



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

NOVEMBER 2009 ACTIVITIES:

1. **Guided Metta Meditation sessions cum Discourses (22 Oct – 17 Dec 09)** **17 sessions on Thurs 7.30-9.30 pm & 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:

Session	Date & Time	Topics
1	22 Oct (Thurs), 7.30-9.30 pm	<ul style="list-style-type: none">▪ The Spirit of Metta & Introductory Discourse▪ Metta as a Spiritual Path▪ Preliminary for Development of Metta Spirit▪ Nurturing and Developing the Metta Spirit on a Personal Level & Witnessing it as a Wholesome Spiritual Force▪ Practical Transmission of Metta Spirit▪ The 11 Benefits of Metta as described by the Buddha (Metta Sutta)▪ Metta as a Complimentary Practice leading to Nibbana▪ Metta as a Foundation of Four Modes of Holy Living (Sanhitta Sutta)▪ Metta as a way to Heaven▪ Metta as a Social Path for Peace, Harmony & Progress (Saraniya Sutta)▪ Uniqueness of Metta as said by the Buddha (Velama Sutta)
2	24 Oct (Sat), 7-9 pm	
3	29 Oct (Thurs), 7.30-9.30 pm	
4	31 Oct (Sat), 7-9 pm	
5	5 Nov (Thurs), 7.30-9.30 pm	
6	7 Nov (Sat), 7-9 pm	
7	12 Nov (Thurs), 7.30-9.30 pm	
8	14 Nov (Sat), 7-9 pm	
9	19 Nov (Thurs), 7.30-9.30 pm	
10	21 Nov (Sat), 7-9 pm	
11	26 Nov (Thurs), 7.30-9.30 pm	
-	28 Nov (Sat), 7-9 pm	
12	3 Dec (Thurs), 7.30-9.30 pm	
-	5 Dec (Sat), 7-9 pm	
13	10 Dec (Thurs), 7.30-9.30 pm	
-	12 Dec (Sat), 7-9 pm	
14	17 Dec (Thurs), 7.30-9.30 pm	

The course is free.

2. **Sutta Discussions (19 Oct – 12 Dec 09)**

(16 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:

Session	Date & Time	Topics / Synopsis / Reference
7	2 Nov (Mon), 7.30-9.30 pm	Loka Sutta
8	6 Nov (Fri), 7.30-9.30 pm	Loka-dhamma Sutta
9	9 Nov (Mon), 7.30-9.30 pm	Patta-Kamma Sutta - Four things the most wished-for in life.
10	13 Nov (Fri), 7.30-9.30 pm	Abhaya Sutta
11	16 Nov (Mon), 7.30-9.30 pm	Mahāpurisa Sutta
12	20 Nov (Fri), 7.30-9.30 pm	Paca-Pubbanimitta Sutta - The Five Signs of Imminent Death in Heaven and suggested voice of advice by angels.
13	23 Nov (Mon), 7.30-9.30 pm	Satta-dhamma Sutta - Is Spiritual Goal achievable in life?
14	28 Nov (Sat), 7pm	Dutiya Bala Sutta - The Strengths of Enlightened Arahanta Saints
15	5 Dec (Sat), 7 pm	Ariyāvāsa Sutta - The Way of Enlightened Saints
16	12 Dec (Sat), 7 pm	

Schedule of topics and synopsis for each session could also be downloaded at <http://www.smcmeditation.org/CourseSchedule.pdf>

‘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.

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 Sasanadhajasiripavara 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.

For information regarding the two courses, please refer to <http://www.smcmeditation.org/sejjana.htm>

3. **Group Meditation Sessions:**

7 Nov 09 (Sat) & 15 Nov 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!

4. **Pindapata (alms food offering): 29 Nov, Sunday, 9 am**

On Sunday 29 Nov, 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.

We will also be celebrating the birthday of our Religious Advisor, Sayadaw U Rajinda on 29 Nov morning.

We are also pleased to announce that the school at Kyaik Latt has been completed. A final powerpoint show on 'Aid to Myanmar Cyclone Victims and Monasteries' in Myanmar will be shown during lunch time on 29 Nov.

We invite and welcome all donors and devotees to join us and to rejoice in all the merits on this happy occasion.

S dhu! S dhu! S dhu!

5. **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 November 2009

Do You Treasure the Dhamma?

People treasure their gold and their diamonds, and are ever mindful of them, ever fearful of their loss. They guard and protect them assiduously. But how do they treasure the infinitely more valuable jewels of the Buddha's Dhamma? Are they ever mindful of the Dhamma, ever fearful of minor transgressions? Do they guard and protect the Buddha's Dhamma as they protect their worldly jewels?

Don't Let Slip this Opportunity

How exceedingly difficult it is for sentient beings to win birth as humans, and then to hear the Buddha's Dhamma! Much more to be cherished than all the treasure in the world is this opportunity to follow the Buddha's teaching and to strive towards one's release from Samsara. If one lets slip this opportunity, think of the suffering and misery one must endure through countless cycles of rebirth and painful death before one encounters the next Buddha Sasana (period when the Buddha's teaching is available).

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',
Compiled By Tharmanay Kyaw.*