

October 2009

# NEWSLETTER

## International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

### **TEACHERS**

#### **Mother Sayamagyi:**

IMC United Kingdom

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA

#### **U Khin Zaw:**

IMC Yangon (Myanmar)



## **COURSE SCHEDULE 2009 – 2010**

### **IMC United Kingdom**

**Courses under the guidance of Mother Sayamagyi assisted  
by Mr Roger Bischoff:**

November	13 – 23
December	24 – January 3, 2010
January	22 – February 1
February	26 – March 8
April	9 – 19 <i>Water Festival Course</i>
May	14 – 24
June	18 – 28
July	23 – August 2
August	20 – 30
September	24 – October 4
October	22 – November 1
November	19 – November 29

### **IMC Australia (NSW)**

November	27 – December 7	Mr Richard Walsh
January	8 – 18, 2010	Mr Michael Fraser
April	9 – 19	Dr Mark Peterson
July	9 – 19	Mr Richard Walsh
October	15 – 25	Dr Mark Peterson

## **COURSE SCHEDULE 2009 – 2010 continued**

### **IMC Australia (WA)**

December	25 – January 4, 2010	Mr Gregory Solomon
April	9 – 19	Mr Douglas Solomon
August	27 – September 6	Mr Douglas Solomon
December	24 – January 3, 2011	Mr Gregory Solomon

### **IMC Austria**

October	23 – November 2	Mr Hubert Knaus
December	27 – January 6, 2010	Mr Erich Kucher
February	5 – 15	Mr Franz Neuner
March	26 – April 5	Mr Franz Zelsacher
July	9 – 19	
August	6 – 16	

### **Weekend Course:**

November	27 – 29	
----------	---------	--

### **IMC USA**

December	11 – 21	Mr Craig Storti
March	26 – April 5, 2010	Mr Michael Kosman
May	14 – 24	Mr Michael Kosman
June	4 – 14	Mr Craig Storti
August	20 – 30	Mr Michael Kosman
October	23 – November 2	Mr Craig Storti
December	10 – 20	Mr Craig Storti

## **COURSE SCHEDULE 2009 – 2010 continued**

### **Germany**

#### **Weekend Courses:**

November	13 – 15	Mr Horst Jughard
March	19 – 21, 2010	Mr Horst Jughard

### **Italy**

#### **Weekend Courses:**

November	27 – 29	Mr Renzo Fedele
----------	---------	-----------------

### **Japan**

April	29 – May 9, 2010	Mr James Emery
-------	------------------	----------------

#### **Weekend Courses:**

November	6 – 8	Mr James Emery
February	26 – 28, 2010	Mr James Emery

### **The Netherlands**

February	12 – 22, 2010	Mr Matthijs Schouten
----------	---------------	----------------------

#### **Weekend Course:**

December	18 – 20, 2009	Mr Matthijs Schouten
----------	---------------	----------------------

### **Switzerland**

April	1 – 11, 2010	Mr Eugen Jung
-------	--------------	---------------

## **SPECIAL DAYS 2009 – 2010**

November 1, 2009	Festival of Lights (Full Moon of Tasaung Mon)
December 2	Saya Thetgyi's Demise Day
January 7, 2010	Sayagyi U Ba Khin's Demise Day (Burmese date)
January 19	Sayagyi U Ba Khin's Demise Day
February 27	Full Moon of Tabaung
March 3	Mother Sayamagyi's Birthday
March 10	Sayagyi U Ba Khin's Birthday
April 13 – 16	Water Festival
April 17	Burmese New Year
April 27	Buddha Day (Full Moon of Kason)
May 27	Mahāsamāya Day (Full Moon of Nayon)
June 26	Dhammacakka Day (Full Moon of Waso)
October 12	Anniversary of the Teachers' arrival in the West
October 23	Abhidhamma Day (Full Moon of Thadingyut)
November 21	Festival of Lights (Full Moon of Tasaung Mon)
December 22	Saya Thetgyi's Demise Day

## LOOKING AFTER PARENTS

There was a wealthy merchant at Sāvatti, worth 180 million, who had a son who was very dear to his father and mother. One day the son went to the Jetavana monastery and, after listening to a discourse by the Buddha, he asked the Blessed One for ordination. But he was told that the Buddhas do not ordain anyone who has not obtained the permission of their parents. So he went away and refused to eat until he obtained his parents' permission to ordain. Then he returned to Jetavana and begged for ordination. After he was ordained he won the favour of his teachers and preceptors and, having received full ordination, he mastered the Teachings in five years.

Then he thought to himself, "I live here distracted; it is not suitable for me." So having obtained instruction in meditation from his teacher, he departed to a frontier village and lived in the forest. For twelve years he strove but failed to achieve any specific attainment.

As time went on his parents became poor. When they found out that there was no son or brother to enforce payment, their tenants didn't pay and seized what they could. The servants in the house seized the parents' gold and made off with it. At last the parents sold their house and, finding themselves homeless and in extreme misery, they wandered begging for alms, clothed in rags and carrying potsherds in their hands.

Now at that time a bhikkhu came from Jetavana to the son's place of abode. The son asked about the health of the Teacher and the principal disciples and then asked for news of his parents. "Oh friend, don't ask for news of that family. They say that there was one son in the family who has become a bhikkhu and since he left the family has gone to ruin and the two old people are begging for alms." "For twelve years," he thought to himself, "I have striven, but never been able to attain the path or the fruit of Nibbāna. I will become a householder and will support my parents." And the next day he departed and by successive stages reached the monastery at Jetavana. As he stood there he thought, "Shall I see my parents first or the Buddha?" Then he said to himself, "Henceforth I shall rarely have a chance to see the Buddha. I will see the perfectly Enlightened One today and hear the Teachings and see my parents tomorrow."

Now that very day at daybreak, the Buddha, as he looked upon the world, had seen the potentialities of this young man and when he came to visit him, the Buddha praised the virtues of parents. The young man thought, "The Buddha says, 'A son who has become an ascetic can be helpful.' I will now support my parents while still remaining a bhikkhu." In the morning he went to Sāvatti and he thought to himself that it would not be right to visit his parents in their poverty empty handed; so he first got alms-food and then went to look for them. When he saw them he stood not far from them with his eyes full of tears. The parents thought he was waiting for alms and bid

him to pass on, but he remained standing there. Finally the mother rose and went to him, and, recognising him, fell at his feet. He could not control himself but burst into tears. Then he said, “Do not grieve, I will support you.” Having comforted them and made them drink some gruel, he went again and begged for some food and gave it to them. Then he went to get some alms for himself. After he finished his meal he took up his abode a short distance away.

From that day on he watched over his parents in this manner; he gave them all the alms he received and whatever food he received as provisions for the rainy season he gave to them. As he watched over his parents he slowly grew thin as he didn’t obtain enough alms-food for himself.

When the other bhikkus asked him about this he told them about his looking after his parents. “Sir,” they replied, “you do an unlawful act in giving to laymen the offerings of the faithful.” And they went and told the Buddha. The Buddha sent for the young man and asked him, “Is it true that you take the offerings of the faithful and support laymen with them?” He confessed that it was true. Then the Buddha, wishing to praise what he had done and to relate a former action of his own, said, “When you support laymen whom do you support?” “My parents,” he answered. Then to encourage him still more the Buddha said, “Well done” three times. “You are on a path which I have traversed before you; in former times while going the round for alms, I supported my parents.” The bhikkhu was encouraged by this. At the request of the bhikkhus, the Buddha, to make known his former actions, told them the story of one of his previous lives, the Sāma-Jātaka (Jātaka No. 540).



# International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

- IMC UK Splatts House, Heddington, Calne, SN11 0PE, UK.  
Tel: + 44 1380 850 238, Fax: + 44 1380 850 833  
Email: [imcuk@internationalmeditationcentre.com](mailto:imcuk@internationalmeditationcentre.com)  
[www.internationalmeditationcentre.com](http://www.internationalmeditationcentre.com)
- IMC NSW 54 Cessnock Road, Sunshine, NSW 2264, Australia.  
Tel: +61 2 49 705 433, Fax: + 61 2 49 705 749  
Email: [10days@imcnsw.com](mailto:10days@imcnsw.com), [www.imcnsw.com](http://www.imcnsw.com)
- IMC WA 1525 Jacoby Street, Mahogany Creek, WA 6072, Australia.  
Tel: +61 89 295 2644, Fax: + 61 89 295 3435  
Email: [imcperth@iinet.net.au](mailto:imcperth@iinet.net.au), [www.imcperth.org](http://www.imcperth.org)
- IMC Austria A-9064 St. Michael/Gurk 6, Austria.  
Tel: +43 4224 2820, Fax: +43 4224 2820 32  
Email: [mail@imc-austria.com](mailto:mail@imc-austria.com), [www.imc-austria.com](http://www.imc-austria.com)
- IMC USA 4920 Rose Drive, Westminster MD 21158, USA.  
Tel: +1 410 346 7889, Email: [imc@ubakhin.org](mailto:imc@ubakhin.org), [www.ubakhin.org](http://www.ubakhin.org)
- Canada IMC Canada, 336 Sandowne Drive, Waterloo, Ontario, N2K 1V8, Canada. Tel: +1 519 747 4762
- Germany Sayagyi U Ba Khin Gesellschaft, In der Wann 39, 35037 Marburg, Germany. Tel: +49 6421 34 660, [www.subk-vipassana.de](http://www.subk-vipassana.de)
- Italy Mr Renzo Fedele, Via Euganea 94, 35033 Bressano PD, Italy.  
Tel: +39 049 9900 752, Email: [renzo1fed@yahoo.it](mailto:renzo1fed@yahoo.it), [www.ubakhin.eu](http://www.ubakhin.eu)
- Japan Sayagyi U Ba Khin Memorial Trust, 2-2-22 Minato-Machi #209, Naniwa-ku, Osaka City 556-0017, Japan.  
Tel./Fax +81 6 6649 2105, Email: [emery@waltz.plala.or.jp](mailto:emery@waltz.plala.or.jp)
- The Netherlands Sayagyi U Ba Khin Stichting, Centrumlaan 10, 6865 VE Doorwerth, The Netherlands.  
Tel: +31 26 3332554, Email: [info@ubakhin.net](mailto:info@ubakhin.net), [www.ubakhin.net](http://www.ubakhin.net)
- Singapore Sayagyi U Ba Khin Memorial Association,  
522 East Coast Road, #12-03 Ocean Park, Singapore 458966.  
Tel: +65 6242 2389, Fax: +65 6224 5484, Email: [gbelst@sgh.com.sg](mailto:gbelst@sgh.com.sg)
- Switzerland Sayagyi U Ba Khin Gesellschaft, c/o Eugen Jung, Abendstrasse 30/119, 3018 Bern, Switzerland.  
Tel: +41 31 991 6141, Email: [eugen.jung@hispeed.ch](mailto:eugen.jung@hispeed.ch) [www.ubakhin.ch](http://www.ubakhin.ch)
- Belgium Address as for Netherlands. Tel./Fax: +32 2 351 4559
- USA Mr Joe McCormack, 23 Via Capistrano, Tiburon, CA 94920, USA.  
(West Coast) Tel: +1 415 789 0153, Fax: +1 415 789 0193  
Email: [mccormack23@comcast.net](mailto:mccormack23@comcast.net)