

☸ *Buddhism is a path of transformation* ☸
 ☸ *The journey to spiritual perfection begins within oneself as we have inherent potential to become compassionate, wise and happy human beings* ☸



Dhamma Study and Daily Practice 2023 TERM SUMMARY



Time Table

2:00pm - 2.30pm	Puja Procession Homage to Triple Gem
2:30pm - 3:00pm	Meditation
3:00pm - 3:45pm	Dhamma Talks Q & A Session
3:45pm - 4.00pm	Project/ Event Updates Sharing of Merits

Term Duration; Term Break; Events

Study Term 1

Month	Dates (Sundays)	Breaks / Events
January	1 / 8 / 15 / 22 / 29	CNY Break: 15 th to 22 nd January • January 21 st (CNY Eve Dhamma Program & Blessing Service)
February	5 / 12 / 19 / 26	
March	5 / 12 / 19 / 26	
April - Term Break		

Study Term 2

Month	Dates (Sundays)	Breaks / Events
May	7 / 14 / 21 / 28	
June	4 / 11 / 18 / 25	• June 2 nd (Vesak Ceremony)
July	2 / 9 / 16 / 23 / 30	• July 3 rd (Invitation Ceremony for Rainy Retreat)
August - Term Break		
• August 9 th (Mindfulness Retreat)		

Study Term 3

Month	Dates (Sundays)	Breaks / Events
September	3 / 10 / 17 / 24	
October	1 / 8 / 15 / 22 / 29	
November	5 / 12 / 19 / 26	• No class on November 19th (Robe Offering Ceremony) & 26th (India Pilgrimage)
December - Term Break		

• Kalyānamitta gathering will be on the last Sunday of the month after the class.

2023 Singapore Public Holidays

	Date	Day		Date	Day
New Year's Day	1 Jan	Sunday	Vesak Day	2 June	Friday
Chinese New Year	22 Jan	Sunday	Hari Raya Haji	29 June	Thursday
	23 Jan	Monday	National Day	9 Aug	Wednesday
Good Friday	7 April	Friday	Deepavali	12 Nov	Sunday
Hari Raya Puasa	22 April	Saturday	Christmas Day	25 Dec	Monday
Labour Day	1 May	Monday			

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Dhamma Study and Daily Practice 2023

Study schedule; Events; Term Breaks etc.

(Term 1)

Conducted by : Ven. K. Rathanasara

	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm		3:45 - 4.00pm		
	Plan	Puja	Meditation	Dhamma Talk		Project/ Event Updates		
2023 : Term 1 <January>	1	Homage to the Triple Gem	Shine forth with Metta	You become what you think.		Q & A Session	DKBS Torchbearers 2023	Sharing of Merits and Homage to the Buddha
	8		Five Reflections	Are you holding onto a grudge?			CNY Eve Program 2023	
	<p style="color: blue;">• January 21st (CNY Eve Dhamma Program & Blessing Service) </p> <p style="color: red;">CNY Break: 15th to 22nd January </p>							
29 	Homage to the Triple Gem	Mindfulness on breath	Don't be a cowherd.		Q & A Session	DKBS Torchbearers 2023	Sharing of Merits and Homage to the Buddha	

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(Term 1)

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		Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates	
2023 : Term 1	<February>	5	Homage to the Triple Gem	Contemplation on Impermanence	Beyond the domain of Mara.	Q. & A Session	Sharing of Merits and Homage to the Buddha
		12		Shine forth with Metta	Why do you offer incense?		
		19		Five Reflections	How to recognise a fool?		
		26 		Mindfulness on breath	A rule of thumb from the Buddha.		

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Study schedule; Events; Term Breaks etc.

(Term 1)

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Time		2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm	
Plan		Puja	Meditation	Dhamma Talk	Project/ Event Updates	
2023 : Term 1 <March>	5	Homage to the Triple Gem	Contemplation on Impermanence	What is mind?	Q & A Session	Sharing of Merits and Homage to the Buddha
	12		Shine forth with Metta	A single day is worth a hundred years.		
	19		Five Reflections	Put yourself in the shoes of others.		
	26 		Mindfulness on breath	Why do we worship the Buddha Image?		
April – Term Break						

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Dhamma Study and Daily Practice 2023

Study schedule; Events; Term Breaks etc.

(Term 2)

Conducted by : Ven. K. Rathanasara

Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm			
	Plan	Meditation	Dhamma Talk	Project/ Event Updates			
2023 : Term 2 < May >	7	Homage to the Triple Gem	Contemplation on Impermanence	Who is our best friend and enemy?	Q & A Session	Vesak Ceremony 2023	Sharing of Merits and Homage to the Buddha
	14		Shine forth with Metta	How to recognise a wise man?			
	21		Five Reflections	I spotted you 'House Builder'.			
	28 		Mindfulness on breath	We have optimal conditions for awakening.			

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Dhamma Study and Daily Practice 2023

Study schedule; Events; Term Breaks etc.

(Term 2)

Conducted by : Ven. K. Rathasara

Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm			
	Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates		
 • June 2 nd (Vesak Ceremony)							
2023 : Term 2	4	Homage to the Triple Gem	Contemplation on Impermanence	Be like a beaten-up horse.	Q & A Session	Sharing of Merits and Homage to the Buddha	
	11		Shine forth with Metta	Time & tide waits for no man.			Sanghika Dana 2023
	18		Five Reflections	Be a refuge for yourself.			Rain Retreat Dhamma Practice 2023
	25		Mindfulness on breath	Do you wish to be happy?			Mindfulness Retreat 2023

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Study schedule; Events; Term Breaks etc.

(Term 2)

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	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm	
	Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates	
2023 : Term 2 < July >	2	Homage to the Triple Gem	Contemplation on Impermanence	Why should we avoid dark forces?	Q & A Session Invitation Ceremony 2023	Sharing of Merits and Homage to the Buddha
	• July 3rd (Invitation Ceremony for Rains Retreat)					
	9	Homage to the Triple Gem	Shine forth with Metta	The Moon freed from clouds.	Q & A Session	Mindfulness Retreat 2023
	16		Five Reflections	Why is Buddhism unique? (The Supreme Refuge)		
	23		Mindfulness on breath	Have you filled your desire?		Sanghika Dana 2023
30 	Contemplation on Impermanence		We live happily.			

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Study schedule; Events; Term Breaks etc.

(Term 2)

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2023 : Term 2	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm
	Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates
August	• August 9th (Mindfulness Retreat)				
August – Term Break					

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Dhamma Study and Daily Practice 2023

Study schedule; Events; Term Breaks etc.

(Term 3)

Conducted by : Ven. K. Rathanasara

	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm	
	Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates	
2023 : Term 3 < September >	3	Homage to the Triple Gem	Shine forth with Metta	You have to walk yourself; the Buddha only shows you the path	Q & A Session	Sharing of Merits and Homage to the Buddha
	10		Five Reflections	Who ushers you beyond death?		
	17		Mindfulness on breath	Why should we remove rust and stain?		
	24		Contemplation on Impermanence	Who is blameless?		

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	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm	3:45 - 4.00pm	
	Plan	Puja	Meditation	Dhamma Talk	Project/ Event Updates	
2023 : Term 3 < October >	1	Homage to the Triple Gem	Shine forth with Metta	Nibbana is the highest happiness.	Q & A Session	Pilgrimage to India
	8		Five Reflections	A shameless life is easy, yet it leads to misery.		
	15		Mindfulness on breath	Blind spot and intentional ignorance.		
	22		Contemplation on Impermanence	Transform within & guide others.		
	29 		Shine forth with Metta	Why is Buddhism unique? (Buddha's Order)		Robe Offering Ceremony 2023
					Sharing of Merits and Homage to the Buddha	

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(Term 3)

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	Time	2:00 - 2.30pm	2:30 - 3:00pm	3:00 - 3:45pm		3:45 - 4.00pm	
	Plan	Puja	Meditation	Dhamma Talk		Project/ Event Updates	
2023 : Term 3	< November >	5	Homage to the Triple Gem	Five Reflections	Why should we do merits?	Q & A Session	Sharing of Merits and Homage to the Buddha
	12	Mindfulness on breath		The danger of harming an innocent person.			
<ul style="list-style-type: none"> • No class on November 19th (Robe Offering Ceremony) 							
<ul style="list-style-type: none"> • No class on November 23th to December 4th (India Pilgrimage) 							
December – Term Break							

- There will be no Kalyānamitta gathering this month

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DKBS Website

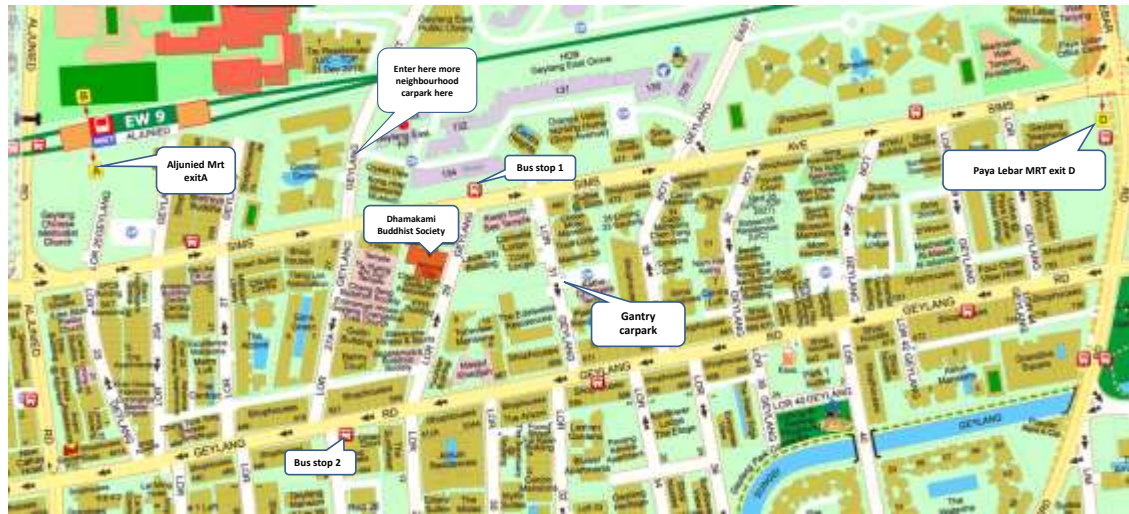


**DHAMMAKAMI
BUDDHIST SOCIETY**
No. 29, Lorong 29 Geylang,
#06-01/02, Singapore 398078

Getting Here



DKBS Facebook



Nearest MRT Stations	
Aljunied MRT Exit A 500m (6mins walking)	Paya Lebar MRT Exit D 800m (10 mins walking)

By Bus	
Bus Stop 1 (81031) Outside Blk 134 Sim Ave 1 min walking	Bus Stop 2 (81029) Geylang Road (aft lorong 28 Geylang) 3 mins walking
2, 13, 21, 26, 40, 51, 67, 137	

By Car
<ul style="list-style-type: none"> • Enter from Geylang Road into Lorong 29 as it is one way road. • Parking <ul style="list-style-type: none"> ▪ Road side parking available along Sim Avenue, Geylang Road, Geylang Lorong 29 & 31 ▪ Nearby neighbourhood parking behind HDB blk 134 or in front blk 131 ▪ Gantry parking lot at Geylang Lorong 31

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