

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 51 | May 2019 | www.nalanda.org.my

For Non-Muslims Only

Celebrating our 16th Anniversary

On 1 May 2019, Nalanda Buddhist Society commemorated our 16th Anniversary with much rejoicing and gratitude for the unwavering support of our spiritual teachers, members, benefactors, and volunteers. We also charted the path forward by launching *Nalanda Dhammaduta College* which aims to train future Dhamma speakers to propagate the sublime teachings of the Buddha.





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

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All smiles from officers, members, and benefactors during the last evening of the annual convention.

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Uplifting 7th National Convention for Nalanda members

2019 Convention theme : “*Making Better People*”

27 April – 1 May, Sri Serdang



We should harbour muditā in our hearts to rejoice in the success of others and recognise what is praise-worthy.



Achariya Tan Siang Chye advised us to be aware of the spiritual qualities we have, and also those which we lack.



Throughout the 5-day convention, members' spiritual cultivation is an integral part of the programme.



At the Open Forum, members shared how they overcame challenges while serving the community.



Members discuss how one's personal transformation is enabled through changes on a sub-conscious level.



Management Committees from all branches discussing their recent progress with the national leadership.

The 7th National Members' Convention was held in Sri Serdang with over 100 participating Nalandians from all branches. The convention was themed “*Making Better People*”, which aimed to gear members to realise Nalanda's noble mission of providing holistic education.

Discussions this time centred upon creating suitable conditions for the subliminal learning of Dhamma, which include: (1) maintaining a conducive physical environment; (2) inculcating the right spirit of learning; (3) having effective leaders; (4) forging spiritual friendship; (5) having inspiring teachers; and (6) promoting the right culture.

In concluding the 5-day annual gathering, all members pledged to continue working together harmoniously and sincerely in serving the Buddha-Sāsana.



1 May, Sri Serdang

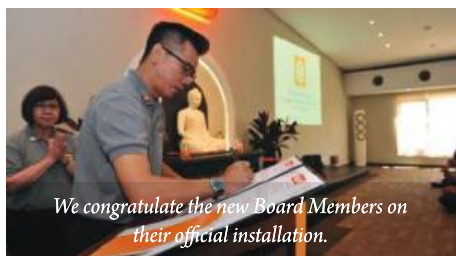
New Board of Management ready to serve

The new Board of Management for 2019 –2021 was elected at the Society's 16th Annual General Meeting held recently on 17 March. The newly elected office-bearers took their 'pledge of service' at Nalanda Centre on 1 May, witnessed by other members. The new Board of Management members are:

President : Sis. Evelyn Chow
 Deputy President : Bro. Charlie Teng
 Honorary Secretary : Sis. Santi Cheang
 Honorary Treasurer : Sis. Chan Mei Yee
 Assistant Secretary : Sis. Livin Leow
 Assistant Treasurer : Sis. May Wong
 Board Members : Sis. Joyce Lim,
 Bro. Lee Kong Foo, Bro. Louis Chan,
 Bro. Tan Say Kee, Bro. Alex Loo.



Sis. Evelyn delivering the 16th Anniversary speech expressing gratitude to everyone for their support.



We congratulate the new Board Members on their official installation.



1 May, Sri Serdang

Ground-breaking Dhammaduta College launched

The continuation of Buddha-Sāsana greatly depends on the availability of good Dhamma teachers. Hence, the ground-breaking Nalanda Dhammaduta College was formed with the objective of training Dhamma speakers to inspire the community with sublime teachings of the Buddha.

The first batch of 18 members solemnly declared their faith in the *Three Jewels* and state their commitment to enrich the lives of many others by sharing the Dhamma sincerely. Collegiate members also commit to groom and support aspiring Dhamma speakers for the benefit of future generations. The first few College programmes to train speakers will be held later this year at both Nalanda Centre Sri Serdang and Wisdom Park. *Sādhū!*



The Dhammaduta College Charter was unveiled at the launch and witnessed by Bro Tan.



Achariya Vijaya leading members of the College in reciting the Charter.



Hand-over of the first building at Wisdom Park



Tireless tree-planting to rejuvenate the ecosystem

29 April, Hulu Selangor

On Monday 29 April, the first building at Wisdom Park, a guest-lodge measuring over 13,000 sq feet, was handed over to the Society by our contractors in the presence of Nalanda leaders, members and benefactors.

Over the past 3 years, the Wisdom Park Development Committee worked tirelessly with much dedication to achieve the progress we see today. Bro. Tan expressed his deep appreciation towards all committee members, recollecting each individual's selfless contribution towards this noble project since its inception.

We rejoice over the completion and handing over of this first building, to be used for the purpose of training future Buddhist leaders and teachers. *Anumodanā!*



The symbolic hand-over of the building was performed by pouring water over the hands of Nalanda representatives.



We are grateful to the Wisdom Park Development Committee and the construction team for their untiring work.



Volunteers working together to plant trees and shrubs to create a conducive environment at Wisdom Park.



"Green Warriors" guide volunteers to plant trees properly in order to sustain a high survival rate.

4 May, Wisdom Park

Since April 2018, dozens of volunteers working together have been gradually transforming the ecology at Wisdom Park by planting trees there every weekend. More than 500 trees comprising many local forest species which are suitable for rehabilitating our natural ecosystem have been introduced.

We invite you to sponsor trees at RM120 each, for planting in Wisdom Park to create a green, natural sanctuary of learning where many beings can rejuvenate their minds and spirits. Donations can be made at Nalanda Centre Sri Serdang, or via bank transfer to:

"Nalanda Buddhist Society"
Maybank account number : 5121-4702-3622
[Please state purpose: "Sponsor tree planting".]

Thank you for the kind support!

First Dhamma teaching at Wisdom Park

Bro. Tan : When we serve the Buddha-Sāsana, we should not work for personal gain, but only to benefit the community.

29 April, Hulu Selangor

On Monday 29 April, over 80 Nalandians and supporters spent a day performing voluntary service at Wisdom Park. The first building was also put to good use as everyone congregated in its main hall for the first-ever Dhamma teaching at Wisdom Park that afternoon!

Bro. Tan recounted the effort of many people who worked selflessly to establish the campus. It is therefore our duty to repay the kindness of donors and supporters by ensuring that facilities built are used to develop future Dhamma teachers and leaders, as intended.

He also reminded everyone to continue striving in Dhamma-learning, and truly rejoice in our opportunities to do so.



Members discussing their personal aspirations to support the continuous development of Wisdom Park.



Nalandians are reminded to be contented and to do their best even when their efforts may go unnoticed.



Working in harmony and unity is our Nalandian culture.



Teaming up to plant trees and shrubs to create a green and pleasant environment at Wisdom Park.



Nalanda Book Café celebrates its 10th Anniversary



Sis. Chan Mei Yee shared that she has learned a lot from serving at the Café, and also developed spiritually.



The community came together to celebrate the decade-long progress of Nalanda Book Café.



Friends of Wisdom Park from Singapore also joined in this milestone celebration with us.



Frequent volunteers are grateful for the opportunity to serve the community in a meaningful way.



We thank Mr. and Mrs. Lai (2nd and 3rd from left), our benefactors who have been supporting us for over 10 years!

1 May, Sri Petaling

On Wednesday 1 May, supporters, volunteers and Nalanda members joyfully celebrated Nalanda Book Café's 10th Anniversary, while enjoying warm hospitality and food. The café, which was set up as a non-profit community centre promoting healthy eating and balanced living, has become a popular, comfortable and peaceful place for patrons to unwind and relax.

Café Manager Sis. Chan Mei Yee thanked Bro. Tan for his guidance and support, stating also that she felt very touched by so many good friends and supporters who came forward to help. We congratulate the team at the Book Café for their earnesty and success in creating an environment conducive for the mental well-being of the community. *Sādhū anumodanā!*



Dhamma School for Adults commenced in April

14 April, Sri Serdang



Bro. Tan emphasised that students should aim to leave no gaps of ignorance in their learning.



Bro. Tan: With Dhamma, it is not about changing our fortunes, but in changing our character.



Wishing each other well and happy in the safe embrace of Dhamma.



Students learning Pāli recitation and the proper understanding of the words and verses chanted.



At the start of every class, students calm their minds with 20 minutes of meditation.

On Sunday 14 April, the inaugural session of *Nalanda Dhamma School for Adults* was held at K. Sri Dhammananda Centre in Sri Serdang. This unique programme caters for adults wishing to learn the Buddha's teachings in a gradual and systematic way. The curriculum is designed to give students clarity about life's purpose and direction, as well as to enhance wisdom and resilience in facing the myriad challenges of everyday life.

The School syllabus will cover essential Buddhist teachings, values, and culture, as well as promote the development of skills which lead us toward spiritual maturity. Students are also able to tap into the vast resources available at Nalanda Library and go on study tours to Buddhist places of interest and heritage. We wish the inaugural batch of 95 students a fruitful learning journey ahead!



Singaporean friends attend Dhamma retreat at Nalanda

Retreat participants were often tickled by Bro. Tan's humorous yet insightful teachings which caused everyone to laugh at themselves.

16 – 20 March, Sri Serdang

From 16 to 20 March, 34 friends came from Singapore for a special Dhamma retreat held at K. Sri Dhammananda Centre. Nalanda founder Bro. Tan conducted five days of teachings and sutta study sessions which focussed on how we can live skilfully to cultivate wisdom and to gain clarity of purpose in life.

He said that constant thinking and worrying often leads to a chaotic mind; thus we should work to abandon unnecessary thinking and desires, which will then enable us to progress towards peace with less hindrance.

We wish our Singaporean friends continued progress on their spiritual path. *Sādhū!*





Dhamma Camp in Indonesia

29 – 31 March, Puncak

From 29 to 31 March, Nalanda founder Bro. Tan conducted a Dhamma camp for 48 undergraduates in Puncak, Indonesia. The teachings focussed on how to live a virtuous and purposeful life with confidence in the *Buddha-Dhamma*.



Youth Workshop in Australia

20 – 23 April, Melbourne

Bro. Tan's busy schedule in 2019 comprised of many teaching duties throughout Malaysia and in several other countries. In April, he visited Australia to conduct a Buddhist Workshop for youths studying and working in Melbourne. The teachings delivered there revolved around the *Four Noble Truths*.



Friends supporting each other in their learning journey throughout the camp.



The youths immersed themselves in Dhamma learning by engaging in many conversations with Bro. Tan.



Campers shared their reflections and also sought clarification from Bro. Tan on Dhamma practice.



Bro. Tan conducted 4 days of insightful Dhamma teachings for youths from 12 countries.



The simple lectures were delivered together with examples which the youths can easily relate to in their lives.



Workshop participants presenting their ideas on how to apply Dhamma in life.



To deepen their learning and comprehension, participants formed smaller groups for discussions.

Meditative day of calmness and serenity *for* Youths

11 May, Sri Serdang



Acharya Tan Siang Chye : Those who are truly living in the present moment are contented and grounded.



Bro. Tan said that training in mindfulness and awareness makes our minds sharper, calmer, and more reflective.



The youthful participants sharing their experience in observing the process of eating.



When we stay in the present moment, we will know the mind. When we can see our minds, we will see Dhamma.



Participants giving thanks before meal to those who prepared and generously offered food for them.



Participants actively asked good questions at the retreat to clarify their understanding of meditation.

On Saturday 11 May, 104 participants joined the one-day meditation retreat conducted by Nalanda founder Bro. Tan and Nalanda Institute Director Acharya Tan Siang Chye. The aim of the retreat is to introduce young adults to regular practice of meditation in order to free their minds from clutter.

Anxiety and stress are often caused by thinking too much, impatience, foolishness, greed, and having unfounded fears. To overcome them, our minds can be trained through meditation to be calm, relaxed and reflective; we can then distant ourselves from proliferation of thoughts.

Bro. Tan also touched on the benefits of cultivating *Mettā*, which helps us overcome latent anger. We truly rejoice in the keen interest of the youths to learn meditation!

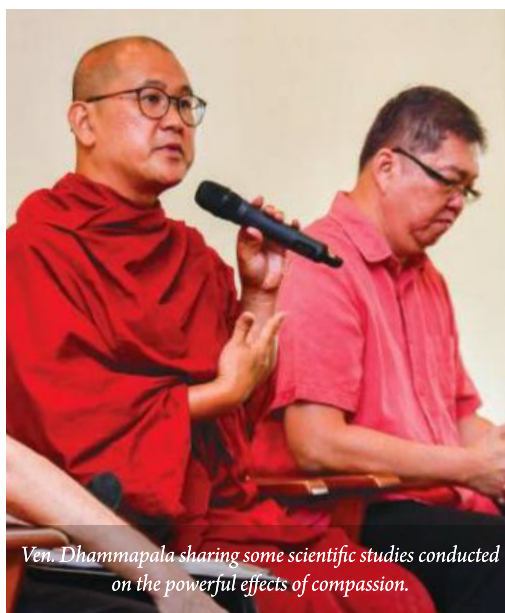


Buddhist Forum on Living Compassionately

12 May, Sri Serdang

Leading up to the 'Buddha Day' observance, Nalanda Institute organised a forum themed "Living Compassionately towards Peace & Harmony". The speakers at the forum were Abbot of Brahmavihara Monastery Ven. Dr. Dhammapala, local composer and musical producer Chow Kam Leong (周金亮), and business consultant Wong Kah Cane (黄家建). They each spoke about their experience in embracing compassion as a daily practice.

The positive energy produced by compassion leads to a peaceful mind, just as soothing music brings calm and serenity. Thus, may we live each day compassionately to bring peace to our hearts and harmony to our social circles.



Ven. Dhammapala sharing some scientific studies conducted on the powerful effects of compassion.



Attendees listening attentively to the interesting talks.



Members of the audience asking questions to the speakers.



We thank all the forum speakers for inspiring us with their candid and insightful sharings.

Buddha Day Heritage Procession

卫塞节传统灯火游行

19 May 2019, 7pm 五月十九日, 晚上七时

我们将恭请 佛舍利 带领灯火游行!

Buddha's Sacred Relic will be brought out to
lead the Heritage Procession in Sri Serdang!

Walk with faith. Walk with friends!

欢迎大家踊跃出席, 让传统美德延续下去!

BPS403 Higher Certificate in Buddhist Studies

Nalanda Institute Malaysia

is offering a 5-month certificate course in Buddhist Studies commencing **6 July 2019**. This course consists of 6 modules and is suitable for those who have obtained the Certificate in Buddhist Studies BPS303, BPS304, BPS305 or equivalent qualifications.

Classes will be held from 2.00 pm to 6.00 pm
on the following Saturdays :

**6, 13, 20 July | 3, 10, 17 August |
7, 28 September | 5, 19 October |
2, 23 November 2019.**

The course will also incorporate a 3D2N study tour
to Bujang Valley archaeological site in Kedah from
14 – 16 September 2019.

The closing date for registration is **30 June 2019.**

You may register on-line through our website at
[http://www.nalanda.org.my/institute/
course-registration](http://www.nalanda.org.my/institute/course-registration)

We invite you to attend a briefing session on the course to be
held on **Saturday, 29 June, 2.00pm** at Nalanda Centre.

Nalanda Institute Malaysia

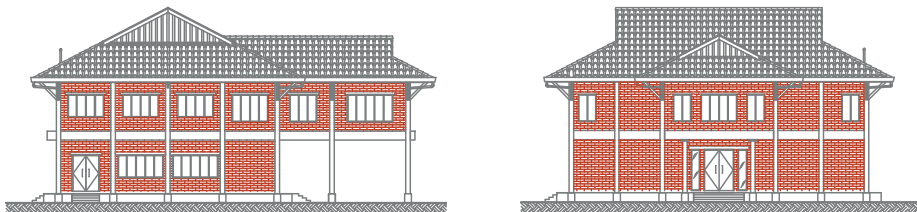
FAMILY FUN FAIR 2019

家庭欢乐日义卖会 七月二十八日 (星期日)

SUNDAY **JULY 28** 9 AM – 4 PM
NALANDA CENTRE, SRI SERDANG

Fund-raising to support the construction of **Wisdom Park**, and expanding the operations of **Nalanda Institute, Dhamma School** and **Free School**.

此义卖会是为了筹募建设‘智慧园’以及佛学校、义学校的经费。

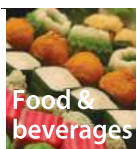


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食品、饮料
及干粮



Food &
beverages



Clothes &
Garments



Children's
Games



盆栽及
园艺品



盆栽及
园艺品

Ways you can help

我们欢迎您的参与

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

Contacts 联络人

Sis. Gioh Gik Choo 013-269 0327 | Bro. Alex Loo 019-225 5919

Upcoming Programmes

May – July 2019

MAY



Buddha Day

01	Nalanda Day – Nalanda Buddhist Society's 16th Anniversary	Nalanda Centre
11	* Meditation Day for Youths Theme: "Rising above the Clutter"	Nalanda Centre
12	Blood Donation & Organ-pledge Campaign	Nalanda Centre
18	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
18-19	Buddha Day – Wesak Observance B.E. 2563	Nalanda Centre

JUNE



Gimhāna Period

01	Pindacāra – 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
03	New-moon Uposatha Service	Nalanda Centre
12	Dhamma talk by Ven. Pematana	Nalanda Centre
15	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
17	Full-moon Uposatha Service	Nalanda Centre
19-23	Meditation Retreat with Ven. Gavesi	Nalanda Centre

JULY



Dhamma Day

01	Nalanda Institute's 12th Anniversary	Nalanda Centre
03	New-moon Uposatha Service	Nalanda Centre
06	Pindacāra – 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
14	Dhammacakka Day at Nalanda	Nalanda Centre
17	Dhamma Day – Asalha Full-moon Uposatha Day	Nalanda Centre
20	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
28	Nalanda Family Fun Fair 2019	Nalanda Centre

* Registration is required.

Special events :

Meditation Day for Youths – Saturday, 11 May | Reunion Day – 5 June

Buddha Day Observance – 18–19 May

Nalanda 'Gimhāna Period' – 2 June – 17 July

Nalanda Family Fun Fair 2019 – Sunday, 28 July

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

Dhamma Reflection

By knowing the Buddha's greatness and honourable personality, it is only befitting that we celebrate this sacred *Buddha Day* mindfully. We make it an occasion to learn, practise and understand Buddhism's lofty ideals, which highlight our potential for the highest contentment, peace and happiness. It would be more meaningful if our Buddha Day Observance were motivated by selfless and altruistic thoughts. Sincere and genuine acts of kindness and compassion for the world are the best ways to honour the Enlightened One. Hence, we encourage all to make *Buddha Jayanti* a meaningful day, for the cultivation of amity and harmony, for the welfare and happiness of oneself and all beings.

'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 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

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 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

Facebook 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.