

The East Midlands Buddhist Association Leicester Buddhist Vihara

Junior Dhamma School

Lessons Conducted for the year 2022

Lessons

Lesson 1 : 16th January 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. “sirith mal dama” revision
5. Biography of Maha Prajapathi Gothami
6. Buddha’s life story
7. Practicing the Daham Pasal Song

Homework JS0101

Revision – Buddha’s story (birth to enlightenment)

Learn the sirith maldama verses. Sirith Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

*Hoda lesa hedeemata
Hoda sitha onne hema vita
Naraka sith ethi vita
Narakamai siduwanne apahata*

To be a virtuous person, one always need a virtuous mind.
A non-virtuous mind causes nothing but bad.

*Naraka sithakin nam
Hodak nokaleki kiciyam
Hodak nokale nam
Upan gathiyen netha palak nam*

You cannot do any good with an ill-will. Unless you do good, your birth is fruitless.

*Pau nam narakamaya
Ein delowehi dukamaya
Pin nam uthum maya
Ein delowehi mahath sepa maya*

Committing sins is bad. It causes grief only in both this birth and the next. Committing merits brings about comfort in both worlds.

*Thaman pana lesa hema
Sathun gena salaka pema
Oun dutu vilasama
Karan adara gunaya noherama*

Love all animals as much as you love your life. As soon as you see them shower them with love.

*Sellam sithin wath
Yamkici tharahakin wath
Marana sithakin wath
Sathun hata wada dima nohobin*

It is unbecoming to hurt, torture or kill animals, neither for fun nor out of anger.

*Anungen nethi una
Deyak lebunoth yam dina
Eya sagawa nogena
Denta karuna karan sathutina*

If you find something that belongs to another, do not conceal it, return it to the owner with pleasure.

Lesson 2: 30th January 2021

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. Homework
5. “sirith mal dama” revision
6. Practicing the Daham Pasal Song

Homework JS0102

Read the story and answer the questions:

Nalapana Jathakaya

One day a clan of monkeys walked towards a forest to find food and water. Then they saw a lake filled with water and came near that. However, this lake was unfamiliar for them and therefore they wanted to get the permission from the leader. The leader ordered them to wait until he comes. A monkey is generally stubborn animal. They are very impatient, yet they listen to their leader. When you have a good leader you can achieve anything. Then the leader came and carefully checked the new lake. Then he noticed that there are foot prints towards the lake and but they have not returned. He realized that no one has come back again from the lake. He also understood that the lake could be dangerous.

Suddenly, a monster appeared from the lake and invited the leader to drink water from the lake. These monsters are often dangerous and they take the lives of people. This lake is also a deep risky place to drink water. Therefore the leader started thinking of another way to drink water from the lake than going in to the lake. At this moment he saw a bamboo tree and desired to use a bamboo to drink water from the lake. With his success, other monkeys also followed him and used bamboos to drink water.

Questions:

1. Who are the main characters of the story? And where did the story begin?
2. What advice did the monkey leader give to his followers?

3. How did the monkey leader recognise the trap?
4. What was the solution the monkey leader used to drink the water?
5. What would you do if you were in this situation?
6. What are the morals of this story?
7. Draw your favourite part of this story

Learn the sirth maldama verses. Sirth Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

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Lesson 3: 13th February 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. Homework
5. “sirith mal dama” new verse
6. Practicing the Daham Pasal Song

Homework JS0203

Buddha’s first lay disciples: read and answer the questions:

Soon after the seven weeks of Enlightenment, the Buddha met two merchants. Tapassu and Bhalluka. They served the Buddha with some fried grain and honeycomb. After the Buddha had finished His meal, they sought permission to take refuge in the Buddha and the Dhamma. The Buddha accepted their request. Thus, they became the first lay disciples of the Buddha. There was no Sangha or Order of Monks yet. The two merchants also asked for an object of worship from the Buddha. The Buddha gave them some of his hair. They then left the place happily.

Questions: True or false

The Buddha met two monks soon after his Enlightenment?

The two merchants were Bhalluka and Tapassu

At that time, there was no Sangha or Order of Monks yet

The Buddha cut some finger nail from his fingers and gave them to the two merchants

They left the place happily

Learn the sirith maldama verses. Sirith Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

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Hoda sitha onne hema vita

Naraka sith ethi vita

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Denta karuna karan sathutina*

If you find something that belongs to another, do not conceal it, return it to the owner with pleasure.

Lesson 4: 27th February 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. Homework
5. “sirith mal dama” new verse
6. Practicing the Daham Pasal Song

Homework

1. What is the name of the story we learnt in the class?
2. What caused the two parrots to separate from the nest?
3. What was the reason for one parrot to become “good” and the other to become “bad”?
4. Have you come across good and bad friends? Why were they good or bad?
5. Draw and colour a picture which was the most favourite part of the story for you.

Learn the sirith maldama verse below. Sirith Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

*Nomin duka vidamina
Anun seu dana mila dena
Horen noganuwa pena
Sithan kebilithi lecin e gena*

Understand the value of the wealth that
Another has gained after much toil

Never steal; consider another's hard
earned wealth as mere worthless tit bits

Lesson 5: 13th March 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. New story
5. Introducing the Sinhala alphabet and learning to talk in Sinhala
6. “sirith mal dama” new verse
7. Practicing the Daham Pasal Song

Homework

Learn the sirith maldama verse below. Sirith Maldama verses are about learning good (the virtues) enjoying the comforts both in this birth and life after.

*Nomin duka vidamina
Anun seu dana mila dena
Horen noganuwa pena
Sithan kebilithi lecin e gena*

Understand the value of the wealth that
Another has gained after much toil
Never steal; consider another's hard
earned wealth as mere worthless tit bits

Lesson 6: 18th September 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Dhamma Talk and Discussion in English
4. Daham Pasal Song

Lesson 7: 2nd October 2022

1. Buddha Vandhana
2. Loving kindness mediation
3. Share “merit book (pin potha)”
4. “Jathaka Katha” continuation from the Zoom class (Click hear to listen the recording)
5. Continue learning the Sinhala alphabet and learning to talk in Sinhala
6. Homework
7. Practicing the Daham Pasal Song

Homework

1. Practice writing Sinhala alphabet අ ආ ඇ ඈ
2. For each letter find two words (not learnt in the class) and if can write it down in your book
3. Write in your own words (not more than 5 sentences) what you remember of the story “everyone needs a Leader”

Student Work

Thought of the day

1. ගරු ස්වාමීන්වහන්සේ සහ ගුරු මව් වරුන්ගෙන් අවසරයි. දයාබර යාලුවනේ. අද මම කතා කරන්න යන්නේ අපේ දෙමාපියන්ට ගරුකිරීමේ වැදගත්කම ගැනයි. අපේ අම්මල තාත්තල හරියට මහන්සි වෙනව අපිට ඔක්කොම සම්පූර්ණ කරන්න. කන්න බොන්න දීල උගන්වල. ඒ නිසා අපි ඔක්කොමල දෙමාපියන්ට ගරු කරන්න ඕනි. ඒ වගේම කීකරු වෙන්නත් ඕනි.

ඔබ සැමට ස්තූතියි.
මම ඩිහන්සා පානදුර

2. *Na hi verena verani
Sammantidha kudacanam
Averena ca sammanti
esa dhammo sanatanoo*

Amanda Morapitiya

3. I will be talking about one of the Precepts which is “Adinadana veramani sikkha padhan samadiyami”. Which is to not take things which are not given to you, also known as stealing. My advice is to appreciate what you have and don’t be jealous of other people. Example if someone has something you really want don’t be jealous and don’t steal.

Written by Nikil

4. ගරු ස්වාමීන්වහන්සේගෙන්ද, ගුරුමෑණිවරුන්ගෙන්ද, ඔබ සැමගෙන්ද අවසරයි. අද දවසේ සිතුවිල්ල අන් අයට උදව් උපකාර කිරීම ගැනයි. අපි හැමවිටම කාටහෝ උදව්වක් අපිට පුලුවන් විදියට කරන්න ඕනේ. පාසලේදී අපගේ යහළුවන්ටද, නිවසේදී දෙමාපියන්ට සහ සහෝදර සහෝදරියන්ටද උදව් උපකාර කරන්න ඕනේ. මිනිසුන්ට වගේම අසරණ සත්තුන්ටද උදව් කරන්න ඕනේ අපට පුලුවන් විදියට.

බුදුරජාණන් වහන්සේද අසරණ අයට උදව් උපකාර කිරීම ගැන දේශනා කරලා තියෙනවා. ඒවගේම උන්වහන්සේ සුනීත, සෝපාක වැනි අසරණයන්ට කරුණාවෙන් උදව් කරලා තියෙනවා. එමනිසා අපි කාටහෝ උදව්වක් අවශ්‍ය වුනහම අපට පුලුවන් ආකරයෙන් පුංචි හෝ උදව්වක් කරමු.
ඔබ සැමට තෙරුවණ් සරණයි!!!

රයිනි රණතුංග

Citations and References