



TI-SARANA BUDDHIST ASSOCIATION

# Ti-Sarana

## NEWS

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### *Message from Bhante*

## **Lest Modern Technology takes you for a Ride**

In our time, science and technology is progressing at an unprecedented speed. Several decades ago, a sociologist calculating the scientific knowledge available in the world said that the scientific knowledge of 1850 has doubled by 1950. Subsequently that knowledge has tended to multiply by 2 within each ten year period. Thus, if this calculation is correct, when it was 2010, that knowledge had been multiplied by 128 times. As we know, in every field of science and medicine, there are many discoveries that resulted in numerous technological inventions and innovations. Good examples are when Alexander Graham Bell (1876) was experimenting to invent the telephone and Karl Benz (1885) was inventing the commercially successful automobile. However, progress was not without resistance!

When the Wright brothers (1903) tried to fly through the air with a mechanical device they were frowned at and ridiculed. New York Herald sent their star reporter to Kitty Hawk to report the wonderful feat of a man flying through the air on a machine diving, turning this way and that and landing safely on the ground. The editor not only threw away the report but also suspended the reporter! The famous US physicist Simon Newcomb had declared that it is impossible for anything heavier than air to fly. The common opinion then was that only angels can fly. When George Stephenson (1814) introduced the locomotive in England, people petitioned the government to stop it saying their corn fields were destroyed by coal dust.

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### **Thank You to All**

The Management Committee thanks all members and devotees for your support and participation in Ti-Sarana's activities during the year. We wish to place on record our deep appreciation for the:

- Guidance of all our Bhantes and especially their patience in imparting to us the Teachings of the Buddha;
- Dedication and commitment of the Sunday Dhamma School teachers and administrative members;
- Devotion of the "Ti-Sarana chefs" who prepare Sunday Dāna for Bhantes and lunch for members/devotees with much Mettā; &
- Valuable contributions of the various sub-committee members.

Your enthusiastic participation in our activities has indeed made Ti-Sarana a very conducive place to learn and practise the Dhamma. We look forward to your continued support in 2013. We welcome involvement from all – youth and senior citizens alike. Please approach our committee members to register your interest to participate or assist in any of our activities.

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But the onward march of science and technology continued at a frenetic pace and has remarkably contributed to the progress of human civilization in all respects. However, now we are facing what sociologists call a “technological fix” - an awkward situation where we are required to solve problems created by prior technology. The result is a complex circle of events. For example, when we take the case of introduction of land transportation, not only highways were needed but also dividing lanes, traffic lights, symbols and directives, traffic laws, traffic police, traffic tribunals and several other procedures to punish offenders.

Harmful effects of the use of mass media particularly, YouTube, Twitter and Facebook are also under discussion these days. Medical science has also made wonderful achievements. But it is sometimes said that western medicine is symptomatic as it treats the symptoms but not the root cause of a disease. Allergies and side effects of modern medications have often come to light. Even after years of prescribing a certain medicine, that medicine can subsequently be taken off the shelves and prohibited after later research showed it to be harmful to this or that organ of the body. The brightness of TV and computer screens and their adverse impact on eyes and the brain are often pointed out. Children addicted to computer games is a problem in some countries. Cellphone usage also has its problems of radiation and side effects. It is advised not to use cellphone before bed for a healthy and sound sleep!

### **How is Buddhism helpful in this complex situation?**

Although Buddhism is 2600 years old, its message is perennial and fresh in the sense of its subject matter. The Buddha addressed the problems that mankind had encountered and will continue to face everywhere, every time and in every clime regardless of their clan, tribe or nationality. In order to curb the flow of influxes from external stimuli, Buddhism provides us with a prescription. For instance, discussing ‘influxes’ (*āsava*), which covers a wider range of mental phenomena, it is shown that they are “*destructive and consuming*”. Seven methods of getting rid of influxes are given in Buddhism (M. I, p. 2 ff.). Namely by; **I. Seeing** them at their face value; **II. Restraining** one’s sense faculties from unwanted sense stimuli; **III. Using** what is at one’s disposal without further yearning; **IV. Enduring** the unfavourable conditions beyond one’s control; **V. Avoiding** just as one avoids a wild elephant, a cesspool or a sewer; and **VI. Removing** through reflective concentration.

Yet another three criteria of judgment are given in the famous *Kālāma Sutta*. According to the discourse, concepts or objects in view have to be evaluated in terms of three roots of evil. Namely; **1. Greed, desire or craving; 2. Acrimony, aversion or hate; 3. Delusion, misapprehension or stupidity**. Evaluated in these terms, if one finds what is assessed is contributing to one or the other of these evils and since it is harmful according to common sense, it is to be given up.

In spite of all the scientific and technological advancements made in our time, the paradox is that man continues to lead a hectic life to meet insatiable wants and is subjected to neurotic and psychotic conditions. Loosening familial bonds and generation gap have made an impact on domestic life. Since Buddhism has no objection to material welfare of individuals, in the *Atthasadvāra Jataka* the Buddha explains the 6 doors to success in the lay life. **1. Concern for physical and mental health; 2. Virtuous conduct; 3. Listening to the elders; 4. Education or learning an art or a craft; 5. Righteous living; and 6. Industriousness.**

## **Sabbe Sattā Bhavantu Sukhitattā!**

Ven. Dr. P. Gnanarama Anu-Nāyaka Mahāthera

## Sunday Dhamma Activities / Events - Nov. / Dec. 2012

4<sup>th</sup> Nov. 2012 - Pūjā in Pāli @ 11.00 am / Dhamma Sharing by Bro. Piya Tan @ 11.45 am

11<sup>th</sup> Nov. 2012 - Pūjā in both Pāli and English @ 11.00 am

18<sup>th</sup> Nov. 2012 - Pūjā in Pāli @ 11.00 am / Dhamma Talk by Bhante Ānanda

25<sup>th</sup> Nov. 2012 - Pūjā in both Pāli and English @ 11.00 am

2<sup>nd</sup> Dec. 2012 - Pūjā in Pāli @ 11.00 am / Dhamma Sharing by Bro. Piya Tan @ 11.45 am

9<sup>th</sup> Dec. 2012 - Pūjā in both Pāli and English @ 11.00 am

16<sup>th</sup> Dec. 2012 - Pūjā in Pāli @ 11.00 am / Dhamma Talk by Bhante Ānanda

23<sup>rd</sup> Dec. 2012 - Pūjā in both Pāli and English @ 11.00 am

30<sup>th</sup> Dec. 2012 - Pūjā in both Pāli and English @ 11.00 am / Preparation for Overnight Blessing Service for New Year 2013

## Fundamentals of Abhidhamma Course (2<sup>nd</sup> Mar. 2013)

“The Abhidhamma is most useful to those who want to understand the Dhamma in greater depth and detail. It aids the development of insight into the three characteristics of existence – impermanence, un-satisfactoriness and non-self. It is useful not only for the periods devoted to formal meditation, but also during the rest of the day when we are engaged in various mundane chores. We derive great benefit from the study of the Abhidhamma when we experience absolute reality.”

“What Buddhists Believe” by Dr. K. Sri Dhammananda

Bhante Ānanda will be conducting another Abhidhamma Course every Saturday from 9.00 am to 11.00 am at Ti-Sarana commencing on 2<sup>nd</sup> Mar. 2013.

If you wish to attend the course, please contact Sis. Sunitā Tay at [mormat@singnet.com.sg](mailto:mormat@singnet.com.sg).

## WELFARE ACTIVITIES

### Dhamma-In-Action Day

20 members/devotees gathered at Ti-Sarana on 6<sup>th</sup> Oct. 2012 at 8.00 am before proceeding to deliver goody bags, packets of rice and supermarket vouchers to 50 underprivileged families in the Macpherson/Circuit Road area. They spent more than two hours visiting the homes and chatting with some of the recipients. The smiles on the faces of the recipients were heart-warming. We are very thankful and grateful to be given an opportunity to help them!





# ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

## Examination Blessing Service

Our annual Examination Blessing Service was held on 8<sup>th</sup> Sep. 2012. Students came with their parents and relatives to receive blessings from our Bhantes to help them to prepare mentally for their year-end school examination. Bhante Dr. R. Chandawimala gave an inspiring and enlightening talk on the purpose of the blessing service and the power and efficacy of listening to the recitation of the Suttas and Parittas.

Later, the Venerable tied blessed threads around their wrist to remind them of the blessings they received. A blessed bottle of water was also presented to each of them by Bhante.

We wish all the students success in their examinations!



*Homage to the Sacred Buddha Relic*



*Inviting Bhantes to Start Blessing Service*



*Offerings to the Buddha*



*Dhamma Talk By Bhante*



*Blessings, tying blessed thread and giving blessed bottle of water by Bhante*



## Children's Day Celebration

This year, the Sunday Dhamma School decided to do something different for Children's Day. On 23<sup>rd</sup> Sep. 2012 excited Sunday Dhamma School students gathered at Ti-Sarana at 8.30 am before proceeding to East Coast Park beach to celebrate Children's Day. Instead of the usual "party", the youngsters learnt to do their part to protect and care for the environment. Together with their teachers and parents, they spent more than an hour clearing the beach of litter left by beach goers.

After their hard work, the children were still energetic and they enthusiastically participated in the Sand Castle Competition. There were whoops of delight when refreshment was served. What a meaningful way of spending Children's Day with their parents and relatives!



*Briefing by Sis. Carol*



*Combing a stretch of East Coast Beach for litter*



*Children building their sand castles*



*We have a good time!*

# ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

## Abhidhamma Day

Members and devotees gathered at the Relic Chamber at 12.30 pm to observe Abhidhamma Day on Full Moon Day, 30<sup>th</sup> Sep. 2012. Bhante Ānanda explained the significance of Abhidhamma Day. Abhidhamma, which is the highest and most profound teaching of the Buddha, enables us to see things as they really are and lead us to ultimate happiness.

Lotus candles were offered out of respect for the Buddha's wisdom and to dispel our ignorance. Then we chanted relevant Abhidhamma texts and shared merits with all sentient beings. This was followed by a short meditation to permeate Mettā or loving-kindness to all sentient beings.



*Dhamma Talk by  
Bhante Ānanda*



*Bhante Gnanobhasa led the chanting of  
relevant Abhidhamma texts*



*Lighting candles*



*After lighting a lotus candle members meditated on Mettā (Loving-Kindness) and  
shared merits with all sentient beings*



*Placing lit candles  
on the altar*

## Participation by the Sunday Dhamma Students during Kaṭhina Day



*Cutting the Kaṭhina Cloth to make into a Kaṭhina Robe for the Mahāsaṅgha*



*Having a Buddhist name conferred by Bhante Gnanarama in the presence of the Mahāsaṅgha*

**We wish all the Sunday Dhamma School students happy school holidays!  
We look forward to your presence on 6<sup>th</sup> Jan. 2013 when classes resume.**



## 3-MONTH VASSĀNA CULTIVATION

We like to thank Bhante Gnanarama, Bhante Gnanobhasa and Bhante Ānanda for guiding us in the recitation of the Kāyagatāsati Bhāvanā Ānisamsā (The Benefits of Mindfulness of the Body) and the Mettānisamsa Sutta (The Discourse on the Benefits of Loving-Kindness) and the meditation on Loving-Kindness. We learnt from the Dhamma Talks given by Bhante Ānanda on Sundays the importance of spending a few minutes daily to calm our mind and permeate loving-kindness to oneself, our parents, teachers, relatives and friends, fellow Dhamma farers, intimate beings, indifferent beings, inimical beings and beings in the four woeful planes.

We are grateful to Bhante Gnanobhasa for spending his Vassāna with us this year.

During the 3-month Vassāna Cultivations, some members and devotees spent a few afternoons at Ti-Sarana to learn how to draft the patterns of the robe, cut and sew robes for the Mahāsaṅgha.



*Drafting the paper patterns for the robe and using them to cut the cloth*



*Clarifying a point with Bhante Ānanda during the robes sewing sessions*



## KAṬHINA CELEBRATIONS

### Special Blessing Service On the Eve of Kaṭhina

After the 3-month Vassāna Observance which started on the Full Moon Day of July, we celebrated the Kaṭhina and Robes Offering Ceremony on 14<sup>th</sup> Oct. 2012. On the Eve of Kaṭhina, a Special Blessing Service was held after the Evening Pūjā. The Sacred Buddha Relic and the Ola Leaf Manuscript were invited to the Shrine Hall by our representatives, Upāsaka Bro. Jotiya Thomas Wong and Bro. Eddie Chua, son of our Upāsikā Sis. Acalā Amy Ong. After the offering of flowers to the Buddha Relic, Bro. David Chew invited the Mahāsaṅgha to recite Suttas and Parittas to invoke the blessings of the Triple Gem for all our members and devotees.



*Bro. Jotiya and Bro. Eddie inviting the Buddha Relic and Ola Leaf Manuscript to the Shrine Hall*



*Offering of flowers to the Buddha Relic*



*Offerings to the Buddha Relic*



*Bro. David inviting Mahāsaṅgha to start Blessing Service*



*Tying Blessed Threads by the Mahāsaṅgha*



# KATHINA AND ROBES OFFERING CEREMONY

We like to thank all the 29 Venerables who participated in our Kathina and Robes Offering Ceremony and Dāna (Breakfast). This year's Kathina Ceremony was filmed by the Independent Television Network Ltd of Sri Lanka at the request of Ven. Khemarama Mahāthera from the Upekkha Society. The TV crew was in Singapore to film Kathina celebrations at Buddhist temples with the footage to be screened in Sri Lanka shortly.

Ti-Sarana Dhamma community representatives - Upāsaka Bro. Jotiya Wong and Upāsikā Sis. Acalā Ong presented the Kathina Cloth to the Mahāsaṅgha. This Kathina Cloth was then cut and sewed into a Kathina Robe by the appointed devotees, Sis. Yani Goh, Choon Lung and Rosalind Fong who had earlier learnt to sew the robes at Ti-Sarana. At 12.30 pm 15 devotees were conferred Buddhist names at the Conferment of Buddhist Name Ceremony which was witnessed by members of the Mahāsaṅgha, members and devotees of Ti-Sarana. Later, during the evening Pūjā Service, our Upāsaka and Upāsikā, representatives offered the completed Kathina Robe to the Mahāsaṅgha.





## Special Overnight Blessing Service for the New Year 2013

In two months, it will be time to welcome 2013! Looking back, we will realize that most of us are blessed with good health, steady job and have a happy family life living in a peaceful and harmonious country. This is a wish that everyone would want to have year after year!

Annually at Ti-Sarana, we hold a Special Overnight Blessing Service on 31<sup>st</sup> Dec. to recite Suttas and Parittas for a happy, peaceful and bountiful new year. We have invited Venerables from Sri Lanka to conduct the Overnight Chanting Service for 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 Overnight Chanting Service. Enclosed in this newsletter is the form "Special Blessing for 2013". Please submit the completed form to the Hon. Treasurer by 25<sup>th</sup> Dec. 2012.

Join us for the Blessing Service! Meditate on the Suttas and Parittas chanted and may your aspirations for a happy and peaceful 2013 be fulfilled!

### Programme on Eve of New Year, 31<sup>st</sup> Dec. 2012, Mon.

7.30 pm	Evening Pūjā
8.00 pm	Gilānapaccaya for Mahāsaṅgha
8.05 pm	Light refreshment for members and devotees
8.25 pm	Invitation of Sacred Buddha Relic to the Shrine Hall
8.30 pm	Reading the names of members and devotees for Special Blessing
9.10 pm	Invitation to Mahāsaṅgha to commence Special Blessing Service
9.15 pm till 5.30 am	Overnight Recitation of Suttas and Parittas by Mahāsaṅgha
5.45 am	Blessing for members and devotees by Mahāsaṅgha

### Saṅghika Dāna on New Year's Day, 1<sup>st</sup> Jan. 2013, Tues.

We will be offering Saṅghika Dāna (breakfast and lunch) to the Mahāsaṅgha on New Year's Day. Please come to offer Dāna to express our gratitude and appreciation to the Venerables for conducting the Special Overnight Chanting for us and also to receive blessing from the Venerables.

### Programme on New Year's Day, 1<sup>st</sup> Jan. 2013, Tues.

7.30 am	Buddha Pūjā
7.45 am	Dāna (breakfast) for Mahāsaṅgha
11.00 am	Buddha Pūjā
11.30 am	Saṅghika Dāna for Mahāsaṅgha
11.45 am	Vegetarian lunch for members and devotees
7.30 pm	Evening Pūjā
8.00 pm	Blessing Service for donors to Pagoda Lamps at Relic Chamber
8.15 pm	Short meditation to permeate Loving-Kindness to all sentient beings
8.30 pm	Gilānapaccaya for Mahāsaṅgha

**Ven. Dr. P. Gnanarama Anu-Nāyaka Mahāthera,  
Ven. W. Ratanasiri Mahāthera, Ven. R. Ānanda Thera and  
the Management Committee wish all Members and Devotees  
A Very Blessed, Peaceful and Happy New Year 2013!**