



OUTREACH

Growing People, Inspiring the Future

158 November - December 2018
For members only

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DISCOVERING “TRUE NORTH”: 41ST INCOVAR DHAMMA CAMP THOUGHTS AND REFLECTIONS

BRO. BRYAN PHANG TEE KHYE

Who am I? What do I want? What am I doing with my life? Am I happy? These are among the most common questions people ask themselves, including me. I was always a person who loves attention and expressing myself. I am a people person, I like to amuse and entertain my friends with jokes and playfulness because their laughter gives me a feeling of happiness. Similarly, if others are feeling down, angry or having any hatred towards me, it can bother me for a long time. I love Dhammaduta work, not because it gives me good karma but it is a passion I am unable to explain. These were what I thought I wanted in life, but do I really want that?

years, but the past camps had always clashed with my studies. This year, I made sure I cleared my schedule and signed up early so I wouldn't miss it again. My parents weren't too happy because my semester had just started, but I knew very well that I do not want to miss another year of Incovar Dhamma Camp.

The theme of the camp, True North, frankly I did not understand what it meant at all. I only assumed it has something to do with knowing the direction of your life, which was not exactly wrong. Little did I know, True North became a short journey in my life I will cherish forever. Throughout

I was told Incovar Dhamma Camp is one of the most influential and meaningful camps for people of my age group. I have been eager to register for Incovar Dhamma Camp for many



the whole camp, the committees emphasized on loving yourself, being aware of your feelings, your thoughts and discovering yourself. It might sound easy but loving yourself can be a pretty hard task sometime; At least that was how I felt in camp. I would like to share the most impactful moments and lessons I brought home from this camp.

Imagine two cups. For one cup to fill the other cup, that cup must first overflow with water. For you to love others, you must love yourself first. Much like the cup, you must overflow yourself with love for you to give love to your friends, family and others. Sometimes I take my feelings for granted because I like to satisfy and entertain others. If I am not happy, how do I make others happy? How do I love them if I myself do not feel loved? This taught me a lesson, which is to be aware of my own feelings and be sure to love myself before I take any action to love others.

"People believe in different truths."

"Everyone seeks happiness, just in different forms."

These two simple but beautiful quotes above came from two different Dhamma speakers, on two different topics. Despite coming from different topics, the quotes are very much related to each other.

The first topic was "The Absolute Truth" by Brother Tan Siang Chye. My main takeaway from Brother Tan's talk was that everyone has their own truth. This simply means everyone believes in different things. Take religion for an example, we Buddhists believe in the Buddha, Dhamma and Sangha.

The Christians, Muslims, Hindus believe in their respective deities. Every religion has their own truth. Even as Buddhists ourselves, we have different types of Buddhism such as Theravada, Mahayana, Tibetan and more. If there is only one Dhamma, why are there so many types of Buddhism? We create our own truth, our own reality. Other sayings which contradicts your truth creates unhappiness and anger. Therefore, we must learn to accept others' truth with an open heart, even if it contradicts ours; Most importantly, do not be afraid of changing our truth if we feel the need to. I strongly believe that if your truth brings happiness to yourself, that is a truth to live by. The Dhamma is a good example of a truth. The Dhamma was Buddha's truth, which we Buddhists practice because we believe that is the absolute truth of happiness. We adopted the truth of Dhamma because we believe it truly guides us to live a happy life; Your truth defines who you are, no one should ever be able to install it in you, but instead guide you towards it. That is the only way you can truly discover yourself.

The second quote came from the topic "Hindrances in Achieving True North and How to Eliminate them in Terms of Buddhist Teaching" by Uncle Vijaya. This Dhamma talk included The Three Evil Roots and The Four Brahma Viharas. The three evil roots, which are greed, hatred and ignorance are represented by a rooster, snake and boar respectively in the Wheel of Life.

These are called the evil roots because they bring unhappiness, anger and negativity in our lives. Also, notice how the three animals are all biting each other's tails and forming a circle? This is because the



MAHA SANGHIKA DANA & Requisites Offering @BGF 2018

**10-Nov-2018 (Sat)
8.30am - 1.00pm @ BGF**

- 8.30am Arrival of public
- 9.00am Welcoming Speech by Datuk Seri Dr Victor Wee
- 9.15am Puja & Blessings by Maha Sangha
- 9.45am "Significance of Sharing"
- 10.30am Offering of Robes & Requisites & Transference of Merits
- 11.30am Offering of Lunch Dana
- 12.30pm Lunch for Public

*Donations of any amount to defray
our expenses are also welcome*

BGF will be organising an auspicious ceremony of Maha Sanghika Dana and Offering of Requisites. This time of the year coincides with the Rains Retreat (vassa), which will be an opportune time for us to provide support to the Sangha for protecting, preserving, and teaching the Dhamma through the centuries.

Devotees can offer to the monks their requisites, which will be in parcels containing a set of robes plus requisites.

❶ Parcel of requisites is @ RM200 each.

❷ Dana food & requisites (no robes) @ RM100 each.

If you are keen to offer requisites to the monks or make donations, kindly bank in the payment to

Maybank 5147-2110-3638

and scan and email the receipt to

buddhistgemfellowship@gmail.com with the remarks "MSD10Nov".



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Yek Saing +60 18-663 5730

evil roots are all related. Experiencing one of the evil roots will eventually lead us to the other evil roots. The main challenge is how can we eliminate the evil roots and feel happy? The answer is simple, the Four Brahma Viharas, which are Metta, Karuna, Upekkha and Mudita. Metta means loving kindness; Karuna means compassion; Upekkha means equanimity; Mudita means sympathetic joy. Also, the Noble Eightfold Path which includes Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration. The Noble Eightfold Path guides us to take every action or carry out every task with the right mindset. The word “right” before each practice explains that there is no need for too much or too less of that practice; Just the right amount will be sufficient. According to the Dhamma, the Four Brahma Viharas and Noble Eightfold Paths are one of the best ways to eliminate the evil roots and bring happiness in our lives. Many people have their own ways of achieving happiness and there is simply nothing wrong with any of them. Why do some people work hard to earn so much money? Why do some people quit their jobs to travel? Ultimately, everyone is seeking for happiness, just in different ways.

Another small but impactful takeaway from Uncle Vijaya was (not his exact words) “Some people believe there is a heaven and a hell. We as Buddhists say we don’t know if there is a heaven or a hell. No one can tell you where exactly Nirvana is. Even if you type

“Nirvana” in Waze it will only take you to Shah Alam! What if there is no heaven and hell? Live in the present moment. We are responsible in making our own heaven and hell. If we feel happy, we are already in heaven! If we are feeling sad, depressed or any forms of suffering, then we are in hell.”

Lastly, I would like to highlight a new mission I received from camp. This mission was given to me by myself, a Personal Mission Statement. A personal mission statement is an ultimate goal we set for our own lives. After some brainstorming session and activities, we were all given some time to write our own personal mission statement. I knew mine was very clear and easy, this had always been my objective in life. My personal mission statement is “To bring positivity, happiness and Dhamma to people around me”. A very simple and straightforward mission, but a very hard one to live by. As mentioned before, if we do not know if there is a heaven or hell, why not bring the heaven to our lives? I want to also bring happiness to others, by emitting a radiation of metta and positivity which comes from within. That is my True North. I needed this Personal Mission Statement to always remind myself why am I doing everything I do and what do I want to achieve from every action I take. These are merely half of the lessons I brought home from camp, there are many more. But before I end my sharing, I would like to share about how INCOVAR Dhamma Camp and Buddhism affected my life. After the camp, I became more confident, cheerful and positive in living my life. I had a beautiful necklace given to me earlier this year on Wesak Day. I wore the necklace

every day to remind myself to be a good Buddhist. Not too long ago, the necklace slipped off my hand, fell on the floor and a part of it broke.

To my surprise, instead of feeling sad that my favorite necklace just broke, I simply said "Oh no!" and smiled right after. I did not feel sad that the necklace was broken, but I felt happy remembering the necklace had brought me many good memories. There was no attachment there, only beautiful memories. This reminded me of a saying by the late Ajahn Chah "When I know the glass is already broken, every minute with it is precious". I did not regret breaking it, because I was very sure I cherished every moment with it.

I will never stop being who I was before I went to IDC 41: True North. This camp did not change my personality, but my mindset. This camp guided me to understand and love myself, not to change who I am. I will cherish the life-changing journey I had for as long as I live because it was the moment I started loving and understanding myself a lot more. I would like to end my sharing with a few personal quotes which inspired me in every aspect of my life.

"As long your truth brings happiness to yourself, that is a truth to live by."

"Your truth defines who you are, no one should ever be able to install it in you, but instead guide you towards it."

"A mistake or regret can be a lesson, but there is no need to be emotionally attached to lessons."

"Life is too short, no time to live in regrets."

"You do not need to force yourself to be positive in negative situations, you just need to practice, and the positivity comes naturally."

"The Dhamma is a guide to happiness, not some rules to live by. If you live by the Dhamma with the wrong mindset, then you will receive the wrong outcome."

"Legends start from small beginnings" – Jackie Underwood

All the quotes above are my own personal quotes except the last one

A huge shout out to the beloved camp committees and facilitators from BGFYC, Bro. Tan Siang Chye, Uncle Vijaya, Bro. Jackie Underwood, guest speakers of "Cindy's talk show" and every participant who went to the camp with me. I am very honored and pleased to have all of you to guide me to discover and love myself. Without you, camp would not have been such a memorable journey! Thank you for being part of such a wonderful personal journey to discover myself. Love you all! A big thank you to Buddhist Gem Fellowship as well for opening more Dhamma doors to young people like us to learn, investigate and experience the Truth for ourselves.





The Secret of Happiness **by** **15th Reteng Rinpoche**

Thursday
29
NOV
2018

8.00 – 10.00 PM

This evening talk will be
delivered in
Mandarin and translated
into English.
All are welcomed.
No registration required.

The 15th Reteng Rinpoche was born in 1981 in Yushu, Tibet. At age 14, he was identified as the re-incarnation of the 14th Reteng Rinpoche. He was educated in advanced Buddhism, including the Five Great Treaties, the classical Buddhist curriculum at Sera Monastery. From the Geluk school, he is a spiritual master of exoteric and esoteric Buddhism.

In 2005, he graduated from the Beijing Foreign Studies University, followed by study in Advanced Tibetan Buddhism Studies Institute. Besides traveling widely in Australia, and the United States to teach, he also writes books and engages in social charity activities. His message is the source of inspiration and strength for many encountering difficulties in life.

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TESTIMONIAL FROM SIS. HO YONG LE

"I was first introduced to INCOVAR Dhamma Camp through my friends who have attended past camps and have given good reviews. When I first stepped in I was very welcomed with much friendliness and all committees were really nice! I've learned alot during the camp, about myself and Buddhism. And it was no different for IDC 41. IDC 41 put alot of emphasis on

mindfulness and staying true to yourself, so the activities were very focused and filled with depth in order to really push us to getting us to know ourselves better. Overall, it was a really fruitful camp for me, and I'll recommend it to everyone who will like to have a comprehensive understanding of Buddhism, and would like to appreciate the little, silent moments in life."

ORIGIN POINT TRAINING (OPT) WORKSHOP

BRO. LAI KIM LOOI

OPT@BGF held this year's first Origin Point Training Workshop in English on 29th and 30 September. We were fortunate to have a very popular and experienced OPT trainer Teacher Raymond Lim conduct the workshop.

The workshop was conducted over two days covering the history, concept and practice of OPT. Case studies and testimonies were shared to illustrate the effectiveness of the practice.

Overall, the benefits of OPT are to promote healthy lifestyle, relieve pain, stimulate

self-healing and alleviate symptoms of illness.

The workshop was attended by 98 people of which 60 were participants, 30 volunteers and 8 facilitators. After this workshop, the participants were required to return every Saturday for Antui practice before they could qualify as volunteers.

At OPT@BGF, we are a big family of like-minded volunteers seeking to benefit from the healthy and therapeutic lifestyle to enjoy better quality of life.



THE 32ND EFFECTIVE SPEAKING COURSE SPEECH CONTEST

BRO. MOOI CHEE ONN

After over 8 weeks of lessons from 4th August till 22nd September 2018, the 32nd Effective Speaking Course ended with the Speech Contest on 22 September 2018 at 7pm by all qualifying participants.

Only participants who have attended at least 80% of the lessons qualified for the Speech Contest and were presented with their Certificates of Achievement.

The BGF 32nd Effective Speaking Course was held every Saturday between 3pm to 9pm to benefit Buddhists by developing their self-confidence in public speaking and enhancing their communication effectiveness.

We hope that through this course, participants are able to enhance their public speaking skills, develop self-confidence and self-reliance and able to persuade, motivate and communicate effectively.

Throughout the 8 weeks, we were very fortunate to have Bro. Loi Hui Kong to be our course facilitator and head mentor to guide and support the participants so that they can speak effectively.

The BGF Exco would like to take this

opportunity to thank the trainers and mentor for this Effective Speaking Course who have committed their Saturday afternoon and nights to coach these participants.

Appreciation to our trainers Bro. Loi Hui Kong, Bro. Jack Tan Chun Sian, Datuk Seri Dr. Victor Wee, Bro. Poh Wee Fah, Bro. Loo Han; our team of mentors Sis. Jennifer Chua, Bro. SY Yeap, Sis. Shalyn Loh, Bro. Chin Aik, Bro. Chooi Leang; our refreshment team Sis. Jacqueline Lim, Sis. Jacquelyne Ann and Bro. Raymond Ng. And not forgetting Sis. Jacquelyne Ann, Bro. Johnson Mah and Bro. Chong for coming forward to give sample speeches to inspire the participants.

Winners of the ESC 2018 finals were:-

- Champion : Sis. Lam Jun Hui
- Runner Up : Bro. Lim Yu Cheng
- 2nd Runner Up : Sis. Yuki Chan
- Most Diligent : Bro. Lai Kah Seng
- Most Improved : Sis. Wong Chor Wan
- Consolation : Sis. Sherine Liew and Bro. Ng Xin Zhao

ESC 2018 Organisers would like to thank all our facilitators, timekeepers, sample speakers, volunteers and helpers for their commitment in assisting to make the ESC 2018 possible in one way or another.





From left: Sis. Wong Chor Wan, Sis. Sherine Liew, Bro. Ng Xin Zhao, Bro. Lai Kah Seng, Bro. Lim Yu Cheng, Sis. Yuki Chan and Sis. Lam Jun Hui

BGF COUNSELING UNIT (BGFCU)

1) 26th BGF Counseling Course starting 7 October 2018

Level 1 of the 26th Course began on 7 October with the presentation on 'Conflict Resolution Skills' by Bro Tan Chin Huang. It was a great start with good atmosphere and interaction among our course attendees with our volunteers. There was a total of 45 registrants with 23 of them also signing up for Level 2 which will begin in January 2019. For this batch, BGFCU decided to make improvements as well as update the course syllabus. An additional lesson was added bringing the total number of lessons to 8 for Level 1. Level 2 (also undergoing a revamp) will still have 13 lessons.

2) Mindful Parenting Workshop on 6 October 2018

The workshop was successfully held on 6 October 2018 with the trainer Sis May Liu, a clinical psychologist who did the parenting workshops for BGFCU last



ESC 2018 Organisers would like to thank all our facilitators, timekeepers, sample speakers, volunteers and helpers for their commitment in assisting to make the ESC 2018 possible in one way or another.

BRO. LIM CHEN YAM

year. The number of people attending the workshop was 10 which made it a compact and intimate event with a lot of interaction and bonding among the participants.

3) Volunteers from 2014/2016

Intensive roleplay training for the remaining 3 volunteers will carry on until the end of October 2018. The sessions continue to be conducted by 2 fully-qualified counselors, Sis Sook Ping and Sis Xue Min.

4) Volunteers from 2017

Training has been completed for this group with the volunteers already assigned their telephone para-counseling duties

5) Volunteers from 2018

The participants from the 24th and 25th courses which started the para-counselors training on 3 March 2018 have completed



the program on 8 September 2018. With this, another 11 volunteers have been assigned their telephone counseling duties. A graduation ceremony was held for this batch as well as the 2016 and 2017 batches on the same 8 September. A fuller account of this event is elsewhere in this issue.

6) Extending the Telephone Counseling Service

With the availability of newly-trained volunteers as mentioned above, BGFCU has decided to extend the service to 5 days a week, i.e. from Mondays to Fridays from October 2018 onwards. Some of the challenges concerning this move will be to manage the security. At the same time, BGFCU (and rest of BGF) will have to do additional and more intensive promotion efforts in line with this development.

Is something
troubling you?
we are here
to LISTEN



Call us at
BGF Counseling Unit

03 7859 9610 or 03 7859 9682

Monday to Friday
7.30 pm to 9.30 pm



GRADUATION NIGHT FOR BGF HELPLINE PARA-COUNSELOR TRAINEES 8 SEPTEMBER 2018

Volunteers from the 2014 – 2018 BGF Counseling Course batches have been participating in the rigorous and intensive Para Counseling Training (PCT) programs conducted by the Counseling Unit. September 8 was the date fixed to celebrate their graduation as Para-Counselors.

The program for the night started with some fun and entertaining ice breakers. Graduates had prepared a few Gratitude Trees for everyone to write and hang their messages of appreciation and thankfulness on paper-cut leaves and pretty cards.

SIS. KOO YOON KIN

As a PCT 2018 myself, I felt elated. Our 6-month long journey of self-discovery and personal growth had drawn to a very successful and meaningful close. The air of relief was palpable. We had dedicated 6 months of our precious Saturday afternoons learning Person-Centred Counselling theory and practicing role plays with persons-in-need (PINs).

For some graduates from earlier batches, PCT 2014 – 2017, where the training course was less structured, the road to graduation had been long and trying. The camaraderie that we, PCT 2018, shared, the tear or two that we shed and witnessed, the close bonding that

we nurtured, none would have come about if not for the conducive and safe environment provided by our trainers Sis. Yin Heng and Bro. Suan Seng and our facilitators Sis. Yoke Chiew, Sis. Iris, Sis. Wong Chung Heong and Sis. Ke Xian.

Here are the snapshot of testimonies shared with us --

"BGF is far from home. I taught in BGF, for the first time in English, in 2014. I use exactly the same skills, whether it be at home, in BGFCU or in Mandarin speaking Buddhist centres. This is what motivates me." Trainer Sis. Chin Choon Moy

"Nurturing is 2-way. I learn from trainees too. I feel very motivated by the close bonding. We help each other to help others too. We are a group of like-minded friends from different backgrounds." Trainer Sis. Yin Heng

"I am involved in a few charitable organisations. I find that the counselling unit in BGF (BGFCU) has a purpose, to learn and to help and that is what I like to be in." Facilitator Sis. Wong Chung Heong

More testimonies from Para-Counselor graduates --

"It's been a meaningful journey, training with all of you. Biggest thank yous go to our trainers and facilitators. We wouldn't be here without your support and dedication. To my fellow trainee PCs, thank you for being my teachers. I learnt so much from each and every one of you."

"The PCT is not merely about learning to extend help to others, but also about understanding ourselves better. From this understanding, we cultivate unconditional positive regard, empathy and congruence."

"I understand myself better. I learn to bond well and about self-care. I practice what I have learnt. I consider myself lucky to have embarked on this journey."

"I find out what being helpful means. It's quite different from Auntie-counseling."

"I learnt that giving advice is not always the best way. I am grateful for the safe environment in which to learn."

"I feel blessed. It has taught me a lot about bonding with family, dealing with clients, and about myself."

"I was fascinated by the diverse backgrounds and the wide age differences of the group. It was so refreshing to bond with and to learn from the young."

"We are a very different lot. I'm non-Buddhist and non-Christian. Our personalities are varied. It's so fascinating. I see the passion in my trainers' and facilitators' volunteerism. They never diminish in their commitment."

"I learnt a lot especially from role-play sessions. I also volunteered at a hospice, talking to patients."

"BGFCU is my 2nd home. I was told by a corporate trainer that we should have a 2nd skill set. I chose para counselling. Along this journey I have changed, so have family and others around me."





"BGFCU has done a great job. I find para counseling training very useful. It is a journey of self-discovery."



"Para-Counseling training helps me with my personal problems and to help me move on in life. I try to practice the skills face to face or on the phone. I found it hard to bond with my trainers but could bond well with the facilitators. In 2018, things started moving (closer bonding)."



"I am fast-paced and tend to react quickly. The training taught me to listen to others first. I am grateful to my mentor, the BGFCU. As a committee member, I try to help out after work when I am not travelling. It is my commitment."

We had a lovely vegetarian buffet dinner and desserts of fruit, ice cream and cakes generously given by a graduate who was unable to attend.

ANNOUNCEMENT



Everyone can Learn Dhamma

"GEMKIDS" & "GEMTEENS" STUDENT INTAKE 2019 IS NOW OPEN !



Classes are held on **two Sundays a month*** from **9:00am – 12:30pm**
At BGF Centre, Ara Damansara, Petaling Jaya, Selangor.

Open to 4 to 17 years old

Closing date is 30 December 2018

Please scan and email back the REGISTRATION FORM to
swanie@hotmail.com together with the Proof of Payment.

* Classes schedule will be shared in whatsapp before 6 January 2019

DHAMMA MINDERS 4 - STILL A DOUBLY NOBLE PROFESSION, THOUGH HIGHLY CHALLENGING

Being a naive, old school baby boomer, I signed up for Dhamma Minders 4 because I wanted to bridge the generation gap with my 7-year-old goddaughter who I thought I can teach Dhamma to. I was a Sunday Dhamma School teacher in the mid-1990s for 2 years. My ex-students are now in their late 30s, some married with kids. I made comparisons between my alpha millennial goddaughter and my Generation Y ex-students and realised that I cannot apply the same teaching method or syllabus in this super-fast digital era. Imagine — my alpha goddaughter asking me, “When can drones start delivering pizza to my window sill?”.

Imagine — this startled godmother found the answer during the Dhamma



SIS. CATHERINE SIOW

Minders 4 course, which spanned over a 5-month semester from June to October, covering 40 hours of lessons and 4 hours per fortnightly class from 2pm to 6pm at Brickfields Maha Vihara.

Among the experts who trained us were an award-winning Malaysian inventor with his mind-boggling ideas and a well-experienced clinical psychologist who shared her “experiential” Mindful Cikgu with us.

Most of all, I was greatly inspired by Bro. Tee Chee Seng’s sharing at every class, so much so that I am honoured to report that I received my certificate of competence on graduation day and completed my graduation “project” the same evening.

Now, I am confident about tackling the alpha kids and take up the super-challenging task of being a Sunday Dhamma School “Facilitator” of this super-fast digital era.



KATHINA AT JHANA GROVE, PERTH AND VISITS TO BODHIYANA MONASTERY AND DHAMMASARA NUNS MONASTERY ON 28 OCTOBER

SIS. CATHERINE SIOW

The Sunday morning started bright and early as our entourage of 28, led by BGF Vice President Bro. Tee Chee Seng, made our way to Jhana Grove, an hour's bus journey from Perth city centre.

When we arrived, Ajahn Brahm was already seated outside the meditation hall, greeting hundreds of visitors who made various offerings, including robes and other requisites, to the much loved abbot of Bodhiyana Monastery.

Aside from the group photo, many of us managed to take some personal shots with Ajahn Brahm.

We then made our way to the hall for Ajahn Brahm's short talk, before taking part in the Pindapata, which was a lovely sight to behold as the abbot led his 27-strong monastic community to collect the meal of the day.

While the monks had their lunch, we ate ours at Bodhiyana, after which Malaysian monk Ven Radha led us to Ajahn Brahm's cave (kuti) to let us (in groups of 7) have a feel of the vibes inside.

Next, we headed for Dhammasara Nuns Monastery, an hour's drive from Bodhiyana. We enjoyed an excellent tour of Dhammasara, meeting the abbess Ven Hasapanna (of Ipoh, Perak) and bhikkhuni Ven Jothika (of Kuala Lumpur), who made us feel truly at home.

After tea at Dhammasara, we paid respects to Ven Hasapanna and headed back to the city centre, imbued with the day's inspirational blessings from Kathina and Pindapata at Jhana Grove and Bodhiyana to the embracing hospitality at Dhammasara.



NEW ORDINARY MEMBER

1. Sis. Tan Hui Vern
2. Sis. Adeline Saw Wee Lin
3. Sis. Adeline Loh Yin Mae
4. Bro. Chuah How Keat
5. Bro. Foo Sek Shuen
6. Bro. Yeo Chin Chen, Pevin

NEW LIFE MEMBER

1. Sis. Lee Tong Yng, Caroline

**BGF VOLUNTEERS AT
KASIH HOSPICE CHARITY FAIR
ON 30 SEPTEMBER 2018**



REGULAR & WEEKLY ACTIVITIES

The BGF Telephone Counseling Service now operates on **Mondays to Fridays from 7.30pm - 9.30pm**. It is manned by volunteers who are trained para-counselors from the BGF Counseling Unit and have been in service since 1992. Please share this service with your family and friends who may need a listening ear as they face life's problems and challenges. Please call **603-7859-9682** or **603-7859-9610**.

Metta Meditation : Wednesdays : 8:30pm - 10:30pm

Guided by Prof. Datuk Seri Dr. Victor Wee, this meditation on metta (loving kindness) to all sentient beings is excellent for mental cultivation and stress relief. Suitable for beginners as well as experienced meditators. Please be punctual in order not to disturb the sitting. For details, please contact Sis. Elaine Low at 013-352 7662.

Qi Gong Class : Thursdays : 8:30pm - 10:30pm

You'll be guided personally, stage by stage. Any queries, kindly contact Bro. Chan Yin Hoong at 03-5519 2455 Ext. 211 or 012 - 328 6256.

Origin Point Therapy (OPT) : Saturdays : 10.00am - 12.00pm

Free Origin Point Therapy is available on Saturday 10am to 12pm. Please wear soft cotton t-shirt and soft track bottom. Kindly bring along a bath and a hand towel for hygiene purpose. Contact Bro. Lai Kim Looi 012-2102519, Sis. Lee Wun Yin 019-2181259 or Bro. Steven Tan 012-2898133



Article / Feedback for Outreach : If you have attended any talks or events organised by BGF and would like to share your experience, please write to us. Email to the editor at info@bgf.org.my. Articles will be edited for brevity and subjected to space availability. We welcome feedback or suggestions for constant improvement.

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ACTIVITIES AT A GLANCE

Nov

6 November 2018, Tuesday

9.00am - 5.00pm

Understanding of Suttas & Abhidhamma - Revision Q&A

10 November 2018, Saturday

8.30am - 1.00pm

Maha Sanghika Dana and Requisites Offering

11 November 2018, Sunday

9.00am - 11.30am

Sunday@BGF with Bro. Lai Kim Looi "Let Go and Relax, Huh?"

9.00am - 12.30pm

Gem Kids & Gem Teens @L1&L2 BGF Cafe Close

2.30pm - 5.30pm

26th BGF Counseling Course @L1

18 November 2018, Sunday

9.00am - 12.00pm

Gem Kids & Gem Teens Graduation

20 November 2018, Tuesday

9.00am - 5.00pm

Understanding of Suttas & Abhidhamma - Revision Q&A

25 November 2018, Sunday

2.30pm - 5.30pm

26th BGF Counseling Course @L1

29 November 2018, Thursday

8.00pm - 10.00pm

Dhamma Talk by Reteng Rinpoche from Tibet "The Secret of Happiness"

Dec

2 December 2018, Sunday

2.30pm - 5.30pm

26th BGF Counseling Course @L1

8 December 2018, Saturday

1.30pm - 5.00pm

Understanding of Suttas & Abhidhamma

8 - 10 December 2018,

Saturday - Monday

Brigding Minds, Joining Hearts (Teen-Parent Retreat) @BrogaBliss

9 December 2018, Sunday

1.30 - 5.00pm

Understanding of Suttas & Abhidhamma

2.30pm - 5.30pm

26th BGF Counseling Course @L1

15 December 2018, Saturday

1.30 - 5.00pm

Understanding of Suttas & Abhidhamma

16 December 2018, Sunday

9.00am - 12.00pm

Dhamma Talk by Khangser Rinpoche "7 Points Mind Training"

1.30 - 5.00pm

Understanding of Suttas & Abhidhamma

22 December 2018, Sunday

2.00pm - 4.00pm

Sutta Study with Ajahn Brahm @BGF

7.30pm - 10.00pm

Public Talk by Ajahn Brahm @BGF

23 - 30 December 2018

BGF Year End Retreat with Ajahn Brahm

@Chin Swee Temple, Genting Highlands

31 December 2018, Monday

8.30pm - 12.15am

BGF New Year Eve Fellowship Program with Potluck Dinner

Jan

6 January 2018, Sunday

9.00am - 12.30pm

Gem Kids & Gem Teens First Lesson

11.30pm - 1.30pm

BGF Cafe Open