

## Programs

Buddhist Meditation Programs

Theravada Buddhist Studies

Theravada Buddhist Changings

Theravada Buddhist Ethics & Discussions

Inter-religious Discussions

Buddhist Counseling

Sri Lankan Cultural Events

Focus on Buddhist as well as non-Buddhists to relieve stress & develop mindfulness for the wellbeing of individuals. In turn it helps to build a more cohesive society in Hong Kong.

SLBCCHK helps many highly stressed working people by giving them an opportunity to relax & de-stress, in a serene & calm environment in the Centre.

## Sri Lankan Buddhist Cultural Centre Hong Kong

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斯里兰卡佛學與文化中心



Welcome

ආයුබෝවන්

歡迎

Each morning, we  
are born again.  
What we do today is  
what matters most!

Sri Lanka has a more conventional culture which is obviously influenced by the prominent religions. SLBCCHK has launch these traditional events among local Chinese as well as the Sri Lankan expats, especially among Sri Lankans living in Hong Kong.

SLBCCHK open for anyone those who are interested in Sri Lankan traditional entertainments.

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The Sri Lankan Buddhist Cultural Centre in Hong Kong is a warm & welcoming place for everyone to investigate true happiness through Buddha's dhamma, meditation, philosophies of Buddhism & especially an unique platform for experiencing the Sri Lankan traditional cultural scene.

Welcome with Meththa!

## Sila Observance Programs

Well-known practice that is considered as the foundation of the Buddhist path. Bodily & verbal restraint is the object of this practice that focuses on obtaining a moral livelihood. Centre organizes Sila Programs Monthly.

## Buddhist Meditation Programs

Meditation encompasses a variety of meditation techniques that aim to develop mindfulness, concentration, supra-mundane powers, tranquility, & insight. SLBCCHK conducts meditation programs according to the Theravada Buddhist teachings in Sinhalese & English medium.

## Sri Lankan New Year

Sri Lankan New Year is the Lunar based traditional New Year celebrated by the Sinhalese and Tamils in Sri Lanka.

SLBCCHK organizes the Sinhalese New Year celebration program at the same time as the ritual is practiced in Sri Lanka.

We introduced Buddhist & Cultural programs aimed at the integration of society & promoting harmonious living, freedom from all mental suffering & explore the happiness through a joyful spiritual life together.

Sri Lankan way of life is very simple & filled with humility & happiness, this is one of the reasons why the Sri Lankans have a very deep sense in appreciating the simple things in life such as nature.

## Vesak Festival Celebration

The world celebrates the Buddha's three most important life stages on Vesak Day, a time of joy, peace & reflection. In commemorating this special occasion, SLBCCHK organizes many religious activities during Vesak in the month of May.

## Katina Ceremony

Katina refers to the offering of the special robe prepared & presented to monks at the end of the three months of rains-retreat. Katina Ceremony & the procession organizes by SLBCCHK on the month of October.

## Sacred Relics Exhibition

Buddha Relics possess many amazing characteristics. The power, size & number of Buddha Relics are said to veneration, as devoted offerings & respect are showered on the relics. This rare opportunity for the Buddhists will be held aligning with Vesak Program at SLBCCHK premises.

## Blood Donation

It is a Buddhist virtue to generously extend help to other sentient beings & this covers the case of organ donation. SLBCCHK organizes annual blood donation campaigns joining hands together with Hong Kong Red Cross.

## Specifics in Sri Lankan culture,

### Performing Arts

- Dance
- Music
- Martial Art

### Visual Arts

- Arts
- Architecture
- Sculptures



## Pirith Chanting

Pirith is for protecting one from all directions, that's the traditional definition. Whole night Theravada Pirith chanting by laymen & alms giving to the Bhikkhus will be held on April at SLBCCHK premises.

## Free Food Giving - Dansala

In Sri Lanka, Dansala means the place where the specially prepared food or other necessities are offered free of charge to devotees who come from every directions. Dansala is a common practice in SLBCCHK organized events.

## Bhakthi Geetha

Singing devotional songs called "Bakthi Geetha" about the Buddha is a common practice in Sri Lanka. SLBCCHK organizes the Bhakthi Geetha program align with Posaon Poya day program on June.

## Dhamma School for Children

Teaching Sri Lankan Cultural & Buddhist values, & elementary Buddhist principles to school children have been happening in Sri Lanka for more than a century. The main objective of starting this system of schools in Sri Lanka is to generate a peaceful & moral society.

## Interfaith Dialogues Programs

SLBCCHK supports its best to establish peace in the world. We actively contribute to peace promotional activities conducted by various organizations.





## 活動

佛學冥想活動

南傳佛學研究

南傳佛學演變

南傳佛學倫理及討論

多宗教討論

佛學輔導

斯里蘭卡文化活動

香港斯里蘭卡佛學與文化中心 (SLBCCHK)  
是香港唯一致力於斯里蘭卡佛學及文化實踐的斯里蘭卡中心。

SLBCCHK 通過促進南傳佛教的實踐及斯里蘭卡文化活動傳遞佛教哲學。

Sri Lankan Buddhist Cultural Centre  
Hong Kong

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斯里蘭卡佛學與文化中心



Welcome

ආයුබෝවන්

歡迎

我們引進佛學與文化項目，通過愉悅的精神生活實現社會融合；促進和諧生活；擺脫一切精神痛苦；共同探索幸福。

斯里蘭卡的生活方式非常簡單，充滿謙遜及快樂，這是斯里蘭卡人崇尚自然等平凡生活的其中一個原因。

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香港斯里蘭卡佛學與文化中心是溫暖及好客的地方，每個人都能通過佛學、冥想及經歷斯里蘭卡傳統文化的獨特平臺找到真正的快樂。

以慈愛歡迎大家！

## S道德戒律 (Sila) 活動

Sila 被視為佛教道路根基的主要實踐，以控制身體及言語為目標，重點在於實現道德生活。SLBCCHK 每月舉行一次 Sila 活動

## 佛教冥想活動

冥想包括各種技巧，旨在培養正念、專注度、出世能力、寧靜及智慧。SLBCCHK 根據南傳佛教理論以僧伽羅語及英語進行冥想課程。

## 斯里蘭卡新年

用祝福來表示新一年的開始。斯里蘭卡的僧伽羅人和泰米爾人慶祝傳統農曆新年。SLBCCHK 每年 4 月 13 日和 14 日歡慶新年的同時會舉行儀式。

受到顯著的宗教影響，斯里蘭卡有著比較傳統的文化。SLBCCHK 曾為華人及斯里蘭卡外派人員（特別是在香港定居的斯里蘭卡人）舉辦這些傳統活動。

SLBCCHK 歡迎所有對斯里蘭卡傳統康樂活動感興趣的人士。

## 衛賽 (Vesak) 節慶祝活動

全世界在衛賽日慶祝佛祖三個最重要的生活階段。這是一個快樂、和平與思想的時間。為表紀念，SLBCCHK 在五月份衛賽儀式期間會組織許多宗教活動。

## Katina 儀式

Katina 指在三個月雨季結束時，為僧侶準備及提供專屬長袍的儀式。SLBCCHK 在 10 月份舉行 Katina 儀式。

## 舍利子展覽

舍利子具有許多驚人的特徵。舍利子的能量、大小和數量備受敬重，因為在舍利子上會澆灌虔誠的奉獻和崇敬。展覽曾在 SLBCCHK 場所與衛塞節一起舉辦，是佛教徒難得一遇的機會。

## 捐血

慷慨幫助眾生（包括捐贈器官）是佛教徒的美德。SLBCCHK 與紅十字協會每年發起捐血活動。

## 斯里蘭卡文化特色，

### 表演藝術

- 舞蹈
- 音樂
- 武术

### 視覺藝術

- 美術
- 建築
- 雕塑

## Pirith 頌歌

Pirith 的傳統含義是從各方面保護一個人。SLBCCHK 在 4 月份曾邀請南傳佛教信徒通宵進行 Pirith 頌唱並布施比丘。

## 布施食物

Dansala 是向各方人士提供專門預備的食物及其他必需品的地方。斯里蘭卡社區在香港各個區域為 Dansala 多次提供食物。

## Bhakthi Geetha

為慶祝佛祖的誕生、啟蒙與離世頌唱關於佛祖的虔誠歌曲。SLBCCHK 在 6 月份會組織 Bhakthi Geetha

## 兒童佛學班

斯里蘭卡逾百年來一直向學童教授斯里蘭卡文化、佛學價值觀及基礎佛學原則。在斯里蘭卡開展這個學習系統的主要目的是創造和平及道德的社會。

## 多宗教對話活動

SLBCCHK 竭力締造和平的世界。我們已開始在一些機構舉辦的和平活動中做出貢獻。

