



TI-SARANA BUDDHIST ASSOCIATION

# Ti-Sarana NEWS

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## ***New Year Message from Bhante:***

### **THE NEW YEAR AND TIME MANAGEMENT**

The tenth year of the 3<sup>rd</sup> millennium is about to pass and all of us at present are facing the year 2011. A year in the human world has 365 days, 12 months, 52 weeks, 8,760 hours, 525,600 minutes and 31,536,000 seconds. Time is also classified as past, present and future, but time can be considered as one. In the present, past and the present are deposited. The present is the result of the past and the future is the result of the present. Therefore by managing the present, one is able to manage the future as well.

As it is proverbially said that "Time flies" and "No time like the present", let us look at time in a new perspective in the New Year. We are aware that according to Buddhist cosmology, a year in the human world is comparatively a shorter period than the days and years in heavenly worlds. Time in our shorter span of life is calculated with the help of clocks and calendars.

Time has a peculiar character of consuming not only living things and material objects but also itself. Since an Arahant has conquered time by destroying craving that contributes to mundane sphere of becoming, he is said to have conquered time and gone beyond time. Therefore referring to time and the fate of every living thing, Mûlapariyāya Jataka states aptly:

*"Time consumes every living thing including itself. Whoever is born that has destroyed craving which contributes to birth, has put an end to the factor of time."*

*(Kālo Ghasati bhūtāni – Sabbān'eva attanā  
Yo ca kālaghasobhūto – sa bhūtapacaniṃ paci)*

Because of health consciousness, prompt attention to diseases and best medical facilities, life expectancy in Singapore is said to have increased a few more years to over eighty years. Suppose, a person's life span is 100 years, nearly a half of his life has to be spent sleeping. Then a considerable number of years have to be set aside for infancy, childhood, education, eating, bathing, sports, attending to diseases and nature calls, fulfilling moral obligations and duties, useless pursuits as well as eking out a living. When one looks at the entire picture of life in this way, one will realise that one has only a very limited number of days – nay, a few hours only - for one to devote for one's spiritual progress.

Today we are blessed with numerous facilities for our comfort and luxurious living. Man has conquered the time gap and distance by electric and electronic gadgets; by means of advanced systems of transportation and communication.

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But the paradox is we hear complaints of “no time” from all sides. It is pathetic that the situation has become very acute in developed countries. In those countries parents have no time to spend even with their children.

What is the reason for this situation? As it seems, one may not have prioritized one’s obligations, commitments and duties correctly and pay due attention to what is extremely essential in one’s work schedule. As we are common worldlings leading a mundane life, it has become more pertinent for us to manage time for our material and spiritual progress. In the Sigālovāda Sutta, known as layman’s ethics (gihivinaya), the Buddha being the knower of proper time for everything (Kālaññū) highlighted the importance of time management while denouncing procrastination that is rooted in laziness. The Buddha advised us not to let time pass by without deriving the benefit of it. Since life is short, unpredictable and impermanent, His advice to followers was to take the maximum benefit from time by prioritizing the work schedule for the sake of material and spiritual progress. In the Bhūripaṇṇa Jataka, this truth is put into the mouth of a lion thus:

*“Knowing the proper time to do what is essential, putting forth effort and marching towards progress with reflective understanding, you will see me as majestic as ever.”*

Let us face the New Year with a new outlook on life and our commitments, and reflect on the importance of time management for our success. Since “time and tide wait for no man”, let us manage the time at our disposal for our maximum benefit.

## HAPPY NEW YEAR TO ALL!

**Ven. Dr. P. Gnanarama Mahāthera**

## Snapshots of Kathina Ceremony

It was a day of rejoicing on 31<sup>st</sup> Oct. 2010 as members and devotees came to offer the Kathina Cloth, Vassāvāsika Robes and Essential Requisites to the Mahā Sangha. 5 members took the opportunity to request for a Buddhist name from Bhante Dr. Gnanarama and to reaffirm their faith in the Buddha, Dhamma and Sangha.



**Kathina Procession at 7.15am**



**Offering Kathina Cloth to Mah Sangha**



**Cutting the Kathina Cloth**



**We have a Buddhist Name**



**Offering the Kathina Robe to Bhantes**

## Fulfillment of Aspirations

A few days after the Kathina Ceremony, after the Evening Poya (New Moon) Service, the “Bodhi Leaves” that recorded the aspirations of members and devotees were ceremoniously burnt.

May the aspirations of all members and devotees be fulfilled!  
May all sentient beings be well and happy!



**Chanting for fulfillment of aspirations**



**“Bodhi Leaves” ceremoniously burnt**

# Activities of the Sunday Dhamma Classes

## Dhamma School Holidays

The Dhamma Classes will be closed from 28<sup>th</sup> Nov. 2010 for a well-deserved break for both the dedicated Dhamma teachers and the students. We look forward to more parents and their children joining the Dhamma Classes when they resume on 9<sup>th</sup> Jan. 2011 (Sun.). The Annual Speech Day will be held on 16<sup>th</sup> Jan. 2011 (Sun).

## Children's Day

26<sup>th</sup> October 2010, Ti-Sarana celebrated Children's Day. The celebration started with a play performed by the children. The play was about the "Determined Snake." The story was about a villager bitten by a venomous snake. However, in a surprising turn of events, the snake had a change of heart and decided to help the villager. In order to cure the villager, the snake had to suck out its own poison. The doctor was impressed with the determination of the snake which eventually managed to cure the villager. It was a good opportunity for the children to play different roles and was extremely funny, especially when a 13 year-old actor calling the 7-year old "father" and "mother".

Following the entertaining play, the children were divided into 2 groups and competed on quiz questions. This was the time when children were tested on their Dhamma knowledge. The children proved to be knowledgeable and answered the questions with confidence and much enthusiasm.

The children were rewarded with delicious food and presents which were kindly sponsored by various parents and teachers.

After lunch, the children were entertained by the Magician, Mr Funny Baby. Mr Funny Baby was dressed like a clown and performed magic tricks. He understood the children's psychology well and brought laughter to the young, old and "the much, much older" children. The special appearance of "Chezzy", the rat, was extremely entertaining for the children.

The Children's Day celebration ended with balloon sculpting and all the children brought home happy memories.

*By Wilbert Loh (13 years old) & Edbert Loh (11 years old)  
Sunday Dhamma Students*



The "determined snake"



Children eyeing their cake



The Magician, Mr Funny Baby



I want a balloon too



It's quiz time - I know the answer



I got the correct answer!



# Welfare Activities

## Dhamma-in-Action - Distribution of food and beverage items to the needy

For this 2010 Vassāna period, the project Dhamma-in-Action was initiated to put into practice the 4 Brahma Vihāra values taught by Bhante Ānanda during Sunday Dhamma Talks. The Lions Befrienders Service kindly provided the Ti-Sarana volunteers with a list of needy elderly residents living in the Marine Terrace, Eunost Crescent and Aljunied Crescent areas whom they can visit and present food packages and NTUC vouchers. A number of members and devotees contributed to the donation drive for the project to purchase essential food items like rice, milo and supermarket vouchers.

On Saturday morning, 23<sup>rd</sup> Oct 2010, Mr. Ng from the Lions Befrienders briefed us about their community service work. He also gave us a background of the elderly whom we are going to visit later and we learned that most of them live alone and are on the social welfare scheme.

After the briefing, we formed into groups of 5 volunteers each before proceeding to visit the homes we were allocated. Our group was always greeted with surprise by the elderly recipients who would later break into smiles when we presented them with the food packages and vouchers.

I can sense the loneliness of the elderly. One elderly lady was so happy to see us and have someone to talk to that she refused to let us go. All the volunteers found the visits meaningful as they could see the joy in the faces of the recipients. We should consider making this community project an annual event !

*By Sis. Yuan Yiin*



*The volunteers bringing out the food packages from the Shrine Hall*



*Briefing by Mr Ng*



*Yes, we have the details*



*We are ready!*



*Yuan Yiin (extreme right) with her team*

## Mett Youth Centre

The Centre now has 41 girls and 25 boys. In Sept. 2010 the children participated in an annual District Sport Event organized by the Dept of Probation and Child Care Services, Matara. The children showed their athletic prowess by winning a total of 68 prizes; 12 boys won 23 prizes while another 23 girls garnered 45 prizes for events ranging from 50 metres run to 1,500 metres run, long jump, discus and short-put.



*Children with their prizes at Mettā Youth Centre, after the Annual District Sport Event at Matara*

# Sunday Dhamma Talk/Discussion

The following are the scheduled Dhamma Talks/Discussions for November/December 2010:

7 <sup>th</sup> Nov. 2010	Kāthinānisamsa – Benefits of Offering Kathina by Ven. R. Ānanda
14 <sup>th</sup> Nov. 2010	Buddhist Holy Sites in India by Sis. Apple Chow
21 <sup>st</sup> Nov. 2010	Buddhist Attitude Towards Wealth – Dhamma Discussion led by Ven. R. Ānanda
28 <sup>th</sup> Nov. 2010	Is Nibbana guaranteed? – Recorded talk by Ajahn Brahm
5 <sup>th</sup> Dec. 2010	Life of the Buddha – Video presentation
12 <sup>th</sup> Dec. 2010	History of Buddhism in Southeast Asia by Ven. Dr. R. Chandawimala
19 <sup>th</sup> Dec. 2010	Reflections by Ven. R. Ānanda
26 <sup>th</sup> Dec. 2010	No Dhamma Talk (Preparations for overnight chanting for the New Year)

## Our Heartfelt Appreciation

The Management Committee wishes to express its heartfelt appreciation to all our Bhantes for the guidance and support, the dedicated teachers of the Sunday Dhamma Classes, the Sunday Dana Chefs for preparing delicious meals, the various sub-committee members, the Guests Speakers and all who have rendered their time and effort in making Ti-Sarana a place to learn and practise the Dhamma.

We look forward to the continued support and participation by all members and devotees in the coming year. We welcome you to volunteer your services in any one of our various sub-committees, Sunday Dāna Chefs or as a Sunday Dhamma teacher or teacher-aid. Please approach any one of our committee members to register your interest.

May the Blessings of the Buddha, Dhamma and Sangha be with you and your family!

## 2011 Activities at Ti-Sarana

1 Jan.	Sanghika Dāna for Bhantes and Blessings for members/devotees
2 Feb.	Lunar New Year's Eve Special Blessing Service
3 Feb.	Lunar New Year
11 Feb.	Inauguration of Pagoda Lamps of Blessings
26 Mar	34 <sup>th</sup> Anniversary of Ti-Sarana Buddhist Association
30 Mar - 5 Apr	Qing Ming Memorial Service during Evening Pūjā
22 Apr	Observance of Eight Precepts
17 May	Vesak Day
15 July	Invitation to Vassāna – start of 3-month Dhamma Cultivation
8 Aug - 14 Aug	Ullambana Service during Evening Pūjā
Oct	Kathina & Robe Offering
(actual date to be announced later)	
31 Dec	Overnight Chanting (Special Blessing Service) for the New Year 2012

**The Bhantes and the Management Committee look forward to the participation and support of all members and devotees in our activities.**

**Sunday Dhamma Classes will resume on 9<sup>th</sup> Jan. 2011.**

**Go to [www.tisarana.org.sg](http://www.tisarana.org.sg) for details of our annual events.**

## Overnight Chanting (Blessing Service) to welcome the New Year 2011

It is an annual event that all members and devotees look forward to each year - the overnight Blessing Service on 31<sup>st</sup> December to welcome the New Year. We will be inviting Venerables from Sri Lanka to conduct the Special Blessing Service together with our resident Bhantes. All the suttas and parittas from the Great Book of Protective Blessings will be recited to invoke the blessings of the Buddha, Dhamma and Sangha on all our members and devotees.

The names of members and devotees who request to be blessed will be read out before the commencement of the chanting of Parittas and Suttas. Enclosed in this newsletter is the form "Special Blessing for the Year 2011". Please complete the form and submit it to Ti-Sarana Buddhist Association by 25<sup>th</sup> Dec. 2010.

Come and participate in the recitation of the Suttas and Parittas and receive blessing for yourself and your family. Confidence in the efficacy of the Paritta Chantings is beneficial to our mental well-being and happiness.

### Programme on New Year's Eve (31<sup>st</sup> Dec. 2010, Fri.)

7.30 pm	Evening Pūjā
8.00 pm	Gilanapaccaya for Venerables
8.05 pm	Light refreshment for members & devotees
8.20 pm	Invitation of Sacred Buddha Relic to the Shrine Hall
8.30 pm	Reading the names of members & devotees for Special Blessing
9.15 pm till	
5.30 am	Overnight chanting of Suttas & Parittas by Venerables
5.35 am	Sharing of merits with Devas and all sentient beings
5.45 am	Blessing for members & devotees by Venerables

### Sanghika Dāna on New Year's Day

On New Year's Day (1<sup>st</sup> Jan. 2011, Sat.) we will be offering Sanghika Dāna (breakfast) and lunch to the Venerables. All members and devotees are encouraged to be present to offer Dāna, to express our gratitude and appreciation to the Mahā Sangha for conducting the overnight blessing service for us.

As it is the start of the New Year, do come with your parents and children for blessing by the Bhantes. Having a good spiritual frame of mind is critical to overcoming all the stresses and pressures of daily life, whether at work or in school.

### Programme on New Year's Day (1<sup>st</sup> Jan. 2011, Sat.)

7.30 am	Buddha Pūjā
7.45 am	Breakfast for the Mahā Sangha
11.00 am	Buddha Pūjā
11.30 am	Sanghika Dāna for Mahā Sangha
11.45 am	Vegetarian lunch for members & devotees
6.30 pm	Evening Pūjā

**Ven. Dr. P. Gnanarama Mah thera, Ven. W. Ratanasiri Mah thera,  
Ven. R. nanda Thera and The Management Committee  
wish all Members and Devotees  
A Very Blessed and Happy New Year!**