

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 Ānisamsā (The Benefits of Mindfulness of the Body) and the Mettānisamsasuttam (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 Ānisamsā and the Mettānisamsasuttam 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).

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 11.00am Buddha Pūjā and participate in the Sanghika Dāna.

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 Mahāsaṅgha, 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 Mahāsaṅgha, 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 Mahāsaṅgha

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

**Our Kathina and Robe Offering Ceremony
will be held on 14th Oct. 2012 (Sun).**