

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 17 | September 2013 | www.nalanda.org.my

For Non-Muslims Only



Bujang Valley Study Tour for Buddhist Youth Leaders **14 – 16 September**

Nearly 90 youths and devotees from Nalanda Youth Centre, 4 Buddhist Societies and 2 universities in Kedah had an enlightening tour to Bujang Valley under the guidance of Bro. H S Tan. The three-day tour covered several archaeologically-important sites such as Sungai Batu, Merbok, and Semeling, located in Kuala Muda district of Kedah.

Bro. Tan's expertise in local history and geography was truly amazing and totally mesmerizing as we listened transfixed to his detailed narrative of *Sriwijaya* and many other ancient Southeast Asian kingdoms! Participants felt very fortunate to be able to learn personally from such a knowledgeable teacher as him! (Continued on Page 6 & 7)

Contents this issue

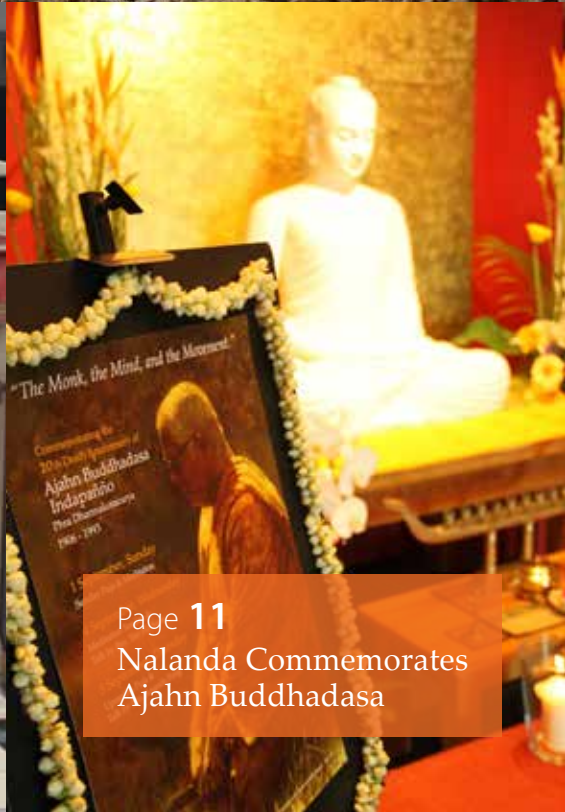


Pages **1 & 6 - 7**

Nalanda Youth Centre
Bujang Valley Study Tour
for Buddhist Youth Leaders



Page **10**
K. Sri Dhammananda
Memorial Day



Page **11**
Nalanda Commemorates
Ajahn Buddhadasa



Pages **8 – 9**

Nalanda Institute
Study Tour to
Borobudur & Jogjakarta



Pages **12 – 13**

Nalanda Institute & Dharma School
Youthful Buddhist Quiz



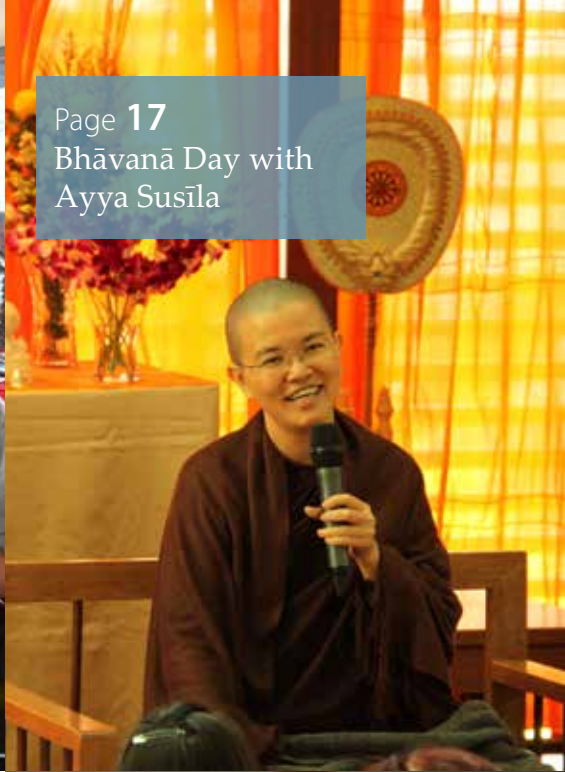
Pages **14 – 15**

Dhamma-Living Camp
at 6,000 feet above sea-level

Page **16**
Family Fun Fair –
A Fantastic Outing!



Page **17**
Bhāvanā Day with
Ayya Susīla



Page **18**
Nalanda Officers'
Workshop (N.O.W.)



Page **19**
Nalanda Dharma School
Facilitators' Training





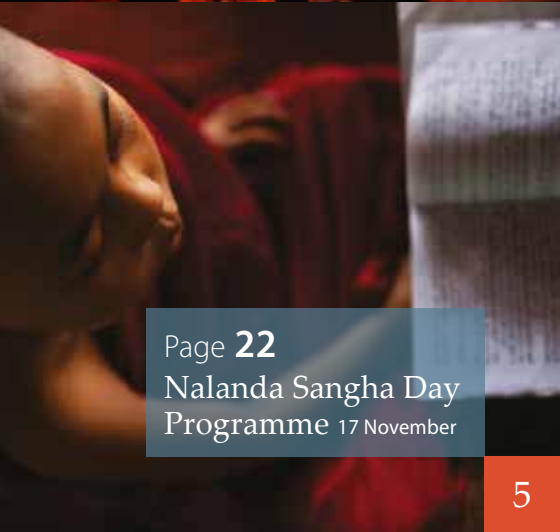
Page **20**
Buddhist Community Alliance
One big family!



Page **21**
Visit by Wakaf Bharu
Dhamma School



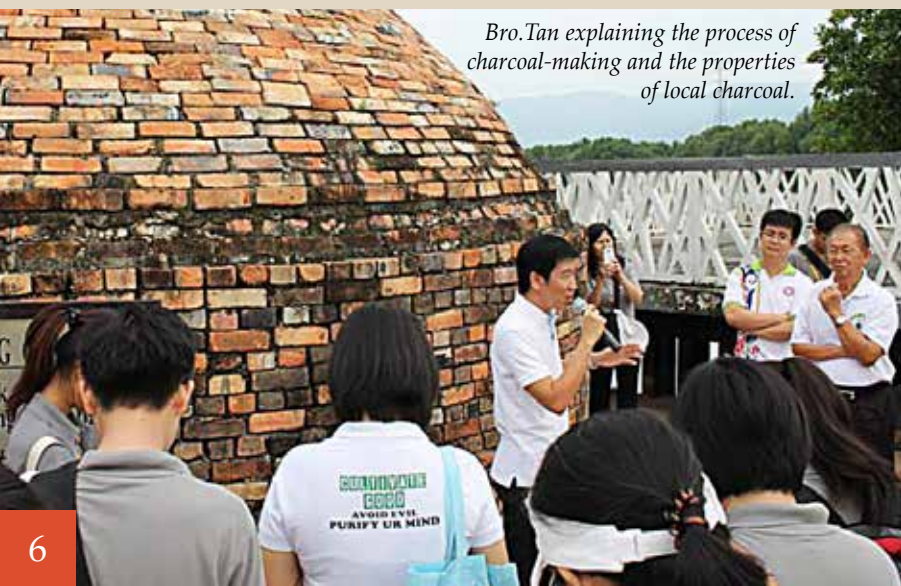
Pages **20 – 21**
Visit by Serdang Buddhist
Association Leaders



Page **22**
Nalanda Sangha Day
Programme 17 November

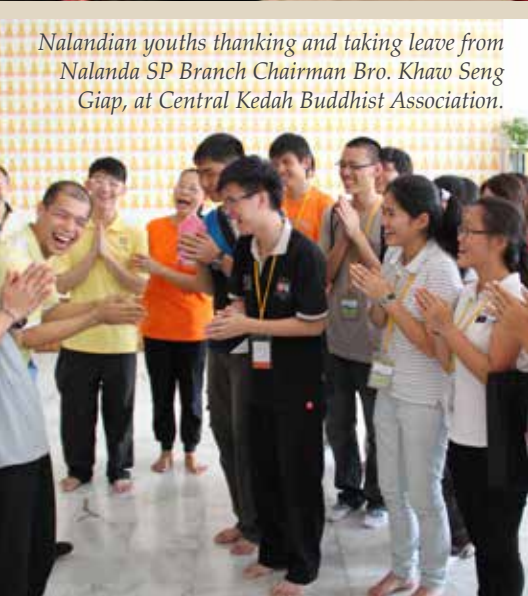


Bro. Tan explaining the process of charcoal-making and the properties of local charcoal.





Bro. Tan gave us a 2-hour long lecture at this spot on the brief history of Srivijaya!



Nalandian youths thanking and taking leave from Nalanda SP Branch Chairman Bro. Khaw Seng Giap, at Central Kedah Buddhist Association.

Buddhist Youth Leaders' Study Tour to Bujang Valley

14 – 16 September

(Continued from Page 1)

Besides historical sites, our group also visited the fishing village of Tanjung Dawai for a very relaxing afternoon tea with *ais kacang*. Our picnic lunch at Bujang Valley Museum and hawker-centre dinner in Sungai Petani were equally wonderful! Apart from the gain in knowledge, we also got to know so many new friends from Kedah and elsewhere, thus strengthening our Buddhist fellowship. It was simply an amazing trip for many of us!

We would like to record our deepest appreciation to Gurun Buddhist Association and its leaders for hosting our 3-day stay in Kedah. Special thanks to YBAM Kedah Liaison Committee for arranging the logistics of our study tour. We also thank Central Kedah Buddhist Association, Changloon Buddhist Association, as well as the Buddhist Societies of UNIMAP (Perlis) and AIMST (Kedah) for joining the tour.

Thanks to Mr. Herman Lim and ETN Explorer Sdn Bhd for arranging our ground transport, and our driver En. Azrul for getting us safely there and back. Finally, we thank everyone who participated in this enriching study tour for your enthusiasm, great learning attitude, and wonderful companionship! As Bro.Tan always reminds us, let's continue this spirit of 'learning, reflecting and growing'. Sadhu anumodana, and thank you all!



18 – 22 September

Nalanda Institute
Study Tour to Borobudur & Jogjakarta

Beautiful Jogjakarta

43 eager devotees departed for Jogjakarta, Indonesia on 18 September with keen anticipation. Under Bro. Tan's adept guidance and care, our 5-day study tour was greatly informative and inspiring as we visited and paid homage at the magnificent historical Buddhist monuments in the region. We also met with local Buddhist communities and had uplifting exchanges in the Dhamma.

From the majestic volcanoes of Merapi and Merbabu in the North, to the vast Indian Ocean and Parangtritis Beach in the South, we were awestruck by the beauty and harmony of this Special Region of Jogjakarta. Coincidentally, this tour group was evenly distributed with 14 participants each from Kedah, Selangor and Johor. From the North to the South, it was indeed a trip of friendship and bonding as we took the opportunity to get to know one another better!

With deepest gratitude, we would like to thank Bro. Tan for his astonishingly detailed narrative and commentary, the friendly wit and humour throughout the study tour, and his energetic spirit in propagating the Dhamma. We are all greatly inspired and motivated! We are also happy to have met so many "*kalyanamitta*" (spiritual friends) on this trip! Thank you all!



Visiting Vihara Dhamma Sundara in Solo and admiring its beautiful and symbolic architecture.



A warm and friendly meeting with Ven. Sri Pannavaro of the Sangha Theravada Indonesia at Mendut Temple.

Bro. Tan's insightful narrative of the relief panels at Candi Borobudur, a UNESCO World Heritage site, was truly enlightening!



Candi Mendut was built slightly earlier than Candi Borobudur, and designed to complement it.





Earnest and Heartfelt Memorial Day

31 August

Saturday, 31 August 2013 marked the 7th Anniversary of the late Venerable Dr. Kirinde Sri Dhammananda's passing. Nalanda honoured our late Spiritual Advisor with a commemoration ceremony on that day. The auspicious occasion began with a flag-raising ceremony and robes procession from Nalanda House to Nalanda Centre.

After the meditation, pūja and chanting, Bro. Tan gave a moving and poignant Dhamma talk, with fond recollections of the late venerable's humour, kindness, and wisdom. Bro. Tan also reminded us to "admire the Dhamma from near", and to live in accordance with the Dhamma. The commemoration ceremony concluded with a *Sanghika Dāna* and transference of merits.

May the wonderful teachings and inspiring qualities of our late teacher continue to spur us on, to live whole-heartedly in the Dhamma, and to share happiness with all other beings!



Nalanda President Bro. Lee Kong Foo and Honorary Secretary Sis. Buddhini Tan representing the congregation in the transference of merits.

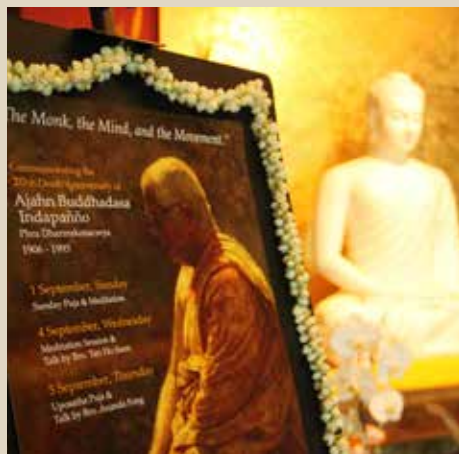


Ajahn Buddhadasa Commemoration at Nalanda

1 – 5 September

Nalanda Buddhist Society commemorated Ajahn Buddhadasa's 20th Anniversary of passing with a 5-day Programme which began on 1 September, with meditation, pūja and chanting at Nalanda Centre, Sri Serdang. Pustaka Nalanda's Director Bro. Ananda Fong introduced the programme to the congregation in his welcoming remarks. Nalanda Founder Bro. Tan then stated the purpose of this event, which was to introduce more inspiring Dhamma teachers to the Malaysian Buddhist community.

On 4 September, Bro. Tan led a meditation session and thereafter gave a Dhamma teaching from 8pm to 10pm. On 5 September, which was a New-moon Uposatha Day, we had a pūja and communal chanting, followed by another Dhamma Talk by Bro. Ananda Fong.



Indeed there is much we latter-day devotees can learn from our Buddhist greats – how they lived their lives wholesomely, conducted themselves according to the Dhamma, and their mode of spiritual practice. 'Honouring those worthy of honour is the highest blessing,' – *Mangala Sutta*.



Strong encouragement from the floor for all Quiz participants! ▼

▲ Young Buddhists from many schools united in one big happy family!





Lively & Youthful Buddhist Quiz

31 August

On Saturday, 31 August, nine teams of teenagers aged 13 to 16 from five Dhamma schools came together to participate in a friendly competition – the “Young Buddhist Quiz” at Nalanda Centre. The 36 students were representing Bandar Utama Buddhist Society Sunday Dhamma School, BSM Samadhi Vihara, Kinrara Metta Buddhist Society Sunday Dhamma School, Nalanda Dharma School, and Shah Alam Buddhist Society Sunday Dhamma School.

There was good cheer and all-round fellowship from the Preliminary Round through to the Final Round of the Quiz, as the audience warmly showed their encouragement and enthusiastic support for all participants. Congratulations to “Team Ananda” from the Shah Alam Buddhist Society Sunday Dhamma School, who emerged as the Quiz Champion!

But ultimately, it was a victory for everyone as the inspiring teenagers demonstrated their good grasp of Dhamma knowledge. Sincere thanks to teachers from the participating Dhamma schools, participants, and parents for coming together so whole-heartedly in this most memorable “Young Buddhist Quiz”. We would also like to express our appreciation to everyone who has contributed to this inaugural event, especially Nalanda Institute Malaysia officers who were the organisers. Sadhu anumodana!

Dhamma-Living Camp

Joy lingers for camp participants

8 – 11 August

“Truly inspiring!” That was the most oft-repeated comment by many participants at the Nalanda Dhamma-Living Camp. After 4 days of joyous communal living, the 120 participants returned from Genting Highlands with renewed source of energy and a heightened sense of urgency to ‘live in accordance to Dhamma’.

Bro.Tan’s motivating teaching was the anchor of our camp. His insightful talks constantly provoked our reflections into our own conduct and character. Through much laughter and tears of joy (and sometimes remorse!), we could see the Dhamma much more clearly now. As some participants recounted, their learning from this camp was ‘life-changing’!

WWeeks after the camp, the joy still lingers on for many participants. With renewed spirit and greater understanding about our spiritual development, we are eager to cultivate ourselves to be ‘better practitioners’ and ‘better friends’.

As Bro. Tan reminded us about spiritual practice – “It’s not about the intensity; rather it’s the consistency (of our efforts) that matters”. Let us all strive on diligently, for greater calmness and clarity!

▼ *The 'Drama Team' appreciated for their superb performance of the ordeals of Queen Samavati.*

▶ *120 happy participants 'living the Dhamma' at 6,000 feet above sea-level!*





Nalanda Family Fun Fair

4 August



The crowd started to trickle in at 9am, although the 'market' only started at 10am. More than 6,000 people turned up for the 8-hour Family Fun Fair.

The Nalanda Family Fun Fair 2013 was successfully held on Sunday, 4 August. This year saw a record number of stalls at 158, with some even operating on 2 shifts. More than 6,000 people thronged the Fair between 10am and its closing time at 6pm.

Most of the food items were finished well before the closing time. Some food had been reserved earlier for distribution to welfare homes all over the Klang Valley. Suitable food and drinks were similarly packed and distributed by 12 Nalandian volunteers to the homeless in the streets of Kuala Lumpur at midnight on 5 August, thus helping everyone make merits.

This year, we are particularly happy to note the participation of so many youths as stall operators and volunteers, all very diligent and committed to their duties! The same

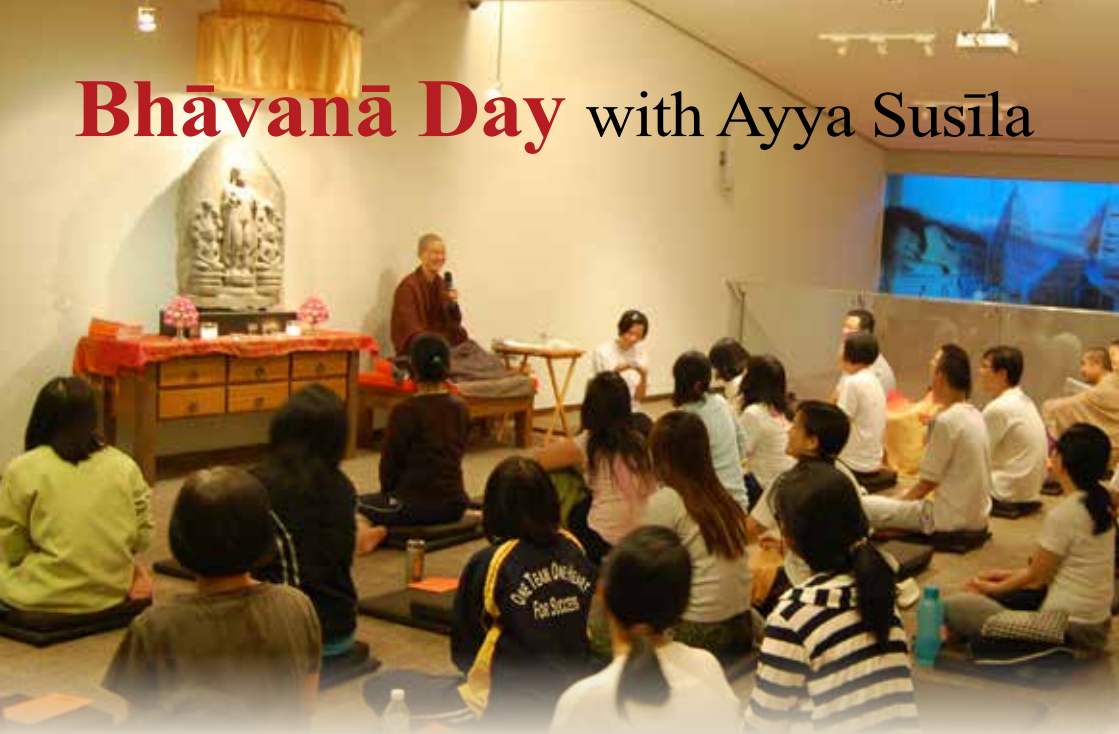


*Winners of the 'Talent-time Contest' –
Thank you for taking part and congratulations!*

goes for the local community in Seri Kembangan for their strong support towards Nalanda's cause to provide free, holistic education to benefit everyone.

We would like to thank all organisers, benefactors, sponsors, stall operators, volunteers and participants for a joyful and fantastic Nalanda Family Fun Fair 2013! We owe it to your commitment, dedication, and generous spirit to witness such a fabulous Fair!

Bhāvanā Day with Ayya Susīla



Bhāvanā Day was concluded with an atmosphere of peace and joy on 28 July. 45 participants attended the 3-day meditation retreat held at Nalanda Centre. The yogis were inspired by Ayya Susīla's simple yet profound Dhamma teachings, as well as her clear and meticulous meditation instructions.

26 – 28 July

Sadhu anumodana and thanks to all donors and volunteers who helped to make this programme a fruitful and meaningful one! Let us continue to strive energetically for true peace and happiness.





Bro. Tan sharing his thoughts on the roles of officers in supporting Nalanda's education mission.

Nalanda Officers' Workshop (N.O.W.)

13 July

The first Nalanda Officers' Workshop (N.O.W.) in 2013 was held on Saturday, 13 July at our spiritual home – Nalanda Centre, Sri Serdang. 64 Nalanda officers from 5 divisions and 4 branches (Selangor, Kuala Lumpur, Johor, and Kedah) took part in this workshop.

Nalandian officers gathered at 9am for Pūja and Invocation. President Bro. Lee Kong Foo thereafter 'launched' the workshop by encouraging all officers to be mindful of their roles in maintaining a dynamic, progressive, and harmonious organisational culture.

This day-long programme included 2 sharing sessions by Founder Bro. Tan, who commented on the roles of officers in supporting Nalanda's education mission. Bro. Tan also advised all officers to consistently cultivate themselves spiritually to ensure personal growth, and to sharpen their knowledge and skills as a "good practitioner" and a "good friend".

There were also sessions for group discussions and presentations. These were followed by a summarizing talk by Mr. S. Vijaya, the Director of Nalanda Institute. Honorary Secretary Sis. Buddhini, Managers Sis. Joanne and Sis. Evelyn, and Deputy President Bro. Lee Teck Beng then took turns to brief everyone on some administrative and fund-raising matters.

Officers provide crucial leadership to the many volunteers that serve at Nalanda. They are the backbones of the organization. With this excellent workshop, the strength of our backbones has just been given a boost! We thank all Nalandian officers for coming all the way from the North and South, as well as for taking part actively and enthusiastically in this workshop. Carry on your duties with diligence, *Sadhu anumodana!*

Enriching Learning Moments for Facilitators

18 August

On Sunday, 18 August, Nalanda Dharma School conducted a Facilitators' Training Programme to enhance teaching skills. 11 facilitators from both the Sri Serdang and Happy Garden branches enjoyed a day full of sharing, learning, and team-bonding! Through various interactive activities and group discussions, the Dharma School facilitators gained more understanding of teaching, and built greater trust with one another. It was indeed a rewarding and enriching day for the School facilitators!

*"The heart of education is education of the heart."
Reaching out to the younger generation, may the
Buddha-Dhamma continue to flourish!*





Four Schools came together as **One Big Community**

25 August

On Sunday, 25 August, members of the Buddhist Community Alliance (BCA) Sunday Dhamma School Sub-Committee visited Nalanda Dharma School (NDS) for a study tour. 14 facilitators and 17 teenagers from Kinrara Metta Buddhist Society, Seremban Sudhamma Buddhist Society, and Sungai Long Buddhist Society came together to gain a better understanding of NDS' education model.

The visit coincided with Nalanda's "Samaggi Day" (*'samaggi'* in Pāli means 'harmony'). This heightened the sense of belonging to a larger Buddhist community, and strengthened the rapport amongst like-minded spiritual friends. The impressive joint session of Dhamma School students served to inspire further the facilitators and teenagers on the path of Dhamma!

8 September

Serdang Buddhist Association Leaders visit Nalanda Centre

On Sunday, 8 September, Nalanda Centre received a visit from Venerable 见舍 and the Management Committee of Serdang Buddhist Association. The group was led by the Association's Chairman, Bro. Yap Fook Sin. The purpose of the visit was to gain a better understanding of Nalanda's set-up and operation model.

The visitors were received by Nalanda's Deputy President Bro. Lee Teck Beng, Manager Bro. Charlie Teng, and Executive Secretary Sis. Nandini Tan. Everyone had a fruitful discussion and exchange of ideas after a tour of the Centre. Thank you for visiting Nalanda, and we look forward to welcoming you again soon!



Visit by Kelantan's

31 August

Wakaf Bharu Dhamma School

On Saturday, 31 August, Nalanda received a visit from the Persatuan Buddha Wakaf Bharu Dhamma Class, Kelantan. The 47 Dhamma Class teachers and students were on an excursion to gain better understanding and more exposure to the wider Buddhist community.

The visitors were brought around a tour of Nalanda Centre. Nalanda's Honorary Secretary Sis. Buddhini hosted the lovely group for tea (and dinner). Bro. Tan then spoke briefly to the teachers and students in thick Kelantanese accent, advising the youngsters to treasure their complementary education at the Dhamma School.

As the visit serendipitously coincided with the "Young Buddhist Quiz", the visitors joined in to witness and celebrate the friendly and meaningful competition as well. What an eye-opening and enjoyable outing! Thank you for visiting Nalanda Centre, and we hope to see you again!



Nalandian officers with the visiting leaders of Serdang Buddhist Association.



Sangha Day

17 November 2013, Sunday

Nalanda Centre

9.00 am	Meditation, Pūja & Chanting 静坐, 供佛及诵经
9.30 am	Dhamma Talk 佛学讲座
10.30 am	Arrival of Members of Maha Sangha 僧团入席 Robes & Requisites Offering 供袈裟及需物品 Blessing Ceremony 诵经祝福
11.30 am	Sanghika Dāna 供僧
12.00 pm	Lunch for devotees 素食招待信徒

The *Sangha* refers to the community of Buddhist monastics who have committed their lives to the learning and practice of Buddha's teachings. As lay devotees, we have a duty to provide for their material needs and monastics in turn, act as teachers and spiritual guides for the laity.

On Sangha Day, let us come together to offer basic requisities to the monastics - robes, alms-food, medicine, lodging, and our hospitality. For your convenience, limited sets of robes and requisites can be acquired from Nalanda Office. We invite you, your family and friends to participate in this act of merit. With our support, may the Sangha live happily, and may the Buddha-Sasana long endure! *Svagam*, all are welcome!

www.nalanda.org.my

www.facebook.com/nalanda.org.my

Upcoming Events

Oct – Dec 2013

OCT

04 – 06	Art Exhibition “A Journey of Self Discovery”	Nalanda Centre
11	Monthly Dhamma Discussion	Nalanda Centre
12	* SPM Chemistry Examination Preparation Seminar	Nalanda Centre
	“Butterfly Lovers” The Musical	KLPac, Sentul
13 – 15	* Nalanda Vassana Retreat	Nalanda Centre
20	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S.K. Market
26	* Nalanda Members’ Day	Nalanda Centre
	Nalanda Free School Honours Day	Nalanda Centre

NOV

02	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre KL/ O.U.G. Market
02 – 05	Nalanda Dhamma School Facilitators Annual Retreat	Bukit Tinggi
08	Monthly Dhamma Discussion	Nalanda Centre
16	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S.K. Market
	Fellowship Undergraduate Network (F.U.N.) Season 2, Commencement Session	Nalanda Centre/ NEO Centre KL
17	Sangha Day, B.E. 2557	Nalanda Centre
18 – 21	* Teenagers’ Learning Camp	Nalanda Centre
24	Sangha Day at NEO Centre KL, B.E. 2557	NEO Centre KL
25 – 28	* Children’s Learning Camp	Nalanda Centre

DEC

01 – 04	* Teenagers’ Learning Camp	NEO Centre, JB
06 – 08	* Youth Development Programme	Nalanda Centre
07	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre KL/ O.U.G. Market
15	* WACANA 2013 (Tentative date & venue)	Nalanda Centre
21	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S.K. Market
31	Nalanda Dhamma School Honours Day	Nalanda Centre

Nalanda
10th
anniversary
2003–2013

* Registration is required for these courses / programmes.

Economic Well-being & Career Success


Many of us use material wealth to measure success, but we ought to be aware that there is another dimension to consider. Besides our personal income and consumption that depend wholly on monetary gains, there should also be personal fulfillment from our chosen career fields.

The 'bottom line' will reflect these intangible rewards which will not be shown in one's bank accounts or assets. Clearly, our economic well-being is intertwined with our career success. When we realise that economic well-being is more than just material gains, we will work even more effectively and happily, therefore achieving self-fulfilling career success.

What are our objectives in life?

As Buddhists, we strive to attain balance and happiness in our lives, as well as to help others achieve greater joy and success in their lives, by realising the Six Well-beings, namely :

1. *Physical well-being* and good health.
2. *Mental well-being* and joyful living.
3. *Family well-being* and domestic bliss.
4. *Economic well-being* and career success.
5. *Interpersonal well-being* and social harmony.
6. *Spiritual well-being* and inner peace.

2600
Years of
Buddhism 

'Like' us on Facebook at www.facebook.com/nalanda.org.my

Nalanda Contacts Please visit our website for the 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 / +603-8938 1501

E-mail info@nalanda.org.my

Fax No. +603-8938 1502 / +603-8948 8055

Website www.nalanda.org.my

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 gembira@nalanda.org.my

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya,
81100 Johor Bahru, Johor.

The NEO Centre @ Johor Bahru is open :

- Every Sunday, 9.30am – 3.00pm
- New-moon and Full-moon weekdays, 8pm – 10pm

Nalanda Centre is open daily from Tuesdays to Sundays, 10am to 10pm. Closed on Mondays.
Nalanda Institute, Nalanda Dharma School, and Nalanda Free School are based at Nalanda Centre, Sri Serdang.