

Nalanda Bulletin

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For Non-Muslims Only

Pilgrimage to India and Nepal specially for youths

In November 2017, 40 Buddhist youths led by Nalanda founder Bro. Tan embarked on a special '*Dhammayatra*' – a spiritual journey of discovery – to Buddhist holy sites in India and Nepal. This was a historical tour organised by Nalanda Institute as it was our first-ever pilgrimage catering exclusively for college students and young adults!





Photograph:
Bro. Tan commenting on the Four Noble Truths at Isipatana on
2 December 2017, while on pilgrimage there with Nalandian youths.

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Nalanda Free School 'Appreciation Day' 2017

28 October, Sri Serdang

Nalanda Free School was established in 2010 with aims to provide quality academic tuition to needy Malaysian students. From an initial intake of 128 students, the School has grown to an enrolment of 550 secondary and primary students today, with 37 classes held at Nalanda's Sri Serdang, Kuala Lumpur, and Johor Bahru branches.

On Saturday 28 October, students, parents and teachers came together for the annual Nalanda Free School 'Appreciation Day' to honour and show gratitude to all volunteer

tutors and celebrate our students' successes. Following tradition, four categories of awards were presented to deserving students, namely the 'Full Attendance Award', 'Most Improved Student Award', 'Most Enthusiastic Learner Award', and the 'Best Student Award'. Teachers also showered their students with much encouragement and inspiring feedback about their improvements in studies and character development.

We pay tribute to our inspiring team of 40 committed teachers and volunteers for their selfless service and compassionate care towards their students. May you continue to perform the miracle of education joyfully!



Nalanda Free School volunteer teachers – 'Bravo' for your selfless service to the community!

Splendid 'Silver Lining Day' at Setapak Special School for the blind



Group photograph with joyful students at the Special School.



Warming up for the day's fun-filled session.



Youths helping the students to try out the "Tactile Graphic Diagrams".



Physical blindness is not as tragic as spiritual blindness.



Nalanda Youth Leader Jie Sheng (left) presenting the "Tactile Graphic Diagrams" to the Assistant Principal.

5 November, Setapak

'Silver Lining Day' is a campaign initiated by Nalanda Youth Centre in 2015 to promote acts of kindness among Malaysian youths. It is organised once every three months where youths dedicate an entire Sunday to serving the community.

On 5 November 2017 'Silver Lining Day', Nalandian youths visited the Setapak Special School for the Blind, the only such school dedicated to the visually-impaired in the country.

It was a wonderful day of volunteerism and reflection for the youths. Besides having a fun-filled sports telematch with 80 visually-impaired students there, Nalandian youths also had a heart-warming session to handover the "Tactile Graphic Diagrams" which the participants of our recent Dhamma-Living Camp had worked on for the past few months. These diagrams will be of use to the visually-impaired students when preparing for their examinations.

Nalandian youths were extremely grateful for getting to spend time with the students and felt inspired by the positive spirit and enthusiasm in everyone of them, despite their challenging backgrounds and circumstances.

We thank the youths who joined in this wholesome endeavour to spread joy and love to the community at large. Let us all be 'Silver Linings' to create a more mindful, caring, and compassionate world!



Dhamma teaching by Ajahn Jayasaro

Ajahn Jayasaro giving an inspiring Dhamma teaching to a full-house at Nalanda Centre.

10 November, Sri Serdang

Friday 10 November marked another auspicious evening for Nalanda devotees as world-renowned Dhamma teacher, Ven. Ajahn Jayasaro, graced Nalanda Centre to share his words of wisdom. Faith and enthusiasm to learn Dhamma was clearly evident in many devotees as the Teaching Hall was packed to the brim despite the heavy evening downpour.

Ajahn Jayasaro in his talk first pointed out the mistaken idea that “the more we give others, the better we are”. If we are motivated to help others but do not practise the Dhamma ourselves, we will lack self-awareness and maturity, resulting in entanglement in worldly dhammas such as praise and blame.

This lack of self-knowledge and awareness undermines our ability to help others in a sustainable way. We must thus practise the Dhamma to make our lives more holistic.

Many people view Dhamma practice as solely formal meditation and neglect other areas in life that also support spiritual development. This view will result in conceit, attachment to views, and opinions about ourselves and others. Ajahn advised us to intersperse our individual practice with community living as these two make up the whole of Dhamma practice.

By following the Noble Eightfold Path, we give meaning to our lives. ‘Practice’ is what we do and how we approach our lives through bodily actions, speech, and thoughts. It begins with *generosity*, which is a way of

liberating ourselves from selfishness and attachment to possessions. As we progress along its practice, we change the perception of who we are – by gradually seeing ourselves as givers, always with something to give.

Another essential practice is *morality*, which is a great gift to the world because it creates a sense of security and trust with people around us. Precepts are basic objects of mindfulness that illuminate the defilements for us to work on. Having taken the precepts voluntarily, we strive to train our body, speech and mind to withstand the fluctuation of external conditions.

When the mind is too agitated that it avoids formal meditation, it is often due to some misconducts in our *Sila*. To overcome the defilements, understanding has to come from

direct experience. We learn to go against the habits of defilements by undertaking formal practice. When our mind lacks enthusiasm, wise reflection helps to inspire the mind and keeps it from wandering to the past and future.

We can also arouse our initial inspiration, by recollecting inspiring teachings and teachers we look up to, and keep going on with our practice.

The training of *Sila*, *Samadhi*, and *Pañña* is a gradual process. Ajahn encouraged us to put forth effort to cultivate our body, speech and mind in accordance to the Noble Eightfold Path, which gives us direction and purpose in life. Let us put these pearls of wisdom into action and strive on diligently in our practice. Sadhu anumodana.



Bro. Tan leading the congregation in welcoming Ajahn Jayasaro back to Nalanda Centre.



Ajahn Jayasaro sharing about the gradual process of one's training and education in Sila, Samadhi and Pañña.



Learning about Nalanda's programmes and operations at the office.



Bro. Tan explaining the panels depicting Buddhist history in this region.



Devotees took the opportunity to clarify doubts in their practice.



Bro. Tan introducing Ajahn Jayasaro to the congregation.



Ajahn Jayasaro receiving updates on Nalanda.



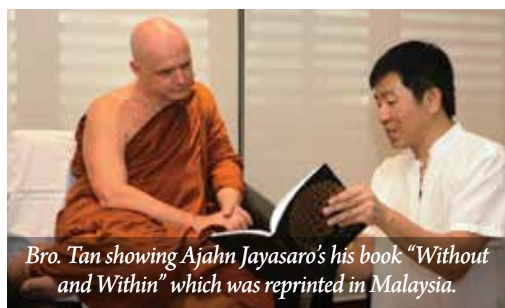
Q&A session with Ajahn Jayasaro.



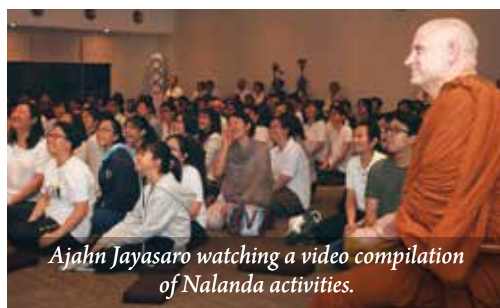
Devotees responding to Ajahn's witty and humorous talk.



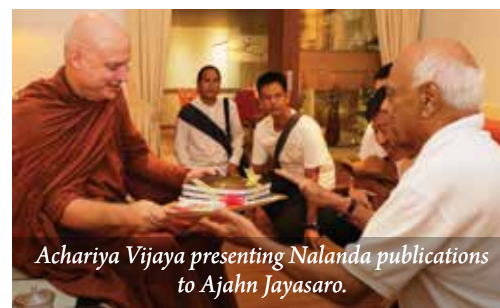
The congregation paying respects to Phra Ajahn.



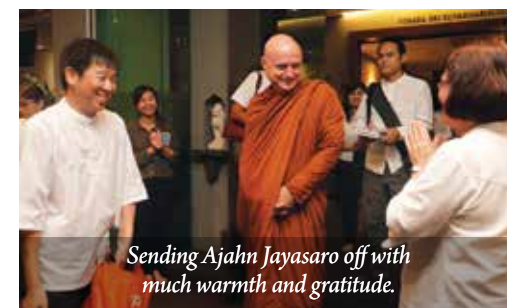
Bro. Tan showing Ajahn Jayasaro's his book "Without and Within" which was reprinted in Malaysia.



Ajahn Jayasaro watching a video compilation of Nalanda activities.



Achariya Vijaya presenting Nalanda publications to Ajahn Jayasaro.



Sending Ajahn Jayasaro off with much warmth and gratitude.

Dhamma teachers visit Nalanda



MSS and MBMC members had a joyful time sharing their learning from the National Camp for Dhamma School Teachers.

5 November, Sri Serdang

On Sunday 5 November, Nalanda Centre was honoured by the visit of 10 members from Maha Satipatthana Society (MSS) in Klang and 4 members from Malaysian Buddhist Meditation Centre (MBMC) in Penang. This was a follow-up visit after the National Camp for Dhamma School Teachers organised by Nalanda in September 2017.

Wishing to understand and learn more about Nalanda Dhamma School's education approach, our friends from the two societies participated in some activities at Nalanda Centre, including the 'Samaggi Day' pūja and chanting. They also observed the running of Nalanda Junior and Teenage Dhamma Schools for the day.

After lunch, the visitors were brought on a building tour, followed by a fruitful dialogue

with founder Bro. Tan and some of the facilitators from Nalanda Dhamma School.

Having observed the running of Nalanda's programmes, the visitors felt inspired by our approach to Buddhist education. We hope that their visit will lead to the development of even better educational programmes at both Societies. We thank our Klang and Penang friends for their kind visit. Sadhu!



Sis. Sunanda demonstrating a learning session with Nalanda Junior School students.

Extraordinary General Meeting



Members present at the EGM unanimously agreed to the proposed amendments to the Society's Constitution, and the purchase of a van for the use of Dhamma School outreach programmes.

11 November, Sri Serdang

Nalanda Buddhist Society members based in Sri Serdang had a successful Extraordinary General Meeting (E.G.M.) on Saturday, 11 November. The E.G.M. was called by the Board of Management to propose amendments to the Society's Constitution. During the meeting, the Board also sought members' endorsement to purchase a van for the use of Dhamma School students and for outreach programmes.

All members present during the E.G.M. unanimously approved the proposed amendments to the Rules and Constitution, and consented to the purchase of a van.

Nalanda founder Bro. Tan congratulated the members for attending the E.G.M., and emphasized that our Constitution is instrumental in the development of the

Society as it serves as guiding principle for the Society to be properly managed.

Bro. Tan also took the opportunity to brief members on the progress of both 'K. Sri Dhammananda Centre' and Wisdom Park projects. In closing the meeting, Nalandians recorded thanks to our past and present volunteers, benefactors, donors, and supporters with heart-felt appreciation and joy.



Bro. Tan updating members on the 'K. Sri Dhammananda Centre' project.



KL branch members celebrated their annual 'Sangha Day' on 12 November.

Joyful 'Sangha Day' at Nalanda K.L.

12 November, Kuala Lumpur

On Sunday 12 November, Nalandians at the Kuala Lumpur Branch in Happy Garden celebrated 'Sangha Day' with much joy. Devotees observed the occasion with meritorious acts of meditation, *pūja* and chanting, followed by a Dhamma talk by Sis. Sunanda, who shared about the importance of revering and supporting the Buddhist monastic order.

After the Dhamma talk, many people presented robes and requisites to the two venerable monks invited to NEO Centre K.L. Devotees also had the opportunity to offer 'Sanghika Dāna' to the venerables, followed by lunch for everyone.

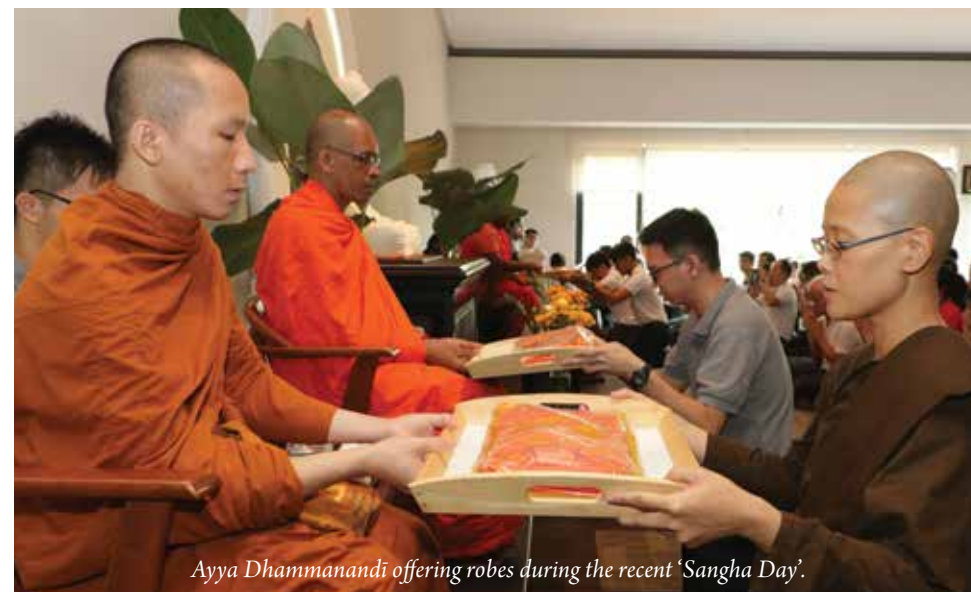
We thank the venerable monks for their kind presence and generous devotees for their active participation in this happy occasion. Sadhu anumodana!



Sis. Sunanda gave a talk on the significance of robe-offering in Theravāda Buddhism.



Venerable monks leading the dedication of merits.



Ayya Dhammanandi offering robes during the recent 'Sangha Day'.

Hosting Ven. Ayya Dhammanandī

18–20 November, Serdang

From 18 to 20 November, Nalanda Centre was blessed to host Ven. Ayya Dhammanandi from Myanmar/Singapore.

Ayya Dhammanandī expressed her admiration and happiness in seeing Nalanda's rapid organic growth since her last visit 10 years ago. She expressed her 'anumodana' to those who have served for many years at Nalanda. Ayya also commented that Nalanda Centre is a great place for many people to learn and transform, and a place which gives inspiration to monastics like her through our culture and practice.

Ayya's visit coincided with Nalanda 'Sangha Day'; hence she was invited to give a Dhamma talk in Mandarin, where she spoke about the impermanence of all phenomena.

Ayya ended by encouraging everyone to make wholesome aspirations to be connected with Dhamma from life to life, and to be eventually liberated from *Samsara*.

We thank Ayya Dhammanandi for her kind visit and wish her the best of health. May she continue to share insightful Dhamma wherever she goes. Sadhu anumodana.



Ayya Dhammanandi delivering a Dhamma talk.

Gratitude flows on 'Sangha Day'

19 November, Sri Serdang

On Sunday 19 November, Nalanda Buddhist Society celebrated our annual 'Sangha Day' to honour the significance and contributions of the monastic community towards the preservation and propagation of Buddha-Dhamma.

The programme began at 9.00am with meditation, offerings to the 'Three Jewels', and Pāli chanting. Nalanda founder Bro. Tan spoke to the congregation about the meaning of 'Sangha', which refers to a community of Dhamma practitioners during Buddha's lifetime.

The congregation then enjoyed two Dhamma talks – Achariya S. Vijaya spoke in English about the significance of robes offering in Theravāda Buddhism, and Ven. Ayya Dhammanandi delivering an uplifting talk in Mandarin.

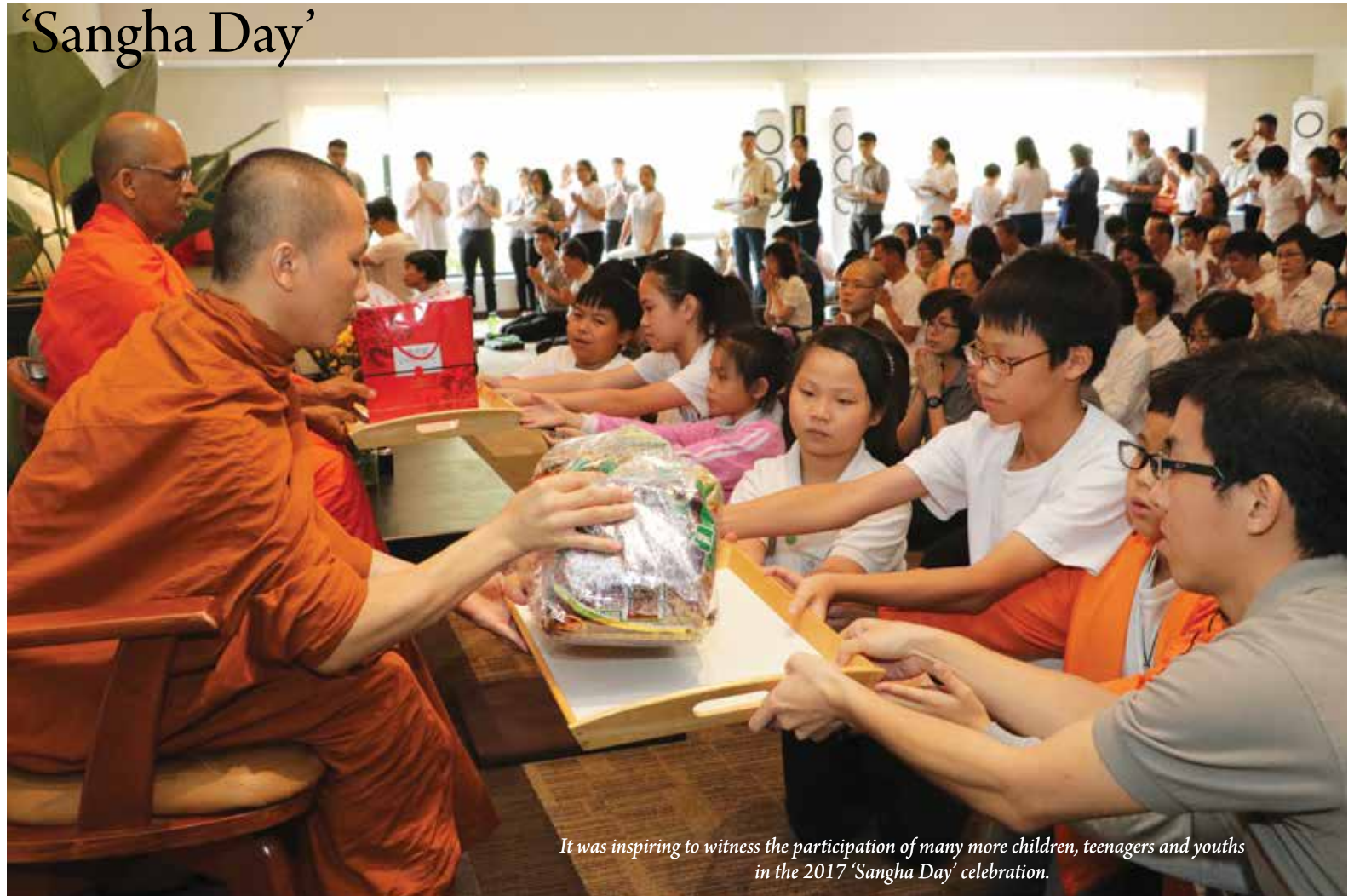
The highlight of 'Sangha Day' was the offering of robes, requisites, and food to Sangha members. Following Nalandian tradition, four bhikkhus were invited for this occasion – two monks each from of the two main vihāras in Kuala Lumpur.

Also in accordance to Nalanda tradition, heads of Nalanda education, management, and representatives of Nalanda teachers, members, and benefactors led batches of devotees to make offerings to the Maha Sangha.

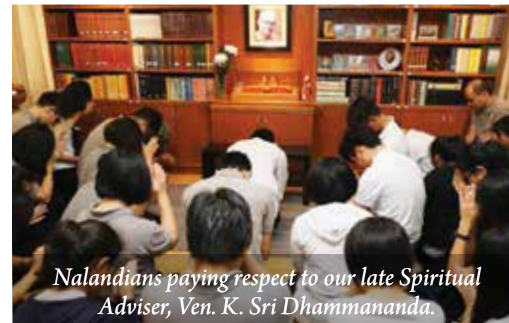
It was a joyous spiritual experience for hundreds of participants who attended the 'Sangha Day' at Nalanda Centre. Many devotees felt they have learned something

important through the talks and teachings arranged for the day.

Nalanda thanks venerable Sangha members for accepting our humble offerings. We also thank all donors and devotees who had offered robes, requisites, and donated to the Sangha fund. We also appreciate our wonderful volunteers for their tireless effort in making the occasion an inspiring celebration of gratitude. Sadhu anumodana!



It was inspiring to witness the participation of many more children, teenagers and youths in the 2017 'Sangha Day' celebration.



Nalandians paying respect to our late Spiritual Adviser, Ven. K. Sri Dhammananda.



Devotees offering lunch dāna to the Maha Sangha.

Youth Pilgrimage to India and Nepal

21 November – 4 December

Their journey back to the ancient land of the Buddha began at the holiest Buddhist site – Uruvela, where the Blessed One attained to Perfect Enlightenment. From there, the young pilgrims journeyed further through Rajagaha, Nalanda, Vesali, Kusinara, Lumbini, Savatthi and Benares – places they had only read about hitherto in the *suttā*, and dreamt of visiting some day. But under Bro. Tan's skilful guidance and detailed explanations on historical significance, every stone seemed to tell a rich story! Along with insightful Dhamma teachings, the tour truly afforded great spiritual learning for the young pilgrims.

At the conclusion of the inspiring and life-changing trip, participants shared their reflections and wholesome aspirations to apply their rich Dhamma learning in daily life. The youths also expressed their deep gratitude to their teacher, Bro. Tan, for his compassionate guidance and care throughout their journey.

We rejoice in the youths' successful *Dhammayatra*! With renewed and deepened faith, may they continue to strive earnestly and progress in spiritual practice. Sadhu anumodana!

Photograph:

Bro. Tan teaching Dhamma to the youths at Vesali.





The pilgrims spent 3 days at the Mahabodhi Temple in quiet reflection and meditation.



Performing Sanghika Dāna in Bodhgaya.



Outdoor meditation on the grounds of ancient Jetavana.



Dhamma teaching by Bro. Tan in Lumbini.



Bro. Tan gesturing at the Chaukhandi Stupa in Sarnath.



Performing pūja and chanting at the Gandhakuti in Jetavana Monastery, Savatthi.



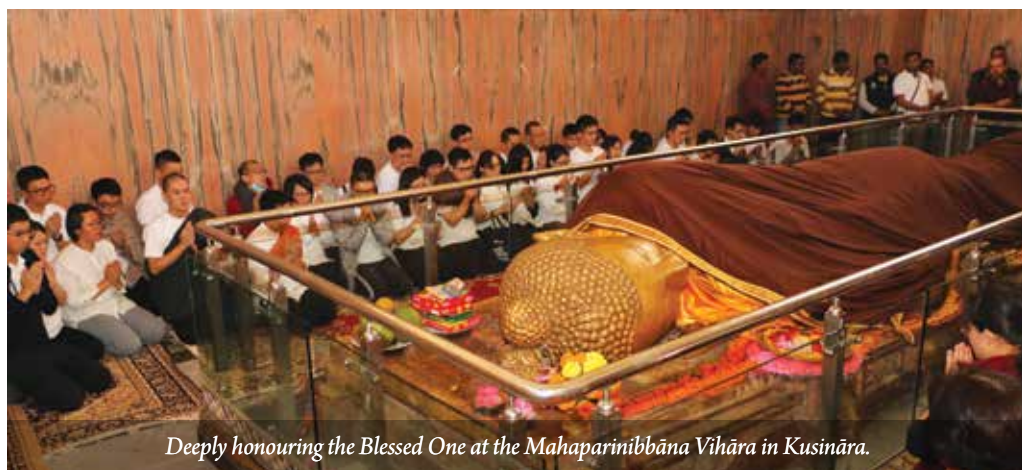
Offering stationeries to students at a village school in Vesali.



Pilgrims were honoured with a lecture by archaeologist Dr. Basanta Bidari in Lumbini, Nepal.



Offering robes, requisites and donation to monks at a Cambodian temple near Nalanda.



Deeply honouring the Blessed One at the Mahaparinibbāna Vihāra in Kusināra.



Group photograph at the banks of Ganges River in Varanasi.

BPS102 Buddhist Studies in Mandarin

25 November, K. Lumpur

In October and November 2017, Nalanda Institute Malaysia welcomed 30 students to its new course – BPS102 Buddhist Studies, which was conducted in Mandarin. The 8-session course was held every Saturday at NEO Centre Kuala Lumpur. It aimed to gradually introduce participants to the Buddhist faith and way of life.

Through informative lectures, interactive group activities, and interesting assignments, participants showed much enthusiasm and eagerness in learning the doctrines and practice of Buddhism.

We thank Nalanda Institute for initiating this learning course, the lecturers for their selfless effort in teaching, and all participants for their keenness in learning. May you continue to progress on the noble path of Dhamma. Sadhu anumodana!



BPS102 Buddhist Studies in Mandarin – happy graduates with course lecturers and facilitators.



Receiving his certificate from Nalanda Institute Director Acharya Tan Siang Chye.



Nalanda KL Branch Chairman Bro. Ng presenting an award to a course participant.



A participant expressing her gratitude towards the organiser, lecturers and volunteers.



Group discussions aided participants in better understanding the course content.



Bro. Aggaphala Yap delivering one of the lectures at NEO Centre Kuala Lumpur in Happy Garden.



Our deep gratitude to all facilitators, volunteers and participants for a wonderful camp!

Inspiring teenagers' camp in Serdang

30 November – 3 December

From 30 November to 3 December 2017, Nalanda Dhamma School organised an inspiring teenagers' learning camp themed 'Connect Within' for 75 teenagers ranging from 13 to 17 years old.

At the camp, participants deepened their faith in the 'Three Jewels', and strengthened 'Right Understanding' of the Dhamma. They also explored the importance of

practising meditation, mindful eating, and cultivating harmonious relationships. Team activities during the camp fostered goodwill and bonds of friendship among participants.

The camp essentially brought out the need to connect with our inner well-being through Dhamma awareness.

We would like to thank all facilitators, volunteers, and participants for your effort and contribution towards this marvelous camp. May we continue to grow towards spiritual awakening. Sadhu!



Calming the mind through daily practice of meditation at the camp.



Concluding the camp with a 'Gratitude Ceremony' toward parents.



Camp facilitators sharing their personal reflection and learning.



Teenagers making fast friends and joyfully learning together!

'Mangala Sutta' Camp in Kelantan

8 – 11 December, Kelantan

From 8 to 11 December, Nalanda Dhamma School jointly organised a learning camp in Kelantan with the Dhammarakkhita Group, Mettārama Meditation Centre, and Persatuan Peranakan Cina Kelantan. The camp held at Wat Prachumthat Chanaram in Tumpat saw the participation of 115 teenagers. It was headed by Sis. Buddhini as the principal Dhamma teacher. Amazingly, the camp was also supported by 20 facilitators and almost 100 volunteers!

Themed '*Mangala Sutta*', the 4-day programme introduced what constitutes the 38 blessings expounded by the Buddha in that discourse. The blessings were taught in 4 categories: how to be a good student; a good friend; a good child; and a good devotee. One of the

main takeaways from the camp was that true blessings need to be cultivated as they come from within and cannot be given by someone else.

Through a game called 'I wish I have', the participants realised how much they already have in life and how blessed they actually are, thus planting the seeds of contentment and gratitude in their hearts. At the conclusion of the camp, participants were reminded that as Dhamma practitioners, we should not only seek blessings for ourselves but we should also be a blessing in the lives of others. It was indeed a camp filled with much joy and memorable lessons, which proves that learning Dhamma is true happiness and a great blessing. Thanks to all facilitators, volunteers and supporters who made the camp a great success! We also rejoice with the learning gained by all participants.



Inaugural camp at NEO Centre S.P.

8 – 11 December, Sungai Petani

NEO Centre Sungai Petani recently hosted a fabulous camp for 33 teenagers aged 12 to 16 during the December school holidays. The 4-day camp themed '*Right Friendship*' saw the bloom of new and beautiful kinship among the young campers.

The Director of Nalanda Dhamma School cum principal camp teacher Sis. Sunanda introduced insightful teachings and guided the participants to gradually discover right friendship. The time spent engaging in many wholesome activities such as chanting, meditation and meaningful games certainly strengthened their faith and discipline in the Dhamma.

Participants of the camp also made and offered glutinous rice balls ('*tang yuan*') to their parents to express their gratitude for their sacrifices. We rejoice in the inspiration gained by the teenagers throughout the camp and wish that they continue with their spiritual cultivation. Sadhu anumodana!



Enjoying an outing to the park.



Bonding well over team activities.



Nalanda's camp for teenagers provided a great platform for them to discover the importance of Dhamma in their life journeys.

'Dhamma through drama' camp

15 – 18 December, Johor

From 15 to 18 December, Nalanda Dhamma School Johor Bahru Branch held its annual teenagers' camp themed "*Dhamma through drama*" at Pure Karma Buddhist Centre (新山淨業精舍) in Johor. The camp was led by Nalanda Dhamma School Director Sis. Sunanda. 81 teenagers spent 4 days together filled with fun, dynamic and energetic Dhamma learning with the support of 16 facilitators and 40 volunteers.

During the Dhamma sessions, participants were introduced to the Nine Qualities and Ten Perfections of the Buddha, as well as how to apply the Noble Eightfold Path and Divine Abidings in daily life. Group discussions,

communal chanting, meditation and quiet reflections helped to forge bonds of fellowship and deepen the participants' learning and understanding of the Dhamma.

The highlight of the camp was a workshop on drama skills where participants learned about facial expressions, vocal tones, how to get into character, and many other skills required for an effective drama presentation. They were then given the chance to showcase their skills through dramatic plays that depicted the life of the Buddha. The camp culminated in a heart-warming gratitude ceremony where participants paid respects to their parents for all the blessings they have selflessly given.

We thank all facilitators, volunteers and donors for making this another successful Dhamma camp in Johor. Sadhu anumodana!



A big cheer for the blessings in life – by children, facilitators and volunteers alike.

'Blessings' Children learning camp

20 – 23 December, Sri Serdang

From 20 to 23 December, a learning camp was organised at Nalanda Centre for 80 children aged 9 to 12, under the guidance of Dhamma School (NDS) Director Sis. Sunanda. The holiday camp themed '*Blessings*' was also supported by facilitators and senior students of NDS.

Sis. Sunanda explained 'blessings' through the Buddha's teachings in the *Mangala Sutta*. The children's understanding was enhanced through group discussions called 'Family Time', games and drama. With proper guidance, the children learned the right attitude that can help them lead a life of blessings – one where they do not follow foolish ways but only the wise; honour those who are truly worthy; being respectful, humble,

contented and grateful, too.

Additionally, the children were taught daily chanting, meditation, and the Buddhist way to reflect before and after meals.

The children also enjoyed making '*tang yuan*' for the closing ceremony, which coincided with Winter Solstice, and took the opportunity to serve the dessert to their parents with deep gratitude.

We invite parents and children to continue their Dhamma learning by joining our weekly Sunday Service at Nalanda. We appreciate all facilitators, volunteers and donors for making this camp a truly blessed one. Anumodana!

5 – 7 December, Sri Serdang

From 5 to 7 December, Nalanda Centre was honoured to host well-known author and teacher Venerable Thubten Chodron, accompanied by Venerable Thubten Damcho from the USA. This was Ven. Chodron's third visit to Nalanda Centre; the venerables were in Malaysia as part of a teaching tour around Asia.

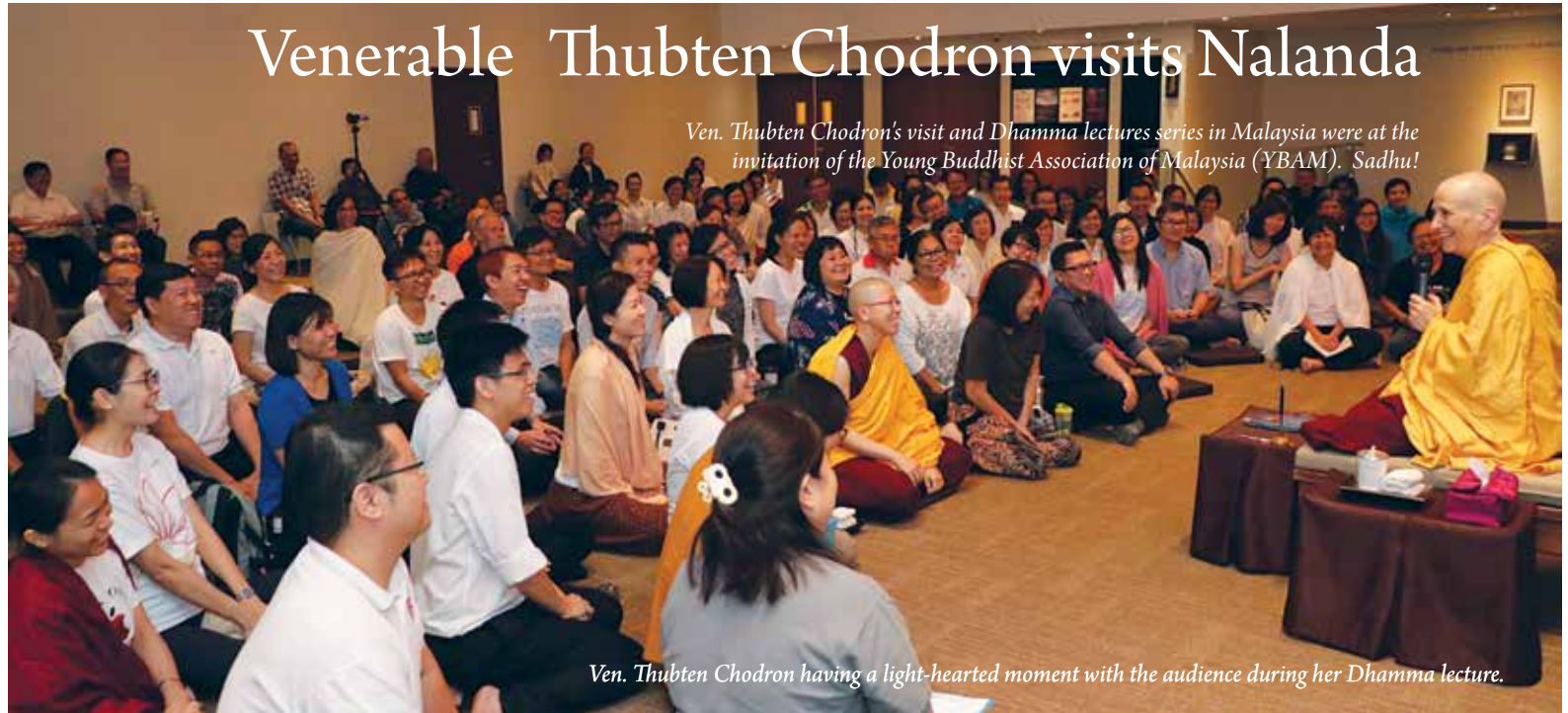
Throughout their sojourn here, devotees had the opportunity to offer the venerables *dāna*, as well as to ask them questions on the Dhamma. We were also blessed to receive a series of enlightening Dhamma lectures by Ven. Chodron on all three nights of her stay. The lectures were about 'Mind and Rebirth', 'Heart advice for difficult times', and 'The Path to Awakening'. With her engaging charisma, practical explanations, and interesting stories, devotees were engrossed in the teachings and gained a better understanding of their practice from this wise teacher.

On this visit, Ven. Chodron commended Nalanda on its steady growth within just a few years since her last visit. She remarked that this growth is seen not only in facilities, but also in the sincerity and warmth of the people, as well as in the quality and quantity of programmes. She also felt inspired to see many youths and teenagers eagerly coming to Nalanda Centre not just to learn, but to participate in Dhammaduta work, especially helping out the learning camps taking place at every Nalanda branch. During a brief discussion with founder Bro. Tan, Ven. Chodron expressed her rejoicing over Nalanda's good work for Buddhist education.

We thank both venerables for visiting us, and look forward to welcoming them to Malaysia again. Sadhu!

Venerable Thubten Chodron visits Nalanda

Ven. Thubten Chodron's visit and Dhamma lectures series in Malaysia were at the invitation of the Young Buddhist Association of Malaysia (YBAM). Sadhu!



Ven. Thubten Chodron having a light-hearted moment with the audience during her Dhamma lecture.



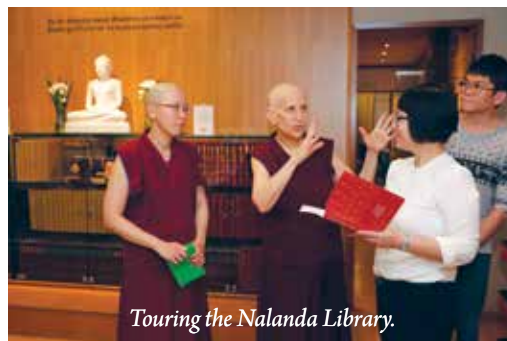
Welcoming Ven. Thubten Chodron to Nalanda Centre.



Devotees offering dāna to the visiting nuns.



Having daily Q&A sessions after lunch dāna.



Touring the Nalanda Library.



The venerables had discussions with Bro Tan.



Ven. Thubten Damcho having a conversation with Bro. Tan and Bro. Jeff Oliver (middle).

22 – 25 December, Selangor

Over the Christmas weekend from 22 – 25 December, Nalanda youth officers went to Bagan Lalang for their annual get-together and plenary camp. The 'Fuel-Up Camp' is a gathering for the youth leaders to recharge, re-energise, and align their direction and programmes for the coming year.

This camp also allowed the youths to strengthen their friendship and bonding through reflection, sharing, and meaningful training sessions. Coming together to plan events and activities for 2018 required good teamwork and cooperation, and the 4-day gathering provided just that.

In this edition of 'Fuel-Up Camp', the leaders focused on three development areas, namely: *Culture of Commitment*; *Leadership Competencies*; and *Effective Communication*.

The camp was indeed a harmonious and fruitful retreat for the youth officers as they practised Dhamma in the spirit of true friendship, and renewed their motivation to lead Nalanda Youth Centre forward. The gathering ended with much accomplishment and plenty of learning for everyone. They are energised, charged-up, and looking forward to serve the community better in the coming year. Sadhu!



Nalandian youth officers relaxing and recharging in Bagan Lalang.



Chanting, meditation, and reflection are part of the daily practice for Nalandians.



Youth officers pledge their full commitment to serve Nalanda Youth Centre.



Having fun with meaningful activities and wonderful companions.



Sis. Santi and Bro. Vincent having a session with the youths on organisational competence.



Everyone contributing ideas and suggestions to bring Nalanda Youth Centre forward.



The youths enjoying group discussions as there was much to learn from each other.



A night of togetherness and comradeship indeed!



Nalanda hosts Ajahn Kalyāno

24 – 25 December, Serdang

On 24 and 25 December, Nalanda Centre had the honour of hosting Venerable Ajahn Kalyāno, the abbot of Lokuttara Buddhist Monastery in Norway, and a teacher of the forest tradition in Ajahn Chah's lineage.

Ajahn Kalyāno was warmly welcomed by many Nalanda officers and devotees upon arrival and brought on a tour of the Centre. On the second day of his stay, devotees took the opportunity to offer breakfast and lunch dāna to Ajahn.

While staying at Nalanda, Ajahn Kalyāno was invited to teach Dhamma. In his talk, Ajahn shared about the importance of applying mindfulness in our daily life. The purpose of meditation is to bring the mind to the present moment, develop calmness,

and establish awareness. While accepting whatever that happens in the present moment, our mental concentration should neither be too tight nor too loose.

We can follow our thoughts clearly only when we are mindful. Whenever aversion arises, we should simply observe and redirect the mind to skilful thoughts. This helps to stop the proliferation of unskilful thoughts. Ajahn advised that in order to take control of our lives, we should train our minds by *Sati*. This is the practice of mindfulness as advised by the Buddha in the *Satipatthana Sutta*.

We have much gratitude to Ajahn Kalyāno for his invaluable sharing on mindfulness practice for our well-being. We wish Ajahn good health so as to continue in the propagation of Dhamma for the welfare of many more people. Sadhu anumodana!

Ajahn Kalyāno posing with Nalanda officers and devotees in the Main Shrine Hall at Nalanda Centre.



Sis. Nandini bringing Ajahn Kalyāno on a building tour.



Devotees happily offering breakfast and lunch dāna to the venerable one.



Ajahn Kalyāno giving a talk on how to train the mind through mindfulness of daily activities.



The audience grabbed the opportunity to pose many questions to Ajahn.

31 December, Sri Serdang

On the last day of 2017, Nalanda Dhamma School celebrated its annual School Appreciation & Honours Day to express deepest gratitude to all facilitators who have put in much effort to teach our young. The event was attended by teachers, students, parents, School alumni, volunteers and guests who came to witness the growth of our students in their journey of Dhamma learning. Besides rejoicing in their holistic growth, volunteers and parents who dedicated their time in supporting students' learning were also acknowledged during the auspicious evening.

The evening began with mindful procession of facilitators and students into the Dhamma Teaching Hall at Level 4, accompanied by the beating of drums and toiling bells. A video of colourful activities from in-house lessons to holiday learning camps was presented to show the progress of students throughout the year.

Dhamma School Director Sis. Sunanda Ong in her speech expressed happiness in seeing the holistic transformation of students through many learning opportunities and with the support from many people. The Captains of *Naga* and *Garuda* Houses in their speeches also expressed gratitude to teachers and parents for their selfless contributions. Their transformation became a source of inspiration to juniors and adults to continue learning and serving the *Buddha-Sasana*.

The evening's highlight was the traditional Awards Ceremony where certificates, medals and special prizes were presented to students to recognize their efforts, growth and community service. The hall thundered with applause when *Garuda* House was announced the winner of *Dhammavijaya* Challenge Trophy.

We rejoice in the continuous growth and development of Nalanda Dhamma School over the past 13 years. May our future generations of Buddhist leaders continue to grow on the path of Dhamma, and may the *Buddha-Sasana* long endure!



Dhamma School Appreciation & Honours Day 2017



School tradition – a stately procession of facilitators and students to begin the night.



Our deepest appreciation and gratitude to all Nalanda Dhamma School facilitators for their dedication.



Students receiving their certificates full of gratitude.



Congratulations to Soh Jing Wen for being awarded this year's Best Overall Student!



Garuda House Captain Robinn Lim accepting the Dhammavijaya Challenge Trophy.



Friends visiting from Terengganu

22 December, Sri Serdang

On Friday 22 December, Nalanda officers warmly welcomed members of Terengganu Buddhist Association (TBA) on a courtesy visit. The visitors were led by the President of TBA Bro. Wong, together with its former President Mr. Soon and dedicated Dhamma School teachers.

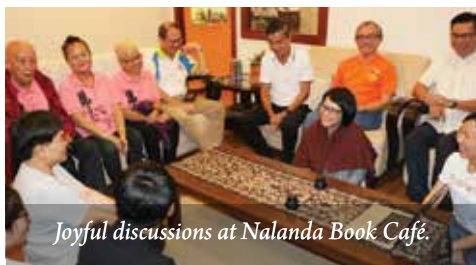
The Director of Nalanda Centre Sis. Nandini

brought them on a building tour, followed by a trip to Nalanda Book Café, where they were warmly hosted by Nalanda Deputy President Bro. Charlie and friendly Nalandians.

A close fellowship has been forged between Nalandians and TBA members following founder Bro. Tan's recent Dhamma teaching tours to Terengganu. We would like to thank Bro. Wong and TBA friends for visiting us, and we look forward to welcoming them back to Sri Serdang soon.



Our TBA friends having a tour of the Centre.



Joyful discussions at Nalanda Book Café.



Sangha members reciting 'paritta' at the construction site of 'K. Sri Dhammananda Centre'.

Blessing ceremony at construction site

29 October, Sri Serdang

On Sunday 29 October, Nalandians requested blessings from venerable Sangha members to begin piling work at the site of 'K. Sri Dhammananda Centre' in Sri Serdang. The slight afternoon drizzle did not hamper the blessing ceremony on site; instead it cooled the air and added to the solemnity of the occasion.

Five monks from Sri Lanka Buddhist Temple graced the event; and upon arrival, they were respectfully welcomed by Nalanda members. The venerable monks were led across the street to the construction site, where they recited suttas and verses of auspicious blessings.

The proposed 'K. Sri Dhammananda Centre' is dedicated to holistic community education.

It will afford additional room for the recruitment of more students into Nalanda Dhamma School, which is currently facing an acute shortage of space. This Dhamma-learning facility is thus built for the benefit, welfare and happiness of generations to come. We thank you for the good wishes and kind support!



Director of NDS Sis. Sunanda thanking the venerable monks for their kind blessings.



The building under construction, as of 18 January 2018.



Brick work is almost completed on the ground floor.



Workers casting the top floor concrete slab.



Bro. Tan on site with consultants and contractors.



Nalanda officers visiting the site in early January.



*Celebrating the Centenary of
Ven. K. Sri Dhammananda
1918 – 2018*

The building of **K. Sri Dhammananda Centre**

Help sponsor its construction cost at **RM 100** per square foot.
Total build-up area : **4,500 square feet.**

The proposed 'K. Sri Dhammananda Centre' located in Sri Serdang, Selangor is a facility dedicated to holistic Buddhist education. It will provide space for 120 more students to learn Dhamma. Construction work, which started in September 2017, is progressing well on schedule. The building should be completed on 31 August 2018, and become fully operational by 11 December 2018.

We welcome your donations towards the construction of this vital facility which will bring much benefit to many children, teenagers, and youths, along with their families. Contribution of any amount is welcome, and can be made at Nalanda Centre Sri Serdang, or via bank transfer to :

"Nalanda Buddhist Society"

Maybank account number 5121-4702-3622.

Thank you for your good wishes and kind support. Let us build this Dhamma-learning facility for the benefit, welfare and happiness of generations to come!

新年進步

Have a blessed New Year

祝愿您及亲人吉祥如意, 福寿康宁!

*May you and your loved ones enjoy
good health, peace and success!*



Best wishes from
Nalanda

Upcoming Events January – March 2018

JAN



New Year Dāna

01	Nalanda Dhamma School 13th Anniversary	Nalanda Centre
	Full-moon Uposatha Service & New Year Pūja	Nalanda Centre
06	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
07	New Year Sanghika Dāna and Dhamma talk by Ven. Sing Kan	Nalanda Centre
17	New-moon Uposatha Service	Nalanda Centre
20	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
20	Nalanda Education Workshop (N.E.W.)	Nalanda Centre
31	Full-moon Uposatha Service	Nalanda Centre

FEB

MAR



Nalanda Patron's Day

03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
02	Full-moon Uposatha Service	Nalanda Centre
03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
17	New-moon Uposatha Service	Nalanda Centre
	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
18	Nalanda Patron's Day	Nalanda Centre
	Launch of 'K. Sri Dhammananda Centenary Celebrations' (March 2018 – March 2019)	Nalanda Centre
25	Nalanda Buddhist Society 15th A.G.M.	Nalanda Centre
31	Full-moon Uposatha Service	Nalanda Centre

Special upcoming programmes :

Inaugural Malaysian Buddhist Leaders' Summit – 30 March – 1 April

6th Nalanda National Members' Convention – 28 April – 1 May

Weekly activities at Nalanda Centre include "Sunday Service" (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

Nalanda Centre will be closed from 13 – 20 February for the Lunar New Year. The Centre will reopen as usual at 10.00 am on 21 February. Happy holidays!

Giving wisely

“Prior to giving one is joyful; while giving one settles the mind in faith;
after giving one is elated: this is success in the act of offering.

“When they are devoid of lust and hatred, devoid of delusion, without taints,
self-controlled, living the spiritual life, the field for the offering is complete.”

– Excerpt from *Chalāṅgadāna Sutta*, Anguttara Nikāya 6.37

‘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 daily from 10.00am to 10.00pm. For visits, kindly call to make appointments.

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

Facebook www.facebook.com/NeoCentre.KL

NEO Centre KL is open every first Saturday of the month from 7.30am to 5.00pm;
Mondays to Thursdays : 8.00pm to 10.00pm; and every Sunday from 2.00pm to 4.00pm.

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

Facebook www.facebook.com/NeoCentre.JB

NEO Centre JB is open on Sundays : 8.30am to 11.30am; Mondays to Wednesdays : 8.00pm to 10.00pm;
and on New-moon / Full-moon weekdays : 8.00pm to 10.00pm.

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

Facebook www.facebook.com/NeoCentre.SP

NEO Centre SP is open on Fridays : 7.30pm to 9.30pm; and on Saturdays : 9.30am to 12.00pm.