

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 33 | May 2016 | www.nalanda.org.my

For Non-Muslims Only

Nalanda Day Celebrating our 13th Anniversary 1 May 2016



Nalanda Buddhist Society celebrates our 13th anniversary on 1 May with much rejoicing and gratitude for the support given to us by the community. Over the past 13 years, we have been continuously providing quality educational programmes to help more people practise and understand the Buddha-Dhamma. This time around, we will be organising a 2-day leadership conference in Sri Serdang to mark 'Nalanda Day', as we are aware that good leadership is vital for the sustained growth of Malaysian Buddhism. On this anniversary, we would like to thank all benefactors, volunteers and supporters for your contributions to Nalanda over the years, and by extension, to the development of Buddhist education in Malaysia and beyond. Sadhu anumodana!

Contents

Issue No. 33 | May 2016

Nalanda Bulletin is also available for
on-line reading at www.nalanda.org.my



Dhamma-Living Camp 2016 *Living in accordance with Dhamma* See Pages 4 - 5

1	“Nalanda Day” – 13th Anniversary of Nalanda Buddhist Society	20	Monks on alms-round in Serdang
4 – 5	‘Life-changing’ experience at Dhamma-Living Camp	21	Learning to be effective Dhamma School facilitators
6 – 7	New office-bearers elected at branch AGMs	22	Dhamma talk by Venerable Chang Zao
8 – 9	Uplifting spirit at Nalanda’s 13th Annual General Meeting	23	Nepali Bhikkhus visit Nalanda Centre
10 – 11	Teenagers imbued with ‘Mettā’ at camp	24 – 25	Passing of Sayādaw U Panditā
12 – 13	Nalanda youths raise funds for the disabled	26	Proposed ‘K. Sri Dhammananda Centre’ project in Sri Serdang
14	‘Wisdom Park’ – gearing towards Phase One	27	Nalanda Family Fun Fair – on 31 July 2016
15	Conditions for building a strong community	28 – 29	B.E. 2560 – Nalanda “Buddha Day” Programme
16 – 17	“Being good is a ‘gift’ to others” – Talk by Ajahn Chandako	30	Dhamma-Living Camp for Young Adults this July
18	BPS 201 – Intermediate-level Buddhist Course in Mandarin	31	Upcoming events from May to July 2016
19	BPS 033 – Course for New-comers to Buddhism	32	Six Well-beings – <i>Mental health</i> Nalanda Contacts



18 – 20 March

Bro. Tan conducted eight inspiring Dhamma sessions at the camp.

‘Life-changing’ experience at camp

For three days from 18 to 20 March, over 200 participants camped in Genting Highlands to discover how to “*live in accordance with Dhamma*” at Nalanda’s Dhamma-Living Camp 2016. It was a joyous and truly inspiring event which touched the hearts of all its participants. Many even described their experience as ‘life-changing’, and were determined to establish a habit of daily spiritual practice in line with the Buddha’s teachings.

The eight Dhamma sessions conducted by Bro. Tan were eye-openers which gave participants an essential taste of Buddha Dhamma. Participants saw with greater insight and confidence how they could “live in accordance with Dhamma”, and came to

realise that they inherently have the potential for true happiness and liberation!

There were also four ‘elective’ sessions at the camp which participants could choose from – ‘Meditation for Absolute Beginners’, ‘Learning and Reflecting on *Gathas*’, ‘Spiritual Reflection’, and ‘Yoga – Basic stretching techniques’.

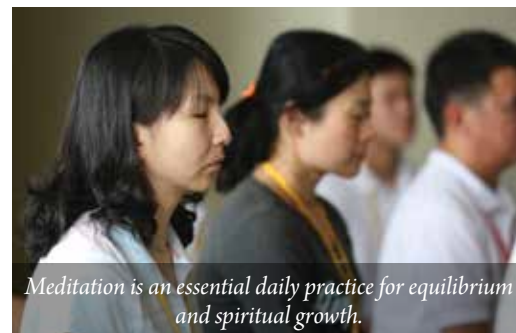
Our utmost gratitude to Bro. Tan for his uplifting talks which dispelled our doubts, and had given us more clarity in our spiritual path ahead. We would also like to thank the camp organisers, sponsors, volunteers, and of course, all the participants, without whom the camp would not have been such a great success. Thank you all for a marvellous learning experience!



Sharing experiences during group discussions.



Mindful and relaxing exercise outdoors.



Meditation is an essential daily practice for equilibrium and spiritual growth.



*Sis. Sunanda conducting the ‘Learning and Reflecting on *Gathas*’ elective session.*

New officers elected at branch AGMs

In early March, Nalanda Buddhist Society's three branches held their respective third Annual General Meetings (AGMs). Sungai Petani Branch held its AGM on 5 March, followed by Kuala Lumpur and Johor Bahru Branches, which held theirs on the following day. It was a particularly proud occasion for members in Kedah as their AGM was held for the first time at the newly-opened NEO Centre in Bandar Mutiara, Sungai Petani.

At the AGMs, members were given updates of their branches' development in 2015 and informed of the upcoming plans this year. The branches also voted in new Management Committee members to serve the 2016–2018 term. The newly elected officers are as follows:

Kuala Lumpur Branch Management Committee

Branch Chairman : Bro. Ng Eek Chon
Deputy Chairman : Bro. Yong Keok Fatt
Secretary : Sis. May Tan Hui Mei
Treasurer : Sis. Wong Bee Mi
Committee Members : Su Yeah, Choo Poh Ling, Rudy Gan, Thong Fee Shen, Grace Ng, Ng Tung Yan, Rita Wong

Sungai Petani Branch Management Committee

Branch Chairman : Bro. Khaw Seng Giap
Deputy Chairman : Bro. Song Wai Leng
Secretary : Sis. Sumedha Lee An May
Treasurer : Sis. Cheng Wei Leng
Committee Members : Ong Yen See, Heng Sok Hoon, Aw Seong Chee, Fong Chee Meng, Chan Guan Yan, Hoe Pin Pin, Ooi Joo See

Johor Bahru Branch Management Committee

Branch Chairman : Bro. David Yap Chong Huat
Deputy Chairman : Sis. Angie Ng Swee Meng
Secretary : Sis. Ong Ai Geok
Treasurer : Sis. Ng Swee Foon
Committee Members : Cheong Boy Liew, Alice Yap, Gan An Hean, Goh Choon Wee, Sukhini Lai, Lim Chin Huat, Saw Geik Cheok

Nalanda's Board of Management and Executive Committee Members took the opportunity to attend the branch AGMs. The newly appointed branch Chairmen thanked their members for participating in the meetings, and lending their full support towards the Society's programmes. They also expressed appreciation and gratitude to the outgoing Management Committee members (2014–2016) for their dedication and contribution to Nalanda and the public at large.



Nalanda Kuala Lumpur Branch Management Committee (2016–2018).



Nalanda Sungai Petani Branch Management Committee (2016–2018).



Nalanda Johor Bahru Branch Management Committee (2016–2018).



Nalanda President Sis. Evelyn Chow opened the 13th AGM by expressing her deep appreciation and gratitude to Nalandians for their continuous support since the establishment of the Society in 2003.

13 March

Uplifting spirit at Society's AGM

Nalanda Buddhist Society Malaysia held its 13th Annual General Meeting (AGM) on Sunday 13 March, at Nalanda Centre Sri Serdang. It was well attended by members who were eager to discuss the Society's development in 2015 and plans for the coming year.

President Sis. Evelyn Chow opened the AGM by expressing her deep appreciation and gratitude to all members for their attendance, continuous support, and contributions to the Society. She said that the year ahead would be a busy one as there are several projects in the pipeline. Nevertheless, she reminded members that although there would be plenty of "output", they must never lose sight of their goal to achieve the most desirable and wholesome "outcomes" in all the projects the Society undertakes.

Honorary Secretary Bro. Pee Che Yong presented the Secretariat's annual report to members. He reported that Nalanda's educational programmes have had a positive impact on the local community. He also thanked all functional groups and departments for working harmoniously and serving selflessly towards achieving the Society's goals. Honorary Treasurer Sis. Margaret Ng tabled the Society's financial standing, and the projected funding needed for Nalanda's next phase of growth. The AGM also voted unanimously to amend the Society's Rule and Constitution to further improve the management structure of the organisation.

It was indeed a timely and inspiring gathering for the Nalandian family. Many members pledged their commitment to serve the community even better, and to uphold Nalanda's culture and spirit. May the light of Dhamma continue to shine for the welfare and happiness of all!



Members voting on resolutions tabled by the Management at the AGM.



Nalandians presenting views at the AGM.



13 – 15 March

Seventy-two teenaged Dhamma School students had a memorable 3-day 2-night 'We are Nalandians' Stay-in camp at Nalanda Centre, Sri Serdang.

Teenage campers imbued with 'Mettā'

Nalanda Centre was a hive of activity from 13 to 15 March as 72 Dhamma School students from Johor Bahru and Sri Serdang attended the 'We are Nalandians' Stay-in Programme. The objectives of the stay-in camp were to (1) promote the Nalandian culture and spirit; (2) deepen friendship; (3) learning to chant; and (4) improve meditation practice of the students.

Besides Dhamma-sharing, chanting, and guided-meditation sessions, the students were also introduced to the *Mettā Sutta*. Recognising teenagers' preferred style of learning, 'fun' elements were introduced to the programme with games such as 'Nalanda

Race', where students learned about the four sublime states of *Mettā* (Loving-kindness), *Karunā* (Compassion), *Muditā* (Sympathetic joy) and *Upekkhā* (Equanimity). Students were also tasked with chores to inculcate in them the importance of teamwork and responsibility.

It was evident from the happy faces and positive feedback that the programme was successful in meeting its objectives. We are grateful to the Dhamma School facilitators and volunteers for their tireless effort in imparting the Dhamma through wholesome activities. Everyone is now looking forward to the next Stay-in Programme in June!



Learning Dhamma is fun for the active campers.



Enhancing students' chanting skills.



Learning some simple techniques of walking meditation.



Communal meals help to strengthen ties and foster friendship among the students.

Nalanda youths raise funds for the disabled

Nalanda Youth Centre **News**

On Sunday 27 March, Nalanda Youth Centre organised its first recycling project to help raise funds for Kitarsh Handicapped and Disabled Children's Home. The home was in need of help because it was partly destroyed by fire last year.

Nalanda House and SJK (C) Serdang Baru 2 were designated as collection points for the recycling project. However, not all items brought to the collection centres were recyclable and further sorting had to be carried out. Some donors also preferred to give cash, food and beverages to the home.

With the effort of 26 Nalanda youths and the generous support of the community, the green project raised RM5,000 for charity. At the end of the day, the youths who had been working tirelessly since the project began, were just happy for the opportunity to serve the community and to contribute towards a wholesome and noble cause.

We thank everyone for your support in helping the less fortunate and for preserving our natural environment. Sadhu anumodana!



27 March

Nalanda youths happy to do their bit for the underprivileged and the environment.



Youth volunteers separating recyclable items at Nalanda House.



The recyclable items filled a lorry to the brim, thanks to the efforts of volunteers.



31 March

The 8th meeting of Wisdom Park Development Committee in progress.

‘Wisdom Park’ progressing well

The Wisdom Park Development Committee (WPDC) had their first meeting on 14 October 2015, and have to date held 9 meetings over the past 6 months. The Committee is tasked with drafting the Master Development Plan for ‘Wisdom Park’, and will serve as the project implementation and co-ordination body.

The WPDC has so far discussed the overall design concept, infrastructure for roads and drainage, Phase One development comprising the Visitor Centre, ancillary buildings, layout and costing, legal and taxation aspects of the development, as well as engaging with relevant people to produce the Master Development Plan. There were several site visits by WPDC members to understand its topography and accessibility.

The development of ‘Wisdom Park’ will take an ecologically-friendly approach, with minimum earthworks and land disturbance. The management of Nalanda Buddhist Society is grateful to all the WPDC members for their enthusiastic effort, dedication, services, contributions, ideas and inputs to produce the Master Development Plan. We look forward to the completion of the plan and the beginning of construction for Phase One. Sadhu!

To follow news on ‘Wisdom Park’, please “Like” its exclusive Facebook page at : www.facebook.com/wisdompark.malaysia/



Wisdom Park site survey on 3 March.



9 April

Bro. Tan speaking of ways to build and maintain a strong community.

Building a strong community

On Saturday 9 April, Nalandians from the Klang Valley gathered for their monthly Members’ Day meeting to deliberate and discuss on matters involving the Society. During the gathering, Nalanda founder Bro. Tan shared about the Buddha’s teaching to Venerable Ananda in the *Mahāparinibbāna Sutta* (DN. 16) on the conditions which would contribute to the progress of a community.

For a community to thrive, he said it was necessary for its members to meet regularly and harmoniously with open hearts and minds, and maintain genuine friendliness towards each other. It was also important for its members to develop spiritual closeness and communal spirit by applying the Dhamma in their daily lives.

Meanwhile, members were reminded to beware of the arising of pride (*Māna*), which is the opposite of humility. Pride, arrogance and conceit are destructive behaviours which would contribute to the undoing of a community. To maintain the spirit of *Sāmaggī* in a group, its members had to act with humility, compassion, and genuine loving kindness towards each other.

We thank Bro. Tan for his Dhamma talk, and all Nalandians who have contributed towards the welfare of the larger community. Sadhu anumodana.



Bro. Pee giving an update on the Society’s projects.



13 April

Ajahn Chandako leading the weekly meditation session at Nalanda Centre.



Learning Dhamma is a joyful experience.

Being good is like a 'gift' to others

On Wednesday 13 April, we were fortunate to have Venerable Ajahn Chandako leading the weekly meditation session and giving a Dhamma talk at Nalanda Centre. Ajahn Chandako hails from the Thai forest tradition of Ajahn Chah, and is the abbot of Vimutti Forest Monastery in New Zealand.

Ajahn Chandako explained how we could be "great gifts" to people whom we come in contact with when we refine our thoughts, moods, motivations, speech and behaviour. As we reduce anger, greed, and delusion, it will enable us to be at peace with ourselves and live in harmony with others.

When we study and practise the Dhamma earnestly, we develop stronger awareness and mindfulness over time. We are no longer motivated by self-interest or material benefits because we understand the causes of happiness and unhappiness. We are therefore not easily deluded by worldly conditions. When we understand the law of *Kamma*, we will be more inclined towards wholesome deeds and avoid that which will bring harm to ourselves and others.

We thank Ajahn Chandako for his visit to Nalanda Centre, and for the insightful and beneficial talk. Sadhu anumodana.



5 March – 14 May

Bro. Tan giving an introduction to the Mahāsatipatthana Sutta.

BPS 201 Intermediate-level Buddhist Course in Mandarin

After the successful completion of two cycles of 'Buddhist Studies in Mandarin' course, Nalanda Institute's Department of Buddhist & Pāli Studies offered its first Intermediate-level Chinese medium course which commenced in March 2016. This new 8-session programme is held on Saturdays, from 5 March to 14 May.

The interest in Mandarin Buddhist courses is increasing annually, and this intermediate-level programme matches the needs of the community very well, hence its popularity.

We rejoice in the participants' diligence and commitment to Dhamma learning, and wish them a joyful experience in undertaking the BPS 201 programme. Sadhu anumodana.



Sis. Sandy Lim conducting the first session of BPS 201 Intermediate-level Buddhist course.



Bro. Aggaphala Yap giving a talk on Mangala Sutta.



27 March – 15 May

Acharya Vijaya speaking on 'Rites & Rituals' in Buddhism.

BPS 033 Course for New-comers to Buddhism

Nalanda Institute Malaysia started a new course on "Buddhist Devotional Practices" on 27 March, which was targeted at new-comers to Buddhism. The course comprises 6 modules and covers interesting and essential topics for 'new Buddhists'.

Classes are conducted on Sunday mornings; thus allowing participants to fully experience the Pūjā (offerings to the 'Three Jewels'), meditation, chanting, and Dhamma teaching.

There is active interaction between course participants and the speaker, as well as opportunities for them to share personal experience, ideas and opinions during group discussions. The course ends just before Wesak, and is a wonderful prelude to the 'Buddha Day' celebrations in May.



There was active interaction between the speaker and course participants.



Having discussions on the day's topic, after the talk.



16 April

Devotees waiting patiently to offer food to the monks on alms-round.

Monks on alms-round in Serdang

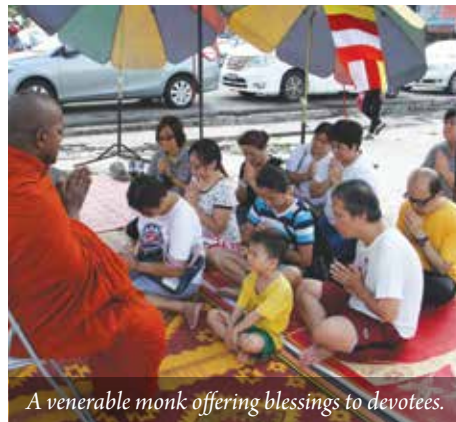
On Saturday 16 April, two venerable monks from Sentul Sri Lanka Buddhist Temple went on 'Pindacāra' (alms-round) at Seri Kembangan market. Nalandian volunteers had arrived there earlier to prepare the venue for the monthly educational programme, and took the opportunity to greet our trader friends and devotees in the vicinity.

Meanwhile, the cheerful and friendly "People Engagement" team was actively distributing leaflets to stall-owners and market-goers, explaining what 'Pindacāra' was about. Some curious onlookers who were not familiar with the programme were intrigued by what they saw, and wanted to find out more about this Buddhist practice. Nalandian officers were on hand to share with them the significance and value of this ancient heritage.

The venerable monks conducted blessings for volunteers and devotees to conclude the 'Pindacāra', and expressed their happiness in

seeing the positive response from the public, as well as Nalanda's continuous effort to inform the local community on the proper way to support the Sangha.

We thank the venerable monks, volunteers and devotees for their active participation in this wholesome activity. May the merits accrued be shared with all beings. Sadhu anumodana!



A venerable monk offering blessings to devotees.



16 April

Acharya Vijaya (right) conducting the training session for School facilitators.

Learning to be effective facilitators

On Saturday 16 April, Nalanda Institute's Department of Leadership & Management Studies conducted a training session specially tailored for facilitators of Nalanda Dhamma School. Acharya Vijaya Samarawickrama, the Chairman of Nalanda Education Team, was invited to conduct the training on 'Classroom Management' and 'Teaching Skills'.

Acharya Vijaya started by explaining the major approaches in classroom management since the early 20th Century. He then explained the fundamental characteristics of a well-managed class; teachers' personalities; managing the physical aspects of a classroom; ways to make a lesson interesting; behavioural management of students; and classroom conduct.

In the second part of the training, facilitators got to discuss what they had learned in a round-table session with Acharya Vijaya. Everyone enjoyed themselves immensely in the group discussions and presentations. The training programme had given them a better understanding of how to be creative and effective in their teaching methods. We thank Acharya Vijaya for his passionate and interesting training!



Group presentation gives facilitators the opportunity to understand the topic better.



Facilitators in a group discussion.



17 April

Devotees listening joyfully to Ven. Chang Zao's insightful talk.

Dhamma talk by Ven. Chang Zao

On Sunday 17 April, the Superintendent of Dharma Drum Malaysia, Venerable Bhikshuni Chang Zao (常藻法師), was invited to Nalanda to give a Mandarin Dhamma talk on 'Correct Practices & Devotion' for Buddhists (‘正信的佛教是什么?’).

Venerable Chang Zao highlighted the essential teachings of Buddhism, and how it spread throughout the world. She also explained how Buddhist practices took different forms due to the influence of local cultures.

The Buddha realised that different people had different needs and understanding; therefore, He created a simple step-by-step method of teaching to suit various types of people.

Ven. Chang Zao reminded everyone that as Buddhists, we should be learning about Buddha's qualities and emulating Him, and not merely praying to Him. She explained that Dhamma practice is a gradual progression of *Sīla* (Morality), *Samādhi* (Concentration) and *Pañña* (Wisdom).

In terms of spiritual cultivation, Ven. Chang Zao emphasised the importance of meditation. She said meditation helped to still our minds so that we would not be affected by our circumstances. She added that by meditating, we can learn to always live in the 'present moment', no matter how busy we are.

We thank Ven. Chang Zao for her insightful talk. Sadhu anumodana.



Asking questions for clearer understanding.



17 April

Venerables Kolita Thera (right) and Saddhatissa Thera with Nalandians.

Nepali Bhikkhus visit Nalanda Centre

On Sunday 17 April, two senior Theravada bhikkhus from Nepal visited Nalanda Centre on a familiarisation tour. Venerables Kolita Thera and Saddhatissa Thera were warmly received by Society President Sis. Evelyn Chow together with other senior officers.

Venerable Kolita is the founder of 'Buddha Bhumi Buddhist Center' in Kathmandu – a charity organisation that provides various aid including education for young Nepali students. He is also a lecturer at Lumbini's *Theravada Buddhist Academy* and an Executive Board Member of the *All Nepal Bhikkhu Association*.

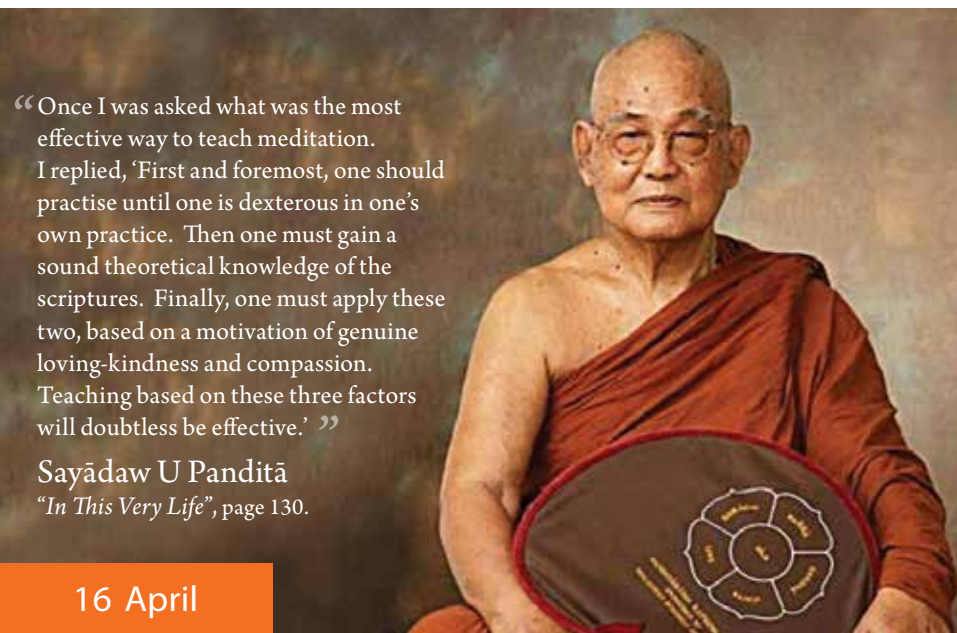
The visiting venerables met with Nalanda founder Bro. Tan for an hour-long discussion on the development of Theravada Buddhism. Ven. Kolita and Ven. Saddhatissa also invited Bro. Tan to visit Nepal soon, to which he gladly accepted. He signaled that officers and youths may be sent to Nepal and India to expose more Nalandians to Dhamma propagation programmes overseas. Bro. Tan expressed

concern to the venerables about the fate of many Nepalis resulting from the devastating earthquake last April, where more than 8,000 people perished. Nalanda had collected donations to aid the earthquake victims, and all the funds had been disbursed accordingly.

We thank Venerables Kolita and Saddhatissa for their kind visit and wish them every success in their noble endeavours. Anumodana.



The venerables on a tour of Nalanda Centre.



OBITUARY Sayādaw U Panditā (1921 – 2016)

Venerable Sayādaw U Panditābhivamsa, one of the most renowned and respected teachers of *Vipassana* meditation in the tradition of Mahasi Sayādaw, passed away peacefully on 16 April in Bumrungrad Hospital in Bangkok, Thailand. Sayādawgyi was 95. His passing is a reminder to all of us to value our living days and practise the Dhamma diligently with a sense of urgency.

Nalanda founder Bro. Tan invited Malaysian Buddhists to have extra meditation sessions and dedicate merits to the late Sayādawgyi, to honour his life-long undertaking of teaching *Vipassana* to many people here in Malaysia, and throughout the world. May the late Sayādaw U Panditā be blessed with Nibbānic Peace. *Sotthi*.

Profile of Sayādaw U Panditābhivamsa

Sayādaw U Panditābhivamsa was born in Myanmar in 1921, and became a monk at a tender age. In 1950, he began to practise meditation under the guidance of the late Mahasi Sayādaw. Five years later, he joined the Mahasi Meditation Center as a teacher of *Vipassana*.

When Mahasi Sayādaw passed away in 1982, Sayādaw U Panditā became the ‘*Ovadācariya*’ or guiding teacher of the Mahasi tradition. In 1991, he established Panditārāma Meditation Center in Yangon. There are now several Panditārāma branches in Myanmar and Western countries.

Besides teaching *Vipassana* meditation, Sayādawgyi was also an erudite scholar of the Pāli Tipitaka. He gave extensive teachings throughout the decades, and the essence of his thoughts was compiled and published under the title “*In This Very Life*” – a well-known guide to Dhamma and meditation.



In memory of Venerable Sayādaw

On Sunday 17 April, Nalanda founder Bro. Tan led a special service in memory of Sayādaw U Panditā, who passed away a day earlier. The service began at 9.00am with meditation, followed by offerings and Pāli chanting. The 300 strong congregation then listened to an insightful talk by Bro. Tan, who started by asking rhetorically, “*Do kings have suffering?*”

Bro. Tan said that just like any other family, royalties also ‘suffer’ from mundane issues such as misunderstandings, quarrels and conflicts. Furthermore, every human being ‘suffers’ from decay, sickness, death, separation from what is loved, and unfulfilled desires.

Bro. Tan explained that there are two categories of suffering :–

- (1) those that are unavoidable, e.g. with birth comes ageing, sickness and death.

- (2) those that can be prevented, e.g. anger, jealousy, enmity, stress, despair, etc.

Hardly do beings know that most ‘sufferings’ are preventable! We only need to cultivate discipline, purify the mind, and develop wisdom to avoid many sufferings that plague us. Ultimately, there is the possibility of liberating ourselves from all sufferings that come with worldly existence – by walking the Noble Eightfold Path.

We thank Bro. Tan for his wonderful sharing. The congregation then dedicated merits to the late Sayādaw U Panditā – may his reverence experience the bliss of *Nibbāna*.




Proposed *K. Sri Dhammananda Centre* — Building for the future of our community

For more than a decade, Nalanda Dhamma School has won acclaim for our commitment to provide holistic Buddhist education to students aged 10 to 17. Since 2005, the School has been imparting knowledge, skills, and values necessary for success and happiness to an increasing number of students yearly.

Nalanda Dhamma School is looking to expand our capacity to continue providing quality Buddhist education effectively. We are looking into reconstructing the existing School premises at Nalanda House into a larger facility capable of accommodating 100 students. (The current carrying capacity is just for 40 students.) We also wish to offer students a more conducive environment for their study and practice of Dhamma. This will be of great benefit to our children, families, and the community.

The reconstructed building will be named the *K. Sri Dhammananda Centre* in honour of our late Spiritual Adviser, Venerable Dr. Kirinde Sri Dhammananda Nayaka Thero. The building is expected to be ready by March 2018, in time to celebrate the centenary of his birth.

We urge the whole community to help raise funds for this meritorious and vital project for the welfare of generations to come. Thank you!



Venerable Dr. K. Sri Dhammananda Nayaka Thero (1918-2006) was one of the most respected Dhamma teachers in the world. He was the Spiritual Adviser to Nalanda Buddhist Society. 2018 marks the centenary of his birth, with a year-long programme of Dhamma activities planned to celebrate his lifetime of contribution to Buddhist education.

Nalanda Family Fun Fair 2016 家庭欢乐日筹款义卖会

Nalanda Family Fun Fair 2016 aims to raise funds for a new Dhamma learning facility – the *K. Sri Dhammananda Centre* in Sri Serdang. Once completed, the facility will provide opportunities for more children and teenagers to attend Dhamma School. We humbly invite you to be part of this important community project, and make a significant contribution to the development of holistic education! Thank you for your kind support.

2016年的Nalanda家庭欢乐日义卖会是为了筹募*K. Sri Dhammananda*佛学校的建设。这是一所为儿童及青少年提供佛学班的教育设施。我们欢迎您携带家人及亲友，踊跃支持这项意义深远的筹款义卖会。您的支持将成就社区的教育发展及福利。我们衷心感谢您！

Sunday, 31 July 2016

七月三十一日, 星期日

9 am – 4 pm | Nalanda Centre

Kindly obtain coupons from Nalanda Centre. Thank you for your support!
请到Nalanda教育中心获取固本, 谢谢您的支持!

Contacts 联络人

For more information on the Family Fun Fair, please contact Bro. Vincent Lee at 012-211 3907 or Sis. Giah Gik Choo at 013-269 0327.

Attractions 特备项目

- 🌟 Food & beverages 食品, 饮料及干粮
- 🌟 Handicrafts 手工艺品
- 🌟 Kitchenware 厨房用具
- 🌟 Garments 服饰
- 🌟 Stationery 文具
- 🌟 Plants 盆栽及园艺品
- 🌟 Performances 才艺表演
- 🌟 Games & Children's Corner 游戏及儿童天地

Ways you can help 我们欢迎您的参与

- 🌟 Setting up stalls 开设摊位及零售物品
- 🌟 Donations in cash or kind 捐助或赞助商品
- 🌟 Helping to sell coupons 销售固本
- 🌟 Serving as volunteers 加入义工阵团
- 🌟 Bring your family and friends to the Fun Fair 扶老携幼, 共襄盛举

Buddha Day Programme

Buddhist Era 2560

20 – 22 May | Nalanda Centre Sri Serdang

20 May
FRIDAY

Wesak Eve
卫塞节前夕

8.00 pm	Offering of Lamp & Opening Salutation 供灯及赞佛 Wesak Message from Nalanda Buddhist Society 佛教会代表献词
8.30 pm	Dhamma Teaching in English 英语佛学讲座
9.30 pm	<i>Mettā Bhāvanā</i> – Cultivation of Loving-kindness 慈爱禅坐
10.00 pm	Wesak-Eve Chanting 诵经
10.30 pm	Sharing of Merits 迴向无量功德

21 May
SATURDAY

Buddha Day
卫塞节 – 佛陀日



7.00 am	<i>Pindācara</i> – Monks going for Alms around in Seri Kembangan & Sri Serdang 法师托钵
8.30 am	Breakfast Dāna for monks 供僧
9.00 am	Wesak Buddha Pūja 供佛及诵经
9.30 am	Wesak Message from Nalanda Buddhist Society 佛教会代表献词
10.00 am	Dhamma Teaching in English 英语佛学讲座 Mandarin Dhamma Talk 华语佛学讲座
11.15 am	Lunch Dāna for monks 供僧
11.30 am	Lunch for 8-preceptees and devotees 午餐招待信众
2.30 pm	Meditation Session 禅坐
3.00 pm	Sutta Study 研习经典
5.30 pm	Mass Food Offering 膳食招待信众
7.30 pm	Heritage Procession 传统灯火游行 Stage Performance 舞台表演 Dhamma Teaching 佛学讲座
10.00 pm	Sharing of Merits 迴向无量功德

22 May
SUNDAY

7.00 am	Breakfast Dāna for monks 供僧
9.00 am	Meditation and Chanting 禅坐及诵经
9.45 am	Dhamma Teaching in English 英语佛学讲座 Mandarin Dhamma Talk 华语佛学讲座
11.15 am	Lunch Dāna for monks 供僧
11.30 am	Lunch for devotees 午餐招待信众

Wesak Theme

“A Life of Wisdom”
智慧人生

21 May 10 am – 6 pm

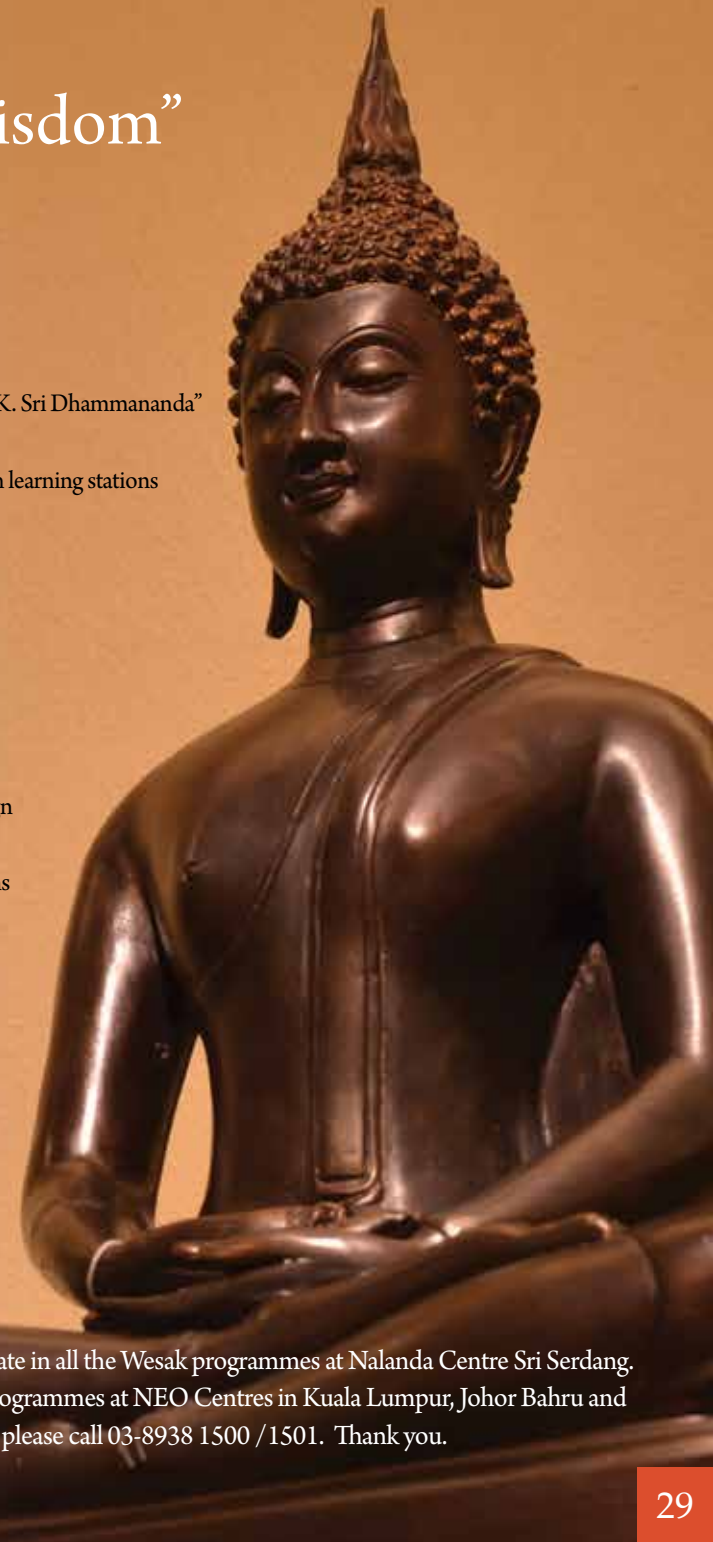
- Exhibition
“A Beacon of Dhamma – Ven. Dr. K. Sri Dhammananda”
佛教之光 – 达摩难陀长老展览会
- Nalanda Centre building tour with learning stations
导览教育中心与学习站

22 May 10 am – 4 pm

- Exhibition
“A Beacon of Dhamma –
Ven. Dr. K. Sri Dhammananda”
佛教之光 – 达摩难陀长老展览会
- Blood & Organ donation campaign
捐血活动与器官捐赠登记
- Building tour with learning stations
导览教育中心与学习站

All are welcome!

Everyone is welcome to participate in all the Wesak programmes at Nalanda Centre Sri Serdang. In addition, there are separate programmes at NEO Centres in Kuala Lumpur, Johor Bahru and Sungai Petani. For more details, please call 03-8938 1500 / 1501. Thank you.



Dhamma-Living Camp 3 for Young Adults

Discover your true potential.

4 – 7 July 2016
Genting Highlands

Register on-line at
<http://goo.gl/forms/VH5vQ5yY2b>

For enquiries, please call Nalanda Centre
03-8938 1500 / 1501

RM160 for students or
RM220 for young working adults

Brought to you by **Nalanda Youth Centre**
& **Theravada Buddhist Council of Malaysia.**



Upcoming Events

May – July 2016

MAY



Buddha Day
B.E. 2560

01	Nalanda Day – 13th Anniversary celebration	Nalanda Centre
07	Pindacāra – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 7	Nalanda Centre
14	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 8	Nalanda Centre
16	Teachers' Day celebration	Nalanda Centre
20-22	Buddha Day – Wesak Observance B.E. 2560 This year's theme is "A Life of Wisdom"	Nalanda Centre
21	Buddha Day – Wesak Observance B.E. 2560	KL, JB & SP NEO Centres

JUN



Workshop by
Ayasma
Aggacitta

02-05	* Dhamma School Camp in Kelantan	Wat Pracacinaram, Kelantan
04	Pindacāra – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
04-05	* Seck Kia Eenh Youth Leadership Workshop	Malacca
06-10	* Dhamma School Study Tour	Bujang Valley, Kedah
11	* BPS 273 – Sutta Study with Meditation Workshop facilitated by Āyasmā Aggacitta	Nalanda Centre
18	Pindacāra – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market

JUL



Dhamma
Living Camp for
Young Adults

01	Nalanda Institute's 9th Anniversary	Nalanda Centre
02	Pindacāra – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
04-07	* Dhamma-Living Camp for Young Adults "Discover your TRUE potential"	Chin Swee Caves Temple, Genting Highlands
17	Dhammacakka Day at Nalanda	Nalanda Centre
18	Dhamma Day – Asalha Full-moon Observance	Nalanda Centre
31	Nalanda Family Fun Fair 2016	Nalanda Centre

* Registration is required for these programmes/activities.

Regular activities at Nalanda Centre include "Service Sunday" (Sundays, 9am–12pm) and "Meditation & Dhamma Sharing" (Wednesdays, 8pm–10pm). For full details or updates on Nalanda's many programmes, kindly visit our website at www.nalanda.org.my or facebook www.facebook.com/nalanda.org.my

Mental well-being is key to happiness

The nature of our mind is intrinsically bright. However, in everyday life, it is easy to become ensnared by worldly stress, worries and conflict. It is only when we are free of negative mental states such as anxiety, anger, frustration and sadness, that we can be truly joyful.

This involves taking time to think about the things that are wonderful in our lives. We also have to open our minds to new ideas and experiences that will give clarity to our perception of the world around us. Learning to look at things from different angles, cultivating patience and wholesome spiritual qualities gradually induce an inner transformation of our minds.

We can start this transformative process by developing gratitude for the people and things that we used to take for granted, and learn to appreciate them more. We can also cultivate contentment for all that we have been blessed with, and maintain our inner calmness in times of stress. With reflective hindsight, we can learn to make better decisions with wisdom; and interact with others more skillfully, thus bringing about joyful living for all.

‘Like’ our Facebook fanpage at www.facebook.com/nalanda.org.my to connect with Nalanda for more *Dhamma-rich* news, views and articles!

Nalanda Contacts Please visit our website for 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 / 1501

Website www.nalanda.org.my

E-mail info@nalanda.org.my

Facebook www.facebook.com/nalanda.org.my

Nalanda Centre is open from Tuesdays to Sundays : 10am to 10pm; and on Mondays : 5pm to 10pm.

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 neo-kl@nalanda.org.my

NEO Centre KL is open every first Saturday of the month from 7.30am to 5.00pm;
and every Sunday from 2pm to 4pm.

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

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

Tel. No. +607-350 3870

E-mail neo-jb@nalanda.org.my

NEO Centre JB is open on Sundays : 9am to 3pm; Mondays to Wednesdays : 7pm to 10pm;
and on New-moon / Full-moon weekdays : 8pm to 10pm.

Nalanda Education & Outreach (NEO) Centre, Sungai Petani

210, Jalan Bandar Mutiara 2/2, Bandar Mutiara, 08000 Sungai Petani, Kedah.

E-mail neo-sp@nalanda.org.my

NEO Centre SP is open on Fridays : 7pm to 9pm; and on Saturdays : 9am to 12pm.