The Beyond the Walls Discourse (Tirokudda Kanda, Khuddakapatha)

- translation by Anandajoti Bhikkhu

1. They stand beyond the walls, and at the junctions and crossroads,
They stand at the door-posts, having come to their (former) homes.
2. But when abundant food and drink, both staple and non-staple, is prepared,
No one remembers these beings, because of their (past unwholesome) deeds,
3. Thus those who are compassionate give to their (departed) relatives,
At the right time, pure, excellent, suitable drink and food.
4. (Thinking:) “May this go to our relatives, may our relatives be happy!”
Those who have gathered, the departed relatives who have assembled
5. Around the food and drink, respectfully offer their thanks: (saying:)
“May our relatives live long! Those to whom we owe this gain,
For we have been honoured, those who give are not without reward!”
6. For in that place there is no ploughing, and cattle-rearing is not found there,
Similarly there is no trading, or buying and selling of gold.
The departed in that place, who have died, (have to) subsist on gifts.
7. Just as water that rains on the highlands, flows down to the lowlands,
So too what has been given here is of benefit to the departed.
8. Just as rivers that are full (flow and) fill up the ocean,
So too what has been given here is of benefit to the departed.
9. (Thinking:) “He gave to me, he worked for me, he was my relative, my friend,
my companion,” He should give gifts for the departed, remembering what they
have done before.
10. For no tears, or grief, or any other lamentations, Are of any use to the departed,
as long as their relatives continue (grieving) in this way.
11. But that gift that has been given, and well placed in the Sangha,
Is of benefit to them for a long time, immediately it is of benefit.
12. This then is the definition of a relative's duties -
(and by this) great honour has been done to the departed,
Strength has also been given to the monks,
And no little merit has been produced by you!