



Food Offering to Sangha and Yogis
Thanksgiving 2009 Special Vipassana Retreat
Under the Guidance of Sayadaw U Pannathami
November 7 – November 29, 2009

Dear Devotees,

Food offering to Sangha and yogis during a long retreat brings about immeasurable merits to donor. Following are the words of the Buddha about the merits of food offering:

'Monks, in giving a meal, a giver gives five things to an almsman. What five? He gives life, beauty, ease, strength and wit; but in giving these he becomes a partaker in each quality, in heaven and among men. Monks, these are the five things: life, beauty, ease, strength and wit.

***In giving life and strength and beauty, wit,
In giving easy, wise men find happiness:
Whosoever shall give these gifts shall have long life
and honour, wherever they be reborn.'***

Anguttara Nikaya, Book of Fives, Chapter 4 'Sumana', Paragraph 37.

Should you like to offer food to Sangha and yogis during the Thanksgiving Special Vipassana Retreat, please fill out the form below and return it to Tathagata Meditation Center.

Name: _____

Address: _____

Amount of Donation: _____

Dates of Offering (please choose one day) : _____

Merits are shared to the following persons:

May the merits of this meritorious deed bring you much prosperity, happiness, good health and especially suitable conditions for your wisdom cultivation leading to enlightenment.

In Metta,
Tathagata Meditation Center