



# SATIPATTHANA MEDITATION CENTRE

40 Jalan Malu-Malu, Sembawang Springs Estate, Singapore 769657  
Tel: (65) 67589488 Email: [sati\\_patthana@yahoo.com.sg](mailto:sati_patthana@yahoo.com.sg)  
<http://www.smcmeditation.org>

---

## JANUARY ACTIVITIES:

### 1. Sutta Discussions : Khandhasamyutta (in English) (Every Sat, 7.30pm starting 9 January 2010)

We are pleased to invite you to a series of Sutta discussions (in English) conducted by Sayadaw U Rajinda as follows:

Topic: Khandhasamyutta

(The Khandhavagga, The Book of Aggregates. Samyutta Nikaya)

Start: 9 January 2010 (every Saturday) at 7.30 pm

*The discourses in Khandhasamyutta (Khandhavagga - the Book of Aggregates, Samyutta Nikaya) are built around the five aggregates (pancakhanda) – Corporeality, Sensation, Perception, Volitional Activities and Consciousness, in the analysis of sentient existence. Understanding the five aggregates is essential for understanding the Four Noble Truths. The aggregates which are the objects of clinging have three characteristics: impermanence, unsatisfactoriness and non-self. One gains freedom from attachment to the aggregates, which are the objects of clinging, by rooting out craving for them through insight.*

*The Khandhasamyutta contains 159 discourses. In these discourses, the Buddha used various methods of approach to suit the occasion, the stage of mental development and the intelligence of his audience. The Buddha warned his disciples against the dangers of craving for and enjoyment of pleasures of the senses. He made them see the faults of the aggregates which are the objects of clinging. The Buddha repeatedly urged his disciples not to be attached to the aggregates and to view them with right perception, as they really are, and finally to practise the dhamma according to his teaching and thus gain liberation from the round of rebirths.*

*‘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](mailto:sati_patthana@yahoo.com.sg) or on the notice board at the centre by 9 January 2010. The course is free.

**Venerable Sayadaw U Rajinda** is the Spiritual Advisor of Satipatthana Meditation Centre. He completed his Buddhist degree (Sasanadhajha Dhammacariya in Pali Scriptures) in 1983 and practised Vipassana meditation at Mahasi Meditation Centre under Sayadaw U Panditabhivamsa in 1986. He is a highly experienced and skilful meditation teacher who is able to explain the discourses in relation to the meditation practice in simple

spoken English. He has conducted meditation retreats in Myanmar, Malaysia, Indonesia, the United States, Australia, as well as Singapore since 1988.

2. **Group Meditation Sessions:**

**2 Jan (Sat) & 17 Jan 2010 (Sun), 8.30 am - 5 pm**

Two sessions of group meditation on 1<sup>st</sup> 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!

3. **Pindapata (alms food offering): 31 Jan, Sunday, 9 am**

On Sunday 31 Jan, our Venerable, Sayadaw U Rajinda and Bhante 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.

4. **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.

5. **'Light a Lantern' for Lunar New Year at SMC: 14 Feb 2010**

*"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 Lunar New Year. 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 14 Feb 2010. Sadhu! Sadhu! Sadhu!

**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 January 2010**

***For the Buddha's Teachings to Succeed Fully***

One can worship the Buddha and the Sangha by alms-giving and thereby gain merit. But for the Buddha's Sāsana to succeed fully, it is important to put the Buddha's teachings into practice and strengthen one's morality, concentration and wisdom, and thus establish oneself firmly on the path of the eight stages of holiness (*Magga-phala*) and *Nibbāna*.

*Extracted from 'Timeless & Priceless Treasures of Thabyekan Sayadaw',  
translated by U Hla Maung, Pg. 53.*