

Nalanda Bulletin

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For Non-Muslims Only

Starting 2020 with calm & clarity

1st of January 2020 was not just the beginning of a new year, but also of a new decade. Let us start the new decade with clarity on how we should spend our time, so that our lives become more meaningful and purposeful. When time is well-spent, it becomes our teacher and friend. Time devoted to developing our minds by deepening our gratitude and strengthening mindfulness will result in more peace and joy. Be faithful in carrying out our worldly duties, and also in learning and internalising the Dhamma, to make full use of the favourable supporting conditions we currently enjoy. We wish you and your loved ones a great year ahead with blessings of good health, success and happiness.



Students and devotees congregated at Nalanda Centre on the first Sunday of 2020 to reaffirm our commitment to learning and practising the Buddha-Dhamma.



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

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Retreat for Friends of Wisdom Park

We always thank our good friends from Singapore for their friendship and kind support!

25 – 27 October, Hulu Selangor

From 25 to 27 October, 23 Friends of Wisdom Park (FoWP) Singapore Chapter retreated to Wisdom Park for Dhamma learning and practice. Nalanda founder Bro. Tan delivered daily Dhamma teachings, encouraging everyone to temporarily disconnect from city life and tune in to nature. With the welcomed respite from hectic activities, the group strengthened their mindfulness and reflection.

Bro. Tan also taught the importance of working well together to serve Buddha-Sāsana, which became the subject of active discussions and reflections. We thank FoWP for joining us at Wisdom Park to experience for themselves the great potential of this educational campus to train future generations of Buddhists.



The morning and evening chanting sessions are daily anchors of the retreat.



Bro. Tan reminded us that time waits for no one. Time wasted can never be gotten back.



Sis. Louise thanking Bro. Tan for his teachings and guidance during the joyful three-day retreat.



Participants giving thanks to those who have prepared and served the meals.



Happiness can be experienced with simple activities, such as planting trees and shrubs.



Enjoying a mindful walk within the peaceful and tranquil environment of Wisdom Park.



Firefly Mission Singapore lights up Wisdom Park

26 October, Sri Serdang

On 26 October, over 90 members of Firefly Mission Singapore, led by their President Dr. Ng Yee Kong, visited Wisdom Park to learn more about the educational facility and how they can support this noble project.

Nalanda founder Bro. Tan shared the objectives and progress of Wisdom Park's development, which greatly inspired the visitors as Firefly Mission too strongly advocates for education as a key enabler of community advancement.

We thank Firefly Mission for strengthening our long-standing friendship and camaraderie. We also thank their services by planting several trees and shrubs during the visit. *Sādhu!*



Bro. Tan warmly welcomed members of Firefly Mission and explained the purpose and use of the campus.



By planting trees, we benefit others even after we are gone by creating a conducive environment for spiritual insight.



Reciting blessings for each tree planted – for it to grow well and provide shelter for many beings.



Nalanda President Sis. Evelyn thanking Firefly Mission for their visits and support over the years.



Firefly members gave thanks to all the supporters and volunteers for preparing and offering lunch.



Nalandians sending off Firefly members; we are grateful for the opportunity to host them at Wisdom Park.



Honouring Free School Teachers and Volunteers

We rejoice in the selfless service of our teachers and volunteers, as well as in the learning spirit of our students.

26 October, Sri Serdang

On Saturday 26 October, Nalanda Free School held its annual ‘Appreciation Day’ to honour its teachers and volunteers, as well as to celebrate the students’ achievements.

The event highlight was the presentation of “Best Student Award”, “Most Improved Student Award”, and “Most Enthusiastic Learner Award”. Everyone was inspired by the students’ academic improvements and positive learning attitudes.

We thank the Free School’s selfless teachers for making a positive and lasting impact on the students with their care and commitment. May our students continue to strive for academic excellence and cultivate wholesome values to enhance their quality of life.



Students calmed down their minds at the start of the event, as they have practised before each class begins.



Volunteer teacher Ethel Cheah congratulating her students for their hard work throughout the year.



Volunteer teacher Nicholas Khong was inspired by the good progress made by his Free School students.



Students rejoice in the friendships they have built at Free School classes, and are thankful for the support of good friends.



Nalanda Free School Chief Coordinator Sis. Nandini thanked Free School volunteer teachers for their commitment and services throughout the year, which has benefitted many needy students around Sri Serdang.



‘Silver Lining Day’ with Mon Refugees

27 October, Kuala Lumpur



Bro. Kuan Yi and Bro. Ponji hosted ice-breaking activities at the start of the day.



After learning an English song from the youths, the children taught them the Mon national song in return.



Breaking the language barrier – the youths and children had fun together during the games session.



Each group presented their drawings to express their aspirations and hopes in life.



The children welcomed the lunch of fast food we brought, which was actually a rare treat for them.



Youths paying respect and offering requisites to the resident monks at the learning centre.

On Sunday 27 October, Nalanda Youth Centre volunteers spent a joyful day providing services at the Mon Refugee Children Learning Centre in Kuala Lumpur. This was part of the ‘Silver Lining’ programme, which is an avenue for Buddhist youths to offer voluntary services to the community.

After chanting and meditating together with the children, Bro. Zhen Shun gave a Dhamma sharing on the importance of keeping the Five Precepts. The children also learned the values of team-work and cooperation through fun and challenging games.

Volunteers shared how they were inspired by the children’s culture of simplicity and contentment. We thank our youths and donors who contributed essential items and educational materials for the learning centre. May the children be well and happy!



Meditation Retreat conducted by Sayalay Dipankarā

16 November, Sri Serdang

On Saturday 16 November, 120 meditators gathered at Nalanda Centre to participate in the one-day meditation retreat conducted by Ven. Sayalay Dipankarā. Sayalay first advised us to imbue our minds with loving-kindness (*mettā*) every moment of the day. She said that just as rain falls from the top of one's head and flows through the body, even so we should let *mettā* start from our mind and suffuse our whole body. When we feel relaxed and at peace, we can then radiate *mettā* to other beings and develop concentration.

Sayalay also guided meditators on mindfulness of the breath. As taught by the Buddha, one gains calmness and concentration by being mindful. She advised us to watch out for wandering thoughts and let them pass instead of attaching to them. We extend our gratitude to Sayalay Dipankarā for her compassion in teaching us. We wish Sayalay good health, peace and happiness.



Sayalay asserted that if one really wants to escape Samsaric existence, one must make the Right Effort to meditate.



Participants had many opportunities to clarify their doubts on the practice of meditation.



Sayalay reminded us that true loving-kindness is directed towards all beings without exception.



After the teaching sessions, meditators put into practice what they had learned.



Meditating with a group of like-minded friends is very helpful for our spiritual progress. May all Dhamma practitioners attain good progress on their spiritual journey and enjoy the fruits of their efforts.

Gratitude and Joy on 'Sangha Day'

17 November, Sri Serdang



Many devotees took the opportunity to offer requisites to the Mahā Sangha together as a family.



Everyone patiently waited for their turns to offer robes and requisites to the venerable monks.



The venerable monks gave their blessings at the conclusion of the ceremony.



The offering of lunch dana was done with much respect and gratitude to the Mahā Sangha.



Achariya Vijaya shared about the events leading up to the establishment of the Sangha by the Buddha.

On Sunday 17 November, more than 300 devotees streamed into Nalanda Centre to pay tribute to the Mahā Sangha in our annual observance of 'Sangha Day'. This important occasion enables the Buddhist laity to express gratitude and support to the Sangha (monastic community) by offering robes and other requisites, thus practising generosity and humility through the acts of giving.

Achariya Vijaya shared that the Sangha has preserved the Buddha's teachings with their practice and propagation for over 2,600 years. Millions of people, including ourselves, have benefitted from their compassionate guidance. With understanding and gratitude, devotees presented offerings to the venerable monks with reverence. We rejoice in the wholesome contribution and participation of all devotees and volunteers. *Sādhū anumodāna!*



Sangha Day Observance at Nalanda Branches in K.L., J.B. and S.P.

November, K.L., J.B. and S.P.

Nalanda Branches in Kuala Lumpur, Johor Bahru, and Sungai Petani commemorated 'Sangha Day' with keen participation and devotion from their communities in the month of November.

At Nalanda Johor Bahru Branch, it was the first time they were observing 'Sangha Day', bringing this wholesome programme to the south. At all three branch centres, devotees had the opportunity to listen to Dhamma talks and gain deeper understanding of the Sangha's relevance and significance.

The symbiotic relationship between the monastic and lay disciples of the Buddha is a crucial factor for the endurance of Buddha-Sāsana. We thank all devotees and volunteers for your kind contributions and support for 'Sangha Day'. *Sādhū anumodāna!*



Bro. Ananda Fong explained how the five ascetics achieved Enlightenment after the Buddha taught them Dhamma.



After the offering ceremony, devotees gratefully received ceremonial blessings from the venerable monk.



This was the first-ever Sangha Day observed at Nalanda Johor Bahru Branch. Sādhū!

JB



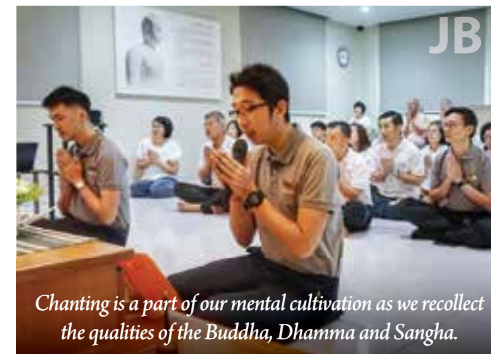
Bhante Lim encouraging all to keep the Five Precepts well so as to develop the right conditions for spiritual progress.



Devotees in S.P. gathered to learn Dhamma and participate in the offering of dāna to the Sangha.



Bro. Ooi Boon Keat encouraging us to not just give dāna but also learn Dhamma from learned disciples of the Buddha.



Chanting is a part of our mental cultivation as we recollect the qualities of the Buddha, Dhamma and Sangha.

JB

Bro. Tan's Dhammaduta Tour of India

22 – 24 November, India

Bro. Tan was a key speaker at the congregation; seen here giving a lecture on the Buddhist way of life.

Nalanda founder Bro. Tan was recently invited to participate in the “Global Buddhist Congregation 2019” – a gathering of Sangha members, Buddhist teachers, scholars and local communities – organised under the auspices of All India Bhikkhu Sangha. The event was held from 22 to 24 November, in the city of Aurangabad near to the world-famous Ajanta and Ellora Caves. The 3-day event was attended by more than 35,000 people.

Bro. Tan delivered a series of talks at this historic gathering to different groups of audiences – covering topics such as Buddhist culture being the way we live our lives; developing wealth of character in a lecture to entrepreneurs; and instilling a useful purpose of life in a talk to Buddhist youths. He also participated in discussions to revitalise Buddhism in India, which is one of Nalanda's core Dhammaduta missions. May the light of Dhamma continue to brighten in India!



The harmonious gathering of monastic and lay community leaders brings great joy and hope for the endurance of Buddha-Sāsana.



Venerable Sangha members and lay community leaders engaged in discussions to revitalise Buddhism in India – one of Nalanda's core Dhammaduta missions.



Bro. Tan was warmly welcomed and received by the community in Aurangabad, especially the youths.



Bro. Tan gave several lectures and interviews to different groups of devotees, including Buddhist entrepreneurs and youths.



It was truly inspiring to see the faith and devotion of Buddhists in Aurangabad as tens of thousands gathered to participate in the 3-day event and listen to Dhamma teachings.



Teenagers' Learning Camp in Johor

28 November – 1 December

From 28 November to 1 December, 80 campers gathered at Pure Karma Buddhist Centre in Ulu Tiram, Johor for Nalanda Teenagers' Learning Camp themed 'Step Up'. During the camp, participants learned about the meaning of taking refuge in the Three Jewels, and also about the Buddha's inspiring life.

The hands-on learning activities focussed on the values of respect and gratitude to help them make wiser decisions and overcome challenges in life. They were introduced to aspects of Buddhist cultivation such as daily meditation, chanting, and reflections.

We thank the Dhamma School facilitators, organisers and volunteers for enabling so many teenagers to learn and experience Dhamma. May the participants continue to develop good values and virtues throughout their lives.



Sis. Sunanda Ong shared that all of us become happier and more contented when we are grateful for what we have.



Meditation sessions helped campers become calmer and have more clarity in their thinking.



Campers enjoying games which taught them the value of working together in unity and harmony.



Participants presented a token of gratitude to their parents at the end of the camp.



At the forum, Nalandians shared their life experiences and how they overcame various challenges with determination.



Participants helped each other to prepare dinner for all campers and facilitators.

A Decade of Noble Service to the Community

Ten years ago, on 11 December 2009, Nalanda Centre in Sri Serdang was ceremoniously launched in the presence of venerable Sangha members, leaders and members of the Buddhist community from all over Malaysia. Since then, Nalanda Centre has been hosting many pivotal educational programmes that have inspired and impacted the lives of thousands.

We are forever thankful to Nalanda founder Bro. Tan for his vision, foresight, and courage in leading our mission to provide holistic Buddhist education for integral human development. We are also grateful to the Society's leadership, members, benefactors, volunteers and devotees from near and far who have been supporting Nalanda faithfully over the past decade. May you rejoice in all the noble work carried out at Nalanda Centre, and be blessed with happiness, success, spiritual progress and peace.



8 December, Sri Serdang

During a gathering in December, Bro. Tan paid tribute to the faith and relentless support of the community towards the Society.



Nalandians congregated with much gratitude in our hearts to commemorate the 10th Anniversary of Nalanda Centre.



Dhamma School student Bro. Jun Wai expressing his appreciation for the conducive learning environment.



Bro. Tan thanking past and present contributors who supported the building of Nalanda Centre.



Devotees and students alike rejoicing on this milestone occasion that celebrates holistic education for the community.



Wisdom Park

Phase 1 on schedule for completion

Buildings 01, 03 & 04 – The three guest lodges will be able to host more participants attending Dhamma courses, leadership training programmes, and meditation retreats.

6 January, Hulu Selangor

Construction of the Administrative Centre, Guest Lodges 03 and 04 at Wisdom Park is on target for completion by mid-2020. These buildings make up a combined floor space of 31,500 square feet, and will enable the campus to cater for larger learning groups.

In the meantime, the ‘Green Warriors’ – our faithful squad of volunteers who have been working hard there every weekend for the past 18 months – have planted 714 trees and thousands of shrubs around the campus. We thank all donors, benefactors and volunteers for their support and contributions which will certainly leave a noble legacy beyond our lifetime.

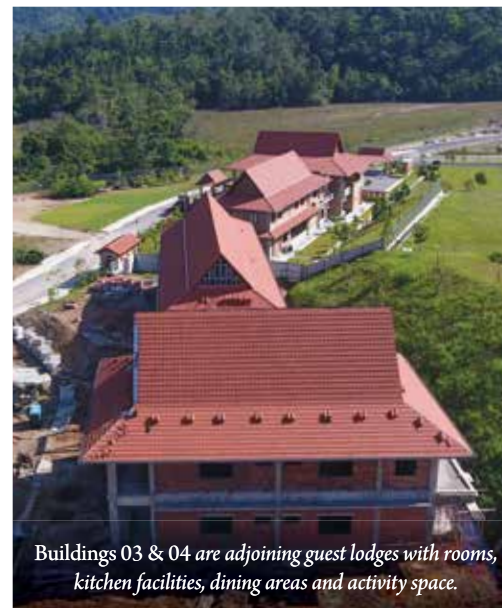
Sponsorship of construction costs

We need good Dhamma teachers and leaders to prevent Buddhism from declining. The active support of the community will enable this vital facility to be built for the effective propagation of Dhamma. We invite you to donate any amount to fund the development of Wisdom Park. Donations can be made at Nalanda Centre in Sri Serdang, or via bank transfer to:

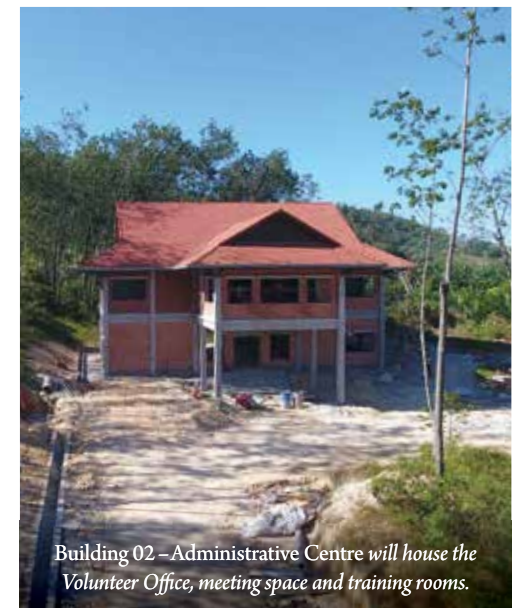
“Nalanda Buddhist Society”

Maybank account number : 5121-4702-3622

Learn more about this noble project to bring Buddhist education to the forefront. Visit www.wisdompark.org for information and the latest updates on the project.



Buildings 03 & 04 are adjoining guest lodges with rooms, kitchen facilities, dining areas and activity space.



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



Day of Learning & Service at Wisdom Park

7 & 11 December, Hulu Selangor



Bro. Tan emphasised the importance of working well together in order for the Buddhist community to grow.



All groups agreed that awareness and responsiveness are important to properly support members of their teams.



Nalanda Dhamma School students sharing how they would like to work towards achieving even better team spirit.

Wisdom Park was buzzing with activities on 7 and 11 December as Nalandians took the opportunity to deepen their Dhamma learning and perform voluntary service. Students of the Adult Dhamma School and Nalanda members spent early part of the day working together planting trees and grass.

In the afternoon, there were learning sessions and discussions centred on the factors and qualities which enable people to work well together. As Wisdom Park will soon serve as a training campus for Buddhist teachers and leaders, it is essential to start working on these essential qualities and reflect on how we can personally contribute towards building a harmonious community.

We thank our teachers and volunteers for enabling us to have a meaningful experience and to learn Dhamma at Wisdom Park. We look forward to more opportunities to support this noble project!



Everyone worked harmoniously and happily with the support and understanding of their team mates.



Pounding the new turf to help the grass take root, just as we should consistently strive to cultivate virtues.



Volunteers working together in groups to carefully prepare the ground to receive the turf.



Teenagers' Learning Camp in Kelantan

13 – 16 December, Kelantan

From 13 to 16 December, 120 teenagers gathered at Wat Machimmaram, Kelantan for a Dhamma camp themed “*The Happiness Equation*”. This was the 10th camp in 8 years co-organised by Persatuan Peranakan Cina Kelantan, Persatuan Meditasi Mettārama Kota Bharu, the Dhammarakkhita Group and Nalanda Dhamma School.

Campers learned the components of true happiness, which is to be free from craving and develop kind thoughts for all beings. Through activities, they also cultivated contentment, gratitude and loving-kindness. We thank the organisers and wish the young campers continued spiritual growth and progress. *Sādhū anumodāna!*



Dhamma learning sessions gave participants insights into conducting their lives towards achieving greater joy.



Campers enjoyed the forum as they could learn from the varied real-life experiences of the panel speakers.



Campers expressing their learning and reflections through hymns.



Participants reflecting on the purpose of having meals and expressing gratitude to those who have prepared their food.



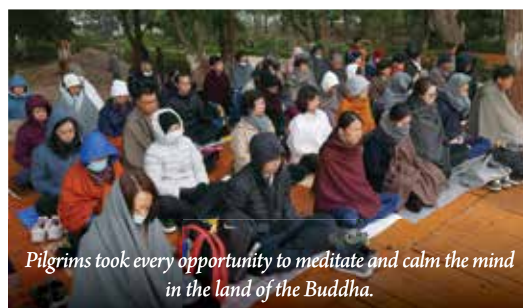
The students warming up for the learning session with a good shoulder massage.

Pilgrimage to India & Nepal

14 – 28 December, India



At Sarnath, pilgrims were retracing the steps of the Buddha and learning Dhamma at the Dhammarajika Stupa.



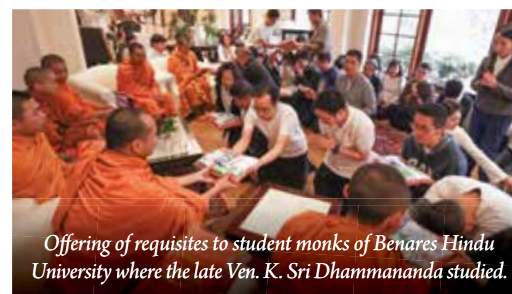
Pilgrims took every opportunity to meditate and calm the mind in the land of the Buddha.



Bro. Tan sharing the arduous journey taken by Venerable Master Xuan Zhang from China to India.



Nalandians offering robes and paying deep respects to the Buddha image at Kusinara.



Offering of requisites to student monks of Benares Hindu University where the late Ven. K. Sri Dhammananda studied.

From 14 to 28 December, 68 pilgrims embarked on 'Buddhayatra', a spiritual journey to India and Nepal led by Nalanda founder Bro. Tan. A 'Buddhayatra' is not a sight-seeing tour but a journey of faith with insightful learning, reflection, and spiritual growth, as we retrace the path taken by our Enlightened Teacher 26 centuries ago.

The pilgrims visited places associated with the Buddha's life, including Uruvela, Rajagaha, Nalanda, Vesali, Kusinara, Lumbini, Savatthi, and Isipatana near Benares. They were greatly inspired by the Buddha's compassion to relieve the suffering of beings, and their faith in the Three Jewels strengthened. Our deepest thanks and gratitude to Bro. Tan for leading the pilgrims on this journey of a lifetime.



Nalanda Dhamma School Stay-in Programme

19 – 22 December, Sri Serdang

From 19 to 22 December, 80 Dhamma School students joined the Stay-in Camp themed 'Heart to Heart' at Nalanda Centre.

Students deepened their understanding of *Dāna* (generosity), *Sīla* (morality) and *Bhāvanā* (mental cultivation) through talks and hands-on activities such as preparing dinner for the poor and participating in the monthly *Pindacāra* (monks on alms round).

Bonding amongst students was strengthened as they supported each other in outdoor activities and in preparations for the School Honours Day. Well done to our young students who truly embraced the spirit of learning and service!



Dhamma School facilitator Sis. Wei Nee sharing stories of the Buddha's life with the younger students.



The students came up with many ways and ideas to express their faith in the Three Jewels.



Dhamma School students supporting the Pindacāra by engaging with the local community and offering dāna.



The teenagers preparing short sketches to present various aspects of Buddhist culture.



Morning and evening chanting sessions anchored the day in calmness and devotion to the Three Jewels.



Their learning deepened through sutta studies, daily meditation and chanting sessions.



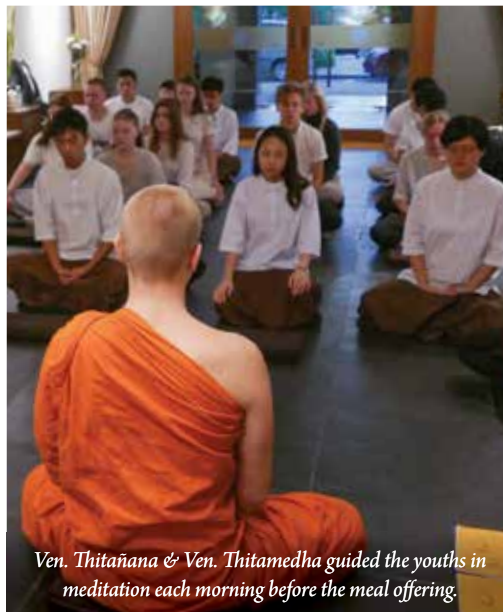
Nalanda youths host exchange group from Estonia

Nalandians were very happy to host Sangha members and youths from Estonia. We hope that the bonds of Dhamma friendship between us will continue to grow.

28 – 30 December, Sri Serdang

Nalandians were happy to welcome Venerable Thitañāna, founder of the Estonian Therāvada Sangha, the Venerable Thitamedha, and nine youths from the Baltic country to Nalanda Centre for an exchange programme. The group had also visited other Southeast Asian countries including Thailand, Cambodia, and Singapore to learn about Asian culture and the Buddhist way of life.

Members of Nalanda Youth Centre hosted our Estonian friends warmly, all of whom truly appreciated the rich experience of Nalandian culture and hospitality. We thank them for visiting, and wish them fruitful progress in their Dhamma journey.



Ven. Thitañāna & Ven. Thitamedha guided the youths in meditation each morning before the meal offering.



The group participated in the weekly Sunday Morning Service at Nalanda Centre with chanting and meditation.



After learning the significance of supporting the Sangha, the youths took the opportunity to offer dāna at Sentul Vihāra.



Youths enjoying the Dhamma chat with the venerables, Bro. Tan and Bro. Siang Chye.



Achariya Vijaya explaining about the influence of Sri Lankan monks on the development of Buddhism in Malaysia.



Nalanda Dhamma School Appreciation & Honours Day

31 December, Sri Serdang

On 31 December 2019, Nalanda Dhamma School facilitators, students and their parents, alumni and guests gathered for the Appreciation & Honours Day. This annual event allows students to express gratitude to their teachers and to celebrate their progress.

We rejoiced as certificates and medals were presented to recognise the students' efforts, personal growth and selfless service. For the second consecutive year, the *Dhammavijaya Challenge Trophy* was won by Naga House.

We congratulate the School for another productive year of learning. May the Dhamma continue to take root and grow in the hearts of our Dhamma School students.



Garuda and Naga House Captains expressing their thanks to the School for all the support and learning opportunities.



Bro. Tze Fong (right) bearing the Malaysian flag and leading the ceremonial procession into the hall.



Students receiving their Certificate of Completion from School facilitators.



Students showed their creativity through composition of short stories and a song about the School.



Parents rejoice not only in the achievement of their own children, but also for that of all other students.

15th Anniversary of Nalanda Dhamma School

On 1 January 2020, Nalanda Dhamma School celebrated its 15th anniversary with utmost gratitude to our founder, Bro. Tan, and all benefactors for their selfless support. Since its inception, the School has focussed its efforts in performing the 'Miracle of Education', with the theme 'The Heart of Education is Education of the Heart' as its guiding philosophy.

We have witnessed students gradually changing for the better through understanding the purpose of life. Many of its alumni are now serving the Buddha-Sāsana, advocating harmony and truthful living within their circles of influence.

May Nalanda Dhamma School continue to guide many more students in the future towards achieving integral character development. *Sādhū anumodāna!*

Blast from the past: Joyful participants of Teenagers' Learning Camp in 2008.



Students sharing the Dhamma through a puppet show in 2006.



Putting their creativity to the test, students created a sketch using recycled materials in 2006.



The School organises the annual Buddha Jayanti Exhibition to introduce Dhamma to the community.



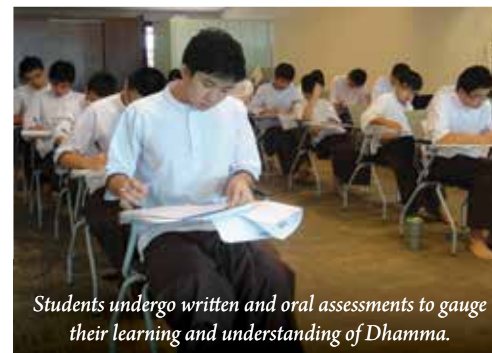
Field trips and outings are part of the School curriculum to engage students with more effective learning.



'Dhamma through Drama' programmes were filled with youthful creativity, yet well-grounded in Dhamma.



The home-grown Gandharva Group participated in Buddhist hymn competitions in the early years.

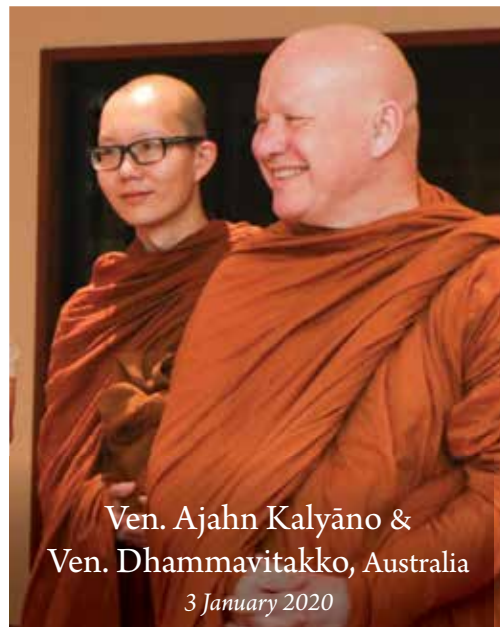
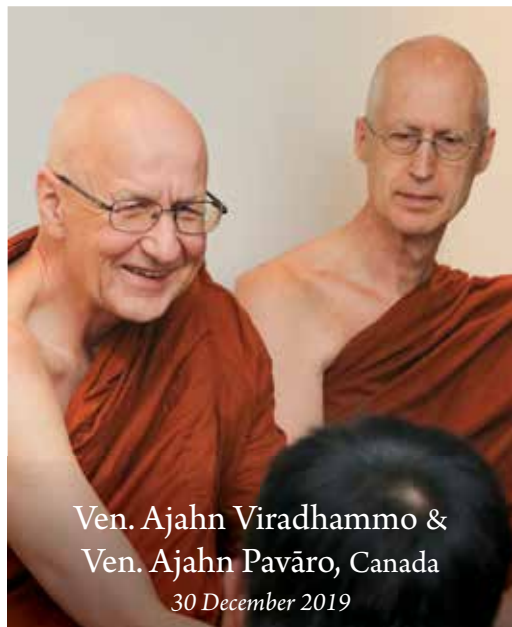
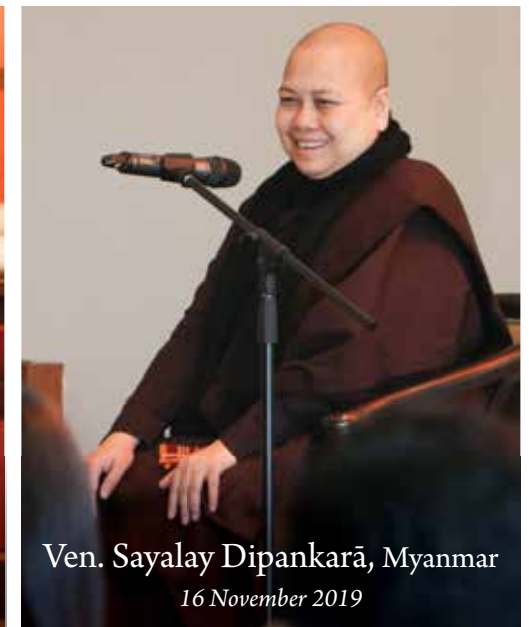
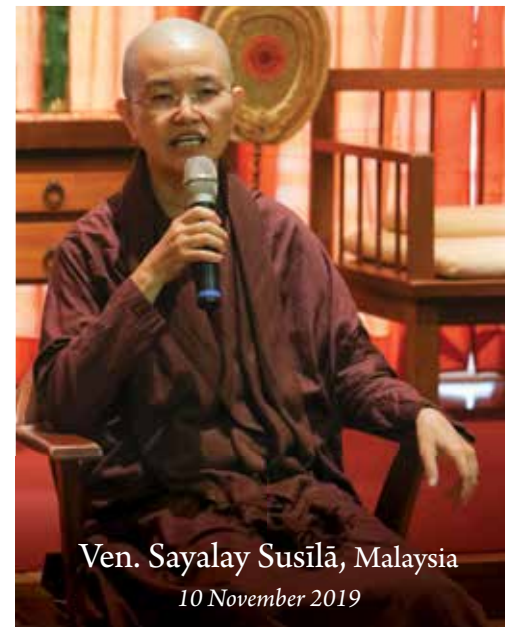


Students undergo written and oral assessments to gauge their learning and understanding of Dhamma.



All smiles at School Honours Day in 2007 held at Nalanda House, home-base of the Dhamma School.

Sangha members visiting Nalanda Centre



In memoriam Ven. Dhammavuddho Māhathera 1947 – 2019

It was with a heavy heart and deep respect that we marked the passing of Venerable Dhammavuddho Māhathera, founder and abbot of Vihāra Buddha Gotama, on 22 December 2019. May the late Venerable attain the bliss of Nibbāna. *Santī, Peace.*

A Tribute *A life well-lived brings happiness to many*

As a layman, Ven. Dhammavuddho graduated from University Malaya in 1971 and worked as an Electrical Engineer. He went forth into the Mahāyāna tradition in 1983, but was re-ordained three years later in Thailand under the Therāvada tradition.

In 1998, Venerable established Vihāra Buddha Gotama (VBG) in Temoh, Perak and served as its abbot until his passing. VBG caters primarily for monks and nuns to study, practise and promote the Buddha's discourses (*Sutta*) and monastic discipline (*Vināya*).

Ven. Dhammavuddho was widely regarded as a staunch practitioner and a compassionate teacher. His talks in English, Hokkien and Cantonese, as well as his numerous booklets, have reached out to countless devotees who spoke fondly of his gentle but firm advice.

Ven. Dhammavuddho was a strong supporter of Nalanda Buddhist Society's educational programmes, and we are ever grateful for his guidance and encouragement. Let us continue to learn, practise and propagate the Buddha's teachings, just as Ven. Dhammavuddho did.

Memorial Service Sunday, 22 March 2020 | 9 am – 12 pm

22 March 2020 marks the full 3 months since the passing of Ven. Dhammavuddho. Nalanda Centre in Sri Serdang will be hosting a special

memorial service in honour of him, with meditation, chanting and a Dhamma sermon, followed by *Sanghika Dāna*. All are welcome.

Upcoming Programmes

January – March 2020

JAN



Dhamma School's 15th Anniversary

FEB



Tea Ceremony

MAR



01	Nalanda Dhamma School's 15th Anniversary	Nalanda Centre
04	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
	Nalanda Institute BPS 403 Convocation	Nalanda Centre
09	Full-moon Uposatha Service	Nalanda Centre
18	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
01	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
08	Full-moon Uposatha Service	Nalanda Centre
09	Tea-offering Ceremony & Gratitude Day	Nalanda Centre
15	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
16	Nalanda Johor Bahru Branch A.G.M.	NEO Centre J.B.
22	Nalanda Kuala Lumpur Branch A.G.M.	NEO Centre K.L.
23	New-moon Uposatha Service	Nalanda Centre
07	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
	Nalanda Sungai Petani Branch A.G.M.	NEO Centre S.P.
08	Full-moon Uposatha Day 8-Precepts Programme	Nalanda Centre
18	Nalanda Patron's Day	Nalanda Centre
21	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
22	17th A.G.M. of Nalanda Buddhist Society	Nalanda Centre
24	New-moon Uposatha Service	Nalanda Centre

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

Nalanda Centre will be closed from 22 – 30 January for the Lunar New Year. The Centre will reopen as usual at 9.00 am on 31 January. May you and your loved ones enjoy good health, peace and success!



Dhamma Reflection

Gratitude is an important spiritual quality and also a vital ingredient for living joyfully. It is the acknowledgement and appreciation for the good things done for us. The people with the most gratitude are the ones who know that even cows and buffaloes have helped us in our lives, what more our parents and teachers. Feeling grateful even to animals, how could we harm our fellow human beings to whom we owe so much more? This way of thinking adds a joyous quality to life instead of drifting into negativity with thoughts of “I deserve more than this. They didn’t do enough for me”. We can also be grateful for all of our life experiences, whether pleasant or unpleasant. This will help in our spiritual progress and also bring us peace and happiness.

‘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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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.