



TI-SARANA BUDDHIST ASSOCIATION

Ti-Sarana

NEWS

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NEWSLETTER ISSUE SEP/OCT 2011

Message from Bhante:

“LOOK NEITHER FAR NOR TOO CLOSE” (Mā digham passa mā rassam)

As recorded in the Vinaya Mahāvaggapali, when the Buddha was living at Ghositarama in Kosambi, there once arose a dispute among a section of the community of monks on an issue related to monastic discipline. Gradually, they began to behave in an inappropriate manner towards one another and then it turned from improper gestures to harsh words and finally to pandemonium and blows. The Buddha, when he learned of the disturbance to the peace, invited them to his presence and advised them to be patient and harmonious by relating the story of Dīghāyu. The teachers, who compiled the Jataka Book have considered that the moral of forbearance illustrated in the episode was so significant as a Buddhist virtue, they repeated it in two other Jataka stories as well. Here is a summary of the long story.

In the past, Brahmadatta, the king of Kasi, who was wealthy and strong, ruled over a vast territory. Dīghīti, the king of Kosala was not wealthy or strong and ruled over a small territory. He came to know that Brahmadatta was planning to invade his territory. He thought that he would not be able to withstand against even a single attack of Brahmadatta. Thus, he and his queen consort fled from the town before the invasion. They disguised themselves and lived in a potter's house in Benares. Later the queen gave birth to a child and when the child reached the age of sixteen years, they made him live outside the town.

Brahmadatta came to know that King Dīghīti and his Queen were living in disguise in Benares. He ordered his men to capture them. The soldiers bound the royal couple with their arms behind their backs with a strong cord. They were shaven and paraded in the streets and cross-roads. Harsh sounding drums heralded the execution of the royal couple. Their bodies were to be chopped into four parts and thrown to the four quarters. Dīghāyu, who came to the town with the purpose of seeing his parents after a long interval saw his parents about to be executed.

Dīghīti recognizing his son in the crowd addressed the son and said, “Dīghāyu, look neither far nor too close, hatred is never ceased by hatred”. Neither the executioners nor any other in the crowd could understand what he was talking about. Years later, the prince managed to get acquainted with King Brahmadatta and won his confidence. One day, he had the opportunity to kill the king who was tired and sleeping on his lap. Three times when he was about to draw his sword out of the sheath, his father's advice came to mind.

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When the king was aroused from his sleep, the prince told him that he was Dīghāyu, the son of the king of Kosala. Dīghāyu said: “You have done much mischief to us; our troops, vehicles, territory, storehouses and granaries were stolen by you and my parents were killed by you. I thought this is the opportune time to seek my revenge. Each time, I drew my sword from the sheath, my father’s advice came to mind. I resisted killing you.” After a friendly discussion, both of them reconciled.

Proceeding back to the palace, the king gave his daughter in marriage to the prince. Brahmadata consecrated him as the king of Kosala with all the royal pomp and glory and returned everything he has taken from Kosala back to Dīghāyu.

It is said that the “second thought is best” and also very often “haste make waste”. It is also proverbially said that “nothing can be done in haste but gripping a flea.” In remembering his father’s advice, Dīghāyu practised forbearance without being emotional and giving expression to his wrath. The good thought yielded its dividend. Later in an answer to the king of Kasi, Dīghāyu explained that his father’s advice “do not look far” meant not to bear wrath long and “do not look too close” meant not to break with a friend hastily due to wrath. By practising patience and overlooking vengeance, the young prince was able to win the heart of King Brahmadata of Kasi. The episode related by the Buddha illustrates the immediate advantage of practising patience and self-control.

MAY ALL BEINGS BE WELL AND HAPPY!

Ven. Dr. P. Gnanarama Mahāthera

SNAPSHOTS OF VASSĀNA INVITATION CEREMONY



Sis. Dolly Goh and Bro. Bandhu Richard Wong ceremoniously invite Bhantes to observe Vassāna at Ti-Sarana



Bro. Khemaka David Chew invites Bhantes to recite Suttas to bless all members and devotees



Vassāna Cultivation

Having invited our Bhantes to observe Vassāna at Ti-Sarana on 15th July, 2011, our Vassāna Programme for 2011 has commenced. The programme includes (a) chanting the Aṭṭhaviṣati Paritta (The Protective Chant of the 28 Buddhas) and the Ārakkhaṇa Gāthā (The Stanzas of Protection) to invoke the blessings of the Triple Gem on all members and devotees and (b) meditation - the Buddhānussati Bhāvanā (a 15 minutes’ meditation on the Buddha) under the guidance of Bhante Ānanda.

Do set aside some time on the following days to practise the Dhamma with our Bhantes:

	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

We look forward to your presence.

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

Examination Blessing Ceremony (3rd Sept. 2011)

The Examination Blessing Ceremony will be held on 3rd Sept. 2011 (Sat.) to instill confidence in our children and encourage them to prepare well for their year-end school examinations. Please come with your children and/or your friends' children for the blessing service.

Programme on 3rd Sept. 2011 (Sat.)

- 2.50 pm Children assemble at the Shrine Hall
- 2.55 pm Student Representatives invite the Venerables to commence Blessing Service at Relic Chamber
- 3.00 pm Offerings to the Buddha
- 3.05 pm Recitation of Suttas and Parittas by the Venerables
- 3.45 pm Blessing by Venerables, tying of Blessed Thread and distribution of Blessed Water
- 4.00 pm Gilānapaccaya for Venerables
- 4.05 pm Light refreshment for children and their parents

Children's Day Celebration (2nd Oct. 2011)

We will be celebrating Children's Day on 2nd Oct. 2011 (Sun.). All members and devotees are invited to bring their children or friends' children to the celebration at 12.30 pm.

Programme on 2nd Oct. 2011 (Sun.)

- 10.45 am Children's Pūjā Service
- 11.00 am Dhamma Class Activities
- 11.50 am Vegetarian lunch for children
- 12.30 pm Children's Day Celebration
- 1.30 pm End of programme

Abhidhamma Day (11th Oct. 2011)

The Full Moon Day of October is of special significance to Buddhists not only because it marks the end of the Rains Retreat (Vassāna) but because it highlights one of the most important events in the life of the Buddha. According to Buddhist chronicles, the Buddha, the Enlightened One, went to the Tāvātimsa Heaven to preach Abhidhamma (Collection of higher doctrines) to His mother, who passed away seven days after His birth and was reborn in the Tusita Heaven as a Deva called Santusita. The Buddha expounded Abhidhamma for the first time there in the presence of Santusita and other Devas for 90 days. At the end of the Rains Retreat (Vassāna) on the Full Moon Day of October, the Tathāgata descended to earth (to the human abode) at the city of Sankassa.

Now, Buddhists observe Abhidhamma Day annually in commemoration of the Buddha's return from the abode of celestials to that of human beings. It is a significant religious occasion as the Abhidhamma is really the golden knowledge which will help one to discard wrong views and to acquire the right views for one's total liberation from all miseries. Buddhists offer lights to the Buddha image and perform meritorious deeds on this day in accordance with the tradition which has been upheld since the life time of the Buddha. All students, members and devotees are encouraged to come and participate on the Abhidhamma Day Programme.

Abhidhamma Day Programme (11th Oct. 2011, Tues.)

- 7.30 pm Evening Poya Pūjā
- 8.15 pm Offering of lights
- 8.30 pm Abhidhamma Chanting and Sharing of Merits.
- 8.45 pm Meditation
- 9.00 pm Gilānapaccaya for Venerables

ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

School Orientation Day (Sun., 10 July 2011)

This year, the Sunday Dhamma School decided to organize an Orientation Day for new students so that they can be better informed about the course curriculum and for senior students to share their experience learning the Dhamma.

At 9 am all of us – teachers as well as students gathered at the Relic Chamber for the orientation programme which kicked off with an inspiring testimonial by Bro. Goh Peng Gun, a senior student now in the 4th year of the YMBA course. Bro. Goh shared with us that the Dhamma part of the YMBA course is like reading very interesting stories, while Abhidhamma is more structured and profound but logical. For Bro. Goh, Sunday school is also a ‘calm-down or de-stress day’ – a day to rest, reflect and contemplate. He thinks attending Dhamma classes is most suitable for busy people who lead highly strung lives. A family affair, Bro. Goh’s children attend the Sunday Dhamma School as well.

Bhante Ānanda, in his talk to the new students, encouraged them to lead more balanced lives with equal emphasis on both material wealth and spirituality. He noted that most of the time we are too focused on chasing after fame and fortune and neglected our spiritual well-being. Hence, attending 2 hours of Dhamma classes and Pūjā every Sunday would help us to cultivate our spiritual life. Bhante concluded by saying – “one who sees the Dhamma sees the Buddha, we cannot simply believe blindly, but must come and see, and experience for ourselves, the beauty of the Dhamma”.

Both speakers emphasized the importance of daily practice and understanding of the Dhamma. Ultimately, doing well in the YMBA exams is not the main purpose of the course, rather, it is the teachings we take away that matter. The exam only serves to reinforce our understanding of the Dhamma and is definitely no cause for concern!

Sis. Carol Chung
Sunday Dhamma School Student



Bro. Asoka Song giving an outline of the YMBA Course



Bro. Goh sharing his experience in Dhamma studies



Teachers and students listening attentively to the speakers



DHAMMA SCHOOL ACTIVITIES



ACTIVITIES OF THE SUNDAY DHAMMA SCHOOL

Parents' Day

What is Parents' Day? We may think it is just another day of commemoration similar to Mother's Day and Father's Day. But actually, I think it's more than that! At Ti-Sarana, besides the usual celebration, we want our children to know and be grateful for all the wonderful things their parents have done for them. We want our children to be aware of the critical role played by their parents and the many sacrifices they had made in nurturing them from the time they were born till adulthood.

On 10th July 2011, Ti-Sarana celebrated Parents' Day! It was indeed a joy to listen to the many children's voices singing their parents' day song that they have been practising very hard for the past few weeks. The children presented flowers to their parents to thank them for all their love and care. Grandparents received hugs, kisses and flowers from their grandchildren. All present also thanked Bhante Gnanarama and Bhante Ānanda – our "spiritual parents" for being so patient in teaching us the Dhamma.

Bhante Ānanda later shared with us a story about a mother's great compassion and love for her child where she sacrificed her own eye to restore her son's sight. This inspiring tale clearly showed us the extent of a mother's courage, love and compassion for her child – just like what the Buddha taught us in the Mettā Sutta.

The short event ended with the children presenting a cake which they had beautifully decorated with lots of fruits and marshmallows to their parents and all members/devotees to share.

It was an enjoyable and meaningful event for everyone.

Sis. Karen Tay

Parent of Sunday Dhamma School student



Children preparing thank you cards and decorating the cake



Performances and speeches by the children in honour of their parents

Paying respect to Bhantes and their parents



Bro. Asoka offering a flower to Bhante

Offering a flower to Daddy

Offering flowers to the Buddha

Cutting the Parents' Day Cake

BLESSING SERVICES AT TI-SARANA

Wedding Blessing Service

Our heartiest congratulations to Pei San and Blaise on their recent wedding! On 16th July, the happy couple came for their wedding blessing service conducted by our Bhantes. The occasion was just as memorable and meaningful as that of Pei San's parents, Mr & Mrs Lawrence Lee, who also had their wedding blessed at Ti-Sarana when they married.

We wish Pei San and Blaise a Very Long and Happy Married Life.

Couples who wish to have their wedding blessed by our Bhantes can contact Bro. Hemanta Alvin Yeo or any of the Management Committee members.



Lighting lotus candle



Offering of flowers



Offering of fruits



Chanting of Suttas by Bhantes



Blessing by Bhante



A gift from Bhante



Signing the Wedding Book



The Radiant Couple with Bhantes

Birthday Blessing Service

Birthdays are always an occasion that is celebrated with gusto by every family! Guests attend the celebration with gifts; there is the usual birthday cake and birthday song sung by the guests. It is no different at Ti-Sarana except that it comes with Blessings by the Bhantes! Come with your friends to celebrate their birthday at Ti-Sarana and be blessed by our Bhantes.



Sunday School children presenting their gifts (drawings) to Bhante



Wishing Bhante Good Health and Long Life



Sis. Bhaddā's friends celebrated her recent birthday at Ti-Sarana



Sis. Nirodhā's friends celebrated her birthday at Ti-Sarana



KATHINA CELEBRATIONS

We will be holding our Kathina and Robes Offering Ceremony on 23rd Oct. 2011 (Sun.). Venerables from other Buddhist organizations will also be invited to the ceremony. Members and devotees who wish to make offerings to the Mahāsaṅgha can place orders for Robes (at \$40 each) and Essential Requisites (at \$80 each) by completing and submitting the Kathina Day Offerings Form with their donations to the Honorary Treasurer.

The Kathina Cloth will be offered to the Mahāsaṅgha in the morning. Thereafter the Cloth will be cut and sewed. The sewed Kathina Robe will be offered during the Evening Pūjā Service at 6.30 pm to the Venerables who have observed the Vassāna retreat at Ti-Sarana Buddhist Association. The Offering of Kathina Robe to the Mahāsaṅgha is carried out only once annually after the observation of the three-month Vassāna. Please come for the ceremony as a mark of respect and gratitude to the Venerables for their guidance in our spiritual development.

Kathina Day Programme (23rd Oct. 2011, Sun.)

Morning

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|----------|--|
| 7.00 am | Members and Devotees assemble for Kathina Procession |
| 7.15 am | Kathina Procession to Shrine Hall |
| 7.25 am | Invitation of Mahāsaṅgha to Shrine Hall |
| 7.30 am | Buddha Pūjā |
| 7.45 am | Invitation to Mahāsaṅgha to participate in Kathina Cloth Offerings |
| 8.00 am | Welcome Address by President of Ti-Sarana Buddhist Association
Address by Chief Religious Adviser
Offering of Kathina Cloth to Mahāsaṅgha
Offering of Vassāvāsika Robes to Mahāsaṅgha
Offering of Robes/Essential Requisites to Mahāsaṅgha |
| 8.20 am | Blessing by Mahāsaṅgha for members and devotees |
| 8.35 am | Offering Morning Dāna (Breakfast) to Mahāsaṅgha |
| 8.45 am | Recitation of Suttas by members and devotees |
| 9.00 am | Continuation of Offerings of Vassāvāsika robes by members & devotees |
| 9.30 am | Cutting and sewing the Kathina Cloth |
| 11.00 am | Buddha Pūjā |
| 11.45 am | Dāna for Venerables |
| 11.50 am | Vegetarian Lunch for members and devotees |

Afternoon

- | | |
|----------|---------------------------------------|
| 12.30 pm | Conferment of Buddhist Names Ceremony |
| 1.00 pm | Recitation of Chatta Mānavaka Gāthā |

Evening

- | | |
|---------|---|
| 6.30 pm | Pūjā |
| 7.00 pm | Offering of Kathina Cīvara (Robe) to Venerables |
| 7.10 pm | Dhamma Talk by Venerable |
| 7.20 pm | Blessing By Venerables for members and devotees |
| 7.30 pm | Gilānapaccaya for Venerables |
| 7.35 pm | Light refreshment for members and devotees |

Kathina Eve Special Blessing Service (22nd Oct. 2011, Sat.)

On Kathina Eve, the Buddha Relic will be invited to the Shrine Hall and the Mahāsangha will be reciting Suttas and Parittas to bless all members and devotees. We look forward to your presence.

Programme on Kathina Eve (22nd Oct. 2011, Sat.)

6.30 pm	Evening Pūjā
7.00 pm	Gilānapaccaya for Venerables
7.05 pm	Light refreshment for members and devotees
7.20 pm	Invitation of the Buddha Relic to the Shrine Hall
7.25 pm	Invitation to the Mahāsangha to commence Special Blessing Service
8.30 pm	Blessing by the Venerables for members and devotees

Conferment of Buddhist Names (23rd Oct. 2011, Sun.)

In conjunction with our Kathina and Robes Offering Ceremony, we will be holding the Refuge Taking and Conferment of Buddhist Names Ceremony on 23rd Oct. 2011, Sunday. Members and devotees who wish to have a Buddhist name conferred on them by Bhante Dr. P. Gnanarama Mahāthera are to fill up the form attached with this newsletter. The duly completed form is to be submitted to Bhante Gnanarama by 1st Oct. 2011.

Programme on 23rd Oct. 2011 (Sun.)

12.30 pm	Refuge Taking by Preceptors who requested for Buddhist names
12.40 pm	Observance of Five Precepts
12.50 pm	Conferment of Buddhist Names by Bhante Gnanarama
1.00 pm	Recitation of Chatta Mānavaka Gāthā

**Yo ca pubbe pamajjitvā -
Pacchā so nappamajjati
So imaṃ lokam pabhāseti -
Abbhā mutto' va candimā**

If you are not attentive,
from now on be attentive!
You will illumine the world
like the moon freed from clouds.

– Dhp. 172

WELFARE ACTIVITIES

Dhamma-In-Action Day (8th Oct. 2011, Sat.)

As part of the Vassāna Cultivation programme, we will be distributing food and beverage items and supermarket vouchers to under-privileged families in the Marine Parade area on 8th Oct. 2011 (Sat.) at 9am. Last year we visited 50 under-privileged families but this year we plan to distribute grocery items to 100 families. We need volunteers to drive to the homes of these families to deliver the items and interact with them. Please register your interest to participate by signing up on the form posted on the notice board at Ti-Sarana.

For those who are interested to make a donation for the project, please send your contributions to the Hon. Treasurer. The funds collected will be used to buy the necessities for the families.