



# SUNDAY PUJA



VENERATING THE TRIPLE GEM

**Araham sammā-sambuddho bhagavā  
Buddham bhagavantam abhivādemī  
(Prostrate once)**

**Svākkhāto bhagavatā dhammo  
Dhammam namassāmi  
(Prostrate once)**

**Supatipanno bhagavato sāvakaśaṅgho  
Saṅgham namāmi  
(Prostrate Once)**

ARADHANA TISARANA PANCASĪLĀ

(REQUEST FOR REFUGES AND FIVE PRECEPTS)

**Mayam Bhante Tisaranena Sila Panca Yacama**

**Dutiyampi Mayam Bhante Tisaranena Sila Panca Yacam**

**Tatīyampi Mayam Bhante Tisaranena Sila Panca Yacama**

PUBBABHAGANAMAKARAPATHA

(THE PRELIMINARY PASSAGE FOR REVERING)

*Repeat After Monk:*

**Namo Tassa Bhagavato Arahato Samma Sambuddha (3 times)**

SARANAGAMANAPTHA

(PASSAGES ON GOING FOR REFUGES)

*Repeat after the monk:*

**BUDDHAM SARANAM GACCHĀMI**

*To the Buddha I go for refuge*

**DHAMMAM SARANAM GACCHĀMI**

*To the Dhamma I go for refuge*

**SANGHAM SARANAM GACCHĀMI**

*To the Sangha I go for refuge*

**DUTIYAMPI BUDDHAM SARANAM GACCHĀMI**

*For the second time, to the Buddha I go for refuge*

**DUTIYAMPI DHAMMAM SARANAM GACCHĀMI**

*For the second time, to the Dhamma I go for refuge*

**DUTIYAMPI SANGHAM SARANAM GACCHĀMI**

*For the second time, to the Sangha I go for refuge*

**TATIYAMPI BUDDHAM SARANAM GACCHĀMI**

*For the third time, to the Buddha I go for refuge*

**TATIYAMPI DHAMMAM SARANAM GACCHĀMI**

*For the third time, to the Dhamma I go for refuge*

**TATIYAMPI SANGHAM SARANAM GACCHĀMI**

*For the third time, to the Sangha I go for refuge*

PANCA SĪLĀ  
THE FIVE PRECEPTS

*(Repeat after monk)*

**Panatipata veramani sikkhapadam samadiyami**

*I take the precept to abstain from destroying living creatures*

**Adinnadana veramani sikkhapadam samadiyami**

*I take the precept to abstain from taking what is not given*

**Kamesu micchacara veramani sikkhapadam samadiyami**

*I take the precept to abstain from sexual misconduct*

**Musavada veramani sikkhapadam samadiyami**

*I take the precept to abstain from false speech*

**Suramerayamajjapamadatthana veramani sikkhapadam  
sammadiyami**

*I take the precept to refrain from distilled fermented intoxicants which are the occasion for carelessness.*

**Imani panca sikkhapadani samadiyami**

*I undertake to observe these five precepts*

**Bhikku: Silena sugatim yanti Silena bhogasampada  
Silena nibbutim yanti Tasma silam visodhaye**

*Through Precepts people go to heaven*

*Through Precepts people are wealthy*

*Through Precepts they attain to the Extinction (of passion)*

*Therefore let them purify their Precepts*

**All: SADHU, SADHU, SADHU**

## TIRATANANUSARANAPATHA

**(Passages on the Recollection of the Three Treasures)****Iti'pi so bhagavā araham sammā-sambuddho.**

*He is indeed the Exalted One, far from defilements, Perfectly Enlightened by Himself, fully possessed of wisdom and (excellent) conduct.*

**Vijjā-caraṇa-sampanno Sugato lokavidū Annuttaro**

*One who has proceeded by the good way, Knower of the worlds, unexcelled, Trainer of tamable men.*

**Purisa-damma-sārathi. Satthā deva-manussānam. Buddho bhagavā ti**

*Teacher of deities and men, the Awakened One, the Lord skilled in teaching Dhamma.*

**Svākkhato bhagavatā dhammo. Sandiṭṭhiko, Akāliko, ehi-passiko opanayiko paccatam veditabbo viññuhī 'ti**

*Well expounded is the Exalted One's Dhamma, to be seen here and now, not delayed in time,, (inviting one to) come and see, leading inwards to be seen by the wise, each for himself.*

**Supaṭipanno bhagavato sāvakaśaṅgho.**

*The Sangha of the Exalted One's disciples who have practised well*

**Ujupaṭipanno bhagavato sāvakaśaṅgho**

*The Sangha of the Exalted One's disciples who have practised straightly*

**Ñaya-paṭipanno bhagavato sāvakaśaṅgho**

*The Sangha of the Exalted One's disciples who have practised rightly*

**Sāmīci-paṭipanno bhagavato sāvakaśaṅgho;**

*The Sangha of the Exalted One's disciples who have practised properly*

**Yadidam cattāri, purisa-yugāni, aṭṭha purisa-puggalā.**

*That is to say, the four pairs of men, the eight individuals*

**Esa bhagavato sāvakaśaṅgho, āhuneyyo, pāhuneyyo,**

*That is the Sangha of the Exalted One's disciples, worthy of gifts, worthy of hospitality*

**Dakkiṇeyyo, añjalīkaraṇīyo, anuttaram**

*Worthy of offerings, who should be respected*

**Puññakkhetam lokassā ti**

*The incomparable field of punna for the world.*

# PUJA (OFFERINGS)

We shall now make our offering of **LIGHT, INCENSE, WATER, FLOWERS** and **FRUITS** to the Triple Gem:

## LIGHT

With these lights brightly burning, dispelling all darkness, we worship the Fully Enlightened Buddha, the light of the Triple World. By offering these lights, may our path be free from darkness and may our hearts and minds be always pure and bright

## INCENSE

With this fragrant incense prepared from sweet things, we worship the Exalted One, who is worthy of respect and honour. By offering this fragrance prepared for the Tathagata, may the perfume of virtue spread always and everywhere

## WATER

By offering this water, fresh, clean and cool, may the minds of all beings be washed of impurities.

## FLOWERS

We offer these flowers, fresh, fragrant and beautiful, at the Buddha's Lotus-like feet. By offering these flowers, may we realize the truth of impermanence that destroys all cravings and cuts all bonds.

## FRUITS

By offering these fruits to the Fully Enlightened Buddha, may all beings be nourished and their hunger allayed

ARADHANA DHAMMA-DESANA  
**REQUEST FOR SERMON**

**BRAHMA-CA LOKA-DHIPATI SAHAMPATI**

*SAHAMPATI BRAHAMA, DIRECTOR OF THE WORLD*

**KATANJALI ANDHIVARAM AYACATHA**

*WITH PALMS JOINED IN REVERENCE REQUESTED A BOON*

**SANTIDHA SATTAP-PARAJAK-KHAJATIKA**

*BEINGS AER HERE WITH BUT LITTLE DUST IN THEIR EYES*

**DESETU DHAMMAM ANUKAMPIMAM PAJAM**

*PRAY TEACH DHAMMA OUT OF COMPASSION FOR THEM*

**PANCA MARE ending for UDDISANADITTHANGATHA****TRANSFERRING/SHARING OF MERITS**

*The Venerable Sir will lead the chanting. Prepare your mind, picture the departed one in your mind or recall his/her name. Invite all beings to share in this dedication. May they be well and happy, may they be reborn in the happy realm, may they be reborn where the Dhamma is known.*

**Imina punnakammena upajjhaya gunuttara acariyu pakara ca mata pita  
ca nataka piyamam suriyo candima raja gunavanta narapi ca  
brahmamara ca inda catuloka pala ca devata yamo mitta manussa ca  
majjhata verikapi ca sabbe satta sukhi hontu punnani pakatani me  
sukham ca tividham dentu khippam papetha vo matam.**

**Imina punnakammena imina uddisena ca khippaham sulabhe ceva  
tanhupadanachedanam ye santane hina dhamma yava nibbanato  
mamam nassantu sabbada yeva yattha jato bhava bhava ujucittam  
satipanna sallekho viriyamhina mara labhantu nokasam katunca  
viriyesu me buddha dhipavaro natho dhammo natho varuttamo natho  
pacceka buddho ca sangho nathottaro mamam tesottamanubhavena  
marokasam labhantu ma**

**Panca mare jine natho patto sambodhimuttamam catusaccam  
pakasesi mahaveram sabbabuddhe namamiham**

**Etena sabbe mara phala yantu idam no natimam hoto sukhita honto  
natayo.**

## TRANSFERRING/SHARING OF MERITS

By this meritorious deed may our highly virtuous teachers, helpful guardians, my beloved mother and father, Suriyo and Candima kings (the devas of sun and moon), all virtuous humans, Brahmas, Devas, Maras and Indras (Tavatimsa Devas), the four world protection Devas, Yama (Devas of the under-world), humans, friends, indifferent ones, enemies too, may all beings be happy, sharing our merits. May the triple happiness be attained now, after death and finally Nibbana. Soon may all gain release from evil, by this meritorious deed and through this sharing.

Soon, indeed may we attain to the good, to the cutting off of Cravings and Attachments, and all that is low in this flux of being, while striving for our deliverance. May such evil everywhere be destroyed, as one reappears, existence after existence. May there be the upright mind, thoughtful wisdom, purity and energy. May evils personified as Maras never approach us, through the power of our action and energy, through such power as the Lord Buddha, the law, lofty, supreme and best. The Lordly-lone Buddhas and our highest Lords of the Ariya-Sangha, even unto our final birth, may evils never approach us.

The Perfectly Enlightened Ones who are the refuse of beings, who have already overcome the five Maras, who attained by themselves the highest wisdom, who have already expounded the Four Noble Truths which is the highest Dhamma. We wish to honour those very Buddhas who are the great warriors full of courage.

By these words of Truth, may all Maras (evils) disappear. May our departed relatives benefit from these merits and may they have peace and happiness.

The Recollection on Virtues – Silanussati

*If this day or in the past others have done me wrong with body, speech or mind, whether greatly or only little, whether through malice or lack of tact, I here and now before the Buddha, sincerely forgive them and let go of all my grudges.*

I forgive, remembering how often I too have been at fault

I forgive, realizing how quick I am to take offence while expecting my faults to be forgiven.

I forgive, knowing that to hold ill will is to cause myself greater harm than others can do to me.

I forgive, resolving not to speak about this wrong to any other beings.

I forgive, knowing that desire for revenge only brings the heart turmoil and agitation.

I forgive, because this is the way love and detachment blossom in the heart.

I forgive, knowing that like me, that person is still burned by greed, hatred and delusion.

May my forgiving now help me to forgive again tomorrow

May my forgiving encourage others to forgive me

May my forgiving foster detachment and kindness and help in the freeing of the heart.

## **METTA BHAVANA**

Radiation of Loving Kindness

*Remember the time when you were happy. Start to feel good about yourself and fill yourself with love. Allow this warm feeling for others to flow out of its own fullness. Then recite:*

**May all beings be void of enmity, disease and grief  
May they take care of themselves happily  
May all living beings, all creatures, all persons, all those who have  
arrived at a state of individuality  
be void of enmity, disease and grief.  
May they take care of themselves happily**

**May I be happy  
May I be free from hatred  
May I be free from disease  
May I be free from grief  
May I be free from envy  
May I be free from jealousy  
May I be free from malice  
May all beings be well and happy  
May all beings be free from hatred  
May all beings be free from disease  
May all beings be free from grief  
May my beloved parents be well and happy  
May my loving brothers and sisters be well and happy  
May my kind teachers, elders and instructors be well and happy  
May my dear relatives and friends be well and happy  
May my dutiful servants be well and happy  
May all the non-friendly be well and happy  
May I be conscious of what I do, think and say  
And live in peace and harmony with all around me.**

VENERATING THE TRIPLE GEM

**Araham sammā-sambuddho bhagavā**

**Buddham bhagavantam abhivādemī**

*The Exalted, far from defilements, Perfectly Enlightened by Himself, I  
bow before the Buddha, the Exalted One*

*(Prostrate once)*

**Svākkhāto bhagavatā dhammo**

**Dhammam namassāmi**

*The Teaching, well expounded by the Exalted One, I bow low before  
the Dhamma*

*(Prostrate once)*

**Supatipanno bhagavato sāvakaśaṅgho**

**Saṅgham namāmi**

*The Sangha of disciples who have practised well, I bow low before the  
Sangha*

*(Prostrate Once)*

ARADHANA PARITTA  
**REQUEST FOR PROTECTION**

**VIPATTI PATIBAHAYA**

*For warding off misfortune*

**SABBA-SAMPATTI SIDDHIYA**

*For the attainment of all fortune*

**SABBA-DUKKHA-VINASAYA PARITTAM BRUTHA  
MANGALAM**

*For the destruction of all Dukkha*

*May you chant a blessing and protection*

**VIPATTI PATIBAHAYA**

*For warding off misfortune*

**SABBA-SAMPATTI SIDDHIYA**

*For the attainment of all fortune*

**SABBA-BHAYA-VINASAYA  
MANGALAM**

*For the destruction of all fear*

**PARITTAM BRUTHA**

*May you chant a blessing and protection*

**VIPATTI PATIBAHAYA**

*For warding off misfortune*

**SABBA-SAMPATTI SIDDHIYA**

*For the attainment of all fortune*

**SABBA-ROGA-VINASAYA  
MANGALAM**

*For the destruction of all misfortune*

**PARITTAM BRUTHA**

*May you chant a blessing and protection*