

## LESSON UPDATE FOR THE YEAR 2016

### Level 3

**01/30/2016**

The Three Wholesome Acts a Good Buddhist Practices

1. Dāna (generosity/offerings)
2. Sila (Morality)
3. Bhāvanā (Meditation)

**02/13/2016**

Kamma Vipāka and Five Precepts

**02/27/2016**

Review five precepts and story of Mahā Moggallāna

**03/12/2016**

Review Mahā Moggallāna

Chullakamma Vibhanga Sutta

**03/26/2016**

Review commentary story to Chula Kamma Vibhanga Sutta [The shorter explanation of actions-Kamma]  
Buddha's answer to Sabha's question: What is the reason for differences among human beings?

**04/09/2016**

Review Chula Kamma Vibhanga Sutta [(The shorter explanation of actions (Kamma))]

Discuss "Vesak" day oral presentations

**04/30/2016**

Why Things the Way They Are? Niyāma dharma or Five Laws

**06/18/2016**

Presentation Skills

Lesson in compassion – The story of the swan

**08/27/2016**

Curriculum book: Lesson 5 to Lesson 9

**Complete activities in each lesson – Lessons 5 – 9**

**09/10/2016**

**Guest Instructor: Mr. Richard Murphy**

Lesson 5- 9 Activities Reviews: Went over lessons 5-9 answers as a whole group

Leaving the Palace

The Quest, The first Sermon, First Sixty Monks

The Three Refuges

Lesson 16 – First half: discussed importance of precepts as they relate to our lives

**Assignment: activities in each lesson – Lessons 10 – 15**

**09/24/2016**

**Guest Instructor: Mr. Richard Murphy**

Welcome, take attendance, remind students of behavioral expectations, and share the plan for the day's lesson.

Reviewed lesson 15 and discuss reasons for taking refuge in Buddha, Dhamma, and Sangha.

Continued lesson 16: read & discussed the qualities of the Buddha, Dhamma, and Sangha.

Read and discussed lesson 17 as a group (*Vandā Gathā*)

Read and discussed lesson 18 as a group (The Buddha's Visit to Kapilavasthu).

Read and discussed lesson 19 as a group (Our Parents).

Read and discussed lesson 20 as a group (The Two Chief Disciples - Sāriputta and Moggallāna).

Meditated on the breath to close for 5-7 minutes

**Students were asked to do activities for lessons 18, 19, and 20 for homework; to read the qualities of the Buddha and the Vandana Gatha in English; and to practice chanting Vandana Gatha and the qualities of the Buddha in Pali if they have an adult to practice with.**

**10/08/2016**

Discussed why we wear white, bow to the Buddha rupa/statue, bow to monks, and behave well when visiting the temple.

Discussed how we practiced the precepts since last we met.  
Reviewed, corrected, and discussed the homework for lessons 16-20.  
Venerable Ananda and the Buddha's Kindness to Angulimāla - Read and discussed  
Discourse on Loving-Friendliness, and heard about the backstory to metta (Karaniyametta Sutta).  
Practiced metta meditation to close for 5-8 minutes  
*Students were asked to do activities for lessons 21, 22, and 23 for homework (pages: 61, 64, 67, and 69).  
They can begin reading, reciting, and practicing metta at home.*

#### 10/29/2016

Reviewed homework for lessons 21-23  
Read and discussed:  
Kassapa Brothers  
Mahā Prajāpathi Gōthami  
King Bimbisāra  
Dēvadatta  
we practiced breath awareness meditation. After practicing, we discussed obstacles to concentration during meditation, and ways to overcome them.  
*For homework, students were asked to do activities for lessons 24, 25, and 26 (pages: 71, 74, and 76).  
They were also encouraged to continue reading, reciting, and practicing Metta at home.*

#### 11/19/2016

Shared observations of how things have changed between classes. Then, discussed how we can observe change over time and moment to moment.  
Practiced breath awareness meditation  
Reviewed, corrected, and discussed the homework for lessons 24-27.  
Read and discussed lesson 28 as a group (Mahā Parinibbāna - Passing Away).  
**Discussed upcoming cumulative assessment on lessons 1-28**  
**Importantly, the purpose of the assessment is to help the Dhamma School evaluate the curriculum and improve it. Assessments are also a useful way for each of us to find out what we have learned so far and what areas we can further cultivate.**  
*Students can review lessons and activities 1-28 and continue practicing breath meditation and metta meditation at home*