



TI-SARANA BUDDHIST ASSOCIATION

Ti-Sarana NEWS

90, DUKU ROAD, SINGAPORE 429254. TEL: 6345 6741 Fax: 6348 0844
Email: tisarana@singnet.com.sg Website:www.tisarana.org.sg

NEWSLETTER ISSUE : JUL/AUG 2012

Message from Bhante
Activities of the Sunday
Dhamma School
- YMBA New Intake on
1st Jul. 2012 (Sun.)
- Welfare Day Held on
18th Mar. 2012
- page 1

Celebrating
Ti-Sarana Chefs' Day on
13th May 2012
- page 2

Activities of The Sunday
Dhamma School
- Parents' Day
Celebration on 8th
Jul. 2012, Sun.
- Teacher's Day
(Acariya Day)
Celebration on
26th Aug. 2012, Sun.

Reflections at Graduation
- page 3

Welfare Activities
- Mettā Youth Centre
- page 4

Dhamma Sharing by
Bro. Piya Tan on 1st Jul.
2012, Sun.

Ullambana Service - 25th
Aug. to 31st Aug. 2012

Snapshots of Vesak Eve
Blessing Service & Vesak
Day Celebrations
- page 5

Vassāna Retreat
- page 6

Message from Bhante

Self-Esteem and Social Identity

Everyone in society aspires to discern himself from others in a positive light. This is an inborn inclination of humans and it may differ or vary according to individuals. When a person is displaying his self-esteem extraordinarily in society, he is branded as a man of 'high ego'. Since such a person causes inconvenience and annoyance to fellow associates, he is considered a nuisance.

Social identity depends upon others' evaluation of our contributions to oneself and society. A positive feedback on a person's successful career will undoubtedly boost one's self-esteem. This will enable one to lead a productive, effective, successful and healthy life which is the dream of human beings living in society as social beings. With this, then it is possible for everyone to maintain meaningful social interactions with each other and one another. Conversely, it has been shown by sociologists that due to discriminations originating from prejudice, race, caste, sexism or colonisation and the like, the problem of low self-esteem may come to the surface. This in turn leads to negativity, withdrawal, anxiety, low effort, self-blame, frustration and failure.

(Continued on page 2)

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

YMBA New Intake on 1st Jul. 2012 (Sun.)

A new YMBA (Young Men's Buddhist Association) structured Buddhist Studies class will commence on 1st Jul. 2012 (Sun.). Our dedicated volunteer teachers are keen to impart their knowledge of the Dhamma to you. Do not miss this opportunity to learn what the Buddha taught! Sign up by registering your name with any one of the Dhamma teachers or Management Committee members. Classes for adult students run from 9.00 am till 11.00 am.

Welfare Day Held on 18th Mar. 2012

The Sunday Dhamma School Children and their parents had a very meaningful day on 18th Mar. 2012 when they visited the Bright Hill Evergreen Home and brought cheer to the residents there. As part of Ti-Sarana's 35th Anniversary celebrations, they collected milk powder, canned food, beverage items and other essential items donated by members and devotees for the Home.



Here are some donated items



The children and their parents interacting with the residents

(continued from page 1)

Balanced self-esteem plays a prominent role in one's life. It is proverbially said that "everyone is the architect of his own future". Buddhism also asserts overtly that "oneself is the one's saviour, for what other saviour could there be?" (**Dhammapada** 160). In the same vein, the Buddha's last exhortation to the monks was to be a lamp unto themselves and to be a refuge unto themselves without seeking refuge in others.

Buddhism aims to produce a healthy individual both physically and mentally and a person capable of maintaining meaningful and productive interaction with others. He should be of quality behaviour, ready to listen, learned, restrained in his bodily, verbal and mental actions and ever active. This fact is illustrated in the *Atthassadvāra Jātaka* preached by the Buddha with reference to a question on **Gates to Success** asked by a 7-year old child of a millionaire in Savatthi. Social psychologists say that chimpanzees, gorillas, orang-utans and children are capable of self-recognition at the ages between 18 and 24 months. Therefore it is no wonder that the 7-year old child had matured enough to inquire about the **Gates to Success**.

The child asked his father about the Gates to Success but since he was unable to answer him, he took the child to the Buddha. The Buddha was posed the question and He explained, after relating the past life of the child, the following six gates that will lead to success:

1. Physical and mental health
2. Quality behaviour
3. Listening to instructions of exemplary wise men
4. Acquisition of learning
5. Restraint in body, word and mind and
6. Ever activeness

It is worthwhile to note that the Buddha has drafted here a blueprint or layout for the improvement and stability of self-esteem thereby pointing out ways and means to foster social identity for success in life. The **Gates to Success** as explained in the Jataka tale imply not merely success in this life but success in lives to come as well.

May all beings be well and happy!

Ven. Dr. P. Gnanarama Anu-Nāyaka Mahāthera

Celebrating Ti-Sarana Chefs' Day on 13th May 2012



Chefs offering lotus candle



Blessing for the Chefs



Receiving a gift from Bhante Ananda



A cake for the Chefs



Tying blessed thread

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

Parents' Day Celebration on 8th Jul. 2012, Sun.

One of the key Buddhist values that the Sunday Dhamma School children learn is to honour their parents and elders. To further inculcate this value, the Sunday Dhamma School is organizing a Parents' Day on 8th Jul. 2012 (Sun.) at 12.30 pm. This is a day where children can put into practice the Teachings of the Buddha by showering their love and gratitude to their grandparents, parents, uncles and aunties. Come and rejoice with the children and their parents.

Teacher's Day (Acariya Day) Celebration on 26th Aug. 2012, Sun.

"Gratitude" and "Honour those worthy of honour" are two blessings listed in the Mangala Sutta. On 26th Aug. 2012 (Sun.), our Dhamma students will express their gratitude and honour all their teachers including our Bhantes for their dedicated service in imparting the Teachings of the Buddha. Come and join us at the 11.00 am Buddha Pūjā and participate in the Sanghika Dāna.

Dhamma School Students' participation during Vesak Celebrations



These T-Shirts are designed by us!



Pūjā and recitation of Suttas by the Dhamma School Students



Our offering of candles for Buddha Relic Candlelight Procession



Songs performance by the children



Reflections at Graduation

As I walked up to receive my MA certificate from Ms Ferial Ashraff, High Commissioner of Sri Lanka for Singapore, I was elated that I finally completed the 5 year (Diploma, BA and MA from the Buddhist & Pali University of Sri Lanka) course. Then, I remembered what one lecturer said, "This MA will not lead you to Nibbana!" – How true! This academic programme has however given me an in-depth understanding of the Buddha and His Teachings and how Buddhism has spread and developed in different forms throughout the world over the last 2,500 years. Whilst I am certainly not enlightened yet, I am very grateful to all the volunteer lecturers who have so generously donated their time and effort to teach the various modules.

This graduation is clearly not an end in itself but another milestone in a long journey to find ultimate happiness. Studying Buddhism is not enough. It is equally if not more important to practise what the Buddha taught. Buddhism has to be experienced and one has to work hard at purifying the mind through meditation practice. We need to pay heed to the well-known Dhammapada verse – "Avoid all evil, do good and (especially) purify the mind – the teaching of all the Buddhas!"

By Ivan Tan



Ti-Sarana Graduates with Bhante Chandawimala



The High Commissioner of Sri Lanka and Bhante Gnanarama

WELFARE ACTIVITIES

Mettā Youth Centre (MYC)

On 15th April 2012, Bhante Ratanasiri and Bro. Khemaka Chew gave members and devotees an update on MYC and the well-being of the girls residing there. MYC continues to provide safe and conducive residential facilities for underprivileged girls. In 2011, 35 children were admitted to MYC as directed by the Sri Lankan Courts while 47 children left for various reasons with the approval of the Department of Probation and Childcare Services. Some children left to pursue “A” level studies or to join the workforce after completing their “O” levels. Others either rejoined their families or were adopted by qualified childless couples. As at the end of December 2011, there were 53 children aged between 6 to 17 years residing at MYC. It is heartening to note that the MYC children are doing well. One of the former residents at MYC is now happily married.

Bro. Alex Tay briefed the audience on the donations received to cover the running costs of MYC. Donations collected for MYC are segregated from the general funds of the Association. The gathering also watched a video presentation on the activities of the children. “Friends of MYC” were later presented with a bag of cookies and a thank you card by Bhante Ratanasiri. These token gifts were made by the children to express their gratitude to all the MYC benefactors.

Those we wish to donate to MYC or participate in the volunteers’ enrichment programmes for the children can approach any one of the Management Committee members.



Bhante Ratanasiri presenting the thank you cards and cookies to “Friends of MYC”



Sis. Evelyn sharing her impressions of MYC

On 29th May 2012, 4 volunteers went to MYC to conduct an enrichment programme for the children. Another 5 volunteers joined them a few days later. All the volunteers attended MYC's 3rd Speech Day held on 3rd Jun. 2012 where they presented certificates of commendation to 15 children who did well in their 2011 year-end school examinations. Among the award recipients were 3 teenagers who have successfully completed their "O" Level examinations and are now pursuing their "A" levels studies. Our heartiest congratulations to all book prize recipients!



Volunteers interacting with the children

Guests at Speech Day



Certificate presentation to the children

The award recipients

The “O” level girls

Dhamma Sharing by Bro. Piya Tan on 1st Jul. 2012, Sun.

Come and join us for the Buddha Pūjā at 11.00 am and listen the Bro. Piya's view on "Dedication of merits: How does it work?"

Ullambana Service - 25th Aug. to 31st Aug. 2012

We will observe Ullambana (7th Lunar Hungry Ghosts' Month) from 25th Aug. to 31st Aug. 2012. During that week, after the Evening Pūjā, we will offer essential requisites to the Mahāsangha, recite the Tirokudda Sutta and transfer the merits acquired to all our departed relatives and friends. As part of the observance, we will hold a Sanghika Dāna on 26th Aug. 2012 (Sun.) where Venerables from other Buddhist organizations will be invited as well.

Members and devotees – Commemorate Ullambana and share your merits with your departed loved ones by participating in the Evening Pūjā during the Ullambana week. If you wish to make a contribution for the Sanghika Dāna and essential requisites for the Mahāsangha, kindly complete the attached form and mail it to the Hon. Treasurer.

Ullambana - Sanghika Dāna on 26th Aug. 2012 (Sun.)

11.00 am	Buddha Pūjā
11.30 am	Offering of essential requisites to Mahāsangha
11.40 am	Blessings by Venerables
11.50 am	Sanghika Dāna for the Venerables
11.55 am	Vegetarian lunch for members and devotees
12.30 pm	Acariya Day (Teacher's Day) Celebration

Snapshots of Vesak Eve Blessing Service & Vesak Day Celebrations



Offering flowers to the Sacred Buddha Relic on Vesak Eve



Inviting Bhantes to start Blessing Service



Blessing and tying of blessed thread for members and devotees



On Vesak Day



At the Relic Chamber



Sale of T-Shirts



Buddha Pūjā at 10.45 am



Buddha Relic Candlelight Procession in the evening



VASSĀNA “RETREAT”

Invitation to Vassāna Ceremony

On 3rd Jul. 2012, Tues. (Full Moon Day), Sis. Acalā Amy Ong and Bro. Jotiya Thomas Wong will represent the female and male members and devotees respectively to formally invite Bhante Dr. P. Gnanarama Anu-Nāyaka Mahāthera, Bhante W. Gnanobhasa Thero and Bhante R. Ānanda Thero to observe the 3-month Vassāna Retreat at Ti-Sarana.

The Dhammacakkapavattana Sutta (The Discourse on the “Inauguration of the Reign of Righteousness” / “The Setting in Motion the Wheel of Righteousness of The Dhamma”) will be recited during the ceremony. This Sutta gives a complete and detailed explanation of the two extremes which should be avoided by all Buddhists and the Noble Eightfold Path that we should follow and practise daily.

This landmark Sutta will be chanted by our Bhantes and Bhante Dr. R. Chandawimala Thero who has very kindly accepted our invitation to recite the Sutta that night. Come and participate in the invitation ceremony where we will recall the momentous event when the Buddha delivered his very first discourse.

Vassāna Invitation Ceremony (3rd Jul. 2012, Tues.)

- 7.30 pm Evening Pūjā
- 8.00 pm Invite Venerables to Observe Vassāvāsa
- 8.10 pm Sermon by Venerable
- 8.20 pm Start of recitation of the Dhammacakkapavattana Sutta
- 9.20 pm Blessing to members and devotees
- 9.30 pm Gilanapaccaya for Venerables
- 9.35 pm Light refreshment for members and devotees.

3-month Vassāna Programme – Cultivation of the Mind

Upon accepting the invitation to observe the 3-month Vassāna at Ti-Sarana, Bhante Gnanarama, Bhante Gnanobhasa and Bhante Ānanda will reside at the Sangha Abode and will not be away for more than 7 days during the 3-month “Retreat”. The annual Vassāna period provides us with a wonderful opportunity to intensify our practice by spending more time with the Venerables to learn the Dhamma and practise meditation.

This year, the theme for our Vassāna Programme is “Meditation on Loving Kindness” and will feature both chanting and meditation. The Kāyagatāsati Bhāvanā Ānisaṃsā (The Benefits of Mindfulness of the Body) and the Mettānisaṃsasuttam (The Discourse on the Benefits of Loving Kindness) will be recited followed by meditation.

The Vassāna Programme commencing on 5th Jul. 2012 (Thurs.) at 10.30 am to 11.00 am will be conducted on the following days:

- Tuesday – 8.00 pm to 8.45 pm (at Relic Chamber)
- Thursday – 10.30 am to 11.00 am (at Shrine Hall)
- Friday – 8.00 pm to 9.00 pm (at Relic Chamber)
- Sunday – 12.30 pm to 1.30 pm (at Shrine Hall)

On Sundays, Bhante Ānanda will give a Dhamma Talk on the Kāyagatāsati Bhāvanā Ānisaṃsā and the Mettānisaṃsasuttam prior to the start of the chanting and meditation. All members and devotees are encouraged to attend the chanting and meditation sessions to experience the efficacy of Sutta chanting and the calmness that follows meditation. We look forward to your presence and participation on the above-mentioned days. Our Kathina and Robe Offering Ceremony will be held on 14th Oct. 2012 (Sun.).