



SBM NEWSLETTER

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

JUN-SEPT 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,

Happy and Peaceful Vesak!

“*Sukho Buddhānaṃ Uppādo*”, “happy is the birth of the Buddhas”. Buddhists around the world are preparing for the celebration of Vesak 2015. The greatest human being who was born around 2600 in the foothills of the Himalayas could bring the message of universal peace and happiness. It was a birth with took place for the happiness of multitudes. Buddhism teaches that there appears a rare human being on earth for the happiness of multitude. He is the Buddha. “Monks, there is one person whose arising in the world is for the welfare of the multitude, for the happiness of the multitude, who comes out of compassion for the world, for the good, welfare and happiness of devas and humans. Who is that person? It is the Tathāgata, the Arahant, the Fully Enlightened One...”

The Bodhisattva renounced the world with a great compassion in order to free himself and others from saṃsāra. According to the *Ariyapariyesana Sutta*, prince Siddhārtha had renounced the world while his parents were weeping. Having gone to the forest he shaved his beard and hair by himself and donned saffron robes. “Later, while still young, a black haired young man endowed with the blessing of youth, in the prime of life, though my mother and father wished otherwise and wept with tearful faces, I shaved off my hair and beard, put on the yellow robe and went forth from the home to homelessness.

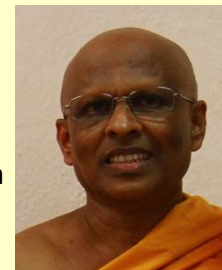
Prince Siddhārtha’s renunciation was an unprecedented historical event; one ever has done in the world’s religious history. His sovereign youth, luxurious upbringings, and material pleasures could not prevent the impermanence and sufferings. The quest of truth was the sole intention that the ascetic Gotama had. He went to two famous meditation masters name Kāḷāma and Rāmaputta. Having practiced meditation under them he attained *jhānas* but he was not satisfied with those mundane attainments and left both masters one after the other and started to practise severe austerities which were prevailed in India in the 6th century B.C. The acetic Gotama practiced extreme asceticism based on self-mortification. The *Mahāsīhanāda Sutta* describes all his asceticism. Due to severe austerities (*attakhilamathānu yoga*) he reduced taking food having only a Banyan fruit or to a sesame seed per day. Then, he looked like a skeleton. If he touched his belly he could touch his spine, if he touched the spine he could touch his belly. He lost his hair and his body bent forward as a camel’s hoof. As he refrained from having a bath, the whole body was covered with thick layers of dust which were cracked into parts. But he didn’t feel to clean it. This is how the bodhisattva practised severe austerities fully dedicating his life for the sake of all beings.

During this Vesak we must think about the Buddha and his compassion towards all beings and follow his teachings earnestly. We should reap the fruits of this human life which we have obtained due to good kamma in our past existence. Determine and promise to yourself to be a good person and even try to be a person superior to the good person (*sappuriso, sappurisataro*).

On behalf of all the Bhantes and devotees, I would like to wish you

A Very Happy and Peaceful Vesak in 2015!

With Metta, Ven Kongala Dhammika



Editorial Note

Have you ever watched in slow motion how a person's face transforms when he or she gets angry? I share this experience with you. I merely watched the person's face transform into a piece of art! I am not an artist but I have some skills which I acquired when I was in school. When you draw an object you see, it requires absolute observation of details and sometimes interpretation of what you see that transform this piece into a work of art. I saw the tense jaws tightening and I wondered how the mouth could open. It did! The eye balls dilated, the poor tongue rolling so fast that saliva was thrown about. The veins near the temple of the head dilated and turned greenish and the mouth tilted downwards in a tight grip and the face was of a different colour. Got the picture? At that point I saw how painful it is to be angry. The face of anger is really pitiful! The strong attachment to ego became very evident and that was the cause of the anger. When there was no reaction to his outburst, he said his last piece astonishingly slow as if he was very tired after the outburst. I think nobody wants to be angry but when there is strong attachment whether to something tangible or not, it leads to anger. **The whole physical body suffers as it is forced to react the negative way by the power of the mind!** If you are an egoistic person, you will be angered easily as you are attached strongly to the image you value! The whole body is summoned to react to serve your ego! Reflecting on the incident, all emotions are within our control. It all leads from our sense organs-our senses. The mind interprets positively or negatively sensations sent by the sense organs. Those who are practicing the Buddha's teachings faithfully are more calm and better in control of their emotions. In other words, if one is constantly displaying negative emotions, this person needs to put in greater effort in practising what the Buddha taught.

Yes, we have all been hurt by actions or words of another. We hang on to the words or the actions because we are still angry. **This becomes a grudge. A grudge is something that is held against someone for something or an issue they have yet to resolve. A person can hold a grudge for a long time depending on the person's level of anger and the person's practise in the teachings of the Buddha. Some people carry the grudge for years and this burden stays in the person like a stone that he or she has to carry throughout his or her life. The carrier of the stone will feel its presence all the time as it weighs on his thoughts and the suffering goes on. The next time he meets that particular person, his uncontrolled sense organs causes ill feelings to arise and the stone seems heavier and the** burden of encountering the situation more painful. Soon this feeling of anger manifests into hatred. If you allow negative feelings to arouse and stay in your mind you will find yourself swallowed by your own unhappiness and sense of hatred. Hatred or Dukkha in Pali is one of the roots of suffering. Move away from the attachment that you are the victim. Let it go and you will release the power and control the offender has over you. What was the advice of the Buddha about hatred? **"Hatred is only conquered by non hatred."** On Vesak Day this year, let us all make the effort to have our wholesome roots strengthened and our unwholesome roots will wither through neglect naturally. But like all conditioned things, feelings will pass but it can leave a bitter taste when one harbours unwholesome thoughts. You have a choice. You are what you want your mind to tell you to be. Walk the Buddha's path with awareness, mindful of your senses, thoughts and actions. With practice, it becomes habitual - a part of your own nature. There is lesser suffering, more calmness.

Heard of the latest young children's hit song from the movie, *Frozen*? **"Let it go....."**

Wishing all a Very Happy Vesak Day! May all beings be well and happy.
Sis Khema

Great Job.. Sis Khema.. Keep it up !!!



VESAK PROGRAMMES – 2015

30th of May 2015 (Saturday)

- 08:00 PM 28 Buddha Vandana (Puja)
09:00 PM Blessing Services
09:15 PM Light Refreshments

31st of May 2015 (Sunday)

- 08:00 PM 28 Buddha Vandana (Puja)
09:00 PM Chanting of Dhammacakka Sutta
10:00 PM Blessing Services
10:15 PM Light Refreshments

1st of June 2015 (Monday – Vesak Day)

- 09:00 AM 28 Buddha Vandana (Puja)
09:30 AM Bathing of the Bodhisattva
10:00 AM Buddha Puja in Main Shrine Hall
10:30 -11.00 AM Dharma Talk by Ven. Dr. Chandawimala
11:05 AM Pindapata (Alms Giving)
11:30 AM Offering of Dana to the Maha Sangha
12:00 NOON Vegetarian Lunch for the Devotees
12:30 PM Blessing Services
01-02 PM Presentation by SBM Youth
03:00 PM Mahayana Chanting
04:00 PM Chanting: 9 Great Virtues of the Buddha
07:00 PM Buddha Puja and Candle Light Procession

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 – 3pm**
Dhammadana for Seniors (New)
- For Members only**
SBM AGM – 19 Jul 2015 1pm sharp

SBM SPECIAL PROG & PRAYERS

- VESAK Celebration- 30 & 31 May to Mon 1st Jun 15**
See above details
- VASSA - Starts on NewMoon 30th Jul15 8pm**
Nightly Buddha Puja and Chanting of Dhamma Cakka Pavattana Sutta.
- Goddess Enlightenment Day prayer – Sun 2nd Aug 14**
1030 – 11.30am
- In Memory of Late Chiefs – Sun 30th Aug 15**
10.30 – 11.30am
- Ksitigarbha Birthday prayer – Sat 12 Sept -8pm-9pm**
- End of VASSA Prayer– Sun 27th Sept- 10.30 -11.30am**
- Goddess Renunciation Day prayer – Sat 31st Oct**
8.00pm to 9.30pm

What the Buddha taught for Lay Devotees seeking Happiness

A man named Dighajanu once visited the Buddha and said, “Venerable Sir, we are ordinary lay men, leading the family life with wife and children. Would the blessed one teach us some doctrine which will be conducive to our happiness in this the world and thereafter?”

The Buddha tells him that there are four things which are conducive to a man’s happiness in this world:

First: He should be skilled, efficient, earnest, and energetic in whatever profession he is engaged, and he should know it well (*uthana-sampada*);

Second: he should protect his income, which he has thus earned righteously, with sweat of his brow (*arakha-sampada*); (This refers to protecting wealth from thieves etc. All these ideas should be considered against the background of that period.)

Third: he should have good friends (*kalyana-mitta*) who are faithful, learned, virtuous, liberal and intelligent, who will help him along the right path away from evil;

Fourth: he should spend reasonably, in proportion to his income, neither too much nor too little, ie, he should not hoard wealth avariciously, nor should he be extravagant – in other words he should live within his means (*samajivikata*)

There, the Buddha expounds the four virtues conducive to a layman’s happiness hereafter:

Saddha: he should have faith and confidence in moral, spiritual and intellectual values:

Sila: He should abstain from destroying and harming life, from stealing and cheating, from adultery, from falsehood, and from intoxicating drinks:

Caga: he should practise charity, generosity, without attachment and craving for his wealth;

Panna: he should develop wisdom which leads to the complete destruction of suffering, to the realization of Nirvana.

The Buddha not only advises the ordinary people but also the wealthy.

“Once the Buddha told Anathapindika, the great banker, one of his most devoted lay disciples who founded for him the celebrated Jetavana Monastery at Savatthi, that a layman, who leads an ordinary family, has four kinds of happiness.

First happiness: is to enjoy economic security or sufficient wealth acquired by just and righteous means (*Atthi-sukha*);

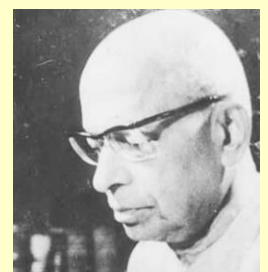
Second happiness: is spending that wealth liberally on himself, his family, his friends and relatives, and on meritorious deeds (*bhoga-sukha*);

Third happiness: to be free from debt (*anana-sukha*);

Fourth happiness: is to live a faultless and a pure life without committing evil in thought, word or deed (*anavajja-sukha*).

It must be noted here that three of these kinds are economic and material happiness is “not worth sixteenth part” of spiritual happiness arising out of a faultless and good life.

By Most Venerable Dr. Walpola Rahula in “What the Buddha Taught”





8 Precepts programme on Good Friday

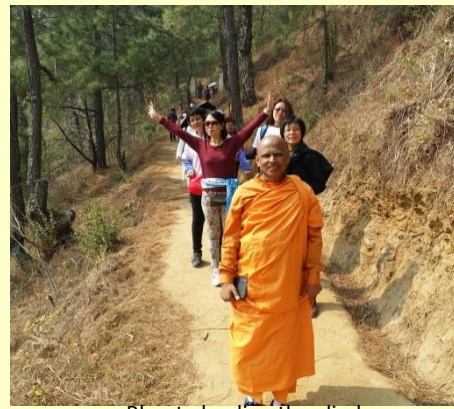
HONORING OUR LATE MINISTER MENTOR LEE KUAN YEW (below)



Venerables, General Committee and members of SBM performed a Transfer of Merits prayers to the founding father and 1st Prime Minister of Singapore, MM Lee Kuan Yew in our little abode at 9 Ruby Lane.



Happy and grateful Venerables, brothers and sisters in front of this huge Buddha Image. The surrounding facilities still under construction.



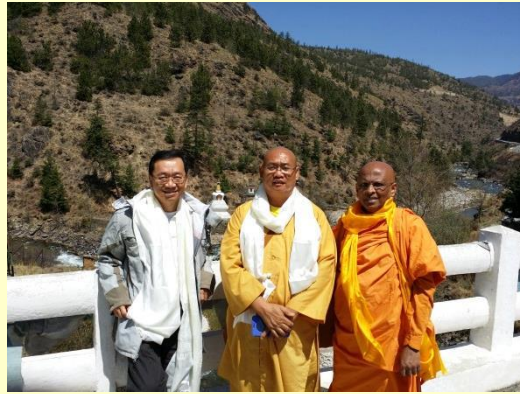
Bhante leading the climb



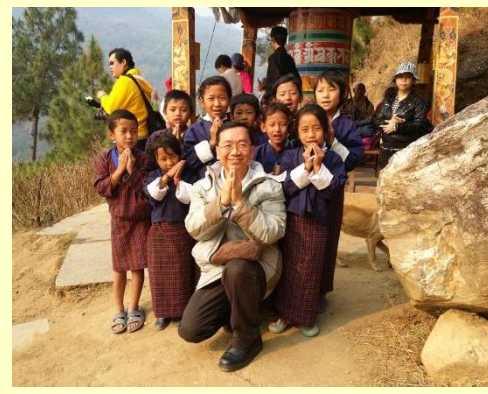
Happy and elated girls taking a rest before the men.



We made it



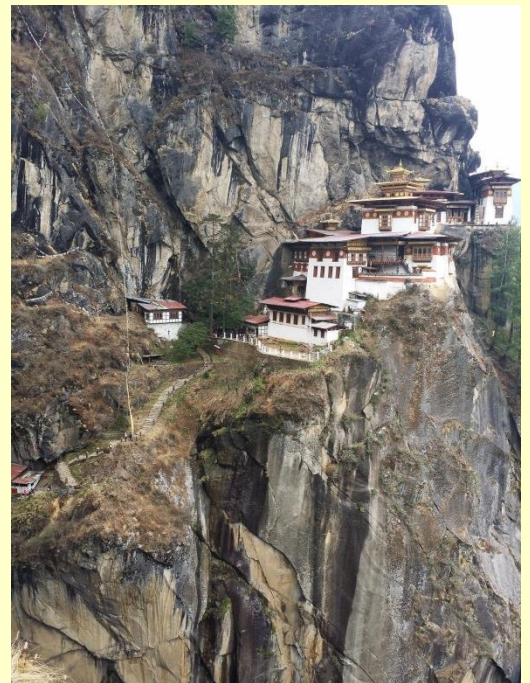
Getting great sunshine and fresh air.



Sadhu Sadhu Sadhu



Under the Bodhi Tree



The famous Tiger nest with spectacular view. A sense of achievement when you reached the peak.. Certainly, a pretty fit group.

SBM Youth Community Service

SBM Youth activities encompasses, Learning of Dhamma, Sharing and Discussion sessions, Team building activities such as annual Ehi-Passiko camps, Leadership camps, planning and assisting their parent organization, SBM, in major activities such as VESAK, Kathina, Bonding and Outings sessions with Seniors as well as Community Services.

On Saturday morning, 25th April 15, SBM Youth in collaboration with Shan Yu Wellness Community volunteered in food and essential items distribution day.

At 9.30 am SBMY gathered at Shan Yu Wellness Community Center in preparation for a happy and rewarding volunteer role of assisting in timely distribution of goodies to the needy.

Distribution with a Happy and Smiling hearts is the motto of the day.

Working youths use their own transport as well as borrowed their parents cars/ van to help transport and distribute the goodies in a timely fashion. Sadhu ,Sadhu ,Sadhu for a job well done,



Here is where and who you should distribute to.. Said Shan You staff.



Happily cramped in 3 cars and a mini van, work gets done on time. The whole process was completed in 4 hrs.

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.	VESAK - Celebration – 30st , 31st and 1st Jun15 Blessings Lantern – For the rest of 2015 -\$50/- per Lantern 28 Buddha Images – Each \$200/- Tentage /Air coolers /Tables &Chairs etc –(approx. Cost \$55000/-) – sponsorship would be very much appreciated. (per your wish) Dana for VESAK – Approx. cost \$1000/-. Sponsor per your wish TOM and Well wishers blessing candles - \$10/- per sponsor	
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 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.

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Occupation:					

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