

SBM NEWSLETTER - JAN - MAR 2016



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 Liew

Happy New Year 2016 and Chinese Lunar New Year to SBM Family and Singapore!

Dear SBM members, devotees and friends,
First of all, let me wish SBM family a Happy New Year 2016 and Chinese Lunar New Year with the dawning of this festive season. New Year always brings us new hopes and blessings to continue our life journey with joy, enthusiasm and vitality. This will bring us towards expected goals in our life and the positive thoughts which we generate will be conducive to happiness and good fortune throughout the year. Everyone loves beautiful and colourful things. This life becomes beautiful and colourful when it is filled with sublime qualities such as Metta, Karuna, Mudita and Upekkha while refraining from evil thoughts such as ill-will, anger, hatred, delusion, covetousness, revenge, grudge, wrong views etc.

The significance of the New Year is something that goes beyond the time and space. It is not just only one year goes and another year comes. There are lots of beautiful and positive practices connected with the New Year. Specially, the Chinese people have their own age old traditional cultural practices to be observed during the New Year time. Modern psychology also accepts the importance of the role of positive thought which improves the condition of one's worldly life. To have positive thoughts with hopes are much better than looking at the traditional practices with negative feelings. Therefore, the practice of customs during the New Year is important.

While having a life with social values and positive thoughts one should always learn something good and develop knowledge and wisdom. He should be a person with good understanding who is responsible and dutiful as a human being. And also he should care about others and respect their cultures and religions. Such a life is beautiful and meaningful. Each and everyone should think to shape his or her life in this way and the New Year will be the best time for us to start a new life with new hopes and thoughts which will be beneficial for oneself and others.

Happy New Year... Gong Xi Fa Cai... Xin Nian Kuai Le...!

With the blessings of the Triple Gem, may you be well and happy!

Bhante Dhammika

WEEKLY PROG FOR 2016

Every Thurs 8pm -9.30pm

Meditation on Buddhanussati -108 times (recitation) –by Ven Dhammika

Every Fri 8pm -9pm

Metta Meditation by Ven. Dhammika

Last Fri Of Every Month 8PM – 9.30PM

Bodhi puja by Ven Dhammika

Every Sat 2.30pm- 6pm

SBM Youth Activities by Ven T. Chandima

Every Sunday 10.15 - 11.45am

Buddha Puja, Chanting and Dhamma Talk.

MONTHLY PROG FOR 2016

1st Sun of every month 11am-11.45am

Dhamma talk- by Ven Dr. Chandawimala

2nd Sun of every month 1.15pm - 3pm

Dhamma talk by Ven Chuan Guan

3rd Sun of every month 1.15pm – 3pm

Sutta Discussion –by Bro Piya Tan

4th Sun of every month 10.15am–11.45am

Chanting Group Practice

Dhamma Dana for Seniors **1pm - 3pm**

5th Sun of the month 10.15am–11.45am

Buddha Puja, Dhamma Discussion and Mindfulness Practice

Every New Moon & Full Moon 8pm- 9.30pm

Buddha Puja and Chanting of Dhamma Cakka Pavattana Sutta

SBM SPECIAL PROG & PRAYERS

New Year Eve Prayer for world peace

Midnight 31st Dec 2015 - 10.30pm to 0001am

New Year 2016 Prayers and Blessings services

1st Jan 2016 10.30am to 5pm

Lunar New Year Eve Prayer

Midnight 7th Feb 2016 10.30pm to 0001am

Lunar New Year Day – 8th Feb 2016 .

Blessings Service for the whole day - 9am onwards

8 Precept Practice – 25th Mar 2016 (Good Friday)

7am to 5pm. Participant be present by at 6.30am

Goddess of Mercy Birthday Prayer

Sun 27 Mar 2016 – 10.15am to 11.45am

Cheng Ming Transfer of Merit Prayers 1

Sun 3rd Apr 2016 10.15am -11.45am

Editorial Note

The year 2015 is coming to an end and what is past should not be dwelled upon. The now, that is the present, is important as it is the present that affects the future. We could assess our own spiritual growth now and make aspirations to improve.

Often when I express my perceptions about the teachings of the Buddha, I always have this feeling of whether my perceptions of the teachings are correct. And the only way I can find out if it is the truth, is to put into practice what I perceive is correct. I am still learning and still struggling hard to stay on the path the Buddha showed us. If we stubbornly believe that what we perceive and understand is true when it is not, I think when we are faced with the truth, we will definitely be unable to accept the truth. We hence remain ignorant.

Yet people tend to look to teachers and knowledgeable people who express their own views and when these views are in congruence with their own perception, they start to believe in it. I would rather as advised by the Buddha that we test the perception through practice and then realise it as the truth. We then believe in the teaching and confidence arises in that belief.

Even when I speak to my Dharma teacher, I would ponder over the meaning of the teachings. Some days I am like a recluse wanting space for myself and delving deep into the meaning of the teachings of the Buddha that I have just heard. Sometimes, that particular teaching is so daunting that it stays in my mind as I go about my daily mundane activities. There are times when the occasion arises, the awareness of the teachings of the Buddha that has been in my mind, arises and I think, act and behave according to what I perceive it to mean. Sometimes, the truth does not come and is still hard to grasp. You can be given recipes and the actual baking and cooking needs to be carried out by yourself. Even then, one may not have mastered the skills. One then perseveres with much effort. Constant practice and developing the mind gets you nearer to the truth but how do you know you have arrived at the Truth? I have no answer to that. Is it the Truth if good actions gave you peace and happiness?

A person with vast knowledge of the teachings of the Buddha may not have *understood* the teachings himself. It is more an intellectual interpretation of the Dharma. A person who practices with much effort is the one who may have found the truth. However, the acquiring of knowledge can trigger inspiration to practice and to find out the truth. It means that we ultimately have to walk the Buddha's path ourselves.

Aspirations made for the New Year are beneficial as they inspire you to move ahead and give you hope for a happy and peaceful life. So here's a wish to all brothers and sisters in the Dhamma.

May we all have the courage, the strength and the determination to walk the Buddha's Path.

May we have a blissful 2016 New Year!

To each of you, a very Happy New Year. May all be well and Happy Minded!

With Metta, Sis Khema.





(A) & (B) Kathina Possession 2015
 (C) 14 Venerable Sirs participated in SBM Kathina Day
 (D) Bro Leo Offering Kathina Robe to Maha Sangha represented by Ven Dhammika.



(F) & (F1) SBM Choir Group in their award winning Buddhist Chanting and Hymn Song.
 (G) Participants in SBM Kathina Day
 (E) Kathina Organizing team of youth leaders supporting the Adult Kathina committees



Reflections on "Developing Metta" talk by Ven. Bodhicitta

Last Saturday (7th Nov), I was really grateful to be in the presence of a really happy, calm and peaceful Venerable Bodhicitta and surrounded my spiritual friends. Venerable Bodhicitta came down to our temple to share about Developing Metta immediately after she touched down in Singapore from Sri Lanka. Her peaceful and selfless self changed the entire atmosphere of our temple and it really calmed everyone down; from their busy work schedules, camp meetings, exams etc.



A few pointers she shared was that:

1. Selfishness (only caring about ourselves) leads to ignorance towards others (insensitivity)
2. Ignorance will lead to the 3 poisons (Greed, Hatred & Delusion) and will eventually lead to Dukkha.
3. Loving Kindness is the state of mind, resonating with others.
4. One way to develop Metta is through Metta Meditation, cultivating a more mindful attitude towards ourselves and others.

One of the stories that I found really meaningful was the spoon story. Two separate tables filled with people who have long wooden sticks attached along their arm and a spoon at the end for them to hold (In a way that they cannot bend their arms). & the task was to eat food, on the table, with these restrictions. Whilst people on one table was struggling to feed themselves without bending their elbows, the people from the other table were feeding each other.

This story made me realize that sometimes, it doesn't hurt to help others because when you help others, you help yourself too. This story also shows an aspect of selflessness - in a sense that you help others eat first before thinking about feeding yourself.

Simple actions like ignorance and selfishness leads to Ignorance and the 3 Poisons. Although these actions may arise when we are too caught up in something, I personally have been learning to take a second to pause, think and process my feelings, something like; "is this worth my effort to feel angry", "if i feel angry now, how long more will i be dragged down by this unhappiness" or "are we suppose to feel sad that things change? If I feel sad about it, does it mean I was unconsciously expecting something?" etc etc.

These questions make me think more emotionally and mentally, makes me think thrice about my actions and how they affect me and the people around me.

I really enjoyed this talk and I am really glad I got the chance to hear her views on Developing Metta and how everything is interlinked with each other although we talk about these topics as separate subjects.

Thank you SBMY for organizing this! (By a Youth Participant)

Ps: You can see more activities, videos & pictures, learning and self-reflections of SBM youth leaders and their ideas in their Facebook.

Simply login to www.facebook.com/sbmyouth/ or just simply Goggle search for Singapore Buddhist Mission Youth and you will be able to locate their Facebook and website.

Karma and Rebirth account for many of our existing problems explained by Ven Dr. Narada Maha Thera

- They account for the suffering for which we ourselves are responsible.
- They explain the inequality of mankind.
- They account for the arising of geniuses and child prodigies.
- They explain why identical twins who are physically alike, enjoying equal privileges, exhibit totally different characteristics, mentally, intellectually and morally.
- They account for the dissimilarities amongst children of the same family although heredity may account for the similarities.
- They account for special abilities of men by their parental tendencies.
- They account for the normal and intellectual differences between parents and children.
- They explain how infants spontaneously develop such passions as greed, anger and jealousy.
- They account for instinctive likes and dislikes at first sight.
- They explain how in us is found 'a rubbish heap of evil and treasure of good'
- They account for the unexpected outbursts of passion in a highly civilized person, and for the sudden transformation of a criminal into a saint.
- They explain how profligates are born to saintly parents and saintly children to profligates.
- They explain how we are the result of what we were, we will be the result of what we are; in other words, we are not absolutely what we were, and will not be absolutely what we are.
- They explain the causes of untimely deaths, and unexpected changes in fortune.
- Above all, they account for the arising of omniscient, perfect spiritual teachers like the Buddhas who possess incomparable physical, mental and intellectual characteristics, which can be explained only by Karma and Rebirth.

Ven. Dr. Narada further elaborated - The Purpose of explaining Karma.

The Buddhist doctrine of Karma did not expound fatalistic views. Nor did it vindicate a post-mortem justice.

The Buddha, who had no selfish motives, did not teach this law of Karma to protect the rich and comfort the poor by promising illusory happiness in an after-life.

Chief Ven, Dr. K. Sri Dhammananda, on the other hand likes to take present life objects to explain Karma....

~ Karma and the electric light ~

Just as an electric light bulb is the outward manifestation of invisible electric energy, even so are living beings the outward manifestation of invisible karmic energy. The bulb may break and the light may be extinguished, but the current remains and the light may be reproduced in another bulb. The bulb can be compared to the parental cell of the body and the electric energy to the karmic energy.

In the same way, the karmic force remains undisturbed by the disintegration of the physical body, and the passing away of the present consciousness leads to the arising of a fresh one in another birth.

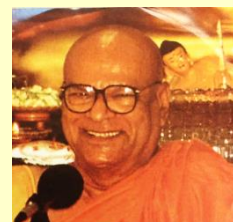
~ Karma has neither beginning nor end ~

If we understand Karma as a force or a form of energy, then we can discern no beginning. To ask where is the beginning of Karma is like asking where in the beginning of electricity. Karma like electricity does not 'begin'. It 'comes to being' under certain conditions.

Conventionally, we say that the origin of Karma is volition but this is a much conventional as saying that the origin of river is a mountain top. But when you attain enlightenment, your karma exhausts (*Kammakkhaya*). Therefore, an individual's Karma has no beginning but it has an end.

Excerpts from "Food For The Thinking Mind"

by >>>>





Everything changes, nothing remains without change.

-Buddha

www.iqquotes.com

Administrative announcement

Changes in administration of Spiritual Services in SBM

SBM has always and will continue to uphold its mission to offer supportive spiritual guidance and help to her members and devotees.

Therefore, at an appropriate time, we need to relook at how we manage the activities so that they benefit all devotees. Changes in administration to some of these activities are made in congruence with how these activities were carried out during the Buddha's time

Transference of Merit (TOM)

As it was in the past, devotees who wish to have Transference of Merits service conducted in memory of their relatives and friends should offer candles, incense and flowers to the Buddha during puja session before the TOM prayers begin.

After the TOM service, the Maha Sangha is offered a Monk's Robe which is deemed as the highest respect and gratitude accorded to the Maha Sangha by the TOM requestor. Normally, the Monk Robe is offered to the most senior Venerable who represent the Maha Sangha participating in the TOM ceremony. The Devotee is also free to offer Robes to all participating Venerables if they wish to. Each robe, including a set of candles and incense is available in SBM at \$80/- per set.

Please approach our resident Venerables to make purchases of the set of items should you wish to request for Transference of merits services. This is the traditional Buddhist way in transferring merits apart from giving Dana to the Maha Sangha. We will abide by this practice with effect from 1st Jan 2016 in SBM.

New Moon and Full Moon Puja

It was also agreed that we review our practice for Sponsors of New Moon / Full Moon Puja.

Devotees who wish to sponsor Monthly New Moon or Full Moon blessings puja may do so at \$30/- per family. Lotus candles and incense shall be provided by SBM.

Family Blessings Services

As regards to family blessings and services for other occasions, the committee also agreed that devotees who request for such services at SBM, can purchase Monk Robes at SBM to offer to the Maha Sangha at \$60/ per Robe. Devotees may offer their own flowers and fruits. Prayer items such as Lotus Candles and Incense will be prepared by SBM.Contd.

Contd.....

As SBM do not have paid staff to manage daily administration matters, our Venerables have kindly offered to assist you. Please contact our Venerables at SBM for the purchase and preparation of these items.

SBM is a non-profit organisation. Financial sustainability is the key to ensure SBM can carry out its activities and meet the needs of its members and devotees successfully. While we at SBM have endeavoured to support and provide services and activities for the spiritual growth and well-being of our members and devotees all through the years, we must not forget that our premises like all buildings, has to be maintained in order to hold such activities. Collections through the above activities shall be used to pay for bills like repairs in the premises, power supplies to the premises, provisions and a host of other administrative and maintenance fees.

With rising costs, our budget will be strained and our organisation, devotees and members must be aware of the reality that whatever is provided for at SBM come from the generous donations of her devotees and members. Generosity is a great meritorious deed mentioned by the Buddha. Great is the blessing to those who help donate to the building of a temple and ensuring its continued existence.

By your meritorious deeds, may you and your family be well and happy.



Offering of Robes to Maha Sangha

Bro Richard Poon Teck Meng, President of Singapore Buddhist Mission wish to thank all Venerables Monks and Bros & Sis in the Dhamma in attending the Maranasati prayers on the demise of his beloved father , Mr. Poon Yew Song.

Camp Ehi-Passiko 2015 (11th – 14 Dec 15)

Camp Ehi-Passiko held in Camp Challenge in Admiralty was indeed a challenging one. With the wet weather and ever increasing cost, we are extremely glad to have made it. It is certainly not possible if not for the support of Bhantes, General Committee and most importantly the generous support from donors and members of SBM.

On behalf of all our SBMY organizing committee, GLs and Youth Executive committee we would like dedicate these merits to all our donors and parents and Dhamma friends of SBMY.



DEDICATION OF MERITS

May your kindness find reward,
May all who sorrow leave their grief and pain,
May this boundless light...Break the darkness of their endless night.

May those who hear or read this,
Find their hearts and mind awake,
To Great Compassion , Wisdom and Joy.
Sadhu, Sadhu, Sadhu.

Zhen Yu (Camp Master) and Melody Sim

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.	<u>Transfer of Merits:</u> <u>Offering of Monk Robe, Lotus Candle and Incense (\$80/- per set) -----</u> <u>Sponsor of New Moon Buddha Puja - Family Blessings (\$30/- per set) -----</u> (Lotus Candles and Incense will be provided) <u>Sponsor of Full Moon Puja for Family Blessings. (\$30/- per set) -----</u> (Lotus candles and Incense will be provided) <u>Goddess of Mercy Birthday Prayer – Per lotus candle (\$10) -----</u> Sun 27 Mar 2016 – 10.15am to 11.45am <u>Cheng Ming Transfer of Merit Prayers - Per lotus candle (\$10) -----</u> <u>Sun 3rd Apr 2016 10.15am -11.45am</u>	
2.	DANA FUND (Monthly / Quarterly / Half Yearly / Yearly) @ \$20 and above	
3.	Youth Group Development Fund (Youth Camp EhiPassiko) – See Camp	
4.	Membership Subscription (\$30) for Year 2015 . Conversion to Life M'ship is subject to approval of GC (\$300)-	
5.	New Year 2016 Blessings Lantern(\$30 each)	
6.	Publication of Buddhist Books/Newsletter/Internet Platform etc.	
7.	Buddha Image In Memory of Departed Relatives and Friends - \$1,000.00 each	
8.	Building Fund –To expand our facility in order to accommodate increasing Youth activities.	
	TOTAL	

Dear members and friends, in our effort to do our part for the environment, we have uploaded SBM newsletters 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.

Name:	Mr/Mrs/Mdm/Dr /Miss/Ms					
Address:						
Tel No:		(R)		(O)		(HP)
E-mail Address:						
Occupation:						

Please make out your cheque(s) payable to **SINGAPORE BUDDHIST MISSION**. Please do not send cash by post.
Publisher: Singapore Buddhist Mission, Tel No: 62997216 Fax No: 62942701
(Website: <http://www.singaporebuddhistmission.org> or www.sbmyouth.blogspot.com or www.facebook.com/sbmyouth)
Printer: VIVA LITHOGRAPHERS PTE LTD.