



EDMONTON MYANMAR THERAVADA BUDDHIST MONASTERY (Dhamma Saccā Rāma)

အက်ဒ်မန်တန်မြန်မာထေရဝါဒ ဗုဒ္ဓဘာသာဘုန်းကြီးကျောင်း (ဓမ္မသစ္စာရာမ ကျောင်းတိုက်)

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EMTBM BULLETIN



VIPASSANA MEDITATION WELCOMES YOU

CHANTING AND MEDITATION SCHEDULES



EVERY SATURDAY ----- **3:00 pm - 4:00 pm**

❖ *Chanting and Dhamma Talks (30 mins each)*

EVERY SUNDAY ----- **3:30 pm - 4:30 pm**

Program Details

- ❖ *Paying Homage to Lord Buddha*
- ❖ *Taking Five Precepts*
- ❖ *Chanting Metta Sutta (Sending Loving Kindness)*
- ❖ *Sharing Merit*
- ❖ *Taking Meditation*
- ❖ *The Final Salutation to the Triple Gems*
4:30 pm ---- End

5:00 pm - 6:00 pm

- ❖ *Teaching Burmese Poem, language & Worship
(Burmese Version)*

Facebook ----- Edmonton Myanmar Theravada Buddhist Monastery (EMTBM)

Website ----- www.emtbn.ca

Contact ----- Venerable. Dhamma Piya (+1)780-257-9598,
Dr.Alice Khin (+1)780-707-9598, Christine Cho Nwe Oo (+1)780-994-3033.

Homage

Namo Tassa Bhagavato Arahato Sammāsambuddhassa

“Homage to the Blessed One, the Worthy (Exalted) One, the supremely (fully) Enlightened One!” (Three Times)

Taking refuge in the Triple Gems

Buddhaṃ Saraṇaṃ Gacchāmi

For the second time - Buddhaṃ Saraṇaṃ Gacchāmi

For the third time - Buddhaṃ Saraṇaṃ Gacchāmi

Dhammaṃ Saraṇaṃ Gacchāmi

For the second time - Dhammaṃ Saraṇaṃ Gacchāmi

For the third time - Dhammaṃ Saraṇaṃ Gacchāmi

Samghaṃ Saraṇaṃ Gacchāmi

For the second time - Samghaṃ Saraṇaṃ Gacchāmi

For the third time - Samghaṃ Saraṇaṃ Gacchāmi

I go to the Buddha for refuge. I go to the Dhamma for refuge. I go to the Sangha for refuge.

For the second time - I go to the Buddha for refuge. I go to the Dhamma for refuge. I go to the Sangha for refuge.

For the third time - I go to the Buddha for refuge. I go to the Dhamma for refuge. I go to the Sangha for refuge.

Taking Five Precepts

1. I undertake the precept to refrain from destroying living creatures.
2. I undertake the precept to refrain from taking that which is not given.
3. I undertake the precept to refrain from sexual misconduct.
4. I undertake the precept to refrain from incorrect speech.
5. I undertake the precept to refrain from intoxications.

Chanting Metta Sutta (Sending Loving Kindness)

This is what should be done

By one who is skilled in goodness,

And who knows the path of peace:

Let them be able and upright,

Straightforward and gentle in speech,

Humble and not conceited,

Contented and easily satisfied,

Unburdened with duties and frugal in their ways.

Peaceful and calm and wise and skillful,

Not proud or demanding in nature.

Let them not do the slightest thing

That the wise would later reprove.

Wishing: In gladness and in safety,

May all beings be at ease.

Whatever living beings there may be;

Whether they are weak or strong, omitting none,

The great or the mighty, medium, short or small,

The seen and the unseen,

Those living near and far away,

Those born and to-be-born —

May all beings be at ease!

Let none deceive another,

Or despise any being in any state.

Let none through anger or ill-will

Wish harm upon another.

Even as a mother protects with her life

Her child, her only child,

So with a boundless heart

Should one cherish all living beings;

Radiating kindness over the entire world:

Spreading upwards to the skies,

And downwards to the depths;

Outwards and unbounded,

Freed from hatred and ill-will.

Whether standing or walking, seated or lying down

Free from drowsiness,

One should sustain this recollection.

This is said to be the sublime abiding.

By not holding to fixed views,

The pure-hearted one, having clarity of vision,

Being freed from all sense desires,

Is not born again into this world.

Sharing Merit

Iman punnabhagam sabbasattanam dema (Three Times)

I share all of my merits with all sentient beings. I share all my merits with my parents, teachers, relatives, my guardian deva, the guardian deva of my home, the guardian deva of my village, the guardian deva of my town, the guardian deva of my country, the guardian deva of the earth, the king of death. The king of men. The king of devas. All devas and all petas.

May they all gain the merits of my meritorious deed as much as I do and may they all be happy and free from enmity.

May I call upon the guardian deva of the earth to bear witness.

May they all hear my words and rejoice in my meritorious deed!

Sadhu, Sadhu, Sadhu

Well-done, Well-done, Well-done

Taking Meditation

The Final Salutation to the Triple Gems

(1) Imāya dhammānu dhammapatipattiyā Buddhaṃ pūjemi

(2) Imāya dhammānu dhammapatipattiyā Dhammaṃ pūjemi

(3) Imāya dhammānu dhammapatipattiyā Samghaṃ pūjemi

(1) I pay homage to the Buddha by the practice of charity, morality, and meditation in conformity with the Nine Supramundane Dhammas.

(2) I pay homage to the Dhamma by the practice of charity, morality, and meditation in conformity with the Nine Supramundane Dhammas.

(3) I pay homage to the Samgha by the practice of charity, morality, and meditation in conformity with the Nine Supramundane Dhammas.

COVID-19 FOLLOWING GUIDELINES

As your safety and health is our priority,
please follow the following COVID-19 guidelines:

- Please book your spot with the resident monk via email or phone in advance (at least a day before the session).
- Please wear your mask and wash your hand with the hand sanitizer provided at the entrance of the monastery before you enter.
- Please fill up COVID-19 assessment form.
- Please be mindful of 6 meters social distance.



Thanks for your participating...

Edmonton Myanmar Theravada Buddhist Monastery