



VMC Circular

Sept / Oct 2009

Vipassana Meditation Centre (Singapore)

251 Lavender Street, Singapore 338789

Tel/Fax: 64453984

Email: vmckm@singnet.com.sg Website: <http://vmc128.8m.com>

A bi-monthly circular brought to you by
VMC Publication Sub-Committee

a vmc publication #Vol.4 No:5



the merits accrued from these meritorious deeds. May these merits be a good cause for the attainment of Nibbana. May you and your family be blessed with peace and happiness always.

With metta

The Management Committee

Vipassana Meditation Centre (Singapore)

KATHINA ROBE OFFERING CEREMONY

1 Nov 2009 (Sunday) @ 8.30 AM

Events / Activities in Sept / Oct 09

ABHIDHAMMA DAY [THE FESTIVAL OF LIGHTS]

~ DATE: 3 OCT 09 (SAT)

~ TIME: 7.45PM

~ VENUE: VMC

ONE DAY MINDFULNESS RETREAT

~ DATE: 12 & 26 SEPT (SAT) & 10 & 24 OCT (SAT)

~ TIME: 8.45AM - 6PM

~ VENUE: VMC

~ ORGANISERS: BRO DHAMMALOKA LIM: HP:9-6985157

U SAW OO: HP:9-6704780

MEDITATION COURSE FOR BEGINNERS

~ DATE: 5, 12, 19 & 26 SEPT 09 (SATURDAY)

~ TIME: 7.30PM - 9.30PM

~ MEDITATION TEACHER: SAYADAW U PANNANANDA

~ VENUE: VMC

~ CLOSING DATE: 31 AUG 09

~ ORGANISERS: BRO DHAMMANANDA TAN HP:9-6652852

SIS SUCITTA LYE HP:9-6843154

SPECIAL 3-DAY MINDFULNESS RETREAT

~ DATE: 19 - 21 SEPT 2009

~ TIME: 9AM - 5PM

~ VENUE: VMC

~ ORGANISER: U MYINT THAN HP:9-2232060

Dear Brothers / Sisters in the Dhamma

We are pleased to announce that Vipassana Meditation Centre (Singapore) will be organising the following meritorious events. The Management Committee would like to extend a most cordial invitation to you and your family to join us on these significant days.

a) Abhidhamma Day on 3 Oct 2009 (Saturday) at 7.45 pm at VMC.

b) Kathina Robe Offering Ceremony on 1 Nov 2009 (Sunday) at 8.30 am at Sri Lankaramaya Buddhist Temple.

If you wish to contribute towards the **Kathina Robe Offering Ceremony**, please contact:

- **Sis Padumini Koe** HP: 96705776 for co-sponsor for Kathina Robe
- **Sis Sucitta Lye** HP: for donations and packing of requisites
- **U Tin Mya** HP: 97537044 for donations of food / beverages / mineral water
- **Bro Dhammaloka Lim** HP 96985157 for provision of transport services for invited monks and other logistical support
- **Sis Annie Ng** HP: 96600076 for donations of flowers
- **Sis Padumini Koe** HP: 96705776 for Dhamma services

You may also wish to contribute by offering a set of robes/requisites to the Sangha. Your generous contribution and unwavering support will be much appreciated. Robes and other requisites are available on the day of event at Sri Lankaramaya Buddhist Temple.

May all devotees and well-wishers rejoice and share in

Significance of Kathina

1 Nov 2009 (Sunday)

Kathina marks the end of the Rains Retreat (Vassa). On this occasion, lay devotees come together to offer robes to the community of monks (Sangha) who have spent the vassa at a particular monastery, meditation centre or some other dwelling places.

The offering of the Kathina robe started during the time of the Buddha. After observing the three-month Rains Retreat, some monks were on their way to the monastery at Savatthi where the Buddha was residing. They were drenched and soaked to the skin by a heavy downpour when they reached the destination. Taking into consideration their condition, the Buddha prescribed a “*Kathina*” ceremony to be performed by monks when they have completed their Rains Retreat.

The meaning of Kathina as used here is firmness, stability and durability because it has the power of providing the five privileges for the eligible monks for the ensuing five months. These five privileges are:

1. *Anamantacara* which enables the monks to go anywhere without asking for permission in the ensuing five months.
2. *Asamadanacara* which means that the monks can keep a set of robes anywhere that he wishes.
3. *Ganabhojana* which allows the monks to take a meal in a group of four or more monks, even though they have been invited in unsuitable terms.
4. *Yavadattacivara* which allows the monks to keep the robes for the five-month period without having to determine or assign them.
5. *Yocatattha Civaruppada* which means that robes or other requisites offered by devotees can be shared among the monks who have completed their Vassa in the same place.

It is the custom of Theravada Buddhists to participate in the ceremony with the offering of robes and/or other requisites. The distribution of the robes received by the monks from the lay devotees is entirely a matter of the Sangha members. The Kathina ceremony promotes the interdependency between the Sangha and the laity. The offerings, made through the devotees’ natural desire to support the Sangha, is an important merit-making event for Theravada Buddhists.

The donors of the Kathina robe can also get five results like the Sangha. In the *Abhidhamma*, it says “*Janeti Sadisam Pakam Patisandhippavattiyam*” which means “This giving produces similar results at rebirth and during one’s lifetime.”

The benefits of offering the Kathina robe are as follows:

1. They can go anywhere without encountering danger,
2. Their clothing comes easily,
3. They can eat whatever food without incurring any harm,
4. They can own many other possessions, and
5. Their property cannot be destroyed by fire or water, confiscated by government, stolen by thieves or fall into

Programme Kathina Robe Offering Ceremony

| | |
|---------|---|
| 8.45am | All devotees to be seated |
| 9.00am | Invitation to Venerable Monks to the Shrine Hall |
| 9.05am | Speech by President of VMC |
| 9.10am | Observance of 5 precepts and Paritta Chanting |
| 9.15am | Robe Offering Ceremony - Kathina robe offering by sponsors - Robes offering by Management Committee, followed by devotees |
| 9.45am | Departure of Invited Venerable Monks |
| 9.50am | Dhamma Talk |
| 11.00am | Lunch Dana to Venerable Monks |
| 11.30am | Lunch for all devotees |

Significance of Abhidhamma Day

The Festival of Lights

3 Oct 2009 (Saturday)



The Full Moon Day of October is of special significance to the Buddhists, not because it is the end of the Rains Retreat (Vassa) but because it highlights one of the most important events in the life of Gotama Buddha.

According to Buddhist chronicles, the Tathagata or Buddha, the Enlightened One, went to the Tavatimsa Heaven to preach Abhidhamma (Higher Subtleties of the Dhamma) to His mother, who passed away seven days after His birth and was reborn in the Tusita Heaven as a Deva called Santussita.

The Buddha propounded Abhidhamma for the first time there in the presence of Santussita and other Devas for 90 days. At the end of the Rains Retreat (Vassa) i.e. on the Full Moon Day of October, the Tathagata descended to earth (to the human abode) at the city of Sankassa.

Now Buddhists observe Abhidhamma Day annually in commemoration of the Buddha's return from the abode of celestials to that of human beings. It is a significant religious occasion as the Abhidhamma is really the golden knowledge which will help one to discard wrong views and to acquire the right views for one's total liberation from all miseries. Buddhists offer lights to the Buddha image and perform meritorious deeds on this day in accordance with the tradition which has been upheld since the life time of the Buddha.

The Festival of Lights in the month of October may seem an occasion for rejoicing and merry-making but in essence, it is an auspicious occasion for spiritual delight and merit making.

Programme

- 7.45pm Observance of 5 precepts
- 7.50pm Offering of lights
- 8.00pm Paritta / Patthana
Paccayaniddesa Chanting
- 9.00pm Group Sitting Meditation
- 9.45pm Sharing of Merits
- 9.50pm Light Refreshments



ACKNOWLEDGEMENTS

EVENTS / CEREMONIES

ONE DAY MINDFULNESS RETREAT

11 & 25 JUL (SAT) & 22 (SAT) AUG

We would like to extend our appreciation and say *Maha Sadhu* to our meditation teacher, the event organisers, Dhamma helpers, well-wishers for their monetary support and donors of refreshment/food, fresh flowers, mineral water, and the participants for their participations and donations to make the event a success.

THREE-DAY MINDFULNESS RETREAT

8 - 10 AUGUST 2009

Palelai Buddhist Temple

The Management Committee of Vipassana Meditation Centre would like to extend its appreciation to the Management Committee of Palelai Buddhist Temple for allowing their premises to be used for a 3-Day Mindfulness Retreat organised by VMC. Our thanks also extend to our meditation teacher, the event organisers, Dhamma helpers, well-wishers, participants and donors.

Sadhu ! Sadhu ! Sadhu!

CONTRIBUTIONS BY FAMILIES

PUBLICATION / BUILDING FUND DONORS

Sadhu to all devotees for their donations to the Publication / Building Fund from Jul to Aug 09.

MONTHLY PLEDGE DONORS

Sadhu to our monthly pledge donors for their donations from Jul to Aug 09.

DONATION OF FRESH FLOWERS

Sadhu to devotees for their regular donations of fresh flowers offered to the Buddha rupa in the Shrine Hall.

BREAKFAST AND LUNCH DONORS

Sadhu to all devotees who performed regular breakfast and lunch dana to Sayadaw.

WEEKLY ACTIVITIES FOR SEP AND OCT 09

| Day | Time | Activities |
|----------|------------------|--------------------------------|
| Tuesday | 7.30pm - 9.00pm | Group Sitting Meditation |
| Thursday | 6.30pm - 8.00 pm | Abhidhamma Class (Burmese) |
| Friday | 7.45pm - 9.00pm | Group Sitting Meditation |
| Saturday | 7.30pm - 9.00pm | English Abhidhamma/Dhamma Talk |
| Sunday | 2.00pm - 4.00pm | Children Dhamma Class |
| Sunday | 7.00pm - 9.30pm | Burmese Dhamma Talk |