

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>

October 2009 ACTIVITIES:

1. **Kathina Day (Robes offering ceremony) : 11 Oct, Sunday, 9 am**

We are happy to invite you to our 5th Kathina Robe Offering Ceremony on 11th October 2009, Sunday at 9 am. Our meditation teacher and advisor, Sayadaw U Rajinda and Ashin Mahacara are currently residing at the Satipatthana Meditation Centre for the three-month vassa period. The ceremony will be held at our new centre, 40 Jalan Malu-Malu, Sembawang Springs Estate (behind Sembawang Shopping Centre). http://www.smcmeditation.org/SMC_map.htm Devotees who wish to offer Kathina robes and requisites to the Sangha are welcome to participate in this meritorious offering ceremony. Robes will be available for offering at the centre.

Programme on 11 October 09 (Sun)

- 8.45 am All sponsors to be seated
9 am The Venerable Sangha take their seats
Taking of 5 precepts by the devotees
Offering of Kathina robes and requisites by the main sponsor followed by devotees
Dhamma Talk
Sharing of Merits
11.00 am Sanghikadana – Offering of lunch to the Sangha
Lunch for all devotees

For those who are driving, we would appreciate if you could park your car at the car park of Sembawang Shopping Centre. Please do not park your car in front of the gates of the houses. Thank you for your co-operation.

2. **Guided Metta Meditation sessions cum Discourses (22 Oct – 17 Dec 09)**
17 sessions on Thurs 7.30-9.30pm & Sat, 7-9 pm

Metta (Loving Kindness) meditation refers to the repeated cultivation of metta in our own hearts and minds to make it firm and strong. With this practice, we develop a genuine wish for own happiness and the happiness of others. Metta cultivation is an effective means to overcome anger, to build up the required concentration base for the development of insight and for healthy relationship with every living being, which is very important for a happy family, society and world.

We are pleased to invite you to a series of guided Metta meditation sessions cum discourses (in English) conducted by Sayadaw U Sejjanalankara (Dvipitakadhara), Abbot of Dhammasukha Monastery, Los Angeles, USA as follows:

Course outline:

1. The Spirit of Metta & Introductory Discourse
2. Metta as a Spiritual Path
3. Preliminary for Development of Metta Spirit
4. Nurturing and Developing the Metta Spirit on a Personal Level & Witnessing it as a Wholesome Spiritual Force
5. Practical Transmission of Metta Spirit
6. The 11 Benefits of Metta as described by the Buddha (Metta Sutta)
7. Metta as a Complimentary Practice leading to Nibbana
8. Metta as a Foundation of Four Modes of Holy Living (Sanhitta Sutta)
9. Metta as a way to Heaven
10. Metta as a Social Path for Peace, Harmony & Progress (Saraniya Sutta)
11. Uniqueness of Metta as said by the Buddha (Velama Sutta)

Please register by email sati_patthana@yahoo.com.sg or on the notice board at the centre by 19 Oct 09. The course is free.

Venerable Sayadaw U Sejjanalankara is the Chief Abbot of the Dhammasukha Monastery in Los Angeles, USA. He holds the title of Dvipitakadhara, i.e. he memorised, studied and passed the exams of Dvipitaka - Vinaya Pitaka & Suttanta Pitaka. In addition to obtaining his Sasanadhajasiropavara Dhammacariya degree, he memorised five volumes of the Vinaya and passed his Vinayadhara exams when he was still a samanera. He had also undertaken intensive meditation in the Mahasi Meditation Centre from 1973 and also learnt anapanasati under other teachers. Since May 1995, Sayadaw is based in United States where he has established a Buddhist temple in Southern California. Presently Sayadaw conducts Vipassana meditation retreats, Buddhist studies, Pāli grammar courses in Canada, California and Florida. (<http://www.smcmeditation.org/sejjana.htm>)

3. **Sutta Discussions (19 Oct – 18 Dec 09)**

(24 sessions on Mon & Fri 7.30-9.30 pm & Sat, 3-5 pm):

We are pleased to invite you to a series of Sutta discussions (in English) conducted by Sayadaw U Sejjanalankara (Dvipitakadhara), Abbot of Dhammasukha Monastery, Los Angeles, USA as follows:

Course outline:

1. Ten kinds of Blessings everyone wants (Itthadhamma Sutta)
 2. The Voice of Angel (Pancapubbanimitta Sutta)
 3. Is Spiritual goal achievable in this very life?
 4. The way of Enlightened Saints (Ariyavasa Sutta)
 5. Buddha's Superknowledge which can see Divine Beings in 8 Gradual Steps
 6. Six Superknowledge of the Buddha only unique to the Buddha
 7. Loka Sutta
 8. Satu Vesarajja Nana
 9. Nine Gradual Living Modes in Advanced Consciousness (Anupubba Vihara Sutta)
- (And more topics to announced later. Please check www.smcmeditation.org)*

'Hard to gain is birth as man; hard is the life of mortals; hard to get is the opportunity of hearing the Ariya Dhamma; hard it is for a Buddha to appear.'
–Dhammapada Do not miss this opportunity to learn the Dhamma.

Please register by email sati_patthana@yahoo.com.sg or on the notice board at the centre by 19 Oct 09. The course is free.

4. **Group Meditation Sessions:**

3 Oct 09 (Sat) & 18 Oct 09 (Sun), 8.30 am - 5 pm

Two sessions of group meditation on 1st Saturday and last Sunday of the month will be conducted. 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!

5. **Pindapata (alms food offering): 25 October, Sunday, 9 am**

On Sunday 27 Sept, our Venerable, Sayadaw U Rajinda and Sayadaw U Sejjanalankara 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!

6. **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:

<u>Thursday, 7.30 pm</u>	<u>Meditation & Dhamma Talk (English)</u>
<u>Sunday, 7.30 pm</u>	<u>Meditation & Dhamma Talk (Burmese)</u>

DHAMMA REFLECTION in the month of October 2009

How Dāna (giving) should rightfully be performed

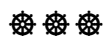
DĀNA is a Pali word that can be translated as giving, generosity, charity and liberality. It is a first step towards eliminating the defilements of greed, hatred and delusion. When you give, you have loving-kindness (*mettā*) and compassion (*karunā*) in your heart. So at that time, greed, hatred or ill-will, and delusion would be absent.

“Giving” is a word that has very wide connotations. It does not mean that you give only expensive things. And it does not mean that you give only material things that cost money. For you can give many immaterial things which may count even more than material things. When we are kind to each other, we are giving kindness, gentleness, comfort, peace, happiness, etc. So we can give by being kind.

In doing *dāna*, such as offering food to monks, the donor should be happy before, during and after the offering. This means that before the offering, during the preparatory stage, the donor should go about the planning and preparation happily. He should realise and appreciate that what he is thinking, planning and doing is very commendable and wholesome. He should be glad on that account. Then when offering the food he should be happy, mindful and aware of what he is doing. He should not be absent-minded and think about other things while making the offering. After the offering whenever he recalls his good deed, he should rejoice and be glad.

Dāna when done with the belief in the law of *kamma* is accompanied by wisdom. So, when we enjoy the results such as wealth in later or future lives, it will be accompanied by wisdom. When we do any good deed, we should make an aspiration for the attainment of *Nibbāna* – the cessation of all suffering.

There are instances in the Buddhist text where a person who regretted making an offering to a monk, was later reborn with wealth which he, however, was unable to enjoy because of his miserliness. So we should take care to have purity of mind before, during and after the deed.



Sādhu! Sādhu! Sādhu! Idam Me Dānam Nibbānassa Paccayo Hotu.
(May this dana of mine be a condition for the attainment of Nibbana.)

*Extracted from 'Giving (DĀNA)',
By Bhikkhu Visuddhacara, Pg. 1,3,4.*