

# Nalanda Bulletin

Published by **Nalanda Buddhist Society**

**TM**

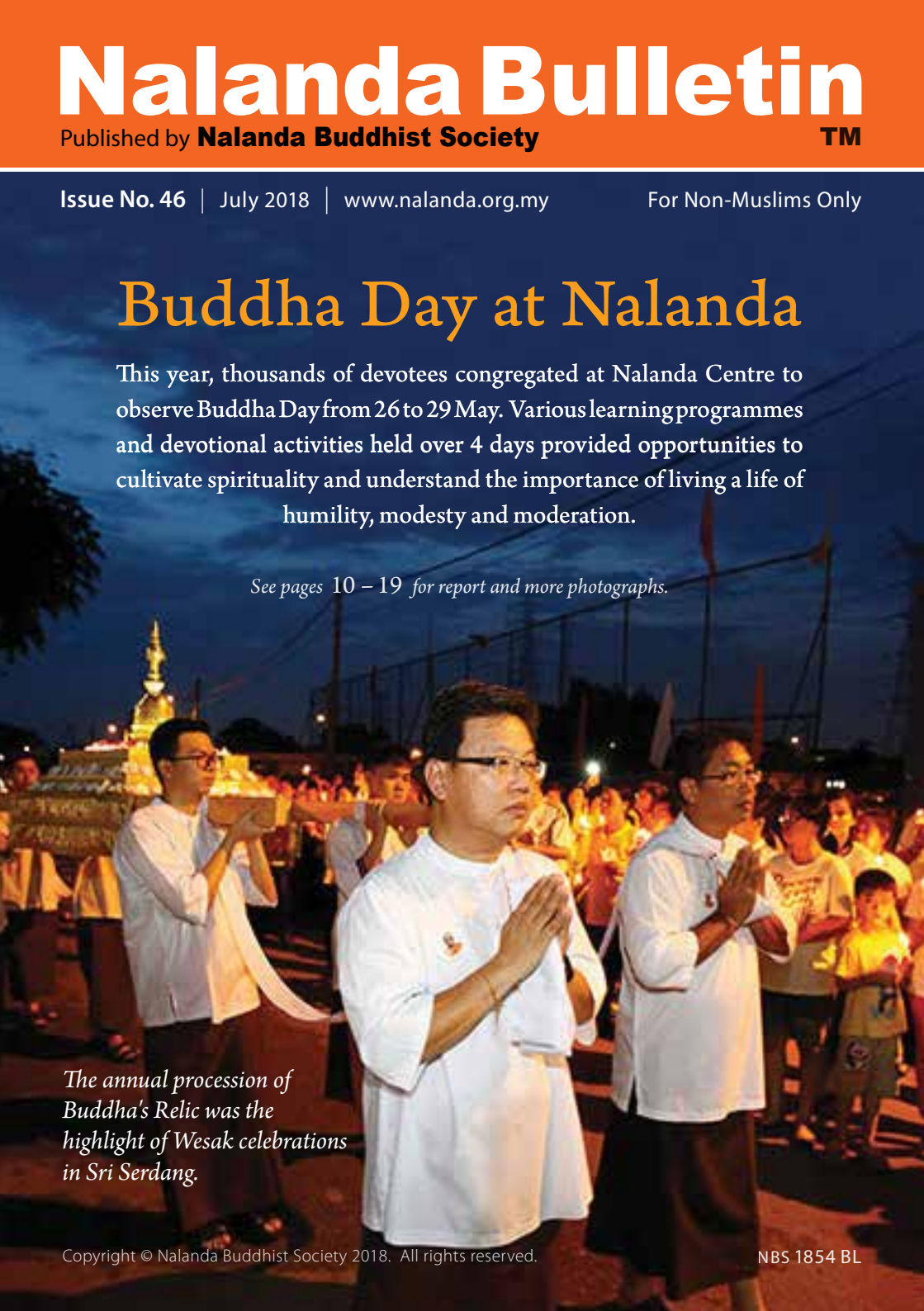
Issue No. 46 | July 2018 | [www.nalanda.org.my](http://www.nalanda.org.my)

For Non-Muslims Only

## Buddha Day at Nalanda

This year, thousands of devotees congregated at Nalanda Centre to observe Buddha Day from 26 to 29 May. Various learning programmes and devotional activities held over 4 days provided opportunities to cultivate spirituality and understand the importance of living a life of humility, modesty and moderation.

*See pages 10 – 19 for report and more photographs.*



*The annual procession of Buddha's Relic was the highlight of Wesak celebrations in Sri Serdang.*

# Contents

Issue No. 46 | July 2018

**Nalanda**  
**15th**  
anniversary  
2003–2018

- |           |   |           |   |
|-----------|---|-----------|---|
| <b>1</b>  | Buddha Day Celebration  | <b>22</b> | Bro. Tan's Dhammaduta tour of Kelantan                          |
| <b>4</b>  | 6th National Convention of Nalanda members                        | <b>24</b> | Stay-in Programme for Dhamma School students                    |
| <b>6</b>  | Meditation Day for 180 Youths                                     | <b>25</b> | Fruitful learning day for Free School teachers                  |
| <b>8</b>  | Dhamma talk by Ven. Dhammavuddho in Johor Bahru                   | <b>26</b> | Gimhāna Retreat begins at Nalanda                               |
| <b>9</b>  | Nalanda J.B. Branch celebrates 5th Anniversary                    | <b>28</b> | <i>K. Sri Dhammananda Centre</i> progressing towards completion |
| <b>10</b> | Buddha Day observed meaningfully at Nalanda Centre                | <b>30</b> | Wisdom Park updates in July                                     |
| <b>14</b> | 'Peace Walk' around NEO Centre Kuala Lumpur                       | <b>32</b> | Nalanda Institute's 11th Anniversary Message                    |
| <b>16</b> | Buddha Day Observance at NEO Centre Johor Bahru                   | <b>33</b> | Family Fun Fair 2018 in Johor Bahru                             |
| <b>18</b> | NEO Centre Sungai Petani observes Buddha Day for the third year   | <b>34</b> | Dhamma-Living Camp for Young Adults                             |
| <b>20</b> | Visit by young scholar monks from Sri Lanka and Thailand          | <b>35</b> | Upcoming programmes from July to September 2018                 |
| <b>21</b> | Nalandians gearing up for <i>Family Fun Fair</i> on 5 August 2018 | <b>36</b> | <i>Dhamma Reflection</i>   Nalanda Contacts                     |



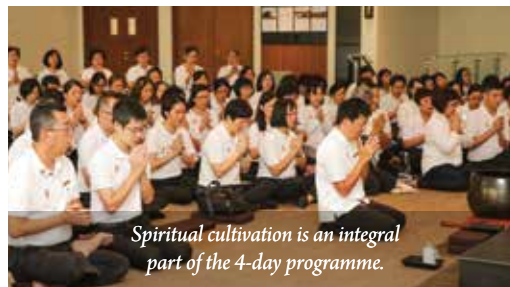


# Uplifting National Convention for Nalanda members

28 April – 1 May, Sri Serdang



*Bro. Tan sharing with members the two major Buddhist motivations.*



*Spiritual cultivation is an integral part of the 4-day programme.*



*Frequent, well-attended, and harmonious meetings are conditions for the success of a community.*



*Members sharing their thoughts and opinions during the Townhall Meeting.*

From 28 April to 1 May, Nalandians from all branches congregated at Nalanda Centre Sri Serdang for the 6th National Members' Convention. The convention is held annually for members to realign ourselves with the Society's direction, and to discuss pertinent issues relating to Nalanda's development and those affecting the Buddhist community.

The theme of this convention was "*Buddhist Mission and Motivation*". Founder Bro. Tan emphasised that Nalanda's mission is anchored upon two important motivations: (1) aspiring to relieve the suffering of sentient beings, and (2) striving to protect the Buddha's noble teachings for the benefit of all beings. The internalisation of these two motivations in our practice and service allows us to inculcate the values of compassion in helping ourselves

and others eradicate suffering. Nalandians also actively participated in group discussions and townhall meeting to further clarify and deepen their understanding on the subject.

Among the highlights of 2018 Convention was the installation of new Management Committees of Johor Bahru, Kuala Lumpur, and Sungai Petani branches, who were elected in March for a two-year term. Nalanda members were also updated on the latest development at Wisdom Park with videos and photographs of construction progress.

The Nalandian spirit of *Samaggi* bonded all members to continue serving the community with joy. Doing the right programmes with motivation and commitment, we wish that the *Buddha-Sāsana* will long endure!





# Meditation Day for Young Adults

19 May, Sri Serdang

Theme : *"Thoughtfulness and Heartfulness with Mettā"*



Bro. Tan sharing important and pragmatic teachings.



Meditation is essential for the realisation of truth.



Participants taking opportunity to ask questions and clear their doubts with Bro. Tan.



Youths sharing their meditation experiences in group discussions.

On 19 May, 180 young adults congregated at Nalanda Centre for a brief meditation retreat conducted by Bro. Tan. This 'Meditation Day' was organised by Nalanda Youth Centre to introduce the practice of *Mettā* to youths, with the theme *"Thoughtfulness and Heartfulness with Mettā"*.

Bro. Tan explained that many problems faced by society today is due to the lack of *Mettā*,

which is the genuine wish for the welfare (*hita*) and happiness (*sukha*) of oneself and others. Participants were able to deepen their understanding through learning practical ways of infusing *Mettā* into their thoughts, daily routines, and self-reflection.

With renewed vigour, may we continue to practise *Mettā* diligently and purify our minds with compassion, kindness and wisdom!



It was inspiring to see 180 young adults dedicating their entire day to learning and cultivating *Mettā*. Anumodana.





10 May, Johor Bahru

## Dhamma talk by Ven. Dhammavuddho in J.B.

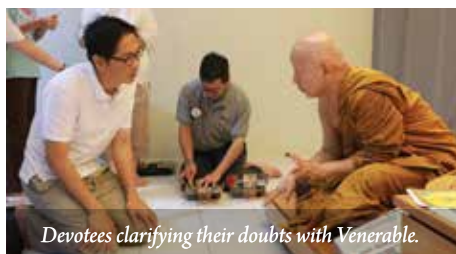
On 10 May, NEO Centre Johor Bahru was honoured to host Venerable Dhammavuddho Mahathera, the Founder-Abbot of Vihāra Buddha Gotama, Temoh. With much reverence, devotees came in the morning to offer him lunch dāna.

Ven. Dhammavuddho later gave a Dhamma talk on *kamma-vipaka*, which was very well attended. Devotees also had the opportunity to seek his advice to overcome challenges in balancing working life and spiritual practice.

Ven. Dhammavuddho reminded us that whatever *kamma* we sow, the consequences we shall reap. Thus, we should cultivate wholesome *kamma* so as to live a happy life.



Ven. Dhammavuddho giving the evening talk.



Devotees clarifying their doubts with Venerable.



26 May, Johor Bahru

## Nalanda J.B. Branch celebrates 5th Anniversary

On 26 May, a special appreciation dinner was organised to mark the 5th anniversary of the establishment of NEO Centre in Taman Johor Jaya, Johor Bahru.

The evening was filled with much nourishment for the body and mind, with dinner served by branch members, and the wonderful sharing of Dhamma by Nalanda founder Bro. Tan on the “six principles conducive to unity and harmony of the community”.

We thank all members, benefactors, volunteers and supporters who have contributed selflessly towards NEO Centre JB's programmes and events. May all your meritorious deeds direct us to Enlightenment and liberation! Sadhu.



Bro.Tan gave an inspiring talk on unity and harmony.



Many Singaporean friends attended the gathering, too.





# Observing Buddha Day meaningfully at Nalanda

*A team of youths became Relic-bearers on Buddha Day when the Sacred Relic was brought out for procession.*

26 – 29 May, Sri Serdang

The full-moon day in the month of *Vesakhā* is the most significant occasion for Buddhists worldwide as it commemorates the Buddha's Enlightenment 26 centuries ago, after which He spent 45 years teaching the Dhamma to monastics and laity so that they too can awaken to the truth of Dhamma. With deep gratitude for our Great Teacher and His teachings, this day is observed through learning, practising and reflecting upon the Dhamma at Nalanda Centre.

From 26 to 29 May, various educational and devotional programmes were organised with the theme “*A Life of Humility, Modesty and Moderation*”. Over those 4 days, streams

of devotees took part in Dhamma talks, workshops, Sutta study, meditation sessions, blood donation, *Buddha Jayanti* Exhibition, paying homage to the Buddha Relic, and the amazing Heritage Procession.

On Buddha Day, Nalanda founder Bro. Tan shared that the cultivation of humility, modesty and moderation begins when we think of ourselves less and consider others' needs more. By exercising wise restraint of our thoughts, speech and conduct, we invite more peace and calmness into our lives.

We deeply appreciate our teachers, volunteers, supporters, benefactors and the neighbouring community for their contributions and support throughout the 2018 Buddha Day observance.



*Three generations in a family devotedly offering flowers to the Three Jewels on this auspicious day.*



*YB. Gobind Singh Deo paying homage to the Buddha-Relic.*



*Tranquil meditation sessions to calm the mind.*





1.

1. *Buddha Jayanti Exhibition* – Dedicated to the inspiring life of Nalanda's late Spiritual Adviser, Ven. Dr. K. Sri Dhammananda. Dhamma School students hosted tours for visitors throughout the day.

2. *Workshop* – Bro. Aggaphala leading an interactive discussion on leading a life of humility, modesty and moderation.



2.



5.



6.

5. *Pindacāra* – The community around Sri Serdang had the opportunity to offer alms to Sangha members with devotion and faith.

6. *Blood Donation Drive* – Donors were encouraged to relax their bodies and minds and generate thoughts of *Mettā* while donating blood.

7. *Mass Food Offering* – Devotees offering food joyfully to all visitors as a cultivation of generosity, humility and selflessness.

8. *Heritage Procession* – Thousands of devotees walk calmly and peacefully in the streets during the unique annual procession. Colourful flags and parasols were carried by traditionally-dressed devotees to the rhythmic beating of drums and gongs.



3.

3. *Sutta Study* – A large congregation listens attentively to Bro. Tan's teaching.

4. *Wisdom Park Exhibition* – Committee members provide devotees with a better understanding of Wisdom Park and its progress to-date. More information on Wisdom Park is available at: [www.wisdompark.org](http://www.wisdompark.org)



4.



7.

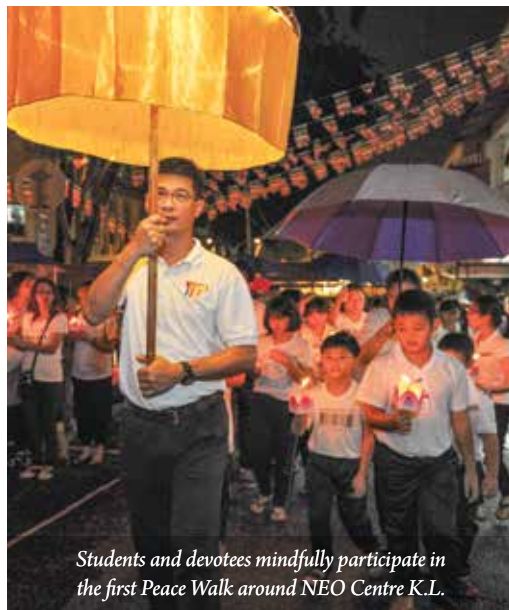


8.

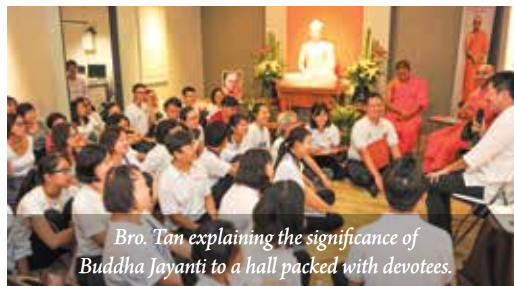


# Inaugural 'Peace Walk' in Kuala Lumpur

Nalanda  
15th  
anniversary  
2003–2018



Students and devotees mindfully participate in the first Peace Walk around NEO Centre K.L.



Bro. Tan explaining the significance of Buddha Jayanti to a hall packed with devotees.



Nalanda leaders join the simple but joyful procession around Happy Garden.

## 27 May, Kuala Lumpur

On Sunday 27 May, NEO Centre Kuala Lumpur held its inaugural 'Peace Walk' in conjunction with Buddha Day observance. The event attracted over 300 devotees to the small centre located in Happy Garden (Taman Gembira). Before the walk, Nalanda founder Bro. Tan gave a Dhamma talk on the significance of commemorating the Buddha's Enlightenment.

The teachings of the Enlightened One are complete as it covers suffering, the cause of suffering, the end of suffering, and the way to its cessation. We should know the teachings of the Buddha well so that we can analyse, contemplate and apply it in our daily activities.

This is the best way that we can honour our Great Teacher.

The wet weather did not dampen the spirits of devotees at all. As the clouds dissipated, they stood eagerly in formation with lit candles to commence the 'Peace Walk'. The light drizzle that lingered on was taken as added blessings. At the conclusion of the short procession, everyone gathered in front of NEO Centre to share and rejoice in the wholesome merits gained throughout Buddha Day programmes.

We thank all organisers, donors, devotees, volunteers and the community for their support in this wholesome event. By taking heed of the Buddha's teachings and putting them to practice, may we experience the true meaning and spirit of 'Buddha Jayanti'.





# Buddha Day in NEO Centre J. B.

27 – 29 May, Johor Bahru



The community respectfully offering alms to the Sangha.



Branch Chairman Bro. Yap leading the congregation in making offerings to the Three Jewels.



Bro. Boon Keat giving a Dhamma talk on humility.

On *Vesakhā* full-moon day, devotees gathered at NEO Centre Johor Bahru to honour the Buddha by deepening their spiritual cultivation.

The neighbouring community took the opportunity to participate in 'Pindacāra' (alms-round) and offering of *dāna* to Sangha members.

Various educational programmes were held throughout the 3-day celebration including Dhamma talks, meditation sessions, and the annual Heritage Procession.

We thank all benefactors and volunteers for their support and participation to make this Buddha Day another peaceful and meaningful one for all of us. *Sādhū ānumodanā!*



Parasols and the Buddharupam leading the procession.



The community participating joyfully in the procession.





# Buddha Day in Sungai Petani

28 – 29 May, Sungai Petani

NEO Centre Sungai Petani observed Buddha Day by hosting various wholesome programmes including Dhamma talks by Bro. Ananda Fong on the significance of Buddha Day, as well as on the virtue of humility – a true learner’s quality.

Excerpts of *Ariyapariyesanā Sutta* : The Noble Search, and the *Mahāsaccaka Sutta* helped devotees to reflect on growing our wisdom by associating with the wise. With their guidance, we can understand true Dhamma teachings and practise accordingly. Reading the *Karaṇīya Mettā Sutta*, we are also reminded of the noble qualities of being easy to advise, being gentle and humble.



Director of Pustaka Nalanda Bro. Ananda Fong sharing Dhamma based on excerpts from the suttas.



Discussing Dhamma with Bro. Ananda at the library.



Devotees sitting in quiet and peaceful meditation, an important practice taught by the Buddha.



Nalandians rejoicing and sharing the merits gained.

As part of Buddha Day celebrations, a Photography Exhibition was held to commemorate the inspiring life of Venerable Dr. K. Sri Dhammananda Nāyaka Thero, Nalanda’s late Spiritual Adviser. It was an opportunity to introduce the late venerable’s teachings to devotees and encourage them to cultivate a sense of gratitude by recollecting the contributions of great Buddhist teachers past and present.

This year is the third Buddha Day observance held here since the launch of NEO Centre Sungai Petani. We are thankful for the participation and support of many devotees who made the event so memorable. May we continue to cultivate noble qualities with energetic effort and strive towards *Nibbāna*. *Sādhū ānumodanā!*



# Young scholar monks visit Nalanda



2 June, Sri Serdang

On Saturday 2 June, Nalanda Centre welcomed 17 monks and 4 nuns from Sri Lanka, India, Nepal, Bangladesh and Myanmar for a learning visit. The presence of Sangha members brought joy to Nalandians and further motivated us to learn, practise and internalise the Buddha's teachings.

The venerables were given a tour of the Centre by Deputy President Bro. Charlie Teng. They also visited the Wisdom Park and *Buddha Jayanti* exhibitions. Nalanda Dhamma School facilitators explained that the exhibition theme – “Joy of Dhamma” – pertains to the name and teachings of the late Venerable K. Sri Dhammananda. The venerables expressed their joy and inspiration in seeing Nalanda's educational work, and encouraged us to continue this noble endeavour for the propagation of Dhamma.

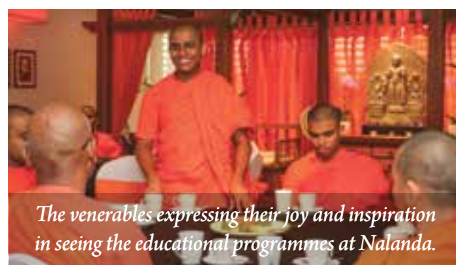
We humbly thank the venerables for their visit. May they too progress well in the Noble Eightfold Path, and continue to be the source of inspiration for Buddhist laity.



Bro. Charlie leading the tour of Nalanda Centre.



Rejoicing in the inspiring life of the late Ven. K. Sri Dhammananda.



The venerables expressing their joy and inspiration in seeing the educational programmes at Nalanda.

# All geared up for Family Fun Fair



10 June, Sri Serdang

On Sunday 10 June, the Organising Committee of Nalanda Family Fun Fair (FFF) 2018 gathered to finalise their preparations for the event. The meeting was led by Nalanda President Sis. Evelyn, and was attended by representatives from Nalanda Institute, Dhamma School, Youth Centre and Volunteer Centre.

This year's FFF aims to raise funds to support the construction of Wisdom Park and to expand the operations of Nalanda Institute, Dhamma School and Free School. The Fair also provides opportunities for the community to cultivate generosity by setting up stalls, selling coupons, serving as a volunteer, bringing family and friends to the event, and giving donations.

With right understanding of the event objectives, the working teams are charged up with purpose and energy to carry out their tasks. We wish the organising team a joyful experience and much success in leading Family Fun Fair 2018. *Sādhū ānūmodanā!*



Sis. Evelyn chairing a meeting with the working team.



Organisers joyfully planning for the Fair.



Nalandians began reaching out to the local communities weeks ago.



# Bro. Tan's Dhammaduta tour of Kelantan

7 – 9 June, Kelantan

From 7 to 9 June, Bro. Tan embarked on a Dhamma teaching tour to several districts in Kelantan at the invitation of Persatuan Dhamma Pasir Parit. The 3-day teaching tour drew large crowds of devotees who were eager to hear the Dhamma from an inspiring speaker.

Bro. Tan delivered four Dhamma teachings in the local Hokkien dialect at the following venues :

7 June at S.J.K.C. Poy Hwa, Pasir Parit

8 June at Wat Chinpradittharam, Pasir Mas

8 June at Wat Ariyakiri, Kota Bharu

9 June at Bukit Kecil Meditation Centre, Temangan

It was indeed inspiring to see the local community coming together to learn the Dhamma with keen interest and devotion. May the light of Dhamma continue to shine in Kelantan. *Sadhu anumodana!*

Photograph :

*The congregation in Pasir Parit eagerly listening to the Dhamma teachings on 7 June.*



*Bro. Tan has been teaching in many districts throughout Kelantan for years.*



*Families and friends came to the Dhamma talk at Wat Ariyakiri near Melor.*



*Bro. Tan having a discussion with Dhamma School teachers in Wat Chinpradittharam, Pasir Mas.*



*Group photograph with devotees after the morning session at Bukit Kecil Meditation Centre in Temangan.*





## Cultivating wholesome characters in teenagers' camp

9 – 12 June, Sri Serdang

From 9 to 12 June, Nalanda Dhamma School organised a stay-in programme for over 60 teenagers including students from NEO Centre Johor Bahru and Sungai Long Buddhist Society.

Themed “*A Life of Moderation*”, students were encouraged to cultivate moderation and joyful living with simple food and without unnecessary distractions. They learned about the nature of the mind and hindrances to spiritual progress. Mindfulness and loving-kindness were also emphasised by being considerate towards others to achieve harmonious living.

The students also enjoyed a tour of Kuala Lumpur's historical sites and Buddhist Māha Vihāra. We thank Sis. Sunanda and dedicated School facilitators for the excellent learning opportunity for our young students. *Sādhū!*



*Sis. Sunanda giving a healthy dose of Dhamma daily.*



*Students discussing what they have learned in the camp.*



## Fruitful learning day for Free School teachers

10 June, Sri Serdang



*Teachers discuss ways to better engage students in learning.*



*Joyful sharing of their teaching experience.*

On Sunday 10 June, Nalanda Free School organised a ‘Learning Day’ for its volunteer teachers to enhance their teaching strategies and skills for the benefit of students. The programme was facilitated by Bro. Aggaphala Yap and Guru Cemerlang Sis. Khor Swee Moi.

Education is a journey where one person empowers another; teachers are key to instilling wholesome values such as compassion, empathy and gratitude in their students. When teachers listen and communicate wisely, a student's inner potential, independence and self-confidence naturally increase.

Through role-playing, the volunteer teachers tested their skills in encouraging students to think, reflect and share their problems. After the day-long session, they were ‘fuelled-up’ with spirit and determination to uphold their noble mission to impart holistic education. *Sādhū anumodanā!*



# 7 weeks of spiritual immersion : Gimhāna Retreat commenced at Nalanda

On Wednesday 13 June, Nalanda founder Bro. Tan launched this year's Gimhāna Retreat with a guided meditation session and Dhamma teaching.

Bro. Tan gave an overview of how meditation leads to deeper understanding of our thoughts and habits. He explained that body aches and discomfort are common encounters during meditation; if we accept and understand these pains, we will understand how we habitually react to craving and aversion. Thus, the Buddha taught meditation as the key to liberation from *Dukkha*.

The annual Gimhāna Retreat at Nalanda is observed to commemorate the 7 weeks the Buddha spent after His Enlightenment contemplating on the Dhamma. During this period, devotees are encouraged to undertake relatively intensive Dhamma learning with progressive communal and personal practice. We invite everyone to take part in the following weekly Gimhāna Retreat sessions at Nalanda Centre :

**Gimhāna Sunday Service**  
Every Sunday, 9.00 am – 12.00 pm

**Meditation & Dhamma Teaching**  
Every Wednesday, 8.00 pm – 10.00 pm

13 June, Sri Serdang

## My Spiritual Journey

From hearing about Nalanda in 2016 to attending the one-day meditation retreat for beginners; to actively participating in the weekly Youth Sunday Service, I observed positive changes in my spiritual practice. As Bro. Tan often says, "With every experience, we grow. Experiencing *Dhamma*, we will lead better lives toward happiness and the end of suffering".

In this Gimhāna Retreat, I aspire to cultivate mindfulness and *Mettā* as promoted in the Gimhāna cultivation card. To all my *Kalyāna-mittas*, let us continue learning and practising the Dhamma with gusto and gratitude!

Loo Sheng Nee, Nalanda youth

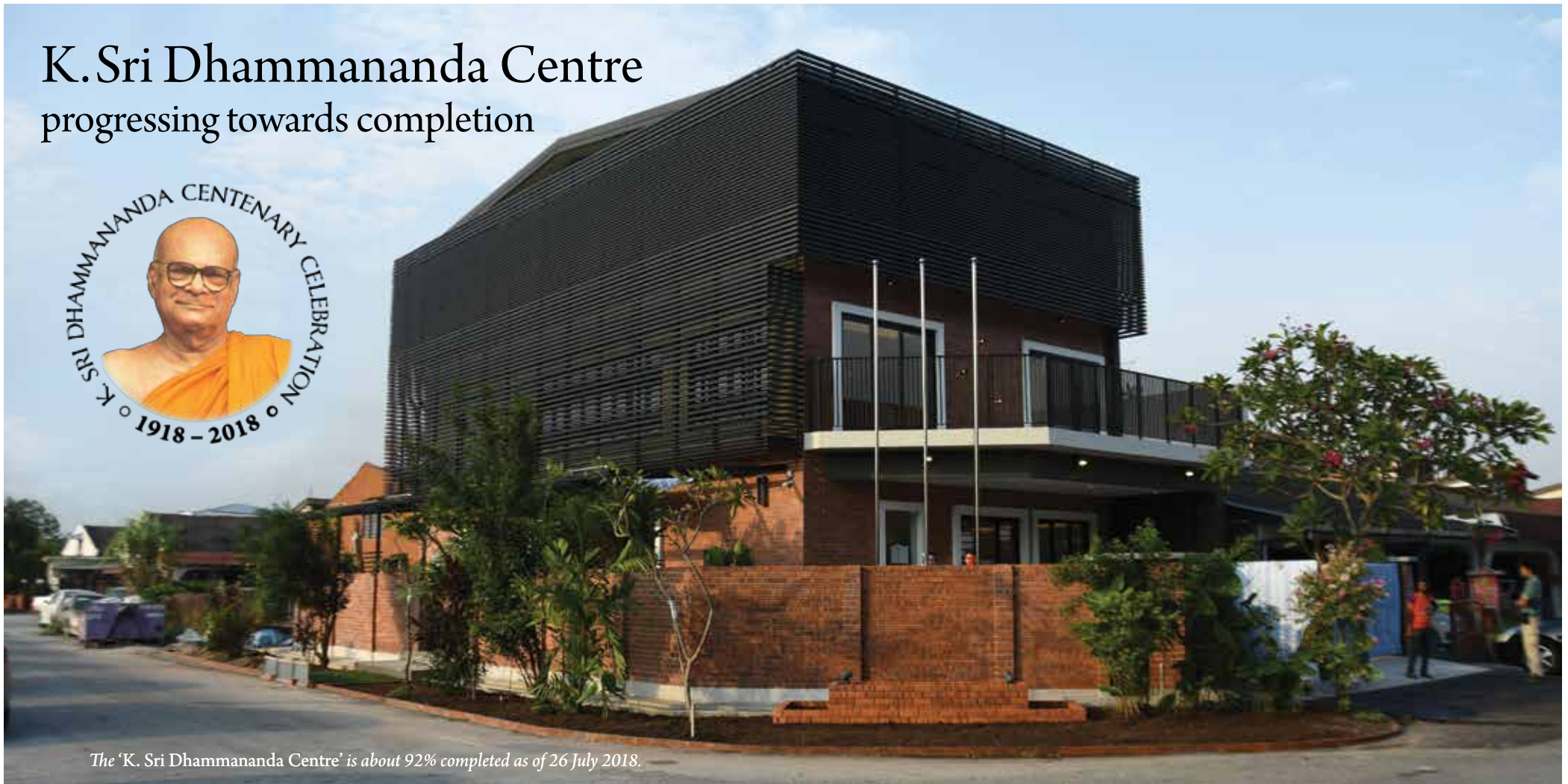
I started being spiritually active at Nalanda in 2016 after attending a one-day meditation retreat conducted by Bro. Tan. I now feel a great sense of happiness in learning and practising Dhamma, and I also enjoy the opportunity to help with the propagation of *Buddha-Sāsana* as a volunteer.

Despite the hustle and bustle of my daily activities, I aspire to deepen my calmness and develop resilience in integrating the Dhamma into every aspect of my life after this Gimhāna Retreat. I sincerely hope my spiritual friends will also put in effort and continue our Dhamma practice successfully!

Si Kui Tien, Nalanda volunteer



# K. Sri Dhammananda Centre progressing towards completion



*The 'K. Sri Dhammananda Centre' is about 92% completed as of 26 July 2018.*

Construction of 'K. Sri Dhammananda Centre' continues to progress smoothly with 92% of work completed as of 26 July. Workers are concentrating on the interior with installation of furnitures and fittings.

The new Centre is scheduled to be operational by 16 August, and will be officially opened on 6 October this year, in conjunction with the birth centenary of Nalanda's late Spiritual Adviser – Venerable Dr. K. Sri Dhammananda.

Please help us build this Dhamma-learning facility to train future generations of Buddhist leaders and teachers. Contributions can be made at Nalanda Centre Sri Serdang, or via bank transfer to:

**"Nalanda Buddhist Society"**

Maybank account number  
5121-4702-3622

Thank you very much for your kind support!  
*Sādhu ānumodanā.*



*Cabinets being fitted out in the office, library, kitchen and activity rooms.*



*The building team checking on the construction progress and finishes at the Centre.*



# Wisdom Park progress update

*The first building under construction is fast taking shape. Work began in January, and is expected to be completed by year end. Supporting infrastructure such as roads are also being built.*

For more news on Wisdom Park, please visit:  
[www.wisdompark.org](http://www.wisdompark.org) and  
[www.facebook.com/wisdompark.malaysia](https://www.facebook.com/wisdompark.malaysia)

June – July, Wisdom Park

Construction of the first building at Wisdom Park – ‘Guest Lodge 01’ – continues to progress well, with 42% of its structure completed to date. The building is scheduled to be ready by this December.

Work on the second and third buildings (under Phases 1B and 1C) will begin in October 2018 and become operational by December 2019. With that, Wisdom Park is destined to become a well-equipped campus to host educational programmes to train future community leaders and lay Dhamma teachers.

We welcome donations towards the construction of this vital facility, which will bring much benefit to the Buddhist community for a long time to come. 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 kind support; may all of us continue to facilitate the growth of *Buddha-Sāsana* in Malaysia and beyond!

*The first building will look like the model below when it is completed this December.*

Nalanda  
**15th**  
anniversary  
2003 – 2018



*Tree-planting days are held once every two months to rehabilitate the site with local forest species.*



*Regular meetings are held on-site to ensure smooth and successful construction.*



# Nalanda Institute's 11th Anniversary

Message from the Director  
Acharya Tan Siang Chye



1 July 2018 marks the eleventh anniversary of Nalanda Institute Malaysia. As the Director, it is an honour indeed to serve the Institute which has built a reputation for the quality and excellence of its educational programmes. I take pride and joy in paying tribute to my team of energetic colleagues at Nalanda who have carried out their work with commitment and quiet diligence, ensuring that our activities' objectives are achieved.

There is a pressing need to bring the Buddha's message to the Malaysian Buddhist community, many of whom have not had the opportunity to benefit from this rich spiritual heritage. In our present environment where materialism, doubt and cynicism constantly occupy people's thoughts, it is important to present our Buddhist brethren with an appealing path to the true teachings. The WACANA 2017 Conference held last July had initiated this process, with many more activities planned to ensure we stay on track to address this need.

Our team is also looking at new ways and means to disseminate the Buddha's noble teachings. For example, we are exploring the use of digital technology to aid us in our educational work.

This would allow those who are interested in Dhamma to access our learning materials and study the teachings at their own time and pace. We look forward to offering the community more opportunities to learn the Buddha's teachings through our innovative future programmes.

My heartfelt thanks to all our donors, sponsors, facilitators and the Management of Nalanda Buddhist Society, who have provided us with all the support needed to continue with our work. May the *Buddha-Sāsana* continue to thrive in the world! Thank you.

## Nalanda Family Fun Fair 2018 家庭欢乐在JB筹款义卖会

Nalanda's Family Fun Fair is held in aid of our "Education & Development Fund". The proceeds will be channelled to support educational programmes of Nalanda Free School and Nalanda Dhamma School. Come enjoy a fun & meaningful day with family and friends while supporting a great cause. All are welcome!

家庭欢乐日主要目的是为了Nalanda教育及发展基金筹募。其款项将会用在推广 Nalanda 义学校及佛学班的全面教育。

**Sunday, 16 September** 九月十六日, 星期日  
8 am - 2 pm | NEO Centre, Taman Johor Jaya

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

### Attractions 筹备项目:

- ★ **Food & beverages** 食品, 饮料及干粮
- ★ **Garments** 服饰
- ★ **Kitchenware** 厨房用具
- ★ **Bonsai & Plants** 盆栽及园艺品

### Contact Persons 联络人:

Mr. Lim C. H.	016-771 9548
Mdm. Alice Yap	012-720 0082
NEO Centre Johor Bahru	07-350 3870



**Nalanda Buddhist Society**  
Johor Bahru Branch



# DHAMMA LIVING CAMP for young adults

You can put it down –  
*Understand Suffering and Suffer Less*



**8 – 11 September 2018**  
**Nalanda Centre, Sri Serdang**

Register now at [www.nalanda.org.my](http://www.nalanda.org.my)

## Upcoming Programmes July – September 2018

### JULY



*Dhamma Day*

01	Nalanda Institute's 11th Anniversary	Nalanda Centre
07	<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
13	New-moon Uposatha Service	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
27	<i>Dhamma Day</i> – Asalha Full-moon Uposatha Day	Nalanda Centre
29	<i>Dhammacakka Day</i> at Nalanda	Nalanda Centre

### AUG



*Family Fun Fair*

04	<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
05	Nalanda Family Fun Fair 2018	Nalanda Centre
11	New-moon Uposatha Service	Nalanda Centre
18	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
25	Full-moon Uposatha Service	Nalanda Centre
31	12th K. Sri Dhammananda Memorial Day	Nalanda Centre

### SEPT



*Dhamma-Living Camp for Youths*

01	<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
08-11	* Dhamma-Living Camp for Young Adults	Nalanda Centre
10	New-moon Uposatha Service	Nalanda Centre
15	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
16	Nalanda Family Fun Fair in Johor Bahru	NEO Centre J.B.
24	Full-moon Uposatha Service	Nalanda Centre

\* Registration is required.

### Special events :

Nalanda Institute's 11th Anniversary – 1 July

Nalanda Family Fun Fair – 5 August

K. Sri Dhammananda Memorial Day – 31 August

Dhamma-Living Camp for Young Adults – 8 to 11 September

Weekly activities at Nalanda Centre include “*Sunday Service*” (Sundays, 9 am – 12 pm) and “*Meditation & Dhamma Sharing*” (Wednesdays, 8 pm – 10 pm). For full details or updates on Nalanda's many programmes, kindly visit our website at [www.nalanda.org.my](http://www.nalanda.org.my) or Facebook [www.facebook.com/nalanda.org.my](https://www.facebook.com/nalanda.org.my)

**Nalanda**  
**15th**  
anniversary  
2003–2018



# Dhamma Reflection

“Some people spend their whole life accumulating material things; no amount of accumulation can make them contented. They are constantly egged on by the notion that the ‘grass is always greener on the other side of the fence’. People such as these can never be happy or contented. In fact, the more they have, the greater their desire becomes. It is said that man’s needs, such as food, shelter and clothing, can be satisfied, but seldom his desires.”



— Excerpt from “*How to Live Without Fear & Worry*” by Ven. Dr. K. Sri Dhammananda

‘Like’ our Facebook fanpage at [www.facebook.com/nalanda.org.my](http://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](http://www.nalanda.org.my)

E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)

Facebook [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my)

Nalanda Centre is open daily from 9.00am 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](mailto:neo-kl@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.KL](http://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](mailto:neo-jb@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.JB](http://www.facebook.com/NeoCentre.JB)

NEO Centre JB is open on Sundays : 8.30am to 12.00pm; Mondays to Wednesdays : 7.30pm 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](mailto:neo-sp@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.SP](http://www.facebook.com/NeoCentre.SP)

NEO Centre SP is open on Fridays : 7.30pm to 9.30pm; and on Saturdays : 9.00am to 12.00pm.