



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 JULY/AUGUST 2011

Message from Bhante:

“TIME AND TIDE WAIT FOR NO MAN”

The guarding of the senses and the importance of the present moment are often emphasised by the Buddha in his admonitions to the clergy and the laity. In this regard it is worthwhile examining a very significant short discourse found in one of the canonical texts. Once, in order to explain the value of keeping the senses under one's dominance, Buddha related the parable of a vigilant tortoise.

Parable of the Vigilant Tortoise

One evening in the past, a tortoise was searching for food along the bank of a river. On the same evening, a jackal was also searching for food along the bank of that same river. When the tortoise saw the jackal in the distance searching for food, it drew its limbs and neck inside its shell and passed the time keeping still and silent. The jackal also having seen the tortoise in the distance, approached and waited close by thinking, whenever this tortoise puts out its limbs or its neck, I will grab it right on the spot, pull it out, and eat it. But the tortoise was very alert and concerned about its life and continued to be stiff and still. Although the jackal waited for a long time, the tortoise did not move or put out its limbs or head out of the shell. Ultimately being unable to gain access to it, frustrated and losing interest in the tortoise's flesh, the jackal went away from it (Sanyuttanikaya IV, p. 178).

The Buddha in relating the parable highlighted that just like the Jackal in the parable, Mara is waiting close by us, thinking, 'Perhaps I will get access to them through the eye, or through the ear, or through the nose or through the tongue or through the body or through the mind of these beings'. The Buddha, through the parable, drew our attention to the importance of guarding our senses lest there be an access to Mara through any of the sense faculties and overpowers us for his advantage.

Why We Should Sift What is Good from Evil?

In the world today, many are the fascinating things around us that arouse our senses and distract the mind from reality. Modern media are also among them. Due to the unprecedented development of communication facilities in our age, the various mass media keep assaulting our senses day and night arousing our greed beyond our needs. We are constantly being distracted by attractive persuasions. Arousing craving for material things (vatthukāma) and craving for impure mental tendencies (kilesakāma), we are being induced to harmful limits. In this tragic situation, one's mind has to be attuned to filter out the unwanted and obtain only what are needed and useful. Therefore, the conscious guarding and controlling of our senses from distractions have become essential factors today. This is more so than ever before to make the life more beautiful and pleasant and to live a life of satisfaction.

(Continued on page 2)

- Message from Bhante
- page 1

- Continuation of Message from Bhante
- Vassāna Cultivation at Ti-Sarana
- page 2

- Activities of the Sunday Dhamma School
New YMBA Class
Parents' Day Celebration (10th July 2011)
Ācariya Day (28th August 2011)
- Snapshots of Vesak Day Celebrations
- page 3

- Activities of the Sunday Dhamma School
Observance of 8-Precepts
- page 4

- Welfare Activities
Mettā Youth Centre
- page 5

- Vassāna Invitation Ceremony (15th Jul. 2011)
- Ullambana Service (8th Aug. to 14th Aug. 2011)
- page 6

(continued from page 1)

Rainy Retreat / Vassāna Cultivation Programme at Ti-Sarana

Since there is “no time like the present” and one should not wait until the opportunity does knock on one’s door twice, which happens very rarely, one has to be awakened to the truth to live a happy and peaceful life. As it is proverbially said “Time and tide waits for no man” and “A stitch in time saves nine”, all Buddhist devotees are reminded to derive the best from the favourable occasion at their disposal. The Buddha also emphatically says that “let not your time pass you by”. As illustrated in the parable, Jackal cum Mara is earnestly watching you to create trouble when your sense avenues or mind step beyond its boundary. There is a great opportunity to train your mind lest the mind be distracted by Mara or Mara’s forces of temptations.

The opportunity is the forthcoming Rainy Retreat or “Vassāna” season in Buddhist monastic tradition. Rainy retreat period at Ti-Sarana Buddhist Association commences from the full moon day of 15th of July 2011 and lasts for three months. The retreat period terminates on the full moon day of October 11, 2011. Particularly, this period is called “Vas Cultivation” period, and during this period there are numerous religious programmes such as chanting, meditation, Dhamma talks and devotional services, which are programmed to be performed at Ti-Sarana to impart the knowledge of Dhamma to devotees, inculcate genuine Buddhist values and to train their minds to be discriminative in the face of persuasive distractions. In addition, by participating in these religious performances you are able to accumulate merits to lead a better life here and after.

COME TO TI-SARANA AND DERIVE THE BENEFITS OF VASSĀNA CULTIVATION!

Ven. Dr. P. Gnanarama Mahāthera

Vassāna Cultivation at Ti-Sarana

This year’s Vassāna Cultivation at Ti-Sarana will focus on chanting as well as mental development. It will start after the Vassāna invitation to the Bhantes on 15th Jul. 2011 (Fri.). On 17th Jul. 2011 (Sun.) at 12.30 pm we will commence with the recitation of The Aṭṭhaviṣati Paritta (The Protective Chant of the 28 Buddhas) for Good Health, Peace and Joyous Victory over all obstacles. Bhante Ānanda will then guide us on Buddhānussati Bhāvana (Meditation on the Buddha). The session will end by 1.30 pm with an offering of our Dhamma practice to the Triple Gem.

The Vassāna Cultivation Programme will run on the following days from 17th Jul. 2011 (Sun.) till 21st Oct. 2011 (Fri.). Our Kathina and Robe Offering Ceremony will be held on 23rd Oct. 2011 (Sun.).

Sunday	-	12.30 pm to 1.30 pm		
Monday	-	10.30 am to 11.00 am	Tuesday	- 8.00 pm to 9.00 pm
Thursday	-	10.30 am to 11.00 am	Friday	- 8.00 pm to 9.00 pm

As advised by Bhante Gnanarama, “Time and Tide Wait for No Man”, so come and devote some time to work on your mental and spiritual development. Do not miss this great opportunity to learn and practise the Dhamma under the guidance of our religious teachers. We look forward to your participation!

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

New YMBA Class

A new Class for YMBA (Young Men's Buddhist Association) Junior Part I will commence on 17th Jul. 2011 (Sun.) from 9 am to 11 am. Come join us and benefit from the structured course on Buddhism taught by dedicated volunteer teachers who are graduates from the Buddhist and Pali University, Sri Lanka.

For those who are interested, please attend the orientation session on 10th Jul. 2011 (Sun.) at 9.30 am. Please see Bro. Asoka Song or Sis. Sim Lian if you wish to sign up for the course.

Parents' Day Celebration (10th Jul. 2011, Sun.)

The Dhamma School will hold its Parents' Day Celebration on 10th Jul. 2011 (Sun.) at 12.30 pm. It is a day where children put into practice some of the Teachings of the Buddha including values such as the support of father and mother, obedience and gratitude. All parents are encouraged to attend with their children and friends.

Ācariya Day (28th Aug. 2011, Sun.)

On 28th Aug. 2011 (Sun.) the Dhamma School will honour all its volunteer teachers including our Bhantes for their dedication in sharing the Dhamma with us. The programme on Ācariya Day will start at 12.30pm. Come and express your gratitude to all the Bhantes and teachers for their unwavering effort in spending time to prepare lesson notes and sharing their Dhamma knowledge with us.

SNAPSHOTS OF VESAK DAY CELEBRATIONS



Bhantes preparing to unveil the Sacred Buddha Relic at the Relic Chamber



Offering flowers to the Sacred Buddha Relic



The Sacred Buddha Relic



Bro. Lee, Vice-President leading the Sacred Buddha Relic Procession



The Choir singing the Jayamangala Gāthā



Sacred Buddha Relic Procession



Young Participants with their Buddhist Flag



Dhamma School Students



Evening Poya Pūjā

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

Observance of 8-Precepts

Early in the morning of 22nd April 2011 (Good Friday Holiday), I waited anxiously at the Shrine Hall of Ti-Sarana for the “Observance of the 8-Precepts (Uposatha Aṭṭhanga Sīla)” to begin.

At 8 am, at our request, Bhante P. Gnanarama administered the 8-Precepts to us, a group of 40 preceptors.

Being a first time participant, I naturally felt very apprehensive and nervous. I was unsure of what to do, what not to do and what is required of us, the preceptors.

The first item on the programme was a guided meditation session led by Bhante R. Ānanda on Buddhānussati Bhavana. Following this, Ven. Chuan Guan gave a Dhamma Talk on “Mathematics of Happiness”. I found his talk interesting and down to earth and I realized that my earlier apprehensions were unfounded. In fact, as the day progressed, I felt more relaxed and comfortable.

The programme concluded with Meditation on Loving Kindness (Mettā Bhāvanā) led by Bhante R. Ānanda, and termination of the observance of 8-Precepts led by Bhante P. Gnanarama.

It was indeed a tiring day with some of us experiencing backache, numbness of legs as well as knee pain but overall, we all felt that it was a good experience. For me, I managed to put aside all work and family matters and spent the whole day in the temple listening to the Dhamma and practising meditation.

It was indeed a “Good Friday” for all the preceptors!

Shirley Chow
YMBA Student



Registration at 7.45am



Administration of 8-Precepts by Bhante



Young Preceptors performing Buddha Pūjā



Chanting during Buddha Pūjā



Talk by Ven. Chuan Guan



Meditation at Relic Chamber



Dhamma Talk by Bhante Dr. R. Chandawimala



Listening attentively to the Dhamma Talk



All the preceptors

WELFARE ACTIVITIES

Mettā Youth Centre

On 17th Jun. 2011 (Fri.) a group of 17 members and devotees, including the President of Ti-Sarana, Bro. Khemaka David Chew visited Mettā Youth Centre (MYC). They presented certificates of commendation and book prizes to the MYC children who excelled in their 2010 year-end examinations. Among those who received book prizes were 4 teenagers who sat for their “O” Levels examinations in December 2010 and qualified for Advanced Levels study in 2011. Congratulations to all the recipients of the book prize!

We like to thank all those members and devotees who came forward to be “A Friend of MYC” by pledging to make a contribution to fund the running cost of MYC for the next few years. For more information on how to be “A Friend of MYC”, please contact Bro. Khemaka David Chew or Sis. Sumanā Helen Mei.



Welcome Signage



Welcome by MYC children's band



TBA Delegation walking to the Multi Purpose Hall



Bro. David lighting the oil lamp



Observation of 5 Precepts



Bro. David giving a word of encouragement to the MYC children



Letters of Commendation to the teenagers who passed their 2010 “O” Levels Exam



MYC children receiving the Letters of Commendation



All the recipients of Letters of Commendation together with TBA Delegation



All the recipients of Letters of Commendation together with Bro. David

Vassāna Invitation Ceremony (15th Jul. 2011)

Our representatives, Sis. Dolly Goh and Bro. Bandhu Richard Wong will formally invite our Bhantes to observe their 3-months Vassāna Retreat at Ti-Sarana on 15th Jul. 2011 (Fri), Full Moon Day. This is the time for us lay devotees to set aside some time to learn and practise the Dhamma together with our religious advisers.

Programme on 15th Jul. 2011 (Fri.)

7.30 pm	Pūjā Service
8.00 pm	Invitation to Venerables to Vassāvāsa
8.10 pm	Sermon by Venerable
8.20 pm	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

Do come and join us to invite our Bhantes to observe their Vassāna Retreat at Ti-Sarana!

Ullambana Service (8th Aug. to 14th Aug. 2011)

Zhong Yuan Jie is a time for us to recollect the love and support we received from our departed family members and friends. The Buddha taught us to look after our parents, relatives and friends when they are alive. After they have passed away we have to continue to honour them by performing meritorious deeds in their memory and share the merits we acquired with them.

Every evening from 8th Aug. 2011 to 14th Aug. 2011, we will offer on behalf of all members and devotees, essential requisites to our Venerables and share the merits acquired with our departed relatives and friends.

On 14th Aug. 2011 (Sun.) we will hold a Sanghika Dāna where Venerables from other Buddhist organizations will also be present. Members and devotees can participate in the Ullambana Service and share the merits that they acquired with their departed relatives and friends. The donations that we collect for the Ullambana Service are used for the welfare of the Bhantes, the maintenance of the premises and the Sangha Abode and the activities of the Sunday Dhamma School.

Enclosed is the form for members and devotees to offer Dāna and participate in the Ullambana Service. The donors and the names of their departed loved ones will be posted on the notice-board in the Shrine Hall during the period of Ullambana Service. Come and remember your departed relatives and make offerings (alms giving) in their names.

Programme on 14th Aug. 2011 (Sun.)

11.00 am	Buddha Pūjā
11.30 am	Offering of Essential Requisites to the Mahāsaṅgha
11.35 am	Recitation of Tirokudda Sutta and transference of merits to all departed beings
11.45 am	Blessings by Bhante
11.50 am	Sanghika Dāna for Mahāsaṅgha
11.55 am	Vegetarian Lunch for members and devotees
12.30 pm	Vassāna Programme (Chanting of Aṭṭhaviṣati Paritta and meditation)
1.30 pm	Blessings by Bhante

Idam me nātinam hotū Sukhitā hontu nātayo

(May our past relatives and friends receive this merit
and may they be well and happy wherever they are)