



SBM NEWSLETTER

Oct - Dec 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

Permit No. MICA (P) 128/07/2015

“Meditation on loving-kindness” As a laying foundation for the spiritual happiness.

Metta meditation (Loving-Kindness) is a very popular practice among all different spiritual communities. Metta is the Pali term but in Sanskrit it is called Maitri. The meaning of both of them is friendliness. The term Metta has been translated into English as “Loving -Kindness”. According to the teachings of the Buddha, Metta (Loving Kindness) is the number one divine abiding out of four. Karuna (compassion), Mudita (altruistic joy) and Upekkha (equanimity) are the other factors which expose you into higher spirituality. The Buddha has mentioned eleven benefits for persons who cultivate Loving -Kindness. 1. "He sleeps in comfort. 2. He awakes in comfort. 3. He sees no evil dreams. 4. He is dear to human beings. 5. He is dear to non-human beings. 6. Devas (gods) protect him. 7. Fire, poison, and sword cannot touch him. 8. His mind can concentrate quickly. 9. His countenance is serene. 10. He dies without being confused in mind. 11. If he fails to attain Arahantship (the highest sanctity) here and now, he will be reborn in the Brahma world.

There are another eleven benefits found in modern scientific research. Those are—improved immunity, increase heart health, lower blood pressure, a form of exercise, pain relief, help reducing the risk of prostate cancer, improved sleep, stress relief, improved libido, improved bladder control in women, increased intimacy and improved relationships.

On the other hand, the Buddha has said that the person, who is willing to earn higher spiritual happiness through Loving kindness, should accomplish fourteen moral values. He should be skillful, honest and upright, gentle in speech, meek and not proud, He ought to be Contented and easy to support, not over-busy, and simple in living. His senses should be tranquil; he should be prudent, and not brazen, nor fawning on families. Also, he must refrain from any action that gives the wise reason to reprove him. With the support of these characters, the meditator can extend very powerful and genuine friendliness among all beings without discrimination.

According to the Buddhism loving-kindness is the dynamic force among four divine abiding. When you cultivate the Loving-Kindness intrinsically the practitioner harvests two mental qualities such as compassion and altruistic joy which are very distinctive characteristics of a spiritual being. Compassion is extended towards the helpless beings and Loving- Kindness heart can rejoice healthy and wealthy fellow beings without jealousy and worrisome thoughts. Unfortunately, if you do not know how to cultivate Loving-Kindness, in such a mind there can appear negative thoughts such as contempt repulsive attitude towards needy and hapless beings. On the other hand, jealousy is the instinctive nature of a reaction to the rich and privileged member of society.

Therefore, Loving- Kindness creates a cooling effect in human heart. It is like a seed first in mind. Once an individual germinates Loving-Kindness in his or her mind, two primary leaves would spring out from the seed which are known as compassion and altruistic joy. The main root of this spiritual plant is equanimity. With the support of the Loving-Kindness, compassion and altruistic joy remove all the unnecessary extreme tendencies from the spiritual mind and firmly establish on unshakable deliverance. The Buddha has given a very effective instruction in “*Karaneeyametta sutta*” (Discourse on Loving Kindness) to practice and receive the best result from meditation on loving - kindness. “*MATAYATHA NIYAN PUTTAN*” According to this simile, a person who is willing to cultivate Loving-Kindness should invite a Loving -Kindness image into his or her mind. How does a mother give her full attention to her only child? We can understand that such a mother has a number of Loving -Kindness thoughts in her mind in relation to the baby. Loving -Kindness appears in her mind in the shape of compassion, patience, forgiveness, appreciation, generosity, courage and many more positive thoughts.

A meditator who practices Loving -Kindness also should cultivate loving-kindness thoughts in his mind same as a mother who protects her only child. First he or she can observe all those positive thoughts in their minds with regard to the baby.

Afterward, the meditator should allow them to grow in his mind. Same as someone ready to take care of a baby, one can experience loving friendliness mentally. Then the meditator should expand those loving kindness towards his own body. The meditator should be capable in activating full scale loving -kindness on oneself. No longer is the meditator harboring any negative thoughts inside of his or her mind. In general the meditator does not become irritated with himself. He or she experiences peace and happiness that is earned through loving -kindness.

“*UDDHAM ADO CA TIRIYAM*”(above below and across). According to the Sutta with this inner peace, the meditator can share his or her inner happiness with all beings in the four directions. Not only does the meditator become healthy and peaceful, all other beings get the benefit and become happy around him. Loving- kindness is not a meditation which confines into one particular posture, it can be practiced in sitting, standing, walking and while lying down. Usually people always become trapped into different dogmas or views but to the person who meditates on loving –kindness such chaotic tendencies do not occur. He or she becomes a friendly person him or her and to others; therefore, he becomes a virtuous person. Loving -kindness clarifies and purifies the vision and the path of the practicing.

With Metta (with Loving-Kindness).

May all beings be well happy and peaceful....

Bhante Punna, Pittsburgh Buddhist Center, 111 Route 908 Natrona Heights PA 15065, USA.

Editorial Note

One day, I came home late from work and was very tired. After dinner, it was a slow and laborious task of washing and cleaning the plates. It seems a bit weird when I became aware of the way I was cleaning the dishes and how each of my fingers of different lengths work in harmony. Why are our fingers made of different lengths? Why is the last finger short and small and why must there be five fingers? I noticed that the little finger plays a minor role compared to the other fingers. When I held up a glass I realised that the little finger was not needed but when I put down the glass I realised that the little finger was needed to put the glass down. To me, that was a shocking discovery. I looked at my arm and it too was working to help the fingers. So that means the five fingers, the thumb, the little finger and the arm exist because they all are interdependent and have a role to play. This body of ours has a system that exists where every part of this system works in harmony. Everyone has this system and this body has a role to play! But each of these systems that is interacting with each other, has different personalities and capabilities and yet there is a need to live together in harmony. Why? We need to sustain each other effectively as a dynamic, mutually interconnected whole. We exist because of others in existence! We are like in an orchestra, where the pianist, violinists, the drummers and others perform using their own skills and producing music under the control of the conductor. We are bound within a community and yet we are part of a whole. If we understand the myriad interconnections which link all of us then shouldn't we have peace and harmony between us? Isn't that what the Buddha meant when he spoke of dependent origination- that nothing exists in isolation? Hence, there should be no hatred, only goodwill and compassion amongst us.

With Metta,

Sis Khema Wong

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) every

4th Sunday of the month 1pm to 3pm

For Members only

SBM Youth Camp Ehi-Passiko

11th to 14th Dec 2015(See details in pg 7)

SBM SPECIAL PROG & PRAYERS

End of VASSA Prayer – Sun 27th Sept 2015

10.30 -11.30am

Goddess Renunciation Day prayer – Fri 30th Oct 2015

8.00pm to 9.00pm

Healing Buddha Birthday Prayer – Sun 8th Nov 2015

10.30 to 11.30am

Amitabha Buddha Birthday Prayer –Sun Dec 27 2015

10.30 to 11.30am

KATHINA CELEBRATION – Sun 15th Nov 2015

9.00am to 11.30pm

Eve New Year Prayer for world peace – Midnite

31st Dec 2015 - 10.30pm to 0001am

New Year 2016 Prayers and Blessings services

1st Jan 2016 10.30am to 11.30am

SBM President and Vice-President invite Ven. K Dhammika and Ven T Chandima to observe VASSA on 30th July 2015



KATHINA ROBE



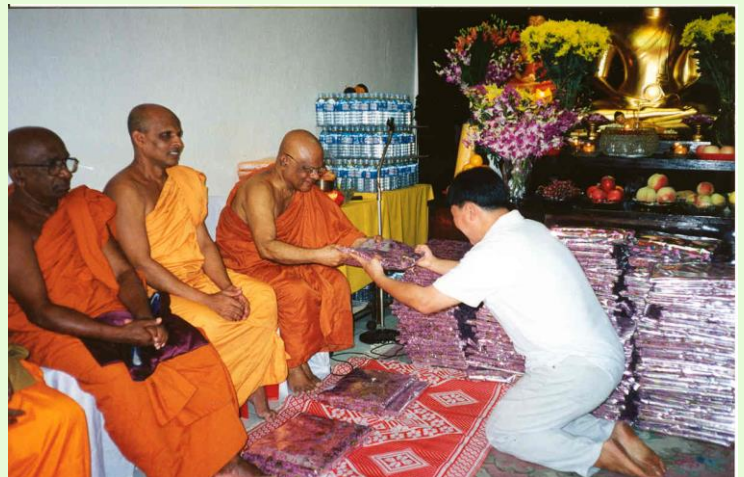
Kathina Robe Offering is one most meritorious ceremonies during Gautama Buddha's time and is still practiced today by millions of Buddhists, Free thinkers and Non-Buddhists when their thoughts are at peace and happy.

It was said that those who are wise, generous and free from selfishness with thoughts of getting any benefits in return, give at the appropriate times. Then what is given to those who are worthy and morally sound is an offering of great purity and substance. Those who likewise show appreciation or perform acts of service make no lesser offering and they also share in this merit. Thus in giving, the heart is unbounded, what is given is of great fruit and those meritorious deeds bring about good tidings and fortune in the life to come.

Let us rejoice in this important Buddhist ceremony which will be held on 15th Nov 2015 at 9am in Singapore Buddhist Mission.

KATHINA DAY 15 TH NOVEMBER SUNDAY .

- 9.00 am Procession-from Opal Crescent to SBM main Shrine Hall
- 9.30 am Buddha Puja
- 10.00 am Kathina Ceremony
- 10.15 am Welcoming Speech
- 10.30 am Offering of Kathina-Chivara
- 10.45 am Offering of Robes and Requisites
- 11.00 am Special blessing chanting by Mahasangha
- 11.30 am Dana for The Mahasangha
- 12.00 pm Lunch for Devotees



Bro Richard offered Kathina Robe to late Dr. K Anuruddha

\$S60.00 per robe and \$S30.00 per requisite are available. Do book early as we have to order robes in and requisites advance

SG50 Prayers on 9th Aug 2015



50 Candle-light brightly lite wishing Peace , Prosperity and Progress for Singapore in many years to come

Devotees and Venerables also share this merits in memory of late MM Lee Kuan Yew



Celebrating Ven Chandima's Birthday in month of Aug 2015



Mother's Day celebration in SBM



Sis Rose has the honour of representing all Mothers and Fathers by cutting this lovely cake.



In Memory of our late Chief's 9th Anniversary



Members of SBM commemorated Chief's 9th Anniversary since his demise with prayers session. Members also share merits accrued with our 2nd late Chief Dr. K Anuruddha and Religious advisor, Ven. Dr. Wilpulasara, Master De Wu Yuan Shi and all departed committee members, members, family members, love ones and all beings on the last day of the 7th Lunar month which is also Bodhisattva Ksitigarbha Birthday.

Food For The Thinking Mind

by Venerable Dr. K Sri Dhammananda Nayaka Thera on his 8^{0th} Birthday
14th March 1999

Most of our problems arise from the fact that we do not understand the cause of our feelings of discontent and unsatisfactoriness. Human beings are creatures driven by desires. They are constantly seeking to gratify the various demands made by their six senses: smell, hearing, taste, touch, sight and mind. In Buddhism, these needs are classified under four categories. It stated that human beings need four kinds of sustenance to satisfy: 1) The Body. 2)The Senses. 3) The Mind and 4) The Consciousness.

As can be readily perceived, the satisfaction of the demands made by the body and the senses are considered coarse and base because even animals have these needs. The satisfaction of the demands made by the mind caters for our natural curiosity about the world around us. This knowledge is then utilized by science and technology to make life more comfortable for us in the physical sense but creature comforts cannot give us our “self-actualization” needs.

To find meaning in our existence and to transcend the human condition, we need answers to the great existential questions: Who am I? What am I doing here? Am I needed? However, simple giving academic answers to those questions cannot give a person lasting happiness. Happiness can only be gained by completely purifying one’s consciousness and removing the defilements of restlessness, doubt and worry. Empirical knowledge of the world can be used to help one prepare for the real task of ‘cooling down the fires of restlessness’ which are the root cause of our sufferings.

Here are several quotes in this book:

An Undeveloped Mind

As rain penetrates into an ill-thatched house
So lust penetrates into an undeveloped
mind.

Buddha – A. I: 9 -

Mind over body

The mind controls the body.
The body does not control the mind.
The mind can fool the body and it can kill the body.

Buddha - Dig-

Joyful Religion.

Buddhism is quite opposed to the melancholic, sorrowful, penitent and gloomy attitude of mind which is considered a hindrance to the realisation of Truth.

On the other hand, it is interesting to remember here that joy is one of the seven “**Factors of Illumination**”, the essential qualities to be cultivated for the realisation of Nirvana.

-Ven Dr. Walpola Rahula -

If mind is correct, everything is correct

If your mind is in balance,
What need is there to work at morality?
If your mind is pure,
What use is meditation to you.

- Sixth Patriarch -

Gods need salvation too

For the first time in human history, the Buddha admonished, entreated and appealed to people not to hurt a living being, and it is not necessary to offer prayer, praise or sacrifice to gods. With all the eloquence at his command the Buddha vehemently proclaimed that gods are also in dire need of salvation themselves.

- Prof. Rhys Davids -

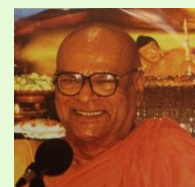
The things that science cannot do

Today, so many people are plagued with fear, restlessness, and insecurity. Yet science fails to rescue them. Science is unable to teach the common man to control his mind when he is driven by the animal nature that burns within him. Science is unable to provide a meaningful plan and purpose for life. It cannot provide man a clear reason for his living. In fact, science is thoroughly secular in nature and unconcerned with man’s spiritual goal.

The Author - Ven Dr. K. Sri Dhammananda -

According to the author, the “food” that he elaborated cannot be left on the plate. It has to be taken by one in small amounts and digested properly to give strength and vitality to the spirit. The insights to understand life’s imponderables cannot be obtained at one attempt. One has to constantly strive to reach that understanding by returning to the problem over and over again until wisdom arise. Like food, we need it constantly to sustain ourselves.

Chief wish us a hearty appetite!



SBM Youth Camp

An annual 4 days 3 nights camp, Camp Ehi-Passiko is organized by Youths for Youths. Ehi-Passiko, which means come and see, challenges youths to take the leap and join SBM Youth at our camp to see, discover and learn more about Buddhism. At camp Ehi-Passiko, we will destroy the stigma that youths today have about Buddhism, which includes mundane learning, endless chanting and boring talks. We bring in the fun and laughter, letting acquiring the knowledge of Buddhism in a relax, happy and joyous setup.

This year, Camp Ehi-Passiko will be held from the 11th December to 14th December. It'll be a camp full of Dhamma, fun, and meeting of new spiritual friends. Sign up now!

Contact Zhen Yu @ 91897356 or Melody @ 91683525 for more queries. We seek your support to enable us to enable organize such meaningful Buddhist Camp.

It is getting very difficult to book campsites. Furthermore sites rental rates have risen as much as 70% to 80% in Singapore. We appeal to sponsors for your generous donation and better still, if you have connection for camp sites in Singapore annually for 5 days, it will certainly help relief us an enormous challenge and hurdle in organizing this meaningful activities to encourage and develop future generations of Aspiring Young Buddhists and Buddhist leaders.

SINGAPORE BUDDHIST MISSION (YOUTH) CAMP EHI-PASSIKO 2015 DONATION PROPOSAL



ABOUT US

Singapore Buddhist Mission is a non-profit organisation that envisions itself to help individuals cultivate a steadfast faith in Buddhism. It was established in November 1981, and initiated by the late Venerable Dr. K Sri Dhammananda Nayaka Thera.

Singapore Buddhist Mission (Youth) is a fellowship of vibrant young Buddhists aged 13 to 30, from all walks of life, with a passionate devotion to Lord Buddha and His Teachings.

We organize a wide variety of activities that seek to balance spiritual pursuits with youthful living. We also spearhead nation-wide Buddhist camps like ACE Camp

CAMP EHI-PASSIKO 2015

SBM (Youth)'s flagship project is first organised in December 1997. Over the years, it is known for experiential activities that promote Buddhist practices. The annual 4D3N camp, organised by youths for youths, seeks to share the wisdom and values of the Dharma to youths. It provides an avenue for like-minded Buddhist youths to network and organise events for other

OBJECTIVES

1. To raise awareness of Buddhism
2. To provide a platform for spiritual friendship
3. To share the Dharma with camp participants in interactive ways
4. To cultivate youth knowledge on common misperceptions on Buddhism
5. To instill Buddhist values that will ready the youths for their daily decisions



CAMP ESSENTIALS

ADMINISTRATION

1. Stationery
2. Accomodation
3. Flyers and posters
4. General expenses

FOOD

1. Fruits
2. Drinks
3. Vegeterian meals
4. Mineral water

PROGRAMME

1. Props for skits
2. Campfire logistics
3. Spiritual activities
4. Miscellaneous

SUPPLY & LOGISTICS

1. Camp t-shirts
2. Petrol for vans
3. Bus and van rental
4. Prizes & souveneirs

WELFARE

1. Meals
2. Lozenges
3. Isotonic drinks
4. Acknowledgement

TOTAL ESTIMATED
AMOUNT TO BE

\$15,000

CAMP DETAILS

11th to 14th December 2015
Ages 15 & Above
Venue to be confirmed

CONTACT US

Png Zhen Yu Camp Master 9189 7356
Melody Sim Camp Mistress 9168 3525
ehipassiko.sbmy@gmail.com
facebook.com/sbmy

Cheques payable to "Singapore Buddhist Mission"
9 Ruby Lane Singapore 328284

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>Kathina Celebration – 15 Nov 2015</u> Monk Robes - \$60/- each Requisite - \$30/- each <u>Goddess Renunciation Day prayer – Fri 30th Oct 2015 8pm</u> Lotus Candle - \$10/- each <u>Healing Buddha Birthday Prayer – Sun 8th Nov 2015 10.30-11.30am</u> Lotus Candle - \$10/- each <u>Amitabha Buddha Birthday Prayer –Sun Dec 27 2015</u> Lotus Candle - \$10/- each <u>Eve New Year Prayer for world peace – Midnite</u> <u>31st Dec 2015 - 10.30pm to 0001am 1st Jan 2016</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.

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Occupation:					

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