

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 75 | August 2026 | www.nalanda.org.my

For Non-Muslims Only

Support holistic education at Family Fun Fair

The annual Nalanda Family Fun Fair brings together the community for a wholesome day of camaraderie, fun and service. Preparations have been underway for the past months, with volunteers, youths, parents and children working harmoniously to set up stalls, engage sponsors and sell coupons. There will be over 140 stalls with food, beverages, groceries, plants, bags, games and much more! See you together with your loved ones at the Family Fun Fair on Sunday, 16 August!



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

National Wesak Celebration

On Saturday 23 May, Nalanda leaders and volunteers attended the National Wesak Conference 2026 at Menara KEN, organised by the Malaysian Buddhist Consultative Council, themed "Buddhist Principles & MADANI Practices" to explore the profound synergy between timeless Buddhist teachings and Malaysia's national policy vision, the MADANI framework.

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Parenting Workshop to build positive family relationships

March – May, Sri Serdang

50 parents completed the meaningful 5-week Parenting Workshop conducted by Bro. Aggaphala Yap for Nalanda Dhamma School parents. The workshop was specially designed to support parents in nurturing their children with wisdom and compassion, guided by Dhamma.

Participants learnt the importance of parenting grounded in understanding, self-awareness, emotional regulation, and positive parenting practices. Bro. Aggaphala emphasised that building emotional connection with children is more important than maintaining control and encouraged parents to practise calm listening and mindful responses in daily family interactions.

We rejoice in the learning spirit of Dhamma School parents. *Sādhū.*



Parents find many similarities in their challenges when discussing in groups.



Ice-breaking games for parents to get to know one another at the start of the programme.



Bro. Aggaphala led the panel sharing by parents.



Taking part in quizzes and questionnaires online.



Parents were deeply engaged in the sharings by Bro. Aggaphala as his guidance enabled them to understand how to positively impact their children as well as family.

16 May, Sri Serdang

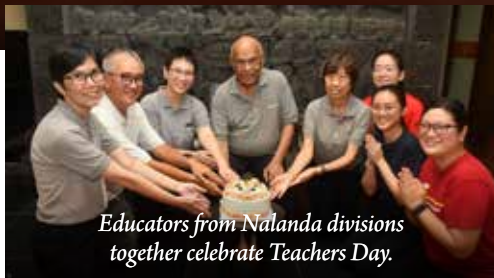
The Nalanda community celebrated Teachers' Day with members, students and volunteers expressing their heartfelt gratitude and appreciation to teachers for their dedication in guiding and nurturing others through Dhamma.

Our appreciation was especially extended to Achariya S. Vijaya for his invaluable contributions in leading and guiding Nalanda Institute and Nalanda Education Committee over the past 2 decades.

Free School students also celebrated the positive impact of their volunteer teachers on their lives with heartfelt notes and handmade tokens.

We hold much gratitude for all teachers, past and present, who have dedicated their lives to uplift others through education. Thank you to all teachers!

Honouring teachers on Teachers' Day



Educators from Nalanda divisions together celebrate Teachers Day.



A special blessing from all of us to Ach. Vijaya for his decades-long contributions to Buddhist education.



Free School's Principal Dr. Ng Chwee Fang explained the importance of gratitude to those who guide us.



Students are grateful for their teachers, knowing that they have helped them selflessly.



Free School students expressed their gratitude and thanks to all the teachers and volunteers for their care and dedication.

A Fruitful & Peaceful Buddha Day Observance

Wesak Theme B.E. 2570

Leading a Life of Wisdom & Compassion

30 May – 7 June, Sri Serdang

The Buddha Day Observance at Nalanda spanned 9 days with the community gathering in devotion, learning and cultivation. The theme “*Leading a Life of Wisdom & Compassion*” was explored by devotees, and will continue to guide the learning for the next year.

A highlight of the observance was the Heritage Procession, a unique cultural and spiritual experience. We extend our appreciation to the Organising Committee, venerable monks, volunteers and devotees who have enabled the community to experience a meaningful Wesak.

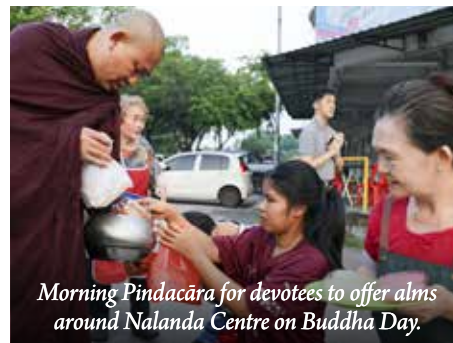




Members welcomed venerable monks to Nalanda Centre for Wesak celebrations.



Sis. Paruadi Ramansamy shared the Buddha's journey on the eve of Wesak full-moon.



Morning Pindacāra for devotees to offer alms around Nalanda Centre on Buddha Day.



The Nalanda Community gathered for Buddha Pūja and Dhamma learning in the morning.



Starting the Buddha Day Morning Service by calming the mind.



Society President, Sis. Buddhini Tan shared the Buddha Day message.



Ach. Tan Siang Chye delivered the Dhamma talk during the Buddha Day Morning Service.



Offering lunch dāna to venerable Sangha members after the morning service.



Devotees reminiscing at the "Terima Kasih, Dhammananda" Exhibition.



Development Committee Chairman, Bro. Tan Say Kee sharings on Wisdom Park programmes and development.



Visitors experienced Wisdom Park from the skies through a special 360° tour by drone.



Volunteers serving the community with joy at the Mass Food Offering.



Devotees walked devotedly with a candle lit by the flame from the first altar at Nalanda Centre.

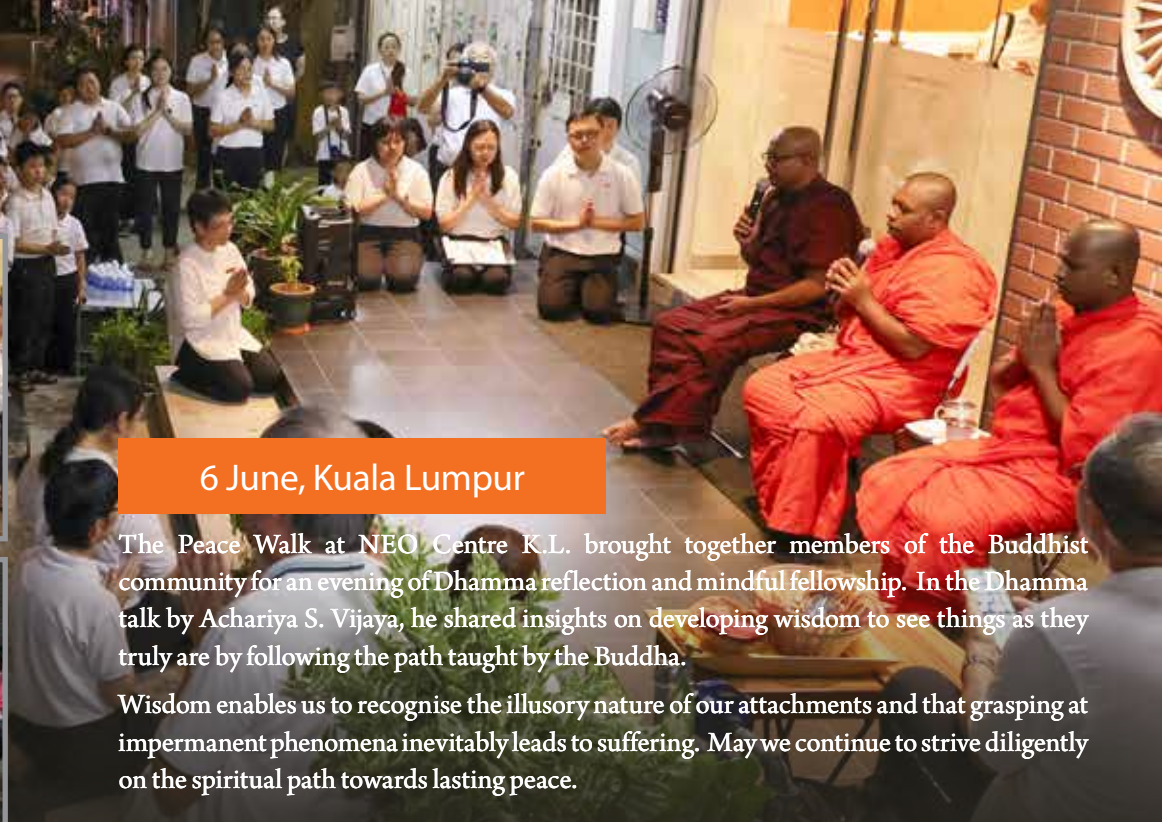


The enriching Dhamma Through Drama production was led by Sis. Sunandā Ong, Youth Centre and Dhamma School students.



Sharing and transference of merits led by venerable Sangha members at the completion of the Wesak night programme.

Harmony & Goodwill at Peace Walk



6 June, Kuala Lumpur

The Peace Walk at NEO Centre K.L. brought together members of the Buddhist community for an evening of Dhamma reflection and mindful fellowship. In the Dhamma talk by Achariya S. Vijaya, he shared insights on developing wisdom to see things as they truly are by following the path taught by the Buddha.

Wisdom enables us to recognise the illusory nature of our attachments and that grasping at impermanent phenomena inevitably leads to suffering. May we continue to strive diligently on the spiritual path towards lasting peace.





Buddha Day Observance



across the Peninsula

30 – 31 May, Johor Bahru

Nalanda Johor Bahru Branch members hosted the local community to observe Buddha Day through cultivation of wholesome qualities and learning.

Commencing from the eve of the full-moon day, devotees gathered to learn Dhamma, cultivate mindfulness and mettā, and develop generosity through supporting the Sangha.

The observance culminated in a peaceful and calm Heritage Procession. We extend our appreciation to the Branch Management Committee members and all volunteers as well as Family Dhamma School students for this outreach to the community.



Community joyfully made offerings to venerable Sangha members on Buddha Day morning.



Bro. Ooi Boon Keat delivered a Dhamma talk during the Buddha Day Service.



The Buddharpam sedan led the stately procession.



Devotees each carried a flame, signifying the relay of Dhamma through the centuries to today.

30 – 31 May, Sg. Petani

Nalanda Sg. Petani Branch members reached out to the community there with meaningful Dhamma Day programmes on the eve and day of Wesak full-moon.

Devotees were able to learn more about the theme “Leading a Life of Wisdom & Compassion” as well as participate in the Blood Donation Drive to give selflessly to those whom they do not personally know.

We rejoice in the efforts of the Branch Management Committee and members, and hope that the community there will continue to gather to enrich themselves with the Buddha’s teachings.



Blood Donation Drive brought the community to come together to do good.



Bro. Tong Siong Yeow guided devotees to learn more about the theme of Buddha Day.



Making offerings with faith and devotion.



Making aspiration.



Youth leader Bro. Ajita Lim shared about Wisdom Park's objectives at the exhibition.



Dhamma School Chief Facilitator, Sis. Lau Wei Nee led the tour of the special memorial exhibition.

4 & 5 June, Sri Serdang & K.K.B.

We joyfully hosted monks, comprising lecturers and students from universities in Sri Lanka, visiting Malaysia sponsored by Ven. B. Saranankara. Touring Nalanda Centre and the special exhibitions, venerable Sangha members expressed their rejoice in the Dhamma educational efforts.

Ven. Saranankara led the group to offer chants of blessings for the ongoing development at the construction site of Wisdom Park Phase 2, for its successful completion and future service to the Dhamma community. We thank Ven. Saranankara and Sangha members for their encouragement & blessings.



Blessings for Wisdom Park Phase 2 construction



Learning mindfulness with Ven. Jutipaṇṇo Mahāthera

5 – 9 June, Pontian J.B.

Nalanda Johor Bahru Branch organised a Meditation Retreat guided by Ven. Jutipaṇṇo Mahāthera at the Dhamma Light Meditation Center in Pontian. Under his guidance, yogis cultivated mindfulness through sitting and walking meditation, as well as in daily chores.

We rejoice in the dedication of the yogis in their mindfulness practice as part of their spiritual path. Our gratitude goes out to Ven. Jutipaṇṇo for his compassionate teachings and also wish him good health and smooth progress in his noble endeavours. *Sādhū anumodāna.*



Ven. Jutipaṇṇo skilfully and patiently led yogis to hone their mindfulness.



Meditating as a group provides quiet encouragement and support to one another.



Honing continuous mindfulness in daily chanting.



We thank the Organising Committee for enabling the yogis to develop in their Dhamma practice.



Everyone doing their part in daily chores to upkeep the facilities.



Dhammaduta Collegiate aligns on Culture and Standards

17 June, Sri Serdang

Nalanda Dhammaduta College held a training session on speaker culture and standards, guided by Sis. Sunandā Ong.

Participants delved deep into the College's Founding Charter, aligning understanding and interpretation of its key principles. They also reflected on how we continually train and refine ourselves as Dhamma speakers. Even as diverse voices, we can unite in a shared culture, mission, and aspiration.

We wish our Dhamma speakers every success in propagating the Dhamma in an engaging and inspiring way.



Sis. Sunandā expanded on how our alignment in culture and standards benefits the community.



In the interactive session, participants also shared their reflections.



Supporting each other in learning through discussions.



Chairman of Nalanda Education Committee, Ach. Tan Siang Chye shared his advice with the collegiates.



Honouring parents with gratitude and love on Parents' Day

21 June, Sri Serdang



Reflecting on the love and care afforded to them by their parents and family members.



Symbolic of their love, parents give chocolates to their children.

Nalanda Dhamma School hosted a joyful and meaningful Parents' Day celebration at Nalanda Centre, dedicated to honouring and reflecting on the invaluable role and contributions of parents in our lives.

It was a most touching moment when children paid homage to their parents, expressing gratitude and respect for their care, sacrifices, and unconditional love. In return, parents offered blessings for their children, creating an atmosphere of mutual love and appreciation. May this spirit of love and care continue to grow.



Capturing happy and precious moments together.



Children hand-draw a portrait of their parents as a gift for Parents' Day.



Progressing together at Nalanda Members' Day

21 June & 2 August

Nalanda members gather regularly at Nalanda Centre for Members' Day, a meaningful occasion to welcome new members, strengthen fellowship, and receive updates on the Society's progress and future direction.

Members received Nalanda's D.N.A (Direction, News & Action), reflecting on the values and culture that guide our mission of providing Holistic Buddhist Education. Treated to a special snippet of Asoka the Musical Experience, members appreciated the efforts of so many who contribute to this fund-raiser.

Let us continue to serve selflessly towards the mission of holistic education.



President, Sis. Buddhini Tan provides members with the Society's latest update.



Bro. Chan Chee Woh shared gratitude for opportunities to serve & how it helps his practice.



Sis. Foo Ai Li conducted a sharing session on Effective Engagement.



Sis. Nandini Tan expressed her gratitude to Director Yang Wei Han and Choreographer Dr. Leng Poh Gee.



Celebrating birthdays of kalyana mittas to show our gratitude for their friendship and service.



Nalanda K.L. Branch Management Committee and members joined for fellowship & updates.

Luang Pu Maha Sawaeng guides Nalanda Community

24 June, Sri Serdang

Members and devotees took the opportunity to learn from Venerable Luang Pu Maha Sawaeng, during his trip to Malaysia. Luang Pu reminded us of the great fortune we have in encountering the Dhamma and encouraged us to keep walking this path with sincerity. He also emphasised the importance for lay practitioners to diligently observe the Five Precepts as the foundation for a wholesome and peaceful life.

Luang Pu guided us on the cultivation of merit through having right intention, and then in meditation to complete the session. Our deepest appreciation to Luang Pu and we wish him the best of health. *Sādhū*.



Members welcome Luang Pu Maha Sawaeng and venerable Sangha members to Nalanda Centre.



Luang Pu led the community to share and dedicate merits.



Devotees patiently listen to the translation of Luang Pu's teachings to English.



Learning more about Wisdom Park Phase 2 which triples the capacity of the educational campus.



At the 'Terima Kasih, Dhammananda' Exhibition to find out more about our late Spiritual Advisor.



Perusing the Pāli Tipitaka presented to Nalanda Institute by the Dhamma Society of Thailand.



Ajahn Kittisobhāno guides community at NEO Centre K.L.



Finding Stillness in a busy world with Ajahn Kovido

25 June, Kuala Lumpur

Nalanda K.L. Branch joyfully hosted Venerable Ajahn Kittisobhāno for a Dhamma talk in the weekly Group Meditation session. Ajahn shared that the Buddha did not prescribe a single, rigid path to enlightenment. We may walk the path according to natural inclinations, whether by first developing concentration, cultivating wisdom, or nurturing both in balance.

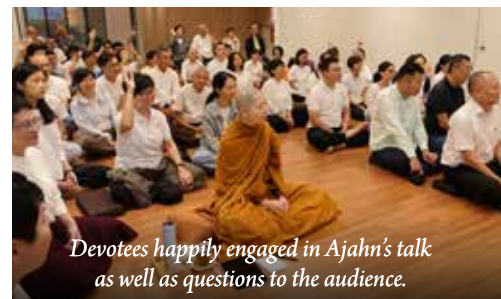
Awakening unfolds through listening to the Dhamma, reflecting deeply, and directly observing the true nature of reality. We thank Ajahn Kittisobhāno for his guidance and clear teachings.



Sis. Nandini discussing the upcoming Dhamma workshop with Ajahn.



Devotees respectfully received Ajahn for the Dhamma teaching.



Devotees happily engaged in Ajahn's talk as well as questions to the audience.



Ajahn giving clear and succinct guidance, a sneak peek into the Dhamma workshop.



Learders and members welcoming Ajahn Kovido to Nalanda Centre.



"Letting go of certainty allows the mind to rest in stillness and accept conditions as they are."

29 June, Sri Serdang

On his maiden visit to Nalanda Centre, Ven. Ajahn Kovido guided us to find stillness. He taught that stillness is found in awareness. By "staying with the one who knows," we become the witness to the mind instead of being carried away by its activity. Using a reflection of "not sure" we recognise the uncertainty of any situation. Letting go of certainty allows the mind to rest in stillness and accept conditions as they are.

We thank Ajahn Kovido for his compassionate Dhamma talk and wish him good health.



Looking into the life of the late Ven. Dhammananda at the exhibition.



Sis. Paruadi explained objectives of Wisdom Park and get blessings from Ajahn.

Leader and Youth Exchange across the southern border

26 – 29 June, J.B. & Singapore

Nalanda leaders and Nalanda Youth Centre leaders embarked on a leadership exchange with Buddhist Fellowship (BF), Buddhist Fellowship Youth (BFY), and Dhamma Assembly for Young Working Adults (DAYWA) in Singapore.

The visit provided valuable opportunities to learn effective organisational cultures and practices, reflect on leadership values with fresh perspectives, and strengthen friendship between our Buddhist communities. We express our sincere gratitude to our friends for their kindness, warm hospitality, and generous sharing of experiences. May our fellowship continue to grow and flourish.



Youth leader, Bro. Yeo Disheng introduced the Youth Centre vision and programmes to DAYWA.



Taking opportunity to pay visit to Dhamma Light Meditation Center in Pontian, Johor.



Youth Leader Bro. Ajita Lim delivered a Dhamma talk for Buddhist Fellowship Youth.



Youth Mentor, Bro. Lee Kong Foo shared words of advice.



A photograph with the Buddharupam gifted by Nalanda for BF's new Dhamma centre.



Dhamma workshop by Ven. Ajahn Kittisobhāno

27 & 28 June, Sri Serdang

Nalanda K.L. Branch hosted the Mandarin Dhamma Workshop titled “When Knowing Sets You Free” led by Ven. Ajahn Kittisobhāno. A total of 140 participants attended the workshop and gained understanding of how Right View can be cultivated through understanding the Four Noble Truths, the Five Aggregates, and the nature of craving.

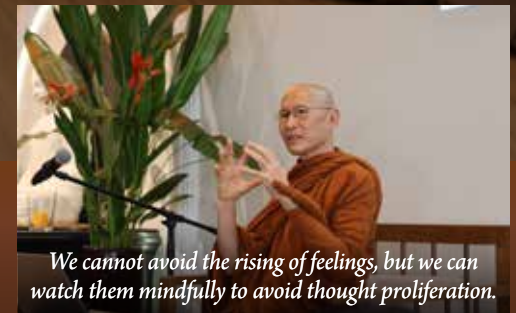
Participants were also encouraged to develop wholesome daily practices, including recollection of the Three Jewels and mindful observation of emotions, enabling them to gradually replace ignorance with wisdom and cultivate greater inner freedom.



Devotees made additional effort to offer healthy meals to Ajahn daily.



Ajahn taught us to bring our recollection of the Three Jewels into our hearts.



We cannot avoid the rising of feelings, but we can watch them mindfully to avoid thought proliferation.



Devotees connected to the clear guidance by Ajahn on the Noble Truths.



Discussions brought about better understanding of the teachings.



Gaining better understanding through the Q&A sessions.

A Retreat of Serenity & Harmony

1 – 6 July, K.K.B.

Friends of Wisdom Park Singapore Chapter gathered for a Dhamma Camp led by Ven. Ajahn Hasapañña and Ven. Jotika. The group of spiritual friends immersed themselves in the serene and cool surroundings of Wisdom Park, a welcome respite from daily busyness. Through daily Dhamma teachings, discussions & guided meditation sessions, they deepened their understanding and practice.

Ajahn highlighted the importance of maintaining continuous mindfulness in daily life, for us to respond to changing conditions with greater clarity and composure.

Guided by the Sangha and supported by harmonious spiritual friendship, the retreat provided a meaningful opportunity to cultivate inner peace, wisdom, and the joy of walking the Noble Path together. *Sādhū!*



Morning meditation and chanting at a pavilion in the serene grounds of Wisdom Park.



Daily offering of pindapat by participants and volunteers.



Group discussion and notes to share with the wider group.



Ven. Jotika conducted the group discussion for participants to deepen their learning.



Ajahn Hasapañña guided participants to recognise unwholesome states with mindfulness.



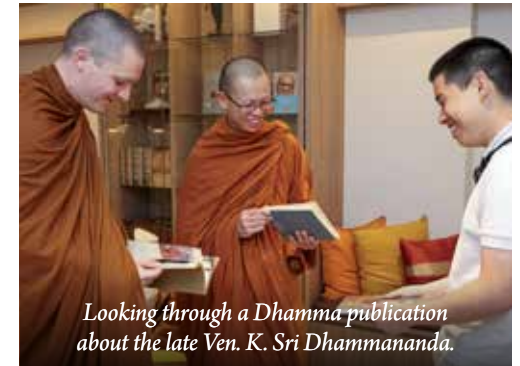
Working together joyfully, Friends of Wisdom Park planted the Tembusu (Fagraea Fragrans) at the campus.



Learning with Ajahn Kalyano at NEO Centre K.L.



*Joyful discussions with Ajahn Kalyano
as we seek his advice.*



*Looking through a Dhamma publication
about the late Ven. K. Sri Dhammananda.*

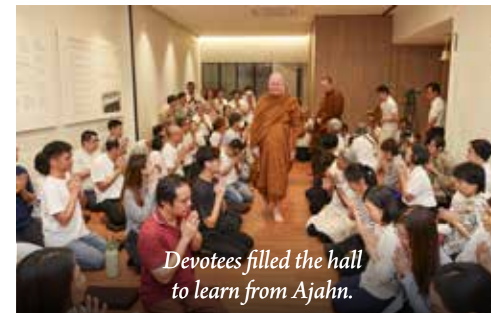
9 July, Kuala Lumpur

We were honoured to welcome Ven. Ajahn Kalyano to NEO Centre K.L. for a joyful evening of Dhamma. Ajahn reminded us that we are fortunate to have a supportive place and community for Dhamma learning and practice and this should not be taken for granted. It remains up to us to make good use of these conditions with a sense of urgency.

The ever-changing and unpredictable nature of the world calls for urgency in practice. Rather than being overwhelmed by uncertainty, let our anxieties become a motivation to deepen our practice, while also remembering to appreciate the many good things still present in our lives.



*The weekly evening group meditation service
commences with evening chanting.*



*Devotees filled the hall
to learn from Ajahn.*



*"The ever-changing and unpredictable nature
of the world calls for urgency in practice."*



*Ajahn led devotees in sharing
and dedication of merits.*



*Devotees took the opportunity
to ask questions & clear doubts.*



*Nalanda leaders thanking Ajahn Kalyano
for his visit and guidance.*



#



Young Working Adults Forum

“When life changes faster than you are ready for.”

11 July, T.T.D.I.

Nalanda Youth Centre hosted a special forum as part of the Young Working Adults programme. Panellists Datuk Charlie Chia, Bro. Lee Kong Foo and Bro. T.P. Lim shared candid reflections, offering practical wisdom on navigating uncertainty and changes in career and life.

Change is a natural part of life, and much of our stress comes not from change itself, but from resisting it. Challenges, setbacks, and even starting over are not signs of failure, but valuable opportunities to learn, grow, and develop resilience.

We extend our heartfelt gratitude to our forum speakers for their valuable insights to guide the young working adults.



12 July, KKB

190 members of the Nalanda community including adults, youths and Dhamma School students gathered at Wisdom Park for a meaningful Community Learning Day. Adults and youths deepened their understanding of Kamma with Achariya S. Vijaya who shared that kamma simply means intentional action and that we are the architects of our lives.

Sis. Sunandā Ong guided an interactive workshop to show how intentions, choices and actions shape lives. May the seeds of right understanding planted during this day inspire their daily lives.



Sis. Nandini Tan sharing how the Dhamma can guide us towards creating a better life.



Ach. S. Vijaya emphasised the importance of good deeds in our lives, even as we strive for Nibbāna.



Sis. Sunanda helped the community to relate the learning to their daily lives.



Together calming the mind in order to start a fruitful day of learning.



Learning stations for Dhamma School students across the Wisdom Park campus.



Discussing how intentions, choices and actions shape their lives.

Creating a better life through Dhamma and Community





佛教三大传承对谈 Special Intra-Buddhist Dialogue

26 July, Sri Serdang

On Dhammacakka Day, Nalanda Institute Malaysia was honoured to host for a special Intra-Buddhist Dialogue with respected monastics from the Theravāda, Mahāyāna, and Vajrayāna traditions.

The venerable panellists shared insights into their respective Dhammadūta efforts, contemporary challenges, opportunities for growth, and the thoughtful use of emerging technologies in propagating the Buddha's teachings.

We thank Ven. U Paññāsāmi, Ven. Chang Zhao (常藻法师) and Ven. Ji Xun (继薰法师) for their compassionate sharing. *Sādhū anumodāna.*



Ven. U Paññāsāmi (慧主法师) from Dhamma Earth specialises in Pāli Canon studies and meditation



Ven. Chang Zhao (常藻法师) from Dharma Drum Mountain Malaysia shared importance of unity.



Ven. Ji Xun (继薰法师) from Lamrim Buddhaksetra Retreat Centre on integrating learning with practice.



Participants proactively sought more information when the floor was opened for questions.



The community together made offerings for the meal dāna.



Rejoicing in the opportunity to offer dana to venerable Sangha members.



28 July, Sri Serdang

With faith, devotees gathered on the Asalha full-moon Uposatha to commemorate Dhamma Day, when the Buddha had first turned the Wheel of Dhamma over 2,600 years ago. The Dhammacakkappavattana Sutta was recited by devotees, reflecting on His teachings and its timeless truth

Sis. Buddhini Tan reminded us that true freedom begins with understanding the Four Noble Truths, and to reconnect with Dhamma roots by nurturing wholesome qualities of non-greed, non-hatred and non-delusion. May the Dhamma continue to be guiding light for all of us.



The service began with pūja, offering light, water and flowers to the Three Jewels.



Dhamma School graduates led the evening chanting.



Sis. Buddhini Tan shared about the significance of Dhamma Day.



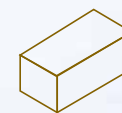
Devotees also took time to develop the mind through meditation.

WISDOM PARK PHASE 2

Be a Part of the Next Chapter

Every brick and tile laid creates space for Dhamma learning and practice for generations to come.

Your contribution becomes part of a shared legacy.



RM 10
per brick



RM 360
per square foot



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We accept Touch N' Go e-wallet, Maybank QRPAY & DuitNow.

Stay connected at
www.wisdompark.org

Nalanda

SANGHA DAY OBSERVANCE 僧团日

Sunday, 22 November 2026

9am – 12pm | Nalanda Centre, Sri Serdang



Kindly register with the QR code to make offerings of robes, requisites, medicine and education fund for Sangha members.

Dhammananda Youth Camp

The joy of Dhamma

25 to 27 December 2026

Wisdom Park, Kuala Kubu Bharu



Register now

Upcoming Programmes August – November 2026

AUG



Family Fun Fair

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
15	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
16	Family Fun Fair	Nalanda Centre
23	Family Fun Fair Volunteer Appreciation	Nalanda Centre
29 – 31	<i>Tipitaka</i> Workshop with Ven. Dr. Santacitto *	Nalanda Centre
30	Sunday Service & Dhamma Talk with Ven. Dr. Santacitto	Nalanda Centre
31	20th K. Sri Dhammananda Memorial Day	Nalanda Centre

SEPT



Asoka Show

05	<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
06	Family Fun Fair in Johor Bahru	NEO Centre J.B.
06	Youth Silver Lining Day *	Bodhihome Care
19	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
19 & 20	Dhamma Through Drama - The Conquest of Asoka *	Menara KEN, TTDI

OCT



Study tour to Borobudur

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
04	Nalanda Members' Day	Nalanda Centre
07 – 11	Study tour to Borobudur *	Jogjakarta, Indonesia
18	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market

NOV



Fuel-up Camp

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
07–09	Nalanda Dhamma School Facilitators' Retreat *	Wisdom Park
07–09	Nalanda Youth Centre Fuel-up Camp *	Nalanda Centre
15	Sunday Service & Dhamma Talk with Ven. Ajahn Pavaro	Nalanda Centre
15	Nalanda Members' Day	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market

* Registration is required

Dhamma Reflection

When life is driven by our weaknesses and unwholesome actions, we diminish its potential. When we cultivate patience, tolerance, sympathy, humility and kindness, serve others, and train the mind to be unbiased, life becomes noble and beneficial. Peace, happiness, calmness and satisfaction then arise as natural fruits of that cultivation.

The concluding teaching—“We are the result of what we were and will be the result of what we are”—reinforces the idea that our life is continually being shaped by our present choices and actions.

This could be expressed very simply as a reflection:

The purpose of life is not merely to seek happiness, but to cultivate ourselves so that the way we live becomes a source of well-being for ourselves and others.

– Extracted from ‘*The Purpose of Life*’ by Ven. K. Sri Dhammananda

‘Like’ our Facebook page 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.

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Nalanda Centre is open daily from 10am to 5pm. For visits, kindly call to make appointments.

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NEO Centre K.L. is open on Tuesdays – Fridays, 2 pm – 6 pm | Saturdays & Sundays, 9 am – 1 pm.

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