



SLBS ANNUAL REPORT 2019

In the year of 2019, Sg Long Buddhist Society, continued with the leadership of the President, and efforts from the committee member, has succeeded in carrying out a number of Buddhist activities for members and devotees, for this society and communities here, as well as those residents living in the surrounding of Bandar Sg Long and Bandar Makhota Cheras.

Similar to last year challenges faced by many societies, recruiting new members and volunteers were crucial to ensure continuation and future leadership development. Despite these factors, the society continued to provide events and activities to enhance our vision of Learning, living and sharing Dhamma.

1) INTERACTION WITH MONASTERIES AND OTHER BUDDHIST SOCIETIES

a. Wesak Observation 2019

This year, SLBS observed twice Wesak Observation; an early Wesak Observation on 12th May 2019 (Sunday) to cater for its members and another on Wesak actual date, 19 May 2019, at Dhamma Earth Semenyih. Program lined up for early Wesak Observation at SLBS were participation of Pindacara in Sg Long market, followed by Dhamma talk, Guided meditation and lunch dana at SLBS.

As Dhamma Earth Semenyih is nearby to SLBS. Again this year SLBS members observe Wesak Eve and Wesak Day together with monastics at Dhamma Earth Semenyih; forming the fourfold Sangha to perform various meritorious deeds ranging from Dana, Sila and Bhavana.

DE Committee Members were organizing and running of blood donation. SLBS also involved in the setting up of Maha Mangala Health Store as part of Wesak Program at Dhamma Earth Semenyih. A food stall was also set up for the contribution of food from SLBS members and committee members.

b. Kathina Eve and Kathina Day (27th & 28th October 2019)

SLBS involvement in the celebration of Karthina in DE this year remained as the volunteers has established their duties in the event similar to celebration of Wesak Day.

- Karthina Eve
Devotees and Volunteers from SLBS took part in the chanting and other Buddhist events on the eve of the Karthina.
- Transport service for volunteer and devotees.



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Few volunteers arrived earlier to assist in the event was transported from the nearest train station to and fro to DE. The same services were provided to devotees on the day of celebration. Devotees were directed to park their vehicles in the destined parking area. Then transported up to DE Center by SLBS and other volunteers using the pick up or SUV.

- **Food Stall**

SLBS continued to provide opportunity to members to donate freely for the purchasing of food items for Dana to monastery and to be served to devotees after the event. The food items were organized, purchased and delivered by SLBS committee members.

c. Dhamma Talks By Laity

Monthly dhamma talk by Dr Ong and others laity.

Throughout the year of 2019, Dr. Ong, has conducted a monthly session of dhamma talk for SLBS. Besides that, SLBS has also invited a highly sought-after lay Dhamma speaker, Dr Wong Yin Onn with the topics of Crazy Rich Buddhist.

d. Pindapata

In line with our Society motto of Learning, Sharing and Living the Dhamma. SLBS has actively support the event of Pindacara by monastics from Dhamma Earth at Sg Long morning market on a regular basis. There have been 4 occasions with one Maha Pindacara after the vassa.

At the end of the Pindacara session, monastics will gather around and summon the helpers and participants. Providing the significances of dana and the sharing of merits before the crowd disperse. The estimated turn out of SLBS members alone is around 40-50 members. Monastics and offered items would be sent back by organized volunteers to Dhamma Earth.

e. Weekly Meditation Session

SLBS has also established a weekly guided mediation session with the support from the Venerable from Dhamma Earth. The session is arranged by SLBS committee members for the fetching of Venerable to and fro to the center, setting up of the sittings, preparation of drinks and altar table.

A consistent participation of 15-25 local devotees to the weekly session had been encouraging.



2) MONTHLY DHAMMA TALK

In our monthly dhamma discussion this year, the focus is on mental cultivation.

We begin with a map of our spiritual practice, and that requires us to take a look at the most fundamental of spirituality, that is Truth and Reality.

What follows after that is our need to deepen our understanding and our practices on bhavana, that is to say - Right Effort, Right Mindfulness and Right Samadhi. For this, we take a closer look specifically at the practice of satipatthana as found in the suttas and at the most fundamental principles in Buddhist meditation - practices recommended by the Buddha. We also clear up some misconceptions and myths about these meditation practices.

In the discussion of Samadhanga Sutta, for example, we find the Buddha's teaching on the Jhanas and its relationship with insight. This sutta shows why the Jhanas are necessary and clears up the confusion of when insight is practiced.

In the middle of the year, Bro Punna Wong was invited to share his thoughts on whether there is any conflict between being rich and practicing the Buddha's teachings. He gave his sharing in a talk entitled "Crazy Rich Buddhists".

Following Ayasma Aggacitta's workshop in early August 2019 on "A Good Death", we continue his theme with a discussion on death from the layperson's perspective with a sutta from the Sutta Nipata entitled Dart of Death and another sutta from Samyutta Nikaya entitled Cunda Sutta, on the occasion of the death of Venerable Sariputta. In this latter sutta, the Buddha advised Venerable Ananda to be "an island unto one self, a refuge unto oneself" with the dhamma as guide and the Four Foundations of Mindfulness as practice.

In our last few dhamma sharing sessions of the year, the focus was on understanding some of the difficult and often confusing concepts in Buddhism, such as forgiveness and emptiness.

Analysis of Truths

Satipatthana

Buddhist Meditation

The Five Hindrances

Samadhanga Sutta – The Five Factors of Concentration

Crazy Rich Buddhists

Dart of Death

Forgiveness in Buddhism



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3) DHAMMA TALK BY BRO DR. PUNNA WONG

On the 16th June this year, Dr Punna again provided us with an opportunity to invite him to grace our center with a Dhamma Talk titled Crazy Rich Buddhist.

The talk lasted for one and a half hour. With Bro. Punna informing all attendants of the completion of the construction of their Center in JB and the donation welcome by their committee to support the building fund. Which the SLBS committee had announced and managed to gather a small amount of donation for this purpose.

4) DHAMMA WORKSHOP

Organised by the Theravada Buddhist Council of Malaysia and facilitated by Ayyasma Aggacitta. **How to Die a Good Death Sutta Study with Meditation Workshops** were held in 21 locations in Malaysia and Singapore between Jan-Aug 2019 and attended by more than 1,250 people.

This 2 days Sutta Study with a Meditation Workshop on “How to Die a Good Death?” which has been designed by Ayyasma accompanied by an 80 page workbook for prior study by registered participants. The topic of the workshop is built upon the Buddha’s pronouncement in Arakkhita Sutta (AN3.110) that when one’s mind is protected; one will have a good death.

SLSB is indeed privileged to be able to held this meaningful workshop on 3rd and 4th August 2019 with more than 30 participants to help them have better understanding in preparing the mind for death.





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5) PRE WESAK DAY CELEBRATION

This year, on the 12th May 2019, the Pre-Wesak Day celebration was again organized in conjunction with Wesak Celebration. Due to the warm reception experienced in the previous years, as well as to also take part in the celebration organizing by DE on Actual day, the committee to celebrate the occasion a week earlier than the actual date of Wesak, in order to have the local members to participate.

For this year, the main committee members and SDS facilitator joint organized the event. With the objectives sets and agenda planned and agreed by main committee, the event was set for the date mentioned and with involvement from the students.

Flyers and banting were fabricated to inform the members and residents of the community. Invitation and announcement letter/mail was prepared and distributed by committee to Local Municipal Councilors, Mr. Law and Ms. Lim. Parents of the SDS were verbally informed and followed up by Whatsapp messages. Society members were also informed through Facebook and Whatsapp.

Monks and Nuns from Dharma Earth were invited to grace the celebration.

On the morning of the celebration day, we started off with parents/students and member taking parts. Due to the UTAR semester break, no student took part.

The morning Pindapata round ended around 8.20 am. Bhante Saccananda and Bhante Amitta, together with 8 sayalays arrived. Then, headed by the sangha community, Bhante Saccananda led the devotees for Puja, Chanting and Meditation. A full puja in offering of Flowers, Ling, water, incense and food to Buddha, Dhamma and Sangha. Then Bhante Saccananda led us on the chanting and blessing to the participants. A session of meditation guided by Bhante before SLBS President, Bro. Sumedha related his speech through VP, Bro Moey. Reading out his heartfelt message to all devotees.

Then, we also did the candle lighting ceremony donated from all the devotees. The candle and lighting signify the support to SLBS as well as significance of light sharing with all family members and departed one.

Bhante started delivering the Dhamma Talk to the devotees, SDS Children's parent and new comers. Right after the end of Dhamma talk session, we did the offering of candles and robe to sangha community. A representative for all members offered one robe to Sangha community under the SLBS. Followed by all other devotees.



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The respective student group for set up and food handling went to their station of work. Bhantes were invited to receive food for dana. Devotees were ask to line up for offering. Everyone had a chance to offer dana. Then Bhante conduct the sharing of merit with other beings and departed one.

The Food was offered to Sangha community and food were taken first, by the sangha. Then the Sayalays and finally followed by elderly, adult and children. Bhante left about an hour after lunch and sharing of merit.

6) SUNDAY DHAMMA SCHOOL

The only Miracle that is approved by the Lord Buddha is Miracle of Education. Education here mainly refers to the Education of Buddha Dhamma. Through learning and living the Dhamma, we can live a virtuous life and have the potential to change ourselves into something better than we are right now.

In accordance with SLBS tag line, “Learn, Share & Live Dhamma”, SDS facilitators have been finding ways to deliver dhamma more effectively to its students of different age groups. In year 2019 the dhamma shared with students focus on how to use dhamma in daily life with the aims:

- to enable SDS students to immediately experience the Dhamma hence to increase the possibility and probability for them to put Dhamma into practice
- to help SDS students to develop decision making skills
- to help SDS students to develop skills in social interaction, leadership and teamwork based on values taught.

In addition to indoor classes & activities, SDS also organized field trip to provide opportunities for SDS students to put into practice the virtues they had learnt. SDS Students participated in Suriya Family Day at Dhamma Earth Semenyih to enhance the lesson of filial piety and gratitude towards their parents and grandparents.

SDS ended 2019 with Appreciation Day, family activities create opportunity for family, young and old to learn the Dhamma together.

SDS would like to take this opportunity to express our sincere appreciation to the parents for entrusting the children with SDS. Special THANKS to ALL Facilitators for their endless effort, time, energy and money spent in propagating the Buddha Dhamma in their special and creative ways.

SDS Facilitators



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Sis Chai Fun
Sis Cindy
Sis Cheng Sim

Sis Joanne Soo
Sis Miew Wan
Sis Ravivan (Mrs Yong)

Sis Susila
Sis Yan Ling
Sis Yoke May

7) BMSM KAJANG 24 HOURS METTA CHANTING

For the 6th consecutive year, SLBS has taken part in this activity organized by the BMSM of Kajang.

The event was confirmed a month earlier, a message was sent out through our SLBS chat group to invite participants for the chanting. The members arrived 20 minutes before the session. We were invited to the dining hall for drinks and light refreshment.

The session started right on time at 11.00 pm, continuing from an earlier group. This time, we had a few chanting leaders took turn to lead the session, making it easier for the participation of the event in the future.

The organizing committee were very grateful and also presented us with the towel as an appreciation to our participation for so many years.

8) DANA IN SG LONG MARKET

The Dana event was part of the Dharma Earth Semenyih Sangha member noble intention of providing opportunity for lay person to offer food, in all areas around Selangor. The events were scheduled here. SLBS was the usual partner in coordinating the announcing of the event, food collection, segregation and coordinating transportation of the food to DE.

SLBS members were involved in following the monks and Sayalays to accumulate the dana items and carry along to prevent the monks from over loaded with heavy items. Then a few of members assisted in transferring them back to the sorting areas.

The students of the UTAR Sg Long Buddhist Society was also invited through the Group Chat to participate and at times, assisted in the events.

The session is usually participated by the student of SDS in SLBS as part of the Buddhist practices. It was after the offering did the students walked back to SLBS center for class.



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Before the monks and Sayalays return to DE, a chanting and blessing session was conducted in the sorting area for devotees. It was usually led by most senior monk.

The dates of the events were:

Jan 27, 2019

May 12, 2019 July 28, 2019 Oct 20, 2019

9) BLOOD DONATION

Without the event organized for this year, a small number of committee members decided to gather Blood Donors in the areas to participate in Blood Donation through the Mid Valley Blood Donation Center. The objective was to make it a quarterly social event for devotees interested in this event.

The short message was sent out but it seems to close to the date of the event itself, furthermore, with long weekend coming around. Not many responded. However, we went ahead for the Mid Valley Blood Donation Center and had the activities carried out.

As a result of the turn out, we decided to make it more significant with earlier announcement of the activity. Also announce the intention of getting member to participate in 4 times a year, which was the initial aims.

The feeling of donating was great, a true joy in practicing the Buddha Teaching of DANA.

END OF REPORT