



* w * s * d * p

WEEKLY SPIRITUAL DHARMA PROGRAMME FOR YOUNG ADULTS
ORGANIZED BY KMSYM

Personal Development
mind • speech • action

JULY 2008

03 Thu

DHARMA VIDEO SERIES: "LIVING A MEANINGFUL LIFE" BY VENERABLE THUBTEN CHODRON

Screening of Ven. Thubten Chodron's Dharma Talk

"Dharma Video Series" is a new initiative in the *w*s*d*p programme, where there will be video screenings of Dharma talks and related topics. The screenings are shown to benefit those who have not attended the talks, or those that want to remember what was taught in these beneficial talks. In this video recorded in Phor Kark See Monastery in April 2006, Ven. Thubten Chodron discussed about setting motivation and the various factors of a meaningful life.

10 Thu

MOVIE SCREENING: AN INCONVENIENT TRUTH

(Strictly by registration only)

The premise of this Oscar awarded movie is that humanity is sitting on a time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced. The movie is especially apt with the recent natural disasters occurring around our region.

17 Thu

THE GENESIS OF BUDDHIST CUSTOMS AND PRACTICES

Dharma Talk by Sylvia Bay

Ever wondered about how Buddhist practices in various countries and traditions seem to be so diverse from each other? How is it that the robes that monks and nuns don can be so different across various traditions? What is the significance behind these practices? Let Sylvia explain to you the genesis of the various Buddhist practices, and the importance of observing them.

24 Thu

UNDERSTANDING BEREAVEMENT AND GRIEF

Talk by Dr Tan Yew Seng

How do people cope with the loss of a loved one? Is there such a thing as normal grief? This talk introduces the participants to the concepts of loss, grief and bereavement. It will also discuss how the grieving process can become complicated and when the bereaved may need professional help in coping with the loss.

31 Thu

BUDDHIST BACKPACKER SERIES: SHINING THROUGH IN THE PHILIPPINES

Travel Sharing by a keen guide-cum-adviser of 3GEMS tours, Darryl Chan

Where else on earth can you find in one single place regular typhoons, rickety economy spurred by rises in oil prices and inflation, unequal distribution of income, growing unemployment rate, long history of political upheavals, and Muslim insurgency in the southern region? Yes, only in the Philippines! Despite these ordeals, people of the Philippines continue to shine through pains and sufferings with generous smiles. How do they do that? How do they cope with the pains? Darryl throws light on these issues.

VENUE

All sessions at Awareness Place [Well-Being] Centre

Level 3, #03-39 Blk 231 Bain Street, Bras Basah Complex (Beside the National Library, nearest MRT station: City Hall)

TIME 7.30pm – 9.30pm

REGISTRATION

Please register to avoid disappointment: email wspd@kmspks.org, tel 6849 5346 or sms 9736 1146.

ABOUT THE SPEAKERS / FACILITATORS

(Video Screening) Ven. Thubten Chodron is an American Buddhist nun who studied and practiced Buddhism of the Tibetan tradition for many years in India and Nepal under the guidance of His Holiness the Dalai Lama, Tsenzhap Serkong Rinpoche, Zopa Rinpoche and other Tibetan masters for many years. Seeing the importance and necessity of a monastery for Westerners training in the Tibetan Buddhist tradition, she founded Sravasti Abbey and is currently involved in developing it. Ven. Chodron emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them in ways easily understood and practiced by Westerners. She is well-known for her warm, humorous, and lucid teachings.

Sylvia Bay has nine years of formal education in Buddhism and holds a BA (Hons) in Buddhist Studies from Buddhist & Pali University of Sri Lanka. She has been teaching Dhamma for 6yrs at Mangala Vihara and gives regular Dhamma talks at the invitation of various Buddhist organisations in Singapore, such as Tisarana, Buddhist Fellowship and Kong Meng San Phor Kark See Monastery. Sylvia also holds a Masters Degree in International Public Policy.

Dr. Tan Yew Seng is currently the Medical Director of Assisi Hospice. His interests include palliative medicine, geriatric medicine, psychotherapy and counselling. He is also a clinical tutor and teaching fellow at the College of Family Physicians Singapore. He also serves as an advisor to Shan You Counselling Centre.

Darryl Chan. From a timid backpacker at 14 to a mid-ripe 'drag-packer' now, Darryl has never failed to find time each year to visit off-the-beaten-track destinations. Drag-packing has not only challenged his perceptions of life, but has also provided plentiful opportunities for him to 'externalise' what he has learnt from Buddha and His teachings in real, unfamiliar situations. An occasional speaker for communication- and people-related topics; a temple-and-museum tour guide trainer for KMSPKS; now a voluntary guide-cum-adviser of 3GEMS tours, Darryl strives to explore and learn new insights through travelling and museums, and shares his views and experiences with you at his regular Buddhist Backpacker series @ W.S.D.P.

kmsYM

offering young adults effective ways to learn Buddhism while achieving personal & spiritual growths.
join us & empower yourself:

*w*s*d*p	Talks/sharings/workshops to discover Buddhism & its everyday application
Y_Cultivation	Workshops to learn meditation, study Buddhist scriptures (sutras) & teachings
Y_Fellowship	Recharge with fortnightly cultivation (puja/prayers, Dharma talks, hymns) & fellowship
YAC	Awaken your creativity (Young Artiste Club 17-25)

| 6849 5346 | youth@kmspks.org | kmspks.org/youth |

Youth Ministry, Department of Youth & Arts, Dharma Propagation Division, Kong Meng San Phor Kark See Monastery

To view the above details, visit www.kmspks.org/youth/wspdjuly08.htm

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