



SBM NEWSLETTER

Permit No. MICA (P) 125/07/2014

JAN-MAR 2015

Religious Advisors: Ven B Dhammaratana Nayaka Maha Thera
Ven Mahinda Maha Thera
Ven Dr. Rangama Chandawimala
Resident Religious Advisor: Ven K Dhammika Maha Thera
Resident Monk: Ven T Chandima
Patrons: Mr. & Mrs. Tan Beng Lew

Dear Bros & Sis and Devotees of SBM,

Looking towards the horizon, we are on step closer to year 2015 after having successfully organized Kathina Celebration on 5th Nov 2014. I am most happy to announce that SBM Management Committee have discussed with me and we approached the Late Chief Ven Dr. Kakkapileya Anuruddha to seek his blessings to invite Ven Dr. Ranagama Chandawimala to be our Religious Advisor. Late chief was most happy of our suggestion and gave his full blessings.

Our late Chief was the Professor for Theravada Buddhism at Hong Kong University where Ven. Dr. Ranagama Chandawimala studied for his Master Degree. He continued studying for his PHD. His PHD publication was "The Impact of Abhayagiri Practices on the Development of Theravada Buddhism in Sri Lanka".

Kathina Celebration 2014 was chosen for the date of this announcement. **I am very heartened to have the honor to announce Ven Dr. Ranagama Chandawimala as our Religious Advisor at this auspicious and meaningful Kathina Day Celebration.** We have had a rousing welcome Sadhu! Sadhu! Sadhu! approval from all members and devotees present and witnessed by the Maha Sangha present in this celebration.

On this auspicious day, SBM has also the privilege to print and **launch a publication of our Religious Advisor, Ven Mahinda Maha Thera, titled – "AWAKENING WITH METTA FOR THE WELLBEING AND HAPPINESS OF ALL"** Please feel free to approach SBM to have your copy. An extract summary of this book can be found on page 6 of this newsletter.

May I wish All A very Happy New Year 2015 and also a Health and Prosperous Lunar New Year of the Goat.

There will be prayers and blessings on this two happy beginning.

SBM Youth will be organizing a Lunar New Year celebration **with "Lor He" and interesting get together games for both young and adults on Sunday 1st Mar 2015 at 10.00am. Do join us on this happy bonding occasion.**

With Metta,
Ven Kongala Dhammika

MONTHLY DHAMMA TALKS

Every Thursday 8pm -9.30pm:
Chanting- 9 virtues of the Buddha and Meditation By Ven Dhammika
EVERY FRIDAY 8PM – 9PM: PUJA AND METTA LOVING KINDNESS MEDITATION
LAST FRIDAY OF EVERY MONTH 8-9.30PM
Bodhi puja by Ven Dhammika
Every Sunday 10.30 to 11.30am
Buddha Puja, Chanting and Dhamma Talk.
Every New Moon and Full Moon 8pm- 9.30pm
Buddha Puja and Chanting of Dhamma Cakka Pavattana Sutta

SBM ACTIVITIES

1st Sun of every month 10.30am-11.30am
Dhamma talk- by Ven Dr. Chandawimala
2nd Sun of every month 1pm to 3pm
Dhamma talk by Ven Chuan Guan
3rd Sun of every month 1pm – 3pm
Sutta Discussion –by Bro Piya Tan
4th Sun of every month 1pm – 2pm
Meditation and discussion.

CNY Celebration on Sun 1st Mar 15
10am – 11.30am – Lets join hands together in preparing and sharing of "Lor He" and New Year goodies.

SBM SPECIAL PRAYERS

Prayers ushering of New Year 2015
Wed 31st Dec 2014 – 10.30pm to 0001hrs
Thurs 1st Jan New Year 2015 at 10.00am Blessings.
Amitabha Birthday Prayers
Sun 4th Jan 2015 – 10.30am to 11.30am
Prayers ushering of Luna New Year 2015
Eve Lunar New Year 18th Feb 2015 – 10.30pm to 0001hrs
19th Feb 2015 Blessings Service- 10.30am onwards.
8 Precept – Friday 3rd April 15 (Good Friday)
7am to 5pm. Participant be present by at 6.30am
Goddess of Mercy Birthday prayer
Sun 5th April 14 – 10.30am to 11.30am
Cheng Ming Transfer of Merit Prayers
Sun 12th April 14 – 10.30am to 11.30am

Editorial Notes

Dear Brothers and Sisters in the Dhamma,

The earth goes round and round, with us about to orbit once more and a new year begins. The New Year starts with the change of the year on the first day of the first month. Then you wonder what lies ahead. The usual way for people who hope to make the New Year a better year than the last, is to make a resolution. It is not about speeding forward with much gusto after cleaning every nook and corner of your house and every juice cleansing your system! It about reflection.

A whole year has passed since the last one. You're a year older. Are you a year wiser? For most of us we want to start off on a clean slate. As a Buddhist, we should be improving in our spiritual endeavours year after year and reducing our defilements. Our states of anger, hatred, jealousy and grudges should have been reduced over the years especially after the number of times we have visited the temple, listened to talks and participated in activities to hone our spiritual practices. In simple mundane language, we should have mellowed gracefully with age. On the other hand, our spiritual growth should show progress in our actions and thoughts.

Religious knowledge is important but it does not give you understanding and wisdom, nor peace of mind. Knowledge remains as an intellectual trait if doctrines are just stored and used in intellectual discussions and dissemination. The acquiring of Knowledge comes first. Then one uses it to 'test its truth" by practicing what is taught, then understanding or realisation occurs. As a Buddhist practicing one simple basic teachings of the Buddha is enough to enhance your spiritual growth. If you reflect on your actions for the year and have truthfully recognized your own failings in spiritual growth, then your sincere resolution to make an effort to practice the teachings will make your participation in Buddhist activities meaningful. You will have to walk the path so that your actions can bear fruit.

Why do we go to the temple? There was a strange comment that people who visit the temples are people with problems. Agree? There could be an element of truth there but not completely. At the temple, people will show great respect to our Lord Buddha. It is the usual practice to make three prostrations in front of the altar. Why three? I think, one prostration is for the Buddha, the other for the Dhamma and the third is for the Maha Sangha. So when I do each of my prostrations, I will say, " Buddham Saranam Gacchami, followed by Dhammam Saranam Gacchami and Sangham Saranam Gaccham ". I just feel good and it becomes meaningful for me to do the three prostrations. Being with the Sangha, with the devotees who practice hard and with those giving us a chance to practice them well, we grow spiritually. When we become aware of our actions and thoughts we will put in effort to practice the Buddha's teachings and grow in the Light of the Dhamma. Let us in unity grow and grow fast in the Dhamma in the New Year and the years to come.

WISHING ALL BHANTES , BROTHERS AND SISTERS IN THE DHAMMA



A VERY HAPPY NEW YEAR 2015,

& HAPPY LUNAR NEW YEAR OF THE GOAT

With Metta,

Sister Khema.



KATHINA PROCESSION



Bhante Dhammika introducing Maha Sangha to devotees.

Bro Leo offering KATHINA ROBE of behalf of SBM

Prayer before offering of robes to Maha Sangha



Robe and Requisite Offering

The Quiet Volunteers



Back of the house



Front of the house



HAPPY KATHINA

SBM Newsletter Jan-Mar15

SBM General Committee, members and devotees are very happy to know that Ven Dr. Rangama Chandawimala has accepted our Invitation to be SBM Religious Advisor in Kathina day 2014.

He is currently an Assistant Professor in Buddhist College of Singapore, Kong Meng San Phor Kark See Monastery,

He has a long list of accomplishment in his academic pursue of Buddhist Studies. Just to name a few, below are his list of educational qualification.

- PhD., Centre of Buddhist Studies, The University of Hong Kong, 2008.
- M.A. in Buddhist Studies (Distinction), The University of Hong Kong, 2003.
- Dip. in Ed., Faculty of Education, The University of Colombo, Sri Lanka, 1998.
- M.A., in Buddhist Studies, Postgraduate Institute of Pali and Buddhist Studies, The University of Kelaniya, Sri Lanka, 1997.
- B.A. (Hon) in Buddhist Philosophy, The University of Kelaniya, Sri Lanka, 1994.
- Diploma in Buddhist Studies, The Pali and Buddhist University, Sri Lanka, 1993.

Teaching Experience

Over the last 6 years he taught in at Buddhist College of Singapore for Bachelor of Arts in Major in Buddhist Studies on Buddhist Culture and Buddhist Philosophy.

In the course of he studies, he served as a tutor for –

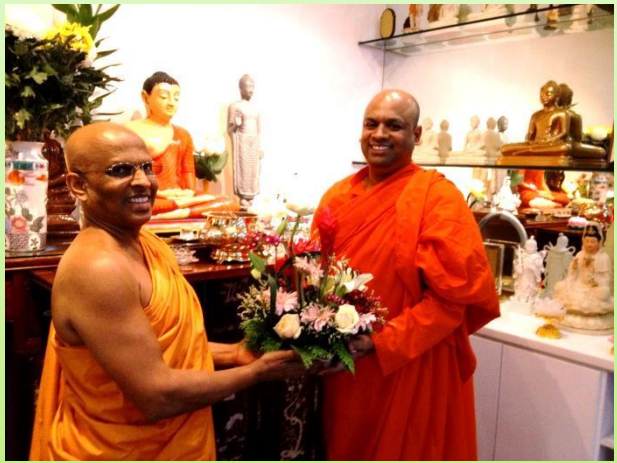
- “**Life and Buddhism**” (Undergraduate Course) at the University of Hong Kong, year 2007.
- “**Theravada Buddhism**” and “**Theravada Abhidhamma**” (Master of Buddhist Studies) at the University of Hong (2004-06)
- Pali and Tripitaka** Studies at a Pirivena (Monastic College) in Sri Lanka 1996-2000.

His publications include:

- “**Crossing the Sea in Search of Dharma**”, *Sri Lanka International Journal of Buddhist Studies (SIJBS), Vol. I*, Published by Sri Lanka International Buddhist Academy, Kandy, ed. by Ven. Dr. Bhikkhuni Suvimalee, 2010.
- “**Tantric Buddhist Influence on Sri Lankan Pirit (Paritta)**”, *Buddhist and Pali Studies in Honour of the Venerable Professor Kakkapalliye Anuruddha*, ed. by Professor K.L. Dhammajoti and Prof. Y. Karunadasa, published by Centre of Buddhist Studies, the University of Hong Kong, 2009.
- “**Bodhicitta Practice in Theravada Buddhism with Special Reference to Abhayagiri Fraternity in Ancient Sri Lanka**”, *The Indian International Journal of Buddhist Studies*, Vol.9, 2008.
- “**Esoteric Buddhist Practice of Ancient Sri Lanka**”, *The International Journal of Humanities*, Common Ground Publications, Australia, Vol.5, Issue 12, pp. 2008.

Awards

“The Best Young Scholar Award” for academic paper presentation at the 3rd Korean Buddhist Conference (Sangeeti), South Korea, April, 2006, delivering his first academic international paper presentation as a PhD student at Centre of Buddhist Studies of the University of Hong Kong.



Kathina 2014



Vesak 2014

An extract summary of “Awakening with Metta”

In the chapter “ The Significance of Mindfulness and the Practice of Metta, Ven Mahinda explains:-

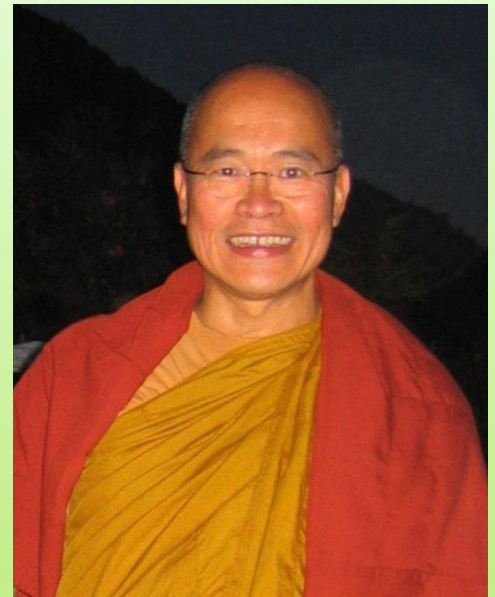
Mindfulness and Metta complement each other. As our Metta grows stronger, we naturally will become more aware and sensitive to what is happening within and around us. As our mindfulness grows, our understanding of the realities of life increases, enhancing our ability to empathise with, and understand the situations of others.

When we first begin to practise Metta, the idea of ‘I’ and ‘my’, which creates a barrier between ourselves and others, is still there – i.e.- “I” radiate loving –kindness to you”. But as we cultivate mindfulness and begin to understand the empty nature of our being, our self-idea begins to diminish and our Metta will become more natural.

As long as we are still practising Metta with the self-idea, we are bound to be disappointed from time to time (e.g. I give Metta to you and you let me down). That is why we need to take Metta to another level by developing mindfulness meditation that will lead us to the insight to go beyond self.

As we cultivate the Four Foundation of Mindfulness, we will begin to see, in particular, the true nature of the Five Aggregates which make up of our being – as impermanent, unsatisfactory and devoid of any intrinsic self-identity. In this manner, mindfulness eventually leads to the wisdom and realisation to break our concept of “I”, “my”, “me” and “mine”. This is how the gross idea of self can be eradicated.

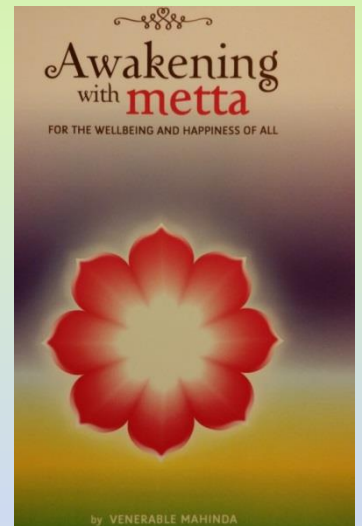
The more subtle notion of the self can only be overcome through greater maturity of wisdom and insight into the emptiness of ourselves, those around us, as well as whatever activities are being carried. Metta minus the idea of “I” and “My” becomes truly pure and unconditional love because there is no more self. Then we will be free to help others in a much greater way.



Ven Mahinda Maha Thera



SBM Youths Meditation Retreat
in Aloka Rama (above)



Participants in Metta round the
world prayers on Sat_5th July 2014
9pm to 9.40pm. (Right)



A Recipe For Happiness

In building a happy, purposeful life, we should exercise our compassion and wisdom, the two wings that can raise us to the summit of human perfection. If we are to develop the emotional aspect neglecting the intellectual, we will become good-hearted fools, while the development of our intellectual side at the neglect of the emotional will make us hard-hearted intellectuals with no feelings for others.

According to the Buddha, compassion and wisdom must be developed jointly for people to gain liberation. The good life is inspired by love and guided by knowledge.

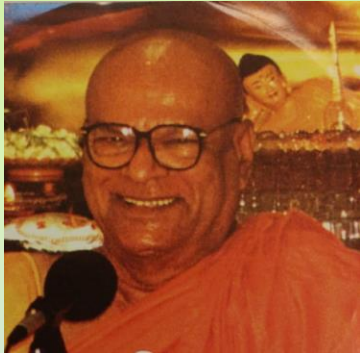
What is Compassion? **Compassion is Love, Charity, Kindness and Tolerance.** It is acting out of love and concern for all that lives, especially when they are in unfortunate circumstances.

What is Wisdom? **Wisdom is seeing things as they are, and acting out the noble qualities of the mind.**

In exhibiting Compassion and Wisdom, we can gain happiness. We must also distinguish between pleasure and happiness. Pleasure is a passing show and does not offer lasting happiness. Pleasure can be bought, but not happiness. Happiness comes from within, based on the foundation of simple goodness and clear conscience.

No one is happy unless there is contentment within. The quest for mental tranquility is only possible through mental culture or meditation. There is so much to do and so little is done. Only through self-analysis and purification will our latent seeds of virtue be able to sprout to reveal our divine and human nature. It is not an easy task. It requires perseverance, determination and effort.

The author skillfully expressed Happiness as such:



“ Happiness is a perfume you cannot pour on others without getting a few drops on yourself ”

(Extracts from late Chief's book, "Why Worry"- How to find real happiness?)

SBM Bhantes, General Committee and Youth leaders would like to thank all generous donors and benefactors for their unwavering support to enable us to continue organizing activities for members and devotees as well as providing resources and facilities to guide and train younger generation youth leaders the qualities of compassion and wisdom to continue with the noble objective of propagating the Dhamma.

We would also like to thank Mr. Lim Wei Ping of Tong Hai Yang Construction Pte Ltd. in building a space saving storage cabinets in our small little abode in 9th Ruby lane.

May these meritorious deeds accrued bring all our donors lasting Happiness and Equanimity.

Sadhu, Sadhu, Sadhu.

For office use only

Receipt No. _____ dated _____

To: The Hon Treasurer Singapore Buddhist Mission
9 Ruby Lane
Singapore 328284

I am / we are pleased to enclose \$ _____ Cheque No. _____ / Money Order No. _____) for the following purpose:

S/N	DONATIONS	AMOUNT S\$
1.	<p>Prayers ushering of New Year 2015 Wed 31st Dec 2014 – 10.30pm to 0001hrs Lotus candle - \$10/- per lotus – For Blessings</p> <p>Amitabha Birthday Prayers - Sun 4th Jan 2015 – 10.30am to 11.30am Lotus candle - \$10/- per lotus – For Blessings and separately for Transfer of Merits (TOM)</p> <p>Prayers ushering of Lunar New Year 2015 Eve Lunar New Year 18th Feb 2015 – 10.30pm to 0001 am 19 Feb 15 New Year Blessing lantern - \$30/- per Family New Year Blessing Lotus candle - \$10/- per lotus 19th Feb 2015 1st Day of CNY - Blessings Service- 10.30am onwards. 1st Mar 2015 – CNY celebration – 10.00am to 11.30am</p> <p>8 Precept – Fri 3rd April 15- 7am to 5pm (on Good Friday). Participants are encouraged to be present by 6.30am. Offering of Dana is welcome</p> <p>Goddess of Mercy Birthday prayer Sun 5th April 15 – 10.30am to 11.30am Lotus candle - \$10/- per lotus – For Blessings</p> <p>Cheng Ming Transfer of Merit Prayers Sun 12th April 15 – 10.30am to 11.30am Lotus candle - \$10/- per lotus – For Transfer of Merits</p>	
2.	DANA FUND (Monthly / Quarterly / Half Yearly / Yearly) @ \$20 and above	
3.	Youth Group Development Fund	
4.	Membership Subscription (\$30) for Year 2015 . Conversion to Life M'ship is subject to approval of GC (\$300)-	
5.	Publication of Buddhist Books/Newsletter/Internet Platform etc.	
6.	Buddha Image In Memory of Departed Relatives and Friends - \$1,000.00 each	
7.	Building Fund –To expand our facility in order to accommodate increasing Youth activities.	
8.	TOTAL	

Dear members and friends, in our effort to do our part for the environment, we have uploaded our Jan –Mar 15 newsletter in our website at <http://www.singaporebuddhistmission.org>. For those who wish to receive in soft copy for future releases, you may write to us at enquiry@singaporebuddhistmission.net.

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