



SBM NEWSLETTER

Permit No. MICA (P) 184/07/2013

JULY - SEPT 2014

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

Invitation of VASSA and Special Religious activities during the Vassana Period

Dear friends in the Dhamma,

The Management Committee of Singapore Buddhist Mission, its members, and devotees are preparing for the next special Buddhist activity which usually comes every year in July, the Invitation of VASSA for Venerable monks at SBM. This year, Invitation of VASSA will be held on the full moon day of July, Tuesday the 11th at 8pm. After the evening Puja, SBM President, Bro Richard on behalf of devotees will invite Venerable monks to observe VASSA.

Observing VASSA is an ecclesiastical practice within the Theravada Buddhist tradition in the world. This is an ancient custom which has been observing throughout the last 2600 years since the time of the Buddha. Vassana period brings mutual benefits for both the monastics and laity. Venerable monks are aware of their Vassana observation and spend most of their time at a particular temple practising and teaching the Dhamma. Devotees have more opportunity to listen the Dhamma and attending special religious activities daily. After three months of observation, one of the most celebrative events in the Theravada Buddhist tradition will come. It is the kathina-robe offering ceremony, which is the highest meritorious deed can be performed by Buddhists.

Starting from the 11th of July, daily religious activities will be conducted at SBM every evening at 8 p.m. except Sundays which religious activities will be conducted in the morning at 10.30am. On behalf of Singapore Buddhist Mission I would like to invite all the devotees to come and join the Invitation of VASSA on 11th of July and attend daily evening Puja and special religious activities during the three months of rainy retreat.

With Metta,
Venerable Kongala Dhammika Thera

MONTHLY DHAMMA TALKS

Every Thursday 8pm -9.30pm:

Chanting- 9 virtues of the Buddha and Meditation By Ven Dhammika

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 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 12.30pm – 2pm

Members & Devotees sharing of experiences in our daily practices.

SBM SPECIAL PRAYERS

Eve – Goddess of Mercy Enlightenment Day

Mon, 14 July 14 8pm to 9.30pm

7th Month New Moon Prayers

Sun, 27 July 14 10.30 am

33rd AGM – For members only.

Sun, 20 July 1pm sharp

7th Month Full Moon Prayers

Sun, 10 Aug 10.30am

Ksitigarbha Bodhisattva Birthday Prayer

Sun, 24th Aug 10.30am

All Night Chanting

Sat, 30 Aug 7.30pm to 31 Aug 14 6.30am

VASSA – 3 months Raining Retreat

Start from 17 Jul to 8 Oct 14 nightly (Mon to Sat) from 8pm to 9.30pm

Healing Buddha Birthday Prayers

Sunday 19th Oct 14 10.30 am – 11.30am

Editorial Notes

Dear Brothers and Sisters in the Dhamma,

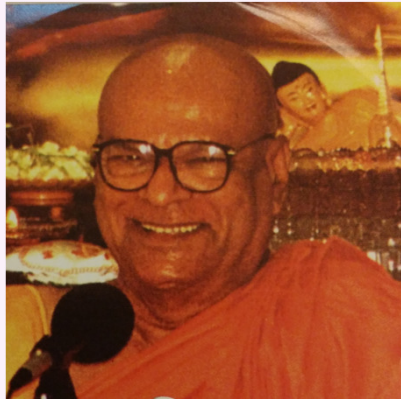
The chanting of sutras for blessing was started during the Buddha's time when it was carried out to overcome negative impact on mankind such as famine, natural disasters or epidemics. Chanting can heal and purify our physical body but it is also for protection. Later, this practice was developed further when prolonged chanting for a whole night or for several days was organised. Buddhists who participate in these sessions of chanting do so with much devotion.

During chanting, there is this soothing and psychedelic rhythm that appeals to devas and calms beings in the lower realm. The benefits of invoking the power of the Three Triple Gem namely the Buddha, the Dhamma and the Sangha through chanting, bring great happiness to mankind. People further develop their confidence in the Dhamma. The Dhamma is 'natural cosmic law' and those who have developed much confidence in the Dhamma, protect themselves through the Dhamma.

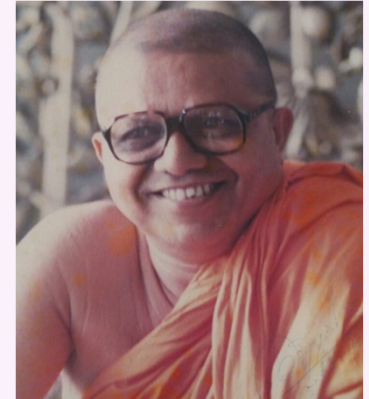
The merits accumulated through participation in the all night chanting is immeasurable and become stronger when transferred and shared with all beings, known and unknown, seen and unseen. Hence all devotees should take this great opportunity to participate in the all night chanting organised by SBM in August to remember our two late Chief Advisors, the late Ven Dr K. Sri Dhammananda and the Late Ven Dr K. Anuruddha, Religious Advisor, Dr Wilpulasara and all departed SBM devotees and members' loved ones. (please refer to calendar for more details)



Ven Dr. K. Anuruddha Nayaka Maha Thera.



Ven Dr. K. Sri Dhammananda Nayaka Maha Thera.



Ven Dr. Wilpulasara Nayaka Maha Thera.

Taking Precepts does not mean following a set of rules nor are they some form of commandments. It is a kind of discipline that we have in ourselves to live a life naturally. As a Buddhist who leads a much disciplined form of life, it can lead to enlightenment. Hence, we rejoice in the happiness of Sister Jenny who took the 10 precepts at SBM on the 25th of June. It is a spiritual joy to celebrate and congratulate her for walking the Buddha's Path and we hope that she will gain greater insight along the spiritual path. Sadhu! Sadhu! Sadhu!

I used to cry at **Weddings** when couples take their oath and walk down the aisle. When couples decide to take each other as husband or wife, it is a commitment to understanding that no two persons are alike either in physical, behavioural or emotional characteristics. There are a lot of discoveries, pleasant and unpleasant as they journey through their marriage. The strength of each to maintain a long lasting harmonious union is when they take refuge in the Triple Gem. Hence it is a pleasure to witness weddings taking place in SBM. We congratulate Brother Suddatta Eng on the recent marriage of his son at SBM. May we witness more marriages held at SBM.

May the Blessings of the Triple Gem always be with you,

Metta, Khema

First Joyous Occasion – VESAK Full Moon Day



(Preparation)

Sacred Relic

Bodhisattva Gotama



(Top row – Prep for VESAK)

VESAK 28 BUDDHAS PUJA

(Middle Roll)



PINDAPADA

(Alms Giving)

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Bathing of Bodhisattva Gautama



Young Chefs prep food for Parents and Devotees before Lotus Light procession.



← Youths and Parents session

Lotus light Procession, Bodhi Puja, Metta Meditation and Aspirations session before end of Vesak Day celebration.



← Prep for Lotus Lamp Procession



← Venerables leading Lotus Lamp Procession



← Bodhi puja and meditation

Aspiration session. →

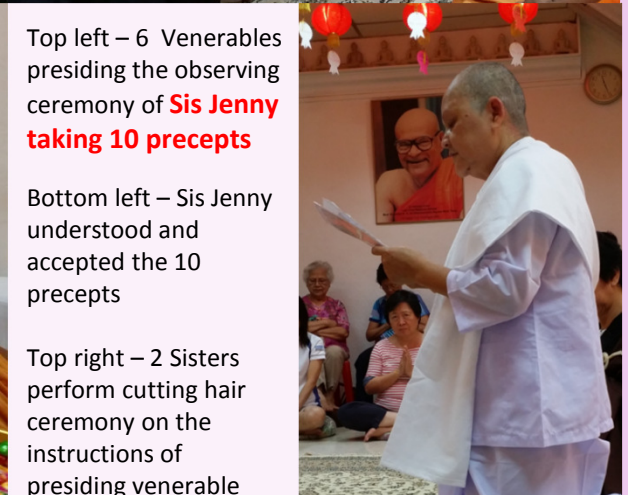


Second joyous occasion- 18th May 2014



Blessing from Maha Sangha on the wedding celebration in SBM on 18th May 14. Bro Eng offer Dana to Maha Sangha and devotees on this happy wedding blessing day of his son Shao Wei and daughter-in-law Christina on 18th May 14.

Third joyous occasion- 18th May 2014



Top left – 6 Venerables presiding the observing ceremony of **Sis Jenny taking 10 precepts**

Bottom left – Sis Jenny understood and accepted the 10 precepts

Top right – 2 Sisters perform cutting hair ceremony on the instructions of presiding venerable

A little about Sis Jenny – Sis Jenny has been performing generosity over the last decade and a half since when she was introduced by Sis Dolly to SBM. Without fail, both Sis Jenny & her Sis and Sis Dolly consistently offer Break-fast Dana to Venerables in SBM. During their rest days, they take special effort to offer mid-day meals to Venerables in SBM. For more than 5 years Sis Jenny without fail has robed in her Siblings, Children and in-laws to Cook delicious Dana for all on VESAK and KATHINA day. On behalf of our Maha Sangha and Management Committee, may we wish Sis Jenny success in her practice of the Noble 8-Fold Path. Sadhu, Sadhu, Sadhu.

Metta Round The World



This project was first mooted sometime in 2011 by our Religious Adviser, Venerable Mahinda to spread Metta round the world. Devotees and Venerables around the world in the temples all over the world will conduct Metta meditation on Friday evenings to spread Metta around for the world peace and harmony.

However, Metta Round The World will culminate and end in Sri Lanka in the revered holy ground of the Temple Anuradhapura on 5th July 2014. On this very day, Ven Mahinda will conduct the Metta retreat in Sri Lanka time at 7.20 am. SBM will also conduct meditation at 9pm to 9.40 pm (to coincide with Ven Mahinda's timing of Metta chanting in Sri Lanka. All temples are also requested by Ven Mahinda to practice Metta meditation collectively in this very day to wish for world peace and happiness for all beings. SBM would like to encourage all devotees to take this opportunity to participate in this most worthy activity at SBM and to enhance support for our Religious Adviser, Ven Mahinda's, Metta Round The World for world peace and harmony. As requested by Ven Mahinda, a photo of the Metta group in SBM will then be taken and uploaded in the Facebook.

Let us all join our hands in prayer to generate an immense collective Metta energy for all beings to live in peace and harmony. Sadhu! Sadhu! Sadhu!

With Metta, Bro Leo Ann Jwee, Vice president

All Night Chanting

This chanting will be held on Sat, 30 Aug (7.30pm) to 31 Aug (6.30am) followed by Dana and Transference of Merits. All night chanting is a special ceremony whereby Venerables specialized in such ceremony will conduct their prayers not stop from the stated timing till the end of the prayers program. A complete list of very important and famous Sutta elucidated by our lord Buddha more than 2600 years ago. Dhamma Chakra Pavattana Sutta, Mangala Sutta, Rattana Sutta, Metta Sutta and many less frequently recite but also very meaningful and important Sutta will be recited.

All night chanting is organized in memory of our late Chiefs Ven Dr. K Sri Dhammananda Nayaka Maha Thera, Ven Dr. K Anuruddha Nayaka Maha Thera and late Religious Advisor Ven Dr. Wilpulasara Nayaka Maha Thera as well as for All departed General Committee and Members of SBM.

Members as well as Devotees who wish to participate in this very meaningful prayers session to concurrently share merits with their Departed Ancestors and Relative and friends are encouraged to participate in this very meaningful event.

Venerables from overseas and Singapore will be invited to participate in this auspicious prayer session. In order to cover our expenses, we encourage members and devotees who wish to participate and share merits accrued with your departed love ones may register with SBM early for our preparation. Thank you.



Chanting Pavilion



Ven Dhammika introduce Participating Venerables.



Ven Dr. K Anuruddha and Ven Dr. Gnanarama leading the opening of All Night Chanting. (30 Aug 2008)

The importance of learning the Dhamma by our Octogenarian, Sis Rose Tay.



Dear Dhamma Bros and Sis,

While I was visiting Hat Yai Thailand some 30 years ago, I accompanied my friend to a temple and was introduced to the chief monk. I asked him " how can I find peace, tranquility and happiness?" He gave me a Buddha image and said, " take this home and you will find peace."

For 10 years I made daily offerings to the Buddha but I did not feel the peace I had expected.

I joined SBM not long after and learnt the Dhamma through talks by our Chief religious, advisor, resident monks and many visiting monks to explained the 4 Noble Truths, Noble 8-Foldpath and recital of daily Vandana. After studying the Dhamma, I realised that the Buddha was such a Great Teacher explaining the true nature of life and how we can find peace by following the path. It was only through the learning and earnest practice of the Dhamma did I really feel a sense of peace, tranquility and happiness in my life.

In the past, I had foolishly thought that simply venerating a Buddha image will give me blessings. Now I know that only by learning and practicing the Dhamma I can solve all my problems and find peace, tranquility and happiness in me.

With Metta, Rose Tay



ACE CAMP 2014 - NEW DIRECTION

Instead of pushing our limits and boundaries, this camp aims to redefine boundaries. We are all too often limited by what we are used to. By taking an introspective and investigative approach, we aim to redefine what Buddhist practice and expectations of what Dhamma is truly is. This camp will embody two main concepts of mindfulness and change: mindfulness of our well-being and happiness in our lives as well as coping and being with change. This camp will be a journey of mindfulness, mindfulness as a friend, a reliable partner and a means for self-discovery. Both participants and organisers alike together undergo a developmental process of understanding and practice spirituality that upholds the confidence and stability in our lives. We shall all grow in wisdom and compassion guided by the triple gems.

Theme: Mindfulness for success in our lives

Core Practie: Avoid Evil, Do Good & Purify the Mind

Learning objectives:

- Developing confidence in the practice of right mindfulness and the development of a renewed faith in the triple gems.
- Developing and enhance fellowship in SBM youth where we have the opportunity to open up with one another knowing that we support one another with compassion and wisdom.

By Camp Leaders - Zeming & Amy

My Humbling Experience and Reflection as Chairperson on VESAK 2014 Project

From young, Vesak day has always been a day for the gathering of my family and friends. When I was younger, Vesak day would mean going to a temple and meeting with my cousins and playing with them. As I grew older, that fact did not change, however Vesak day did have more value in it. I started to learn more about Buddhism through Singapore Buddhist Mission Youth (SBMY) and learnt that Vesak day meant more than just meeting up with friends and cousins. Vesak day commemorates the birth, enlightenment and passing of the Buddha. It is also one of the most significant events in the Buddhist calendar and I would have never realized this if not for SBM.

When I was asked to be the chairperson of Vesak day, I was not very confident as I did not have any experience in preparing for an occasion as grand as this and I was also very afraid that Vesak might not turn out to be as grand as it should be if I were in charge. With the guidance of the seniors Ernest, Ze Ming and Shi Xiong I took up the challenge together with 3 of my fellow brothers Cleonn, Sherman and Wei Liang to manage Vesak day. My aspirations for Vesak when I was asked to be the chairperson was for the spiritual inspiration of all devotees and to allow the youths to strengthen their bonds and to catch up with those that they might not have seen in a while due to work and studies.

In the days counting to Vesak, Sherman, one of the main pillars in the team, planned out a series of performances to enjoy before dinner and our very own master chef, Wei Liang, came up with a 4 course meal with other youths. Most of the food in the 4 course meal was tested by the many youths in SBM weeks before Vesak itself before it was finally etched to perfection.

I personally felt that Vesak had turned out wonderful. The events were able to be carried out smoothly and there were but a few mix up during the day itself. Everything ran according to plan and it felt really amazing to see all of us being able to volunteer together with a common goal to make Vesak day memorable for all devotees.

From this Vesak, I learnt that in life, there will be things that you will not be able to solve by yourself and things will not always go according to the way you anticipated it to be, but if you have your spiritual friends to support you whenever things go wrong, you will still be able to achieve something spectacular that is even better than what you have envisioned. And on the Vesak day, the spiritual friendship was spectacular.

I am very grateful for being able to spend more time with my fellow brothers and sisters in the youth group, especially those that I have not been in touch with for an extended period of time. Vesak has allowed me to learn and serve the temple and I am thankful to the seniors for giving me a chance to chair an event as grand as this. I would like all of the good merits that were accumulated during Vesak to be shared with all of my family and spiritual friends.

SBM Newsletter Jul-Sept 14

By, Nicholas, SBM Youth Leader.

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>Eve – Goddess of Mercy Enlightenment Day -Mon, 14 July 8pm to 9.30pm Ksitigarbha Bodhisattva Birthday Prayer - Sun, 24th Aug 10.30am 7th Month New Moon Prayers - Sun, 27 July 14 10.30 am 7th Month Full Moon Prayers - Sun, 10 Aug 10.30am Lotus candle - \$10/- per lotus Offerings of Flowers, fruits and refreshment – Any amount for the donation box. This is for SBM Maintenance and repairs.....</p>	
2.	<p>All Night Chanting - Sat, 30 Aug (7.30pm)to 31 Aug (6.30am) followed by Dana TOM - Prayers for Ancestors, Departed love ones – Per Family - (\$100/-) ----- Blessing for Family, Relatives and Friends – Per Family (\$100) ----- Venerables Air-Fares from Overseas - (Any amount) ----- Dana for Venerables and participants / volunteers for this occasion -----</p>	
3.	DANA FUND (Monthly / Quarterly / Half Yearly / Yearly) @ \$20 and above	
4.	Youth Group Development Fund	
5.	Membership Subscription (\$30) for Year 2014 . Conversion to Life M’ship is subject to approval of GC (\$300)-	
6.	Publication of Buddhist Books/Newsletter/Internet Platform etc.	
7.	Buddha Image In Memory of Departed Relatives and Friends - \$1000.00 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 shall start downloading our July – Sept Issue to our website at <http://www.singaporebuddhistmission.org>. For those who wish to receive in soft copy, you may write to us at enquiry@singaporebuddhistmission.net.

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E-mail Address:					
Occupation:					

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