

Nalanda Bulletin

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Be a blessing to the world

More than 130 youths immersed themselves in learning and contemplating the Buddha-Dhamma to discover true blessings in life during the 4th edition of the *Dhamma-Living Camp for Young Adults*. The insightful and uplifting camp provided conducive conditions for participants to deepen their understanding of Dhamma and to incorporate the practice into their daily lives.

See pages 14 to 17 for reports and photographs of the camp.



Camp participants enjoying a day of voluntary service at Wisdom Park with good spiritual friends.



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True Light of Dhamma shines from within: A general black-out at night did not dim the learning spirit and concentration of participants at the Dhamma-Living Camp for Young Adults.

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Thank you for a fabulous Nalanda 'Family Fun Fair'

Thousands of visitors thronged the Family Fun Fair throughout the day to support fund-raising for holistic community education. Sādhu anumodāna!

28 July, Sri Serdang

On Sunday 28 July, Nalanda Family Fun Fair welcomed thousands of visitors who came in support of raising funds for the construction of Wisdom Park and the extension of Nalanda Institute, Dhamma School, and Free School's operations.

This year's Fair saw a record 170 stalls set up by the community. We are grateful to receive such strong support, and to see everyone working together in harmony and high spirits. Our appreciation goes out to all sponsors, stall operators, neighbours, volunteers and the public for your tremendous support. Thank you for encouraging and enabling holistic education.



Rain and distance proved no barrier to joyful service for our friends who came all the way from Kelantan!



A variety of food and attractions welcomed families with children at the Fair.



Over 100 energetic youths volunteered for this year's Fair.



We are truly grateful to many sponsors who generously support and participate in this noble cause every year.



1.

1. *Bird's-eye View* – The Fair welcomed more than 12,000 visitors who came to support holistic community education.
2. *Wisdom Park Exhibition* – Nalanda officers briefing Y. B. Ng Sze Han on the project's latest plans and developments.
3. *Kudos to Nalanda Free School students* – Diligent students were recognised and awarded with prizes to encourage them in their studies.
4. *Fruitful Day Out* – Many fair-goers were happy with the attractive and fair prices offered by the stalls.
5. *Tadika Nalanda students in action* – Young students of Tadika Nalanda also had the opportunity to contribute to the Fair and to learn skills with the guidance of teachers.
6. *Dhamma School Performance* – Dhamma School students from NEO Centre K.L. braved stage-fright to perform at the Fair.
7. *Go Green!* – Nalandian youths spearheaded eco-friendly initiatives at the Fun Fair by operating a Recycling Centre, encouraging the use of reusable packaging materials, and cleaning up the field after the successful event. *Sādhu!*



2.



3.



4.



Volunteers served morning tea to the inmates at Siri Jayanti Metta Care Centre before presenting them with 'Care Bags'.



Reaching out to kids from Siddharthan Care Centre who shared their ambitions of becoming teachers and policemen.

'Care Bags' provided for the needy

A new initiative of the Family Fun Fair this year was the 'Care Bags' Programme. Thanks to the public's generous contributions, food supplies and essential provisions were presented to 12 charitable homes including shelters for children, the elderly and the disabled.

Nalandians took the opportunity to visit and connect with 'Care Bag' recipients to provide emotional support. While every person needs food as sustenance, it was evident that the children and elderly had even greater appreciation for the time and attention we had given them.



5.



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7.



Childrens' Learning Camp in Sungai Petani

9 – 12 August, Sungai Petani

In August, Nalanda Education & Outreach Centre Sungai Petani hosted a Children's Learning Camp themed 'Always Be Caring!' 40 students aged 9 to 12 years learned about the practice of loving-kindness and compassion through various sharings and activities. The children also listened to Dhamma stories and shared how they can better care for others as well as for themselves.

On the final day of the Camp, they prepared and served a traditional dessert in gratitude for their parents. We thank Nalanda Branch members, facilitators, and volunteers for your effort and contribution towards this wonderful educational camp. *Sādhū!*



Sis. Sunanda taught campers that all beings are owners of their actions. Good actions bring about happy results.



The children enjoyed learning Dhamma in groups as they bonded easily with each other.



The young campers amazingly learned to enjoy meditation and developing calmness.



Many activities were held outdoors to put into practice the value of caring for others.



Students made glutinous rice balls for their parents to express their gratitude and appreciation.

Study Tour to Ladakh, India

23 August – 2 September



Offerings and chanting were held at the recently repaired Memorial Stupa on the grounds of Mahabodhi Campus.



Ven. Sanghasena held a warm reception for Nalandians at the Mahabodhi International Meditation Centre.



Mahabodhi schools were set up in Leh, Bodhkharbu and Tingmosgang for children from rural villages.



Bro. Tan gave a series of Dhamma teachings on gratitude for our parents and benefactors in life.



Every morning and evening, Nalandians gathered for meditation, chanting and Dhamma teachings.

From 23 August to 2 September, 35 Nalandians traveled to Ladakh to participate in the 10th year memorial service for our beloved Dhamma sisters – G. G. Tan, Julie Ang, Jennie Cheong, and Lee Ah Yem – with a special service hosted by Venerable Sanghasena Mahathera.

The group also visited Buddhist schools and centres run by Mahabodhi International, providing them with material and moral support at every station. They also visited temples, monasteries and ancient sites to discover the rich history of Buddhism in Ladakh.

We are grateful to Mahabodhi for their gracious hospitality, and wish them continued success in their many noble and charitable missions. *Sādhu anumodāna!*



Memorial Day for our late teacher and Spiritual Adviser

Nalanda members and devotees gathered to pay tribute to the late Venerable K. Sri Dhammananda. We are ever grateful for his life's work which continues to benefit so many Buddhists even today.

31 August, Sri Serdang

31 August 2019 marked the 13th Anniversary of the late Venerable Dr. K. Sri Dhammananda's passing. Nalandians and devotees gathered on that day to honour our late Spiritual Adviser with a traditional procession of the late venerable's robes. Achariya Vijaya Samarawickrama then delivered a Dhamma talk on the importance and benefits of bearing gratitude.

The Memorial Day observance ended meritoriously with the offering of lunch dāna and requisites to Sangha members, followed by dedication of merits to our late venerable teacher. May he rejoice in these wholesome deeds.



Bro. Lee Kong Foo delivering the Society's Memorial Day message at K. Sri Dhammananda Centre.



Achariya Vijaya shared memorable moments of his learning journey under the tutelage of the late venerable teacher.



At 12.32 pm, devotees commemorated the time of late venerable's passing with meditation and contemplation.



Procession of late venerable's robes marked his last walk from Nalanda House to Nalanda Centre on his final visit in 2006.



Devotees bear gratitude and reverence in their hearts as they offered lunch dāna to venerable monks.



Nalanda officers represented members and devotees in offering robes to venerable members of the Sangha.



A truly blessed Dhamma– Living Camp for Young Adults

Theme: “Discover the Blessings in Life”

6 – 9 September, Sri Serdang



Bro. Tan started the camp by asking campers to reflect on what blessings in life truly mean.



Early in the morning, youths went for a mindful walk after their meditation session.



Every morning and evening, participants recited verses of the Dhamma with faith and in unison.

In early September, Nalanda Youth Centre hosted the much-anticipated Dhamma-Living Camp for Young Adults for the 4th time. It was a memorable experience for 130 participants who gathered to learn, discuss, and internalise the teachings of the Buddha.

Nalanda founder Bro. Tan anchored the programme with insightful teachings where he expounded each verse of the *Mangala*

Sutta in detail. Campers learned to count our own blessings, and not the blessings of others. This actually allows us to discover even more blessings with the right mindset and attitude. Many participants shared how the camp helped them see things with clearer lens of Dhamma. We thank Bro. Tan, the organisers, facilitators, and volunteers for making this camp a very meaningful and uplifting one.



Campers explored their many blessings in life through simple but thought-provoking activities.



With deeper appreciation of blessings, campers related well to the meaningful lyrics of the song “Blessings”.



1.



2.

1. The Camp started in high spirits, allowing campers to ease into the learning sessions and intensive programme.

2. 10 'Dhamma families' were formed for participants to engage in deeper discussions on the teachings, share their reflections, and to bond through team activities.

3. "Good friends keep us going against our defilements." Participants had many opportunities to develop trust and support for each other's spiritual learning and practice.

4. Participants enjoying "Happy Hour" – the evening session when everyone chant and meditate together, bringing calmness and clarity to their minds.



3.



4.

Joyful Day of Service in Wisdom Park



Everyone was inspired to help the 'Green Warriors' of Wisdom Park to rejuvenate the natural ecosystem.



Many said that they have not done this much hard work and yet felt such deep joy working together as a community.



Campers worked in unison and without complaints as they laid cement seating slabs at the field.



Youths found fulfilment in serving a noble cause and even hope to further contribute in the future.

5. The 4-day youth camp was anchored by Nalanda founder Bro. Tan, who gave insightful teachings and examples of living according to Dhamma.

6. Bro. Ponji's sharing of his experience as a refugee left a lasting impression on many to be grateful and to count our blessings.



6.



5.



Study tour to historical Kedah

We express our deepest gratitude to Bro. Tan for conducting the teachings and making the rich history of Kedah come alive for many students.



Bro. Tan delivered a lecture on historical trade patterns and religious beliefs of Srivijaya at the start of the tour.



Bro. Tan demonstrating how stones would have been cut out from larger blocks to be made into building slabs.



Learning with Bro. Tan is always filled with humorous moments from his insightful sharing of knowledge.



Bro. Tan illustrating the route traveled by ancient Indian mariners from the Bay of Bengal to Bujang Valley.



Our gratitude to members of Nalanda Sungai Petani Branch for graciously hosting the entourage over 3 days.

14 – 16 September, Kedah

In mid-September, over 120 students of Nalanda Institute and Dhamma School for Adults embarked on a study tour to Bujang Valley, Kedah led by Bro. Tan. The participants aimed to develop a better understanding of Malaysia's rich Buddhist history by visiting archaeological and historical sites such as Sungai Batu, Merbok, and Semeling located in Kuala Muda district.

Many students remarked that their love for history has grown stronger after the tour. They also gained a deeper appreciation of the links between trade routes, economic growth, social evolutions and religious exchanges over the past two millennia.



Family Fun Fair in Johor Bahru well-received again

15 September, Johor Bahru



Nalanda Dhamma School students operated several stalls and are grateful for the opportunity to give back to society.



Supporters brought a variety of home-made crafts to raise funds for the Fair.



Devotees and students prepared various performances to the delight of fair-goers.



Dhamma School students leading the way in separating and recycling waste.



Educational games and activities were run by volunteers for children of all ages.

On Sunday 15 September, Nalanda Johor Bahru Branch welcomed thousands of supporters to the popular 'Family Fun Fair' 2019. Expanded to 85 stalls this year, fair-goers enjoyed a wide range of food, goods and games; performances by Dhamma School students and talented youths; as well as exhibitions on Nalanda's educational and community programmes.

Y. B. Liow Cai Tung, State Assemblywoman for Johor Jaya, also extended her support to the Fair, spending time to engage with the crowd and shopping at the stalls. We thank our earnest volunteers, stall operators, benefactors, and organisers for making this such a joyous event. Your enthusiasm and selfless service were truly remarkable. *Sādhū ānumodāna!*

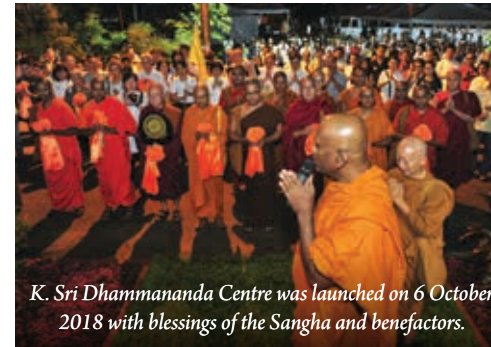
1st Anniversary of K. Sri Dhammananda Centre

6 October 2019 marks the first anniversary of the launching of K. Sri Dhammananda Centre in Sri Serdang. The past 12 months have seen the Centre fully utilised for programmes such as Dhamma camps and meditation retreats. It currently serves as the learning venue for the inaugural and unique Nalanda Dhamma School for Adults Programme.

This facility has been serving its purpose as intended, resulting in more youths, members, and devotees having the opportunity to learn the teachings of the Buddha in a conducive environment and under the tutelage of good teachers. We sincerely thank all donors and benefactors for your generous support in establishing this Centre for Dhamma education. May you rejoice in your wholesome contributions and be blessed with good conditions to realise Dhamma.

"The K. Sri Dhammananda Centre is very well-designed and so well-used! I enjoy learning in such serene environment every Sunday... here my mind settles down very quickly."

— Student of Dhamma School for Adults



K. Sri Dhammananda Centre was launched on 6 October 2018 with blessings of the Sangha and benefactors.



The Centre hosted the Youth camp in 2018, providing a tranquil space for learning and discussing Dhamma.



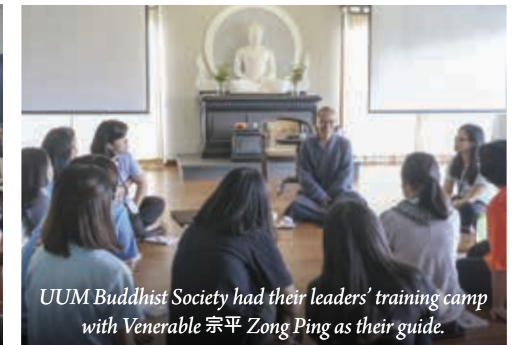
Dhamma School Teachers' Retreat and other such training programmes are often conducted at the Centre.



During school holidays, teenagers stayed in the Centre to learn suttas.



A Dhamma Retreat tailored for our friends from Singapore and Indonesia included many teachings from Bro. Tan.



UUM Buddhist Society had their leaders' training camp with Venerable 宗平 Zong Ping as their guide.



A 5-day meditation retreat led by Venerable Gavesi enabled new meditators to practise under proper guidance.



Students of Nalanda Dhamma School for Adults utilise the Centre on Sundays to learn the Dhamma systematically.



Eight Precepts Programme strengthens our resolve in practising the Dhamma

13 October, Sri Serdang

On 13 October, the full-moon day of *Assayuja*, over 120 participants devoted their day to Dhamma learning and contemplation in the Eight Precepts Programme at Nalanda Centre. Led by Nalanda founder Bro. Tan, the eight-preceptees learned in greater detail the purpose and practice of this noble observance.

We can use new-moon and full-moon days of the month to intensify our spiritual practice by restraining ourselves from unwholesome activities and abandoning cravings to sensual delights. We dedicate more time to perform wholesome deeds, reflect in accordance to Dhamma, establish mindfulness and tranquility, and strengthen our commitment to cultivate the mind. We thank Bro. Tan for guiding participants to establish proper understanding in observing this ancient practice of the noble ones. *Sādhū!*



Participants observed the Eight Precepts at 8.30 am and continued with their learning and cultivation until 8.30 pm.



Meditation sessions helped participants to calm their minds and develop concentration.



Many participants clarified their doubts and sought advice on overcoming hindrances to their spiritual practice.



Bro. Tan explaining the practice of generating gratitude and reflecting on the purpose of taking food.



Bro. Tan reminded everyone about the benefit of observing precepts well, which is achieving freedom from remorse.

4th Anniversary of Wisdom Park Development Committee

14 October 2019 marks the 4th anniversary of the Wisdom Park Development Committee (WPDC). Since its formation in 2015, the 21 members of WPDC have been tirelessly driving the development of this noble project. They have held 48 monthly meetings to plan for the campus, and numerous fortnightly site meetings with contractors to track its timely progress.

Although still in its early stages, we can already witness the benefit Wisdom Park has brought to the community. The first Guest

Lodge and the surrounding land has allowed volunteers to give back to *Mother Earth* by planting 667 trees to-date. The campus had also hosted several important programmes including *Māha Sanghika Dāna*, the Nalanda Leadership Retreat, training for youth camp facilitators, and “Day of Learning & Service” for participants of Dhamma camps.

We extend our deepest gratitude to members of WPDC for their generous and selfless contributions to this vital and impactful community project. *Sādhu anumodāna!*

Since 2015, WPDC members have invested much time and effort to develop the first campus in Malaysia for the training of future Buddhist leaders and teachers.



The Wisdom Park Master Development Plan was conceived just eight months after the Committee was established.



WPDC members regularly share how the project has also led to their own spiritual growth in the last 4 years.



The WPDC is diligent in their planning to ensure all resources are well allocated, utilised, and not wasted.



WPDC comprises Buddhist community leaders and technical professionals working together in concord.



We also thank our contractor partners for their careful attention to the construction of the first few buildings.



Committee Members visit the site regularly to look into the details and progress of construction.



Committee Members often ‘turun padang’ to spearhead laborious work such as planting trees and turfing.



WPDC members also serve during Nalanda's events by engaging with the public to explain about the project.



Wisdom Park

Phase 1B & 1C progressing well



Buildings 03 & 04 – these two adjoining Guest Lodges will cater for more trainees attending Dhamma courses, leadership training programmes, and meditation retreats.

26 October, Hulu Selangor

Construction of Phase 1B and 1C comprising the Administrative Centre, Buildings 03 and 04 – two adjoining Guest Lodges, is progressing well since it commenced earlier this year. 166 pillars had been casted to provide support for a total floor space of 31,500 square feet. These buildings are scheduled for completion in April 2020.

Also under construction are ten pavilions sited strategically across the campus. These simple and elegant structures will provide shelter to practitioners and students as they learn and discuss Dhamma outdoors amidst lush greenery and fresh air.

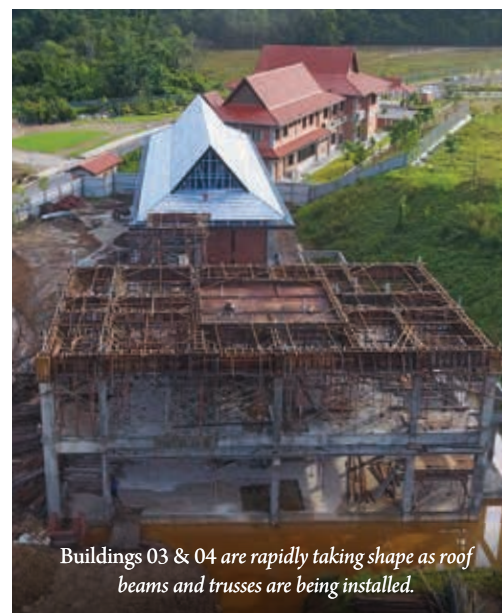
Sponsorship of pillars & pavilions

We need active support of the community to contribute towards building this vital facility for the propagation of Buddha-Sāsana. We invite you to participate by sponsoring any amount to fund its cost of development. Donations can be made at Nalanda Centre Sri Serdang, or via bank transfer to:

“Nalanda Buddhist Society”

Maybank account number : 5121-4702-3622

Learn more about this noble project to train future Dhamma teachers and leaders in order to create a wiser and better society. Visit www.wisdompark.org for information and the latest updates on the project.



Buildings 03 & 04 are rapidly taking shape as roof beams and trusses are being installed.



Building 02 – Administrative Centre will house the Volunteer Office, meeting space and training rooms.

Offering of Robes & Requisites 供袈裟及用品

Sangha Day

僧团日 2019

Nalanda

Nalanda Education & Outreach Centre Kuala Lumpur

Sunday, 10 November | 9 am – 12 pm

Nalanda Centre Sri Serdang

Sunday, 17 November | 9 am – 12 pm

Nalanda Education & Outreach Centre Johor Bahru

Sunday, 17 November | 9 am – 12 pm

Upcoming Programmes November 2019 – January 2020

NOV



02	<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
10	<i>Sangha Day</i> – Robes & Requisites Offering	NEO Centre K. L.
16	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan * One-day Meditation Retreat by Ayya Dipankara	Nalanda Centre / Seri Kembangan market Nalanda Centre
17	<i>Sangha Day</i> – Robes & Requisites Offering	Nalanda Centre & NEO Centre J. B.

DEC



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
08	10th Anniversary Celebration of Nalanda Centre	Nalanda Centre
10	Full-moon Uposatha Service	Nalanda Centre
11	Nalanda Education Day	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
26	New-moon Uposatha Service	Nalanda Centre
31	Dhamma School Appreciation & Honours Day	Nalanda Centre

JAN



1	Nalanda Dhamma School 15th Anniversary New Year Pūja	Nalanda Centre Nalanda Centre
4	<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
5	New Year Sanghika Dāna	Nalanda Centre
9	Full-moon Uposatha Service	Nalanda Centre
18	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market

Special events :

* Registration is required.

* Teenagers' Learning Camp in Johor – 28 November to 1 December

* Teenagers' Learning Camp in Kelantan – 13 to 16 December

* Pilgrimage to India & Nepal – 14 to 28 December

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

Dhamma Reflection

Our values shape our decisions, and our decisions shape our lives. Many people make decisions based on society's views as we usually want others to see us in good light and to accept us. However, the way of the world does not always help us make the right decisions. We should know what values and principles help us stay grounded in life, and continue this practice of Dhamma. A fundamental value is humility. When we face criticism, anger often arises and we defend ourselves because of ego. Don't focus on the suffering but on the learning and growing. If we can learn from suffering, it becomes our teacher and not our enemy. Be aware of our flaws, and develop the indefatigable spirit that we can change; this is how we can improve ourselves.

'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

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Tel. No. +603-8938 1500 / 1501

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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;
Tuesdays 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.