



TATHĀGATA MEDITATION CENTER

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# Food Offering to Sangha and Yogis

## December 2017 Special Vipassana Retreat

### Under the Guidance of Sayadaw U Vanissara

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 ease, 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 Special Vipassanā Retreat, please fill out the form below and return it to Tathāgata Meditation Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_

Dates of Offering (please choose one day between December 1 and December 30): \_\_\_\_\_

Merits are shared to the following persons:

\_\_\_\_\_  
\_\_\_\_\_

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

In Metta,  
Tathāgata Meditation Center