

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 14 | March 2013 | www.nalanda.org.my

For Non-Muslims Only

10th Anniversary of Nalanda

Celebrating a decade of excellence in
Education • Development • Propagation
2003 – 2013



Nalanda
10th
anniversary
2003–2013

1 May 2013 marks the 10th anniversary of Nalanda Buddhist Society Malaysia. At Nalanda, we believe in providing *Holistic Education for Integral Human Development*. With the imparting of **knowledge**, training of **skills**, cultivation of **values**, and transmission of **culture**, the aim of holistic education is to transform a person to be more compassionate and wise; promoting peace, harmony and well-being, in the world within and around us!

Copyright © Nalanda Buddhist Society 2013. All rights reserved.

Publication Number: NBS 1310 BL

Contents this issue

Nalanda
10th
anniversary
2003–2013

Pages **6 – 7**

Nalanda's Mission

Since its inception, Nalanda has been staying true to its Mission of providing holistic education for integral human development, firmly guided by our 8 Core Values.

Pages **4 – 5**

Nalanda Buddhist Society celebrates its 10th Anniversary this May.

Pages **10 – 11**

Nalanda's Building Expansion Plan

Have a glimpse into what is in store for you with Nalanda Centre's building extension.

Pages **12 – 13**

Volunteers' Sharing
Gan Jia Cheng and Margaret Ng share their experiences and journeys with Nalanda.

Pages **8 – 9**

NEO Centres

Another Nalanda Education & Outreach Centre is in the pipeline this May in Johor Bahru!

Page **18**

Refreshed

Nalanda's Website has assumed a new look since 1 March!

A Decade of Education, Service and Growth

Nalanda's 10th Anniversary 2003 – 2013

Text by Bro. Lee Kong Foo & Sis. Faith Teh

Photograph by Bro. Gan Jia Cheng

Over the past decade, Nalanda has grown in capacity and facilities, as well as in people and resources. With five divisions and three functional groups, these inter-dependent teams provide the framework for Nalanda's services by offering various educational programmes such as Buddhist courses, leadership training, Dharma School, and Free School for children and teenagers.

We are also constantly on the lookout for new programmes and avenues to serve the community better. On 1 January 2013, the Nalanda Youth Library was launched as an extension of Pustaka Nalanda's services to cater for the reading and learning needs of younger adults. The Nalanda Main Library itself contains more than 3,200 titles of valuable Buddhist reference materials, providing further support for Dhamma study and learning.

Through simplifying processes, intelligent programming and effective communication, Nalanda makes best use of our resources to organise programmes, maintain operations and equip our premises with even better educational facilities. Due to increasing demand for people development and space, the Nalanda Centre in Sri Serdang will be expanded to twice its original size, later this year.

Following the successful establishment of Nalanda Education & Outreach (NEO) Centre in Happy Garden, Kuala Lumpur

in December 2011, plans are under way to open two more NEO Centres, one each in Johor Bahru (2013) and Sungai Petani (2014).

Nalanda with all its achievements would not have been possible without the support of our volunteers and donors. We currently have 55 devoted officers and 97 volunteers *extraordinaire*! Nalandians are individuals who are passionate in Buddhist education and committed to serving the community. Seeing how our outreach programmes have been fruitful and benefitting many, inspires us to continue with even greater enthusiasm and wholesome aspiration.

You, too, can be an invaluable part of this 'movement' and service-oriented community. If you like what we are doing and wish to support our work, do something about it today! Your support, in big or small measures, is significant to us and we truly appreciate all your contributions.

Thank you for supporting Nalanda all these years, and in helping to make many lives more valuable, and the world, a better place.

Nalanda
10th
anniversary
2003 – 2013

Moving Forward

Nalanda's Mission

Nalanda's Mission is to facilitate the making of a Buddhist community that is proactive in learning and practising the Noble Teachings of the Buddha, compassionate, as well as energetic in rendering services to the world.

Nalanda's Core Values

Compassion
Courage
Respect
Integrity
Service
Faith
Learning
Reflection

Nalanda
10th
anniversary
2003–2013

2013

Opening of Nalanda Centre New Wing, Sri Serdang, and the Nalanda Education & Outreach (NEO) Centre in Johor Bahru.

1 January 2013

1 January 2013 marks the birth of Nalanda Youth Library. This new addition to our expanding Pustaka Nalanda caters to the learning needs and reading interests of young adults.

1 May 2012

Nalanda Youth Centre was formally established by a group of young Nalandians. The Youth Centre focuses on providing opportunities to learn leadership skills, cultures and values based on the Buddha-Dhamma. It also aims to create a platform for youths from various places to interact and exchange ideas, and to serve the community.

11 December 2011

Nalanda Education & Outreach (NEO) Centre in Happy Garden was officially opened. This is the first of Nalanda's outreach / branch centres to be launched.

1 May 2011

Pustaka Nalanda (the Library) was officially launched by Venerable Bootawatte Sri Saranankara Nayaka Thero. Pustaka Nalanda provides support for various educational programmes offered by Nalanda Institute and Nalanda Dharma School.

1 May 2003

Nalanda Buddhist Society was formally established. The Nalanda Dharma Centre in Sri Serdang was officially declared open by our late Spiritual Advisor, the Most Venerable Dr. Kirinde Sri Dhammananda Nayaka Thero.



Nalanda's Focus Education, Development, Propagation

Nalanda's focus from its inception has always been on providing quality Buddhist education, personal spiritual development, and the joyful propagation of Buddha-Dhamma.

1 July 2010

Nalanda Free School was established. The Free School aims to provide free academic tuition and other educational support to needy students around Nalanda's various centres. The enrolment for our free tuition classes has reached 460 students in October 2012.

1 January 2005

Nalanda Dharma School was established to fulfill the need for quality and effective Buddhist education for teenagers. The School's focus is on holistic development of its students in terms of knowledge, skills, values and spirituality.

1 July 2007

Nalanda Institute was established to offer various courses in Buddhist studies and leadership training programmes to adults. As of December 2012, more than 7,800 participants have benefited from the Institute's free courses.

1 May 2009

Nalanda Book Café in Sri Petaling was opened. The Café also serves as a place for personal and spiritual counselling as well as various training courses for small, specialised groups.

11 December 2009

The opening of Nalanda Centre in Sri Serdang, officiated by Venerable Dr. Henepola Sri Pandita Gunaratana Nayaka Thero, and venerable members of the Maha Sangha.

1 May 2010

The Buddhist Community Alliance (BCA), comprising five Buddhist associations including Nalanda, was formally established. The Alliance aims to unite Theravadin Buddhist societies in the Klang Valley to work in concert for the propagation of Buddha's teachings.

Nalanda Education & Outreach (NEO) Centre Kuala Lumpur

Nalanda Buddhist Society opened our first Education & Outreach (NEO) Centre in Taman Gembira (Happy Garden), Kuala Lumpur in December 2011. NEO Centre in Happy Garden caters to a large Buddhist population in the vicinity of Happy Garden, O.U.G., Kuchai Lama and Sri Petaling, providing another much-needed place for the community to learn and understand Buddhism.

Community Services

The community services provided at NEO Centre in Happy Garden include :

1. Weekly Dhamma classes for school-going children aged 10-12.
2. Free academic tuition classes under the Nalanda Free School Project.
3. A well-stocked library and comfortable reading lounge for the public, operated by Pustaka Nalanda.
4. Periodic religious services, Dhamma lessons, alms and robes offerings to the Sangha.
5. Monthly Pindacāra (monks going on alms-round) as well as Dhamma talks for the general public.

On the first Saturday of every month, a Pindacāra (monks going on alms-round) is organised at the morning market in neighbouring Taman O.U.G. from 8.30am to 9.30am. Thereafter, there is a Dhamma talk, as well as Dāna (food offering to monks) at NEO Centre, from 10.00am onwards.

NEO Centre, Kuala Lumpur

524 A, 1st Floor, Jalan Riang 12,
Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

E-mail gembira@nalanda.org.my

NEO Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya,
81100 Johor Bahru, Johor.



Nalanda Education & Outreach (NEO) Centre Johor Bahru

Nalanda is expanding to Johor Bahru!

Nalanda Buddhist Society will be launching its second NEO Centre in Johor Bahru in May 2013. This new centre is located in the bustling centre of Jalan Dedap, Taman Johor Jaya, near to various shops, eateries, and the bus terminus.

Community Services

The NEO Centre in Johor Bahru plans to offer the following services to the community :

1. Periodic religious services, alms and robes offerings to the Sangha.
2. Periodic meditation sessions and Dhamma talks for the general public.
3. A well-stocked library and comfortable reading lounge for the public, operated by Pustaka Nalanda.

In the future, the NEO Centre will also offer :

1. Weekly Dhamma classes for school-going teenagers and children, to be conducted by experienced facilitators from Nalanda Dharma School; and
2. Free academic tuition classes under the Nalanda Free School Project.

We Need Your Support

NEO Centre Johor Bahru is in need of sponsorship and financial aid to continue our work in providing holistic education. We are also recruiting committed volunteers to help us manage our services to the public. If you wish to help in any way, kindly contact Sis. Nandini at our Management Office, at +603-8938 1500, or write in to

info@nalanda.org.my

We look forward to hearing from you. Thank you!

Nalanda
10th
anniversary
2003-2013

The Nalanda building expansion project is scheduled to take off in the later half of this year, and expected to take 7 months to complete. We are currently still short of RM1.1 million for the project. We hope you will support us in donating towards the building fund, and make this facility available sooner for the benefit of the entire community!

Level 4

A Conference Room for 30 people; an office and shrine room.

Level 3

*Extension of the Sririjaya Seminar Hall;
a Buddhist Gallery & display area; 2 ad-
ditional rooms for visiting Sangha members;
pantry & storage.*

Level 2

3 Dedicated classrooms for Nalanda Free School - the rooms are convertible for bedding when there are holiday camps; public washrooms.

Level 1

Reception hall for visitors; kitchen facilities; dining area for Sangha members; storage.

Proposed Extended Wing

Existing Nalanda Centre

Level 4

Sasanaloka Meditation Hall

Level 3

Sririjaya Seminar Hall

Level 2

Office; Library; Guest Room;
Reception Room

Level 1

Suvarnabhumi Shrine Hall

Nalanda Centre Building Extension Plan

Nalanda Centre in Sri Serdang is an acknowledged centre of Buddhist education in Malaysia. Since its opening in December 2009, many programmes have been held there including the 2009 and 2011 WACANA Conferences, forums, seminars, meditation retreats, sutta study courses, holiday camps, and leadership training sessions.

Besides, there are regular activities such as weekly Puja & services, Uposatha Puja, meditation, chanting, Dhamma talks, Dharma School lessons, free tuition classes, youth gatherings, hosting the National Service trainees, and Society meetings.

On average, 750 to 1,100 people visit and make use of Nalanda Centre weekly. The Centre has reached its full-carrying capacity since May 2011, and has to be expanded to cater for the community's needs for more quality Buddhist educational programmes.

The Management of Nalanda has drawn up a facility development plan to integrate the next-door building and expand the Centre to twice its size. The expansion project is expected to cost RM 1.8 million. We appeal to you to support us in this noble project, so as to make quality Buddhist education available and accessible to even more people!

Volunteers' Sharing

Undoubtedly, amazing volunteers are the backbones of Nalanda. They work, play, and learn continuously while performing community service at Nalanda. This column provides Nalandians with an avenue to share their experiences and journeys so far.



Bro. Gan Jia Cheng

Nalanda Dharma School
Facilitator, and Officer in
Photography & Archiving Team

When I first came to Nalanda Centre, someone had told me that we ought to come in with "an open heart, and be as fresh as the first day, every day"! Since then, this advice has been the underlying mindset every time I come to Nalanda. By constantly staying fresh, this allows me to learn better and to always give my best in everything that I do. It also encourages me to find ways to improve myself, constantly.

I enjoy learning and serving at Nalanda as a volunteer very much. By learning to serve others selflessly, I experience quiet joy in what I do. In the midst of learning and volunteering, I discovered a more profound sense of spirituality. It has enriched the purpose and meaning of my life. This gives me more confidence to continue to walk on this right path. It inspires me to transform myself into a better person for the society.

Nalanda feels just like home to me, a place where I feel protected and safe in the Dhamma. Everything that we do, we do it together here as we learn and support each other selflessly. I am glad to know Nalanda, and I know that my effort leads to the betterment of the community.

" Different insights can be gained from quiet, solitary meditation and active community service. Very often, both types of insights are necessary to develop a more holistic personality. "



As of February 2013, 55 officers and 97 volunteers serve at Nalanda Buddhist Society and our five divisions, performing various duties and tasks to support Buddhist education and Dhamma propagation in Malaysia.

If you are enthusiastic about community service, come and find out about volunteer opportunities at Nalanda!

There is always something everyone can give.

Sis. Margaret Ng

Treasury Officer
Nalanda Buddhist Society

Six years ago, a close friend recommended that I attend the talks and courses conducted at Nalanda. I was so inspired by each Dhamma talk here, as well as through the courses taught by friendly and knowledgeable Buddhist teachers. I was also touched by the Nalandians' warmth and spirit of courage and compassion. I have truly learnt a lot and believe I have become a better person.

Gradually I became a Nalanda Volunteer and hence, being a Nalandian, I diligently exercise much effort in learning the Dhamma. Through this process, I have learnt to embrace a positive attitude towards life and its challenges. Having developed more empathy, patience and understanding, I have seen encouraging changes in myself which are further reflected in my relationships with family members, friends, and colleagues.

Nalanda has created a platform for me to learn, and also to serve. With clear guidance and inspiring leadership, we are encouraged to improve ourselves all the time. This has helped tremendously in my spiritual growth and personal cultivation. Thank you, Nalanda!

- Bro. Tan Ho Soon

Happy Wesak

Buddhist Era **2557**

Wesak Programme 卫塞节吉祥

Nalanda Centre, Sri Serdang

Wesak Eve | Thursday, 23 May

- 8.00 pm Lighting of Lamp & Opening Salutation
- 8.30 pm Wesak Message from Nalanda Buddhist Society
- 8.45 pm Dhamma Talk (English)
- 10.00 pm Mettā Bhāvanā & Transference of Merits

Saturday, 25 May

- 7.00 am Breakfast Dāna
- 11.00 am Lunch Dāna
- 10am – 4pm Blood Donation Campaign
- 10am – 6pm Buddha Jayanti Photo Exhibition

Buddha Day | Friday, 24 May

- 7.00 am Pindacāra - Nalanda Centre
- 9.00 am Wesak Buddha Pūja
- 9.30 am Wesak Message from Nalanda Buddhist Society
- 9.45 am Dhamma Talk (English)
- 10.30 am Mass Taking Refuge
- 11.00 am Lunch Dāna
- 11.30 am Lunch for 8-preceptees and devotees

- 5.30 pm Mass Food Offering
- 7.00 pm Dhamma Appreciation Night
- Mettā Bhāvanā
- Wesak Heritage Procession
- Story Telling
- Reader's Theatre
- Wayang Kulit performance

10.00 pm Blessings & Transference of Merits

10am – 6pm Buddha Jayanti Photo Exhibition

Sunday, 26 May

- 7.00 am Breakfast Dāna
- 9.00 am Puja & Chanting
- 9.30 am Dhamma Talk (Mandarin)
- 11.00 am Lunch Dāna
- 10am – 2pm Buddha Jayanti Photo Exhibition

Wesak Heritage Procession

24 May | Nalanda Centre, Sri Serdang

Candle-light Procession

25 May | NEO Centre, Johor Bahru



Wesak Theme

Being Well begins with Me!

圆满人生从自我起航

Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

Buddha Day | Friday, 24 May

- 9.00 am Wesak Buddha Pūja
- 9.30 am Wesak Message from Nalanda Buddhist Society
- 9.45 am Dhamma Talk (English)
- 10.30 am End of Talk
- 11.00 am Adjourn to Nalanda Centre, Sri Serdang for Lunch Dāna

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

Saturday, 25 May

- 5.30 pm Dinner
- 7.00 pm Lighting of Lamp & Opening Salutation
- 7.15 pm Wesak Message
- 7.30 pm Dhamma sharing & Blessings
- 8.30 pm Candle-light Procession

Sunday, 26 May

- 7.00 am Pindacāra at Johor Jaya
- 9.00 am Lighting of Lamp & Opening Salutation
- 9.30 am Dhamma Talk
- 11.00 am Lunch Dāna
- 11.30 am Lunch for 8-preceptees and devotees



Celebrating the 25th Anniversary of Buddhist Fellowship

BF's leaders and guests of honour pausing to reflect on 25 years of persistent efforts; this is the moment to come together to celebrate and rejoice, and thereafter, move forward to even greater heights!



Bro. Ananda Fong (4th from left), the Director of Pustaka Nalanda, presenting a special souvenir to Sis. Angie Chew Monksfield (3rd from left), President of Singapore Buddhist Fellowship; Vice President Bro. Jerry Ong (5th from left); and Secretary Bro. Teo Yew Thong (2nd from right), on 24 February 2013 to felicitate the 25th Anniversary of Buddhist Fellowship.

Buddha Relic Temple in Singapore.



Nalandians visit Singapore and Johor Bahru

23 – 24 February

Bro. Ananda Fong led a party of Nalandian officers and members on an official visit to Singapore and Johor Bahru, to continue the close exchanges with Buddhist organisations there. The Nalandian delegation made courtesy calls at the Buddhist Fellowship, the Singapore Buddhist Library, Awareness Place, and the National Library, as well as the Mettā Lodge in Johor Bahru.



At the Singapore Buddhist Library
With Abbot Ven. B. Dhammaratana Nayaka Thero, and Ven. Chuan Guan.



Central Library Singapore



At the *Awareness Place* Buddhist Bookstore.



Nalandians and members of Mettā Lodge Johor Bahru exchanging views on the current developments of Malaysian Buddhism.

New Look! Nalanda's Website Refreshed

Quotes

Inspiring quotes for daily spiritual reflection.

Gratitude Board

Thanking and acknowledging the contributions of our earnest benefactors and supporters.

Facebook Link

Quick link to more Nalanda's news and views on Facebook.

Nalanda Videos

Take a quick tour to 'see' Nalanda Centre and to know what Nalanda is about.

Book Review

Read the synopsis and review of new arrivals at Pustaka Nalanda.

Calendar of Events

Check out the monthly calendar to plan your events at Nalanda.

Research into Buddhism

Read about interesting topics on Buddhist history, tradition and practices here.

Audio & Video Archive

Listen to Dhamma talks recorded at Nalanda Centre, at your own convenient time and place.

Visit the Nalanda webpage to refresh yourself:

www.nalanda.org.my

www.facebook.com/nalanda.org.my



Upcoming Events March - May 2013

MAR

02	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre / O.U.G. Market
03	* 中文初级佛学班—第三讲: 佛教、三宝	Nalanda Centre
08	Monthly Dhamma Discussion	Nalanda Centre
09	* Volunteer Induction Programme (VIP) 2013	Nalanda Centre
10	* 中文初级佛学班—第四讲: 业力、因果及轮回	Nalanda Centre
16	Meet-the-Author : Vijaya Samarawickrama, author of " <i>A Buddhist Reflects on Spirituality</i> "	Nalanda Centre
17	* 中文初级佛学班—第五讲: 十善业	Nalanda Centre
	Nalanda Patron's Day Observance	Nalanda Centre
	Nalanda Youth Centre - Career Talk	Nalanda Centre
18	Nalanda Patron's Day	

APR

06	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre / O.U.G. Market
12	Monthly Dhamma Discussion	Nalanda Centre
13	* Nalanda Free School – Teachers' Training	Nalanda Centre
14	* 中文初级佛学班—第六讲: 十恶业	Nalanda Centre
21	* 中文初级佛学班—第七讲: 四圣谛	Nalanda Centre
28	* 中文初级佛学班—第八讲: 八正道	Nalanda Centre

MAY

01	Nalanda Day - 10th Anniversary Celebration	Nalanda Centre
04	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre
05	* 中文初级佛学班—第九讲: 日常生活的修行	Nalanda Centre
11	* BPS 068 – True Significance of Wesak	Nalanda Centre
12	* BPS 068 – True Significance of Wesak	NEO Centre
16	Teacher's Day	Nalanda Centre
23-26	Wesak Observance B.E.2557	Nalanda Centre

* Registration is required for these courses / programmes.

Regular activities at Nalanda Centre include "Service Sunday" (Sundays, 9am–12pm) and Chanting & Meditation (Wednesdays, 8.30pm–9.30pm). For full details or updates on Nalanda's many programmes, kindly log on to our website at www.nalanda.org.my

Economic Well-being & Career Success

Many of us use material wealth to measure success but we ought to be aware that there is another dimension to consider. Besides our personal income and consumption that depend wholly on monetary gains, there should also be personal fulfillment from our chosen career fields.


The 'bottom line' will reflect these intangible rewards which will not be shown in one's bank accounts or assets. Clearly, our economic well-being is intertwined with our career success. When we realise that economic well-being is more than just material gains, we will work even more effectively and happily, therefore achieving self-fulfilling career success.

What are our objectives in life?

As Buddhists, we strive to attain balance and happiness in our lives, as well as to help others achieve greater joy and success in their lives, by realising the Six Well-beings, namely :

1. *Physical well-being* and good health.
2. *Mental well-being* and joyful living.
3. *Family well-being* and domestic bliss.
4. *Economic well-being* and career success.
5. *Interpersonal well-being* and social harmony.
6. *Spiritual well-being* and inner peace.

2600
Years of
Buddhism



Visit us on Facebook at www.facebook.com/nalanda.org.my

Nalanda Contacts

Please visit our website for the directions to Nalanda.

Nalanda Buddhist Society Malaysia

Nalanda Centre, 3357, Jalan 18/31, Taman Sri Serdang, 43300 Seri Kembangan, Selangor.

Tel. No. +603-8938 1500 / +603-8938 1501

E-mail info@nalanda.org.my

Fax No. +603-8938 1502 / +603-8948 8055

Website www.nalanda.org.my

Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

524 A, 1st Floor, Jalan Riang 12,
Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

E-mail gembira@nalanda.org.my

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya,
81100 Johor Bahru, Johor.

The NEO Centre @ Johor Bahru will be
operational in the second half of 2013.

Nalanda Centre is open daily from Tuesdays to Sundays, 10am to 10pm. Closed on Mondays.
Nalanda Institute, Nalanda Dharma School, and Nalanda Free School are based at Nalanda Centre, Sri Serdang.