



TI-SARANA BUDDHIST ASSOCIATION

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Message from Bhante

BUDDHISM ON INTERPERSONAL RELATIONSHIPS

It is interesting to know what Buddhism has to say about building healthy relationships with others and to develop it to maturity for the weal and welfare of both parties. There are people who have an innate desire to be popular and become persons of high demand for their own advantage; and there are others who wish to be popular by being passive.

Here we focus our attention on building interpersonal relationships according to the Buddhist way. In our daily life we come across numerous people of different temperaments. We may not be interested or there may not be any relative advantage in building relationships with all of them. Since birth to grave we live in a society where we need to sustain healthy social and personal friendships not only with our relatives but with a wider circle of people from all walks of life. Obviously, we are obliged to associate with them in diverse circumstances of our lives. Nevertheless, when we think of the importance of maintaining healthy interpersonal relationships, we are convinced that it will contribute immensely to our peace of mind, over and above the frustration, irritation, discontentment and disappointment in numerous situations we have to face in our daily life. There is no royal road or an all powerful mantra leading one to amiable relationship with others. It depends upon the person’s good demeanour and decent practice. The Buddha, at the beginning of the famous advice to Sigala, said that one should not do any action out of prejudice, malice or fear and without proper understanding of facts or through ignorance.

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SUNDAY DHAMMA ACTIVITIES – MARCH/APRIL 2012

The following Dhamma activities are scheduled after the Buddha Pūjā at 11.00 am:

- 4th Mar. 2012 - “The True Purpose of Being A Buddhist” - Dhamma Talk by Bro. Piya Tan
- 11th Mar. 2012 - Dhamma Talk @ Pūjā by Bhante Ānanda
- 18th Mar. 2012 - Sunday Dhamma School Welfare Day
- 25th Mar. 2012 - Video on “Hill of Dhamma” and “Changing from Inside”

- 1st Apr. 2012 - Qing Ming Memorial Service & 35th Annual General Meeting
- 8th Apr. 2012 - Dhamma Talk @ Pūjā by Bhante Ananda
- 15th Apr. 2012 - Friends of MYC Gathering / Briefing
- 22nd Apr. 2012 - Video on “Introduction to Vipassanā Meditation”
- 29th Apr. 2012 - Vesak Preparations

Essential Five Factors

Making the topic under discussion clear, the Buddha referred to creating bonds with others in the Dhammapada (No. 217). The reference is made to five factors that contribute to one's popularity among gods and men. They are **virtue, vision, truthfulness, righteous conduct and fulfilment of one's own duties**.

Virtue is moral behaviour embracing a wider range of wholesome behaviour. Primarily, beginning from restraining one's wrongful physical and verbal actions, it leads one to cultivate amiable and wholesome actions of body and speech. Courtesy, the thoughtfulness for the convenience of others and the reasonableness or the fairness equivalent to thoughtful consideration when dealing with others come under the gamut of virtue. Modesty or an unassuming nature of one's own abilities together with humility or having a humble view of one's own importance also comes under its scope. Precisely speaking, he cultivates sympathy and empathy towards others while abstaining from finding faults in others or not becoming a person of inquisitive mind who pokes his nose in others' affairs. Truly it is easier for most of us to find fault with others rather than to find good in them. He should be a person who commends and praises when they are due. The Dhammapada (No. 50) states that let not one seek others' faults and things done and not done by others, but one's own deeds done and undone.

Vision implies broad mindedness. Avoiding a tunnel view of observing things, he has to develop an all embracing vision. If confined to meagre information or data he should not be judgmental or act on preconceived views. In other words, he should give up partiality in his judgments and be a person who lends his ear to both pros and cons of an issue. Since vision encompasses both mundane and supra-mundane spheres the Buddha says in the Metta Sutta that the virtuous, not falling into wrong view, is endowed with vision (*diṭṭhim ca anupagamma silavā dassanena sampanno*).

Truthfulness is another good quality for building interpersonal relationship. Nobody can have confidence in a liar. A liar is a good for nothing fellow because he is not sought after for anything worthwhile. He is a person who is prone to do mischief. Referring to this propensity of lying, the Buddha illustrates its criminal nature (Dhammapada No. 176) saying that there is no evil that cannot be done by a liar who has transgressed the law of truthfulness since he has no belief in the world beyond.

The person, who is established on **righteous conduct**, is free from moodiness and capriciousness. He is thoughtful of others' convenience and does not instruct them on wrong courses of actions or cause them difficulties. He praises unreservedly for real merits and abstains from favouritism. Explaining the deportment and stance of a person of good conduct it is said in the Dhammapada (Nos. 256, 257) that one is not a man of good conduct if he arbitrates cases hastily. Before arbitration, the wise should investigate both right and wrong and leads others not falsely but lawfully and impartially. He is not only a guardian of the law but one who abides by it as well.

As social beings there are obligations to be fulfilled by everybody. These obligations are considered duties and are the essentials of domestic and social life. **Duties** may vary according to one's station in life. In this respect the Buddha has covered the entire society quite comprehensively by dividing it to twelve social units (Sigalovada Sutta). Namely; parents & children, teachers & students, husbands & wives, friends & associates, clergy & laity and employers & employees. The **fulfilment of one's own duties** which are obligatory to each unit in the social order is the 5th factor required for one to develop healthy interpersonal relationships.

Ven. Dr. P. Gnanarama Anu-Nāyaka Mahāthera

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

Observance of 8-Precepts on 6th Apr. 2012 (Fri)

The Sunday Dhamma School will hold its annual observance of 8-Precepts on 6th Apr. 2012 (Good Fri. Holiday). This is a day where you can spend a meaningful time to practise mindfulness and learn more about the Dhamma. Please mark this day on your calendar and register your interest on the notice board in the Shrine Hall.

Resumption of Dhamma Classes

There were greetings of joy as students entered the class rooms on 12th Feb. 2012 (Sun.) for the resumption of Dhamma Classes after a break of more than 2 months. Adult students go for their lessons at 9 am before attending the 11 am Buddha Pūjā and Dhamma Talk by Bhante Ānanda. Children's Pūjā is from 10.15 am to 10.45 am. This is followed by a "quiet moment" in the Relic Chamber before lessons commence.



Children's Pūjā



A quiet moment for the children in the Relic Chamber



Bro. Lau with the YMBA students



Bhante Ānanda explains Abhidhamma to the students



Dhamma Talk during Pūjā

Conferment of title “Anu-Nāyaka” to Bhante Gnanarama

We are very happy to announce that our Bhante, Dr. P. Gnanarama Mahāthera was conferred the title “Anu-Nāyaka” by the Amarapura Saddhammayuttika Sect last year. The conferment ceremony will be held on 4th Apr. 2012 in Colombo. Sri Lanka. Our heartiest congratulations to Bhante Gnanarama!

Buddhist Symposium - “Dhamma in Action: Here and Now”

The Buddhist & Pali College of Singapore and its Alumni, together with partners Mangala Vihara Buddhist Temple and Ti-Sarana Buddhist Association, are organising a Buddhist Symposium entitled "Dhamma In Action: Here & Now". The Symposium is organized in conjunction with the 80th birthday celebration of the Most Venerable, Dr. Pategama Gnanarama Anu-Nāyaka Mahāthera, our Chief Resident Monk and the Principal of Buddhist and Pali College of Singapore. It aims to create more awareness of Buddhist Social Philosophy, its application and relevance to our modern societies today.

Join us to listen to Buddhist Scholars present their papers during this one day symposium.

Date: 24th Mar. 2012, Sat. 9.00 am - to 5.00 pm

Ticket: \$20 per person (includes vegetarian lunch pack and an afternoon tea)

Venue: Nagapuspa Theatre, Level B1, Buddha Tooth Relic Temple,
288 South Bridge Road, Singapore 058850

Please place your order for tickets with the Hon. Treasurer.

Overnight chanting for the New Year - Our Appreciation to all the Venerables

The Management Committee wish to record its appreciation to all our Resident Religious Advisers and the Venerables who came from Sri Lanka, Bhante H. Vijitha Nāyaka Mahāthera, Bhante W. Tissa Nāyaka Mahāthera, Bhante M. Nanda Thera, Bhante M. Buddhasiri Thera, Bhante K. Ariyawanse Thera, Bhante P. Seevali Thera, Bhante M. Amitha Thera, Bhante A. Rathanasiri Thera, Bhante K. Shanthideva Thera, Bhante G. Somarathana Thera and Bhante W. Anoma Thera to conduct the overnight recitation of Suttas and Parittas on 31st Dec. 2011 to invoke the blessings of the Triple Gem on all our members and devotees for the year 2012.

We are very grateful of the support of all the Venerables who came to bless us, especially Bhante M. Buddhasiri and Bhante P. Seevali who had to leave on a night flight to Sri Lanka on 1st Jan. 2012 and 2nd Jan. 2012 respectively as they had to conduct blessing services for their devotees there as well.

We would also like to thank all the members and devotees who made this annual event such a success. They also participated and made offerings at the first Sanghika Dāna of the year.



Arrival of Venerables



Ready for Ceremony



*Carrying the Buddha Relic and
Ola Leaves*



Venerating the Buddha Relic



Offering flowers to the Buddha Relic



Lighting lotus candles



Reading names for blessing



Overnight chanting by Venerables, members and devotees



Getting blessed



Tying blessed thread



*Carrying Buddha Relic &
Ola Leaves to Relic Chamber*



A photo of the Venerables

WELFARE ACTIVITIES

Mettā Youth Centre (MYC)

5 volunteers from Ti-Sarana will spend two-weeks at Mettā Youth Centre, Matara, Sri Lanka from 16th Mar. 2012. They will conduct enrichment classes for the children and equip them with some life skills. Those who are interested to know more about the volunteers' trips can contact any of the Management Committee members.

Gathering of Friends of MYC on 15th Apr. 2012

Members and devotees are invited to a "Friends of MYC" gathering on 15th Apr. 2012 at 12.30pm. An update on the Mettā Youth Centre children will be given together with a video presentation of their activities.

LUNAR NEW YEAR CELEBRATIONS

Lunar New Year's Eve Special Blessing Service

Many members and devotees attended the Special Blessing Service on 22nd Jan. 2012 at 10 pm. Bro. Khemaka David Chew invited the Bhantes to commence the recitation of Suttas and Parittas at 10.15 pm to invoke the Blessings of the Triple Gem on all members and devotees for a Happy and Prosperous Dragon Year. After the Blessing Service at 12.20 am, the congregation performed the first Pūjā of the Dragon Year with offerings to the Buddha.

House visits during Lunar New Year

Our Bhantes visited the elderly members and devotees during the Lunar New Year to wish them a Happy and Blessed Dragon Year.



Special Blessing Service at 10.15 pm



Tying Blessed thread for an auspicious Dragon Year



First Pūjā of the Dragon Year at 12.20 am



House visits by Bhantes to bless the elderly members and devotees for a Happy Dragon Year



Blessing for Good Health & Long Life



Celebrating Ren Le, 7th Day of Lunar New Year



Lo Hei for Peace, Harmony, A Good Career, Good Health, Booming Business & Prosperity

Inauguration of the Pagoda Lamps of Blessings

The annual inauguration of the Pagoda Lamps of Blessings was held on 31st Jan. 2012 at the Relic Chamber at 8 pm. Members and devotees are now able to join in the proceedings in the Shrine Hall as well because the ceremony is projected live via a video link. Bags packed with oranges, rice and yellow thread were distributed after the Blessing Service.

Donors who contributed \$40 annually for their name to be placed on the Pagoda Lamps are encouraged to attend the recitation of Sutta/Paritta, held every Tuesday evening at 8 pm. Names of donors whose birthday falls during the week will be read out for blessing before the recitation. All funds collected are used for the welfare of the Bhantes, Sunday Dhamma School activities, maintenance of the Association premises, Sangha Abode and welfare activities.



Arrival of Venerables to Relic Chamber



Offering of lotus candles



Bro. Khemaka invites Bhantes to commence Blessing Service



Recitation of Sutta & Parittas by the Venerables, members and devotees



Blessing by Bhante for all members and devotees



Tying Blessed Thread



Collecting the bags of oranges & rice



Listening and viewing the Blessing Service in the Shrine Hall

35th Anniversary Celebrations

Sunday Dhamma School Welfare Day (18th Mar. 2012, Sun.)

Ti-Sarana will be celebrating our 35th Anniversary this year. To commemorate the occasion, the Sunday Dhamma School is organizing a visit to Bright Hill Evergreen Home on 18th Mar. 2012 (Sun.) to interact and provide lunch to its residents. The Home has indicated that they appreciate donations in kind like milk powder, canned food, beverages and cooking oil. For more details please refer to Sis. Carol Chung and Seok Cheng.

Sanghika Dāna (25th Mar. 2012 Sun.)

On the Eve of the Anniversary, 25th Mar. 2012 (Sun.) our Association will be celebrating the occasion with a Sanghika Dāna. Venerables from other organizations will be invited to rejoice with us. Come and participate in the offering of Sanghika Dāna to the Venerables.

Re-affirmation of Commitment to Dhamma Work

On the Anniversary date itself, 26th Mar. 2012 (Mon.) there will be our annual re-affirmation of our commitment to Dhamma Work after our Pūjā at 7.30 pm.

Programme on Eve of Anniversary, 25th Mar. 2012 (Sun.)

10.50 am	Arrival of invited Venerables
11.00 am	Buddha Pūjā
11.30 am	Blessings by Venerables
11.40 am	Dāna for Venerables
11.50 am	Vegetarian lunch for members and devotees

Programme on 26th Mar. 2012 (Mon.)

7.30 pm	Pūjā
7.50 pm	Transference of merits to all departed members and devotees
8.00 pm	Re-affirm Commitment to Dhamma Work at Ti-Sarana
8.10 pm	Blessings by Venerables
8.20 pm	Gilanapaccaya for Venerables
8.25 pm	Light Refreshment for members and devotees

BLESSING SERVICES AT TI-SARANA

Lunar New Year's Blessing

During the Lunar New Year holidays, many families came with oranges to pay respect to Bhantes and received blessing from them. They left happily with oranges, signifying good fortune and prosperity, and blessed bottled of water. Children received traditional ang pow packets and sweets.



Birthday Blessing

Sis. Margaret Leong celebrated her birthday by bringing food and offering Dāna on 4th Jan, 2012. Our Resident Bhantes together with 9 members of the Mahāsangha who came from Sri Lanka to conduct the New Year Blessing Service participated in the Sanghika Dāna.



Bro. Senaka Tan Kok Eng also offered Dāna on his birthday.

A Happy Birthday Blessed Thread

Qing Ming Memorial Service (29th Mar. to 4th Apr. 2012)

We will perform the annual Qing Ming Memorial Service starting from 29th Mar. to 4th Apr. 2012. During the Evening Pūjā Service, gifts of essential requisites will be offered to our Venerables in memory of our departed relatives and friends followed by the transference of merits to the departed. Members and devotees are encouraged to attend the Evening Pūjā Service during the period of Qing Ming Memorial Service. By making the effort to perform the Pūjā Service and participating in the offering of requisites to members of the Mahāsaṅgha, merits are acquired which can then be shared with our departed family members, relatives and friends.

On 1st Apr. 2012 (Sun.) we will invite Venerables from other organizations for a Saṅghika Dāna specially organized for Qing Ming and dedicated to all our departed relatives and friends. The offering of food and essential requisites to the Venerables who represent the Saṅgha community – past, present and future, invokes a very powerful meritorious deed to all who participate in the Saṅghika Dāna. The merits acquired by each and every individual member and devotee from this act of alms giving will then be shared with all departed relatives and friends for their well-being.

Programme for Qing Ming Memorial Service 29th Mar. to 4th Apr. 2010

Evening Pūjā (7.30 pm on weekdays and 6.30 pm on Sat.) - Offering of essential requisites to Venerables in memory of departed relatives and friends and transference of merits to departed relatives and friends

1st April 2012 (Sun.)

- | | |
|------------|--|
| 11.00 am | Buddha Pūjā |
| 11.30 am | Saṅghika Dāna for Venerables |
| 11.35 am | Reading of names of donors and their departed relatives and friends |
| 11.55 am | Offering of gifts to Venerables |
| 12.00 noon | Recitation of Tirokudda Sutta and Transference of Merits to departed relatives and friends |
| 12.10 pm | Blessings by Venerables |
| 12.20 pm | Vegetarian lunch for members and devotees |

Come and participate in the Evening Pūjā and the Saṅghika Dāna to the Mahāsaṅgha as a mark of respect and gratitude to our departed relatives and friends and share the merits acquired with them for their well-being and happiness.

35th Annual General Meeting

The 35th Annual General Meeting of the Association will be held on 1st Apr. 2012 (Sun.). A Notice of Meeting will be sent to all members in due course.

**The Bhantes, Sunday Dhamma School Teachers
and Management Committee Members
look forward to your presence and participation
in our Dhamma Activities**

Visit our website: www.tisarana.org.sg