



Sri Lankan Buddhist Cultural Centre Hong Kong



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斯里蘭卡佛學與文化中心

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Welcome

歡迎

ආයුබෝවන්!

The Sri Lankan Buddhist Cultural Centre in Hong Kong (SLBCCHK) is a warm and welcoming place for everyone to investigate true happiness through Buddha's Dhamma and meditation and especially a unique platform for experiencing the Sri Lankan traditional cultural scene.

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

Welcome with Meththa!



Sri Lankan Buddhist Cultural Centre Hong Kong

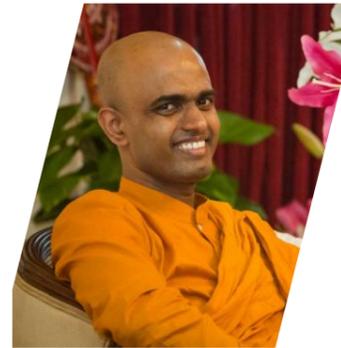
SLBCCHK was established in Hong Kong in 2016 with the aim of hosting the spiritual development through the teachings of Buddha and building bridges of cultural exchange and interaction between Sri Lanka and Hong Kong.



~ Hatred does not cease by hatred, but only by love ~



About us



Sri Lankan Buddhist Cultural Centre in Hong Kong (SLBCCHK) is the one & only Sri Lankan centre that dedicated for Sri Lankan Buddhist & Cultural practices in Hong Kong.

SLBCCHK delivers the philosophies of Buddhism by facilitating Theravada Buddhist practices align with Sri Lankan cultural events.

Founder, Sri Lankan Buddhist Cultural Centre, HK
Ven. Sumiththa Thero

Equal Opportunities Commission, Hong Kong

Ms. Niru Vishwanath



Though only recently opened, the Sri Lankan Buddhist Cultural Centre has already done much to bring the community together. It serves as a great meeting place, refuge, and centre for learning for the Sri Lankans living in Hong Kong. Not only that, it is also increasingly being seen by various service bodies such as NGOs and government departments as the contact point for interacting with the Sri Lankan community.

I wish the Centre lots of success in its mission and in contributing to the empowerment of Sri Lankans in Hong Kong through religious, educational and other activities.

The Chinese University of Hong Kong

Prof. Wai Man Tang



Sri Lankan community has a long history in Hong Kong. With the establishment of Sri Lankan Buddhist Cultural Centre, it not only helps the community to preserve their traditions and cultures but also acts as a bridge between Hong Kong Chinese and Sri Lankans, which makes Hong Kong a more culturally vibrant society.

Abstract

Sri Lankan Buddhist Cultural Centre – Hong Kong (SLBCCHK) would kindly like to bring your attention on this proposal.

Dear Rev./Sir/Madam,

The Sri Lankan Buddhist Cultural Centre Hong Kong (SLBCCHK) is a society (Reg No.58294) registered under the society ordinance of Hong Kong. It was set up in 2016 with dedication of the Sri Lankan community in Hong Kong for the primary benefit of Sri Lankan Buddhists who needed a main place for worship as well as to perform cultural events.

This centre is designed to provide a conducive environment for those who seek true happiness through Buddha's teaching "Dhamma" and develop spiritual wellbeing by practicing meditation. Buddhists as well as non-Buddhists practice meditation, to relieve stress and develop mindfulness for the wellbeing of individuals. In turn it helps to build a more cohesive society in Hong Kong.

Progress



At present SLBCCHK has planned and started programs to conduct weekly, monthly, and annually. Meditation programs, virtuous precepts observance, almsgiving, Religious teachings, inter-religious dialogues, counseling programs, workshops, cultural events, chanting, are some of the main events that SLBCCHK has been conducting. We are presenting a detailed document which elaborates programs we have conducted in HK from 2016 to 2017.

Aim



Because of increasing demand around 3000 devotees attend for Counseling Sessions, Interfaith Dialogue Sessions, Session for understanding Dhamma, Group Meditation Sessions etc, SLBCCHK has been conducting workshops for the well being of the whole community in Hong Kong. These activities have helped many highly stressed working people by giving them an opportunity to relax and de-stress, in a serene and calm environment in the Centre.

Challenge



As the demand is gradually increasing and the participants can vouch for the help they receive from this centre, the SLBCCHK plans to widen the activities the centre is conducting under the guidance of our religious and spiritual adviser Venerable Sumiththa Thero Counseling. However, we need a more suitable place to conduct these activities in a more conducive atmosphere, for greater effectiveness.

Aspiration



Therefore, we would like to get your attention on this matter. We have a hope, If the Hong Kong Government is capable to help us, we can overcome these difficulties. As a matter of fact, we would like to request a piece of land from Hong Kong land. And since most of Sri Lankans are engaging in Kowloon district, it is much better if you can provide us a piece of land from Kowloon district.

~ It is better to conquer one-self than to win a thousand battles ~

Thank you!

Why do we need a Sri Lankan Buddhist Cultural Centre in Hong Kong?

Whole community in Hong Kong including Sri Lankans, Buddhists & non-Buddhists those who are interested to practice Sri Lankan religious, cultural events & activities, and values as other ethnic minorities do. We appreciate if you can draw your kind attention to this matter.



~ You only lose what you cling to ~

Purpose

Cultural centre provide you a platform

- To expand your horizon with Spiritual development through the teachings of Buddha.
- To Build bridges of cultural exchange and interaction between Sri Lanka and Hong Kong communities.

Ceylon is the pearl of Indian ocean

Sri Lanka has a documented history of over 2,000 years, mainly due to ancient historic scriptures like Mahawamsa. Nevertheless, the ancient traditions and festivals are still celebrated, mostly by the conservative Sinhalese and Sri Lankan Tamil people of the island, together with other minorities that make up the Sri Lankan identity.

Sri Lankan culture has long been influenced by the heritage of Theravada Buddhism passed on from India. In fact, Sri Lankan Buddhism has a long history and it has been developed with many Buddhist practices that are leading to the wellbeing and happiness of all the living beings.



History

Rich of Cultural Heritage

The architecture of Sri Lanka displays a rich variety of architectural forms and styles. Buddhism had a major influence on Sri Lankan architecture since it was introduced to the island in 3rd Century BCE.

Many forms of Sri Lankan arts and crafts take inspiration from the Island's long and lasting Buddhist culture which in turn has absorbed and adopted countless regional and local traditions. In most instances, Sri Lankan art originates from religious beliefs and is represented in many forms such as painting, sculpture, and architecture.



Architecture

Talent and Etiquette

The country has a rich artistic tradition, with distinct creative forms that encompass music, dance, and the visual arts.

Sri Lanka is home to a variety of dance styles including classical, folk and dance drama. Traditional Sri Lankan music includes the hypnotic Kandyan drums - drumming was and is very much a part of music in both Buddhist and Hindu temples in Sri Lanka. Most western parts of Sri Lanka follow western dancing and music.



Tradition



Objectives

- To establish a permanent centre to hold various religious and Sri Lankan cultural events

- Conduct meditation and religious ceremonies and counseling programs suited for the conditions and environment of Hong Kong

- To prepare events and programs aimed at integration of society and promoting harmonious living

- Teaching of Buddhist rituals and precepts to the Society at large but especially to the Sri Lankan community in Hong Kong

- Creating affiliations with other organizations in HK to support to establish peace and the well-being of society

- Propagation and teaching of Theravada Buddhism as practiced in Sri Lanka

- Providing temporary accommodation to monks from overseas, particularly from Sri Lanka, who visit or pass through Hong Kong for religious events or for educative purposes

That's the beauty of life, it discriminates against none, and thus, let us all begin once again, one more time, every time. You became what you believe.

~ No matter how hard the past, you can always begin again ~

Programs

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

– Buddhist Meditation Programs

Thervada meditation (Bhawana) techniques based on sathipatthana sutta, other theravada techings & Buddhist commentaries.

– Theravada Buddhist Studies

An observation about basic Theravda Buddhist principles, and critical, comparative study with other traditions.

– Theravada Buddhist Chantings

Conducting Buddhist chantings as a regular Buddhist practices with an intention to achieve both physical & spiritual well-being.

– Theravada Buddhist Ethics & Discussions

Discussions on Buddhist ethics & practices on regular programs to generate & ethical society.

– Inter-religious Discussions

Interfaith dialogues to minimize inter religious conflicts & to build a peaceful environment for harmonious life.

– Buddhist Counseling

Guidence for anger management, stress management & balanced family life.

– Sri Lankan Cultural Events

Performing various Srilankan cultural events and workshops.

~ Postive vibes, Everyday all day ~

Sila (Moral Precepts) observance

is a well-known practice that is considered as the foundation of the Buddhist path. Bodily and verbal restraint is the object of this practice that focuses on obtaining a moral livelihood.

Sri Lankan Buddhist followers usually observe eight precepts on the full moon day of each month in the year. In this case, full-moon day is identified as a public holiday in Sri Lanka.

~ Peace comes from within, do not seek it without ~

Eight precepts are as follows;

- ▶ The training rule to refrain from the taking of life.
- ▶ The training rule to refrain from stealing.
- ▶ The training rule to refrain from unchaste behavior, which is an obstacle to the Brahma-faring.
- ▶ The training rule to refrain from false speech.
- ▶ The training rule to refrain from taking distilled and fermented intoxicants, which cause carelessness.
- ▶ The training rule to refrain from eating at the wrong time, the wrong time being between noon and the following dawn.
- ▶ The training rule to refrain from dancing, singing, music and going to see entertainments, which are stumbling blocks to wholesomeness; and to refrain from wearing garlands, using perfumes and beautifying the body with cosmetics.
- ▶ The training rule to refrain from sitting or lying down on seats or beds with legs over the limit and on large seats or beds, and from using intricate or detailed bed coverings.

Sila Observance Programs

Presently Buddhist followers in Hong Kong have the opportunity to practice this main Buddhist practice monthly. Approximately seventy to eighty people observe these precepts at a time, and more than 500 people take part in monthly. We have several sub-events parallel to the main event. Free alms-giving, Milk-rice offering, Meditation programs, Preaching, and Chanting etc.



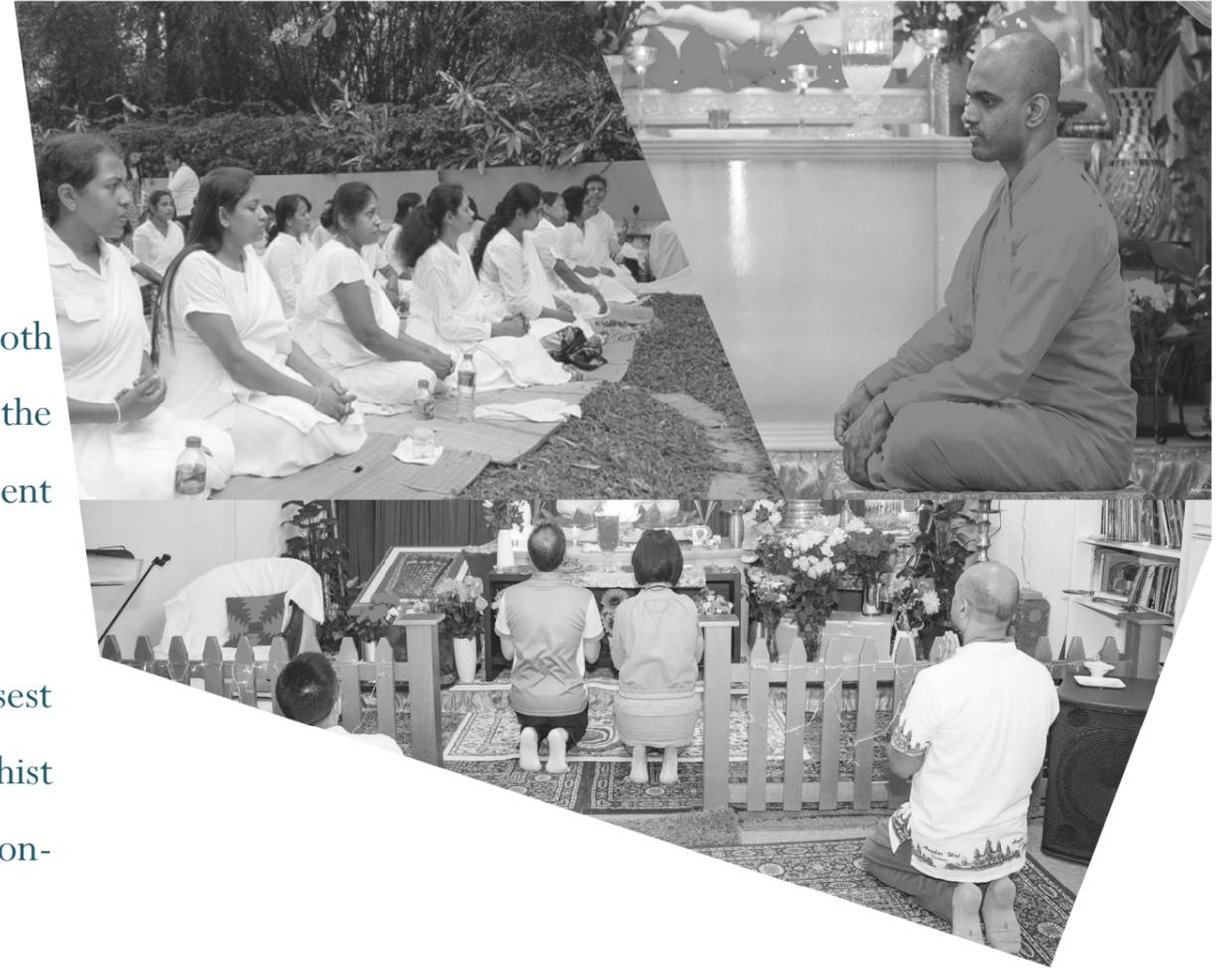
Buddhist Meditation Programs

SLBCCHK conducts meditation programs according to the Theravada Buddhist teaching in both Sinhalese & English medium. Buddhist meditation refers to the meditative practices of the Buddhism and associated philosophy. Core meditation techniques have been preserved in ancient Buddhist texts and have proliferated and diversified through teacher-student transmissions.

Buddhists pursue meditation as part of the path toward Enlightenment and Nirvana. The closest words for meditation in the classical languages of Buddhism are bhavna and jhana/dhayana. Buddhist meditation techniques have become increasingly popular in the wider world, with many non-Buddhists taking them up for a variety of reasons.

Spiritual Goals

The main objective of Buddhist meditation is leading to end all the sufferings such as birth, old age, sickness, death etc. every individual has gained this life for a very short period. Sooner or later, willingly or unwillingly this body must be left. Before long, alas, this body, deprived of consciousness, will lie on the earth, discarded like a useless log. Buddhist meditation is leading to achieve this complete understanding about the reality of the life. The person who understood reality as it is will not suffer when things are passing away or does not hope to make things permanent.



Personal Goals

Buddhist meditation encompasses a variety of meditation techniques that aim to develop mindfulness, concentration, supra-mundane powers, tranquility, and insight. Specific Buddhist meditation techniques have also been used to remove unwholesome qualities thought to be impediments to spiritual liberation, such loving kindness to remove ill-will, hate, and anger, equanimity to remove mental clinging, and reflection on 32-parts-of-the-body and corpses to remove sensual lust for the body and cultivate anicca which means impermanence

~ If we could see the miracle of a single flower clearly, our whole life would change~

Sri Lankan New Year

Signifying the beginning of the new year with blessings. It is a major anniversary celebrated by the Sinhalese and Tamil people Sri Lankans. It is generally celebrated on 13th April or 14th April and traditionally begins at the sighting of the new moon.

Sri Lankan New Year

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generally known as Aluth

Avurudda,

Is a Sri Lankan holiday that

celebrates the traditional Lunar

New Year of the Sinhalese and

Tamil people in Sri Lanka.

According to Sinhalese astrology, New Year begins when the sun moves from Meena Rashiya (the house of Pisces) to Mesha Rashiya (the house of Aries). It also marks the end of the harvest and spring.

Unlike the celebration of the new Gregorian calendar year at midnight on December 31, the Sinhalese traditional New Year begins at a time determined by astrological calculations. Cultural rituals begin shortly after the beginning of the Sinhalese New Year with the cleaning of the house and lighting of an oil lamp.

The rituals vary slightly based on the locale. However, the core of the celebrations remains the same.

SLBCCHK organizes the Sinhalese New Year celebration program at the same time as the ritual is practiced in Sri Lanka. The first celebration was held at SLBCCHK premises on 14th of 2017. Most of those took part of this ritual have participated this after many years.

~ Thousands of candles can be lighted from a single candle ~



Sri Lanka a land of colourful celebrations. To commemorate special occasions many religious activities are organized during this period in Sri Lanka such as Sila campaigns, Bodhi Poojas, Dansalas (Freely offering of food and other necessities from people to devotees), Vesak devotional songs (Bakthi Gee), pandols (thoran) and lanterns.

Vesak Festival Celebration

The world over celebrates the Buddha's three most important life stages on Vesak Day, a time of joy, peace, and reflection. Buddhists commemorate the important events that took place in the life of Lord Buddha on this day.

Birth

Birth of Siddhartha Gautama in Lumbini in Nepal which took place under the arbor of Sal trees where queen Mahamaya gave birth to him

Enlightenment

Siddhartha Gautam's supreme attainment as the Buddha, the Enlightened one

Passing away

Lord Buddha's Parinibbana over 2500 years ago at Kusinagar

Many temples get filled with devotees and pilgrims all over the country to mark this great event. In temples, Buddhists worship, offer flowers, light lamps and burn incense. These traditional observances have their value in satisfying the religious and emotional needs of the people. Vesak is an event widely celebrated by Sri Lankan in Hong Kong.

SLBCCHK organized Vesak ceremony with many events in the month of May 2017. Relics Exhibition & Nobel great followers & commemoration of the Buddha's Birth, Dansela & Wesak Lantern Show align with Vesak full moon poya day program was held on 14th of May 2017 at SLBCCHK premises.

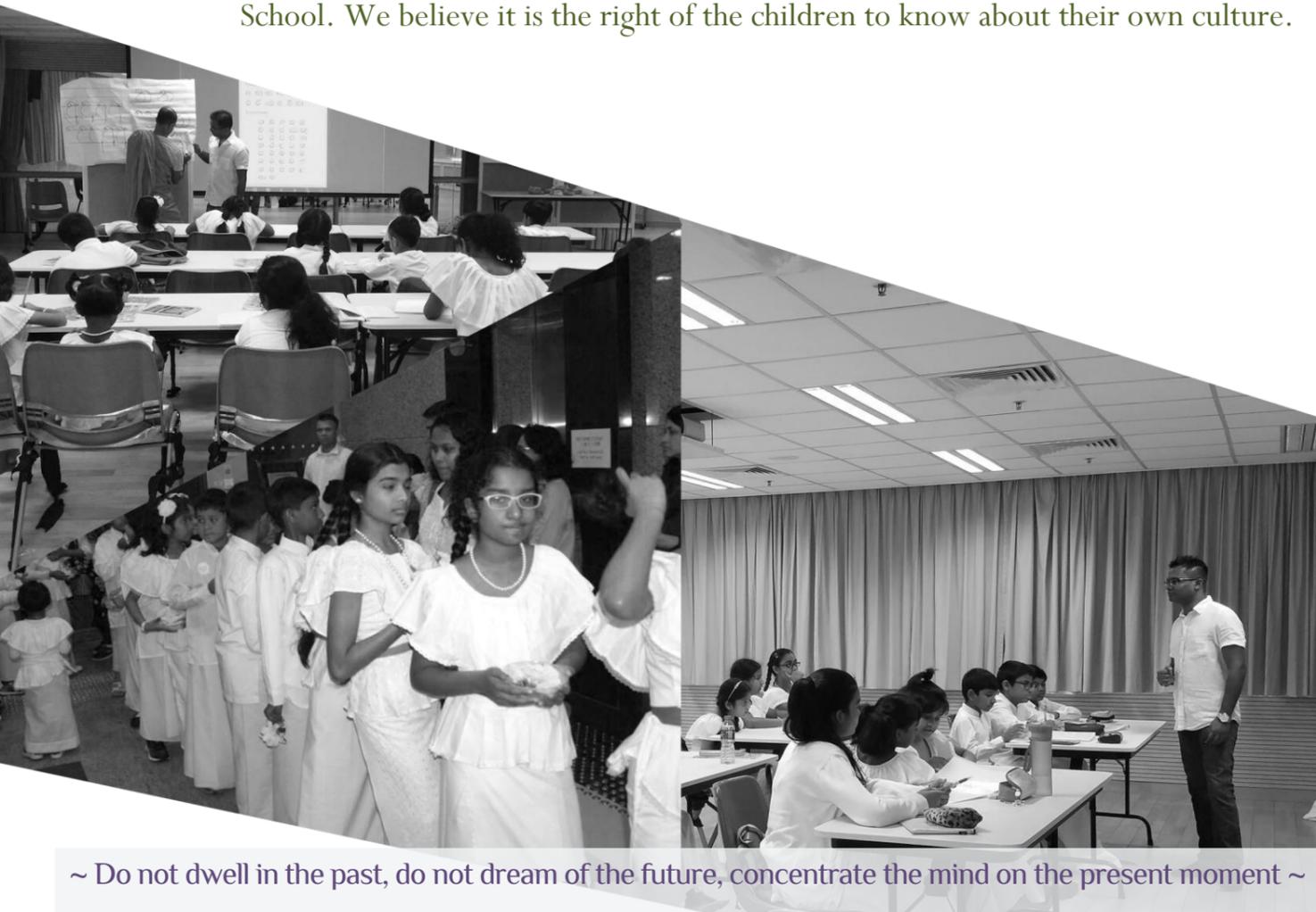
~ Your worst enemy cannot harm you as much as your own unguarded thoughts ~

Other Programs

Dhamma School for Children

Teaching Sri Lankan cultural and Buddhist values, and 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 and moral society.

A Dhamma School officially started for children living in Hong Kong in 2016. Currently there are more than 30 children are studying Buddhism, Sri Lankan rights, and values at Dhamma School. We believe it is the right of the children to know about their own culture.



~ Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment ~



Interfaith Dialogues

SLBCCHK support its best to establish peace in the world. How can Buddhist teaching be applied to restore peace? We already have started to contribute to peace activities conducted by some organizations.

HWPL

Apart from above programs, SLBCCHK gives its contribution to other social welfare organizations as well. To establish world peace, SLBCCHK gives its support to HWPL.



EOC

On the other hand, SLBCCHK had created a link with Equal Opportunities Commission to educate people especially Sri Lankans living in HK about Hong Kong laws and rights.

LCSD

With an intention to promote Sri Lankan cultural events, SLBCCHK made the link with Leisure and Cultural Service Department in HK via Sri Lankan consulate in Hong Kong.

Event Highlights

Unforgettable memories of the religious and cultural events organized by SLBCCHK with in the past year. The strong determination of the Sri Lankan community holds the SLBCCHK up to this level.

~ Avoid all evil, Cultivate the good and, Purify your heart ~



Katina Ceremony

Katina ceremony is for the spiritually and purity of the monks in retreat and the devotion and commitment of the laity. Katina refers to the offering of the special robe prepared and presented to monks at the end of the three months of rains-retreat. So, the Katina robe is symbolizing the successful culmination of the rainy retreat.

Katina Ceremony was held on 07th & 08th Oct 2017 at SLBCCHK premises.

Pirith Chanting

Pirith is the Sinhala word for paritta (in Pali), which means protection. 'It protects one from all directions', is the traditional definition. This is the recitation or chanting of the word of the Buddha.

Whole night Theravada pirith chanting by laymen & alms giving to the bhikkhus was held on 22nd & 23rd of April 2017 at SLBCCHK premises.

Event Highlights

Bhakthi Geetha

'Bhakthi' implies the devotion or faith of the Buddha. The word 'Geetha' is a Sinhala word for songs. In other way singing devotional songs about the Buddha to celebrate the birth enlightenment and passing away of the Buddha. In addition to Vesak Bhakthi geetha, Poson Bhakthi geetha also a well-known event that commemorates the arrival of Buddhism to Sri Lanka.

A Bhakthi Geetha program was held on 18 of June 2017 at the SLBCCHK premises align with the Poson full moon poya day program.

~ The Stronger you become, The Gentler you will be ~



Sacred Relics Exhibition

Buddha Relics possess many amazing characteristics. The power, size, and number of Buddha Relics are said to increase with time and veneration, as devoted offerings and respect are showered on the relics. Different body part relics of Buddha give rise to different colors, shapes, and sizes.

The emergence of relics signifies that the spiritual energy of Buddha or the spiritual practitioner during their lifetime is constant and serene, untainted by nature's forces yet elevated due to persevering religious practices.

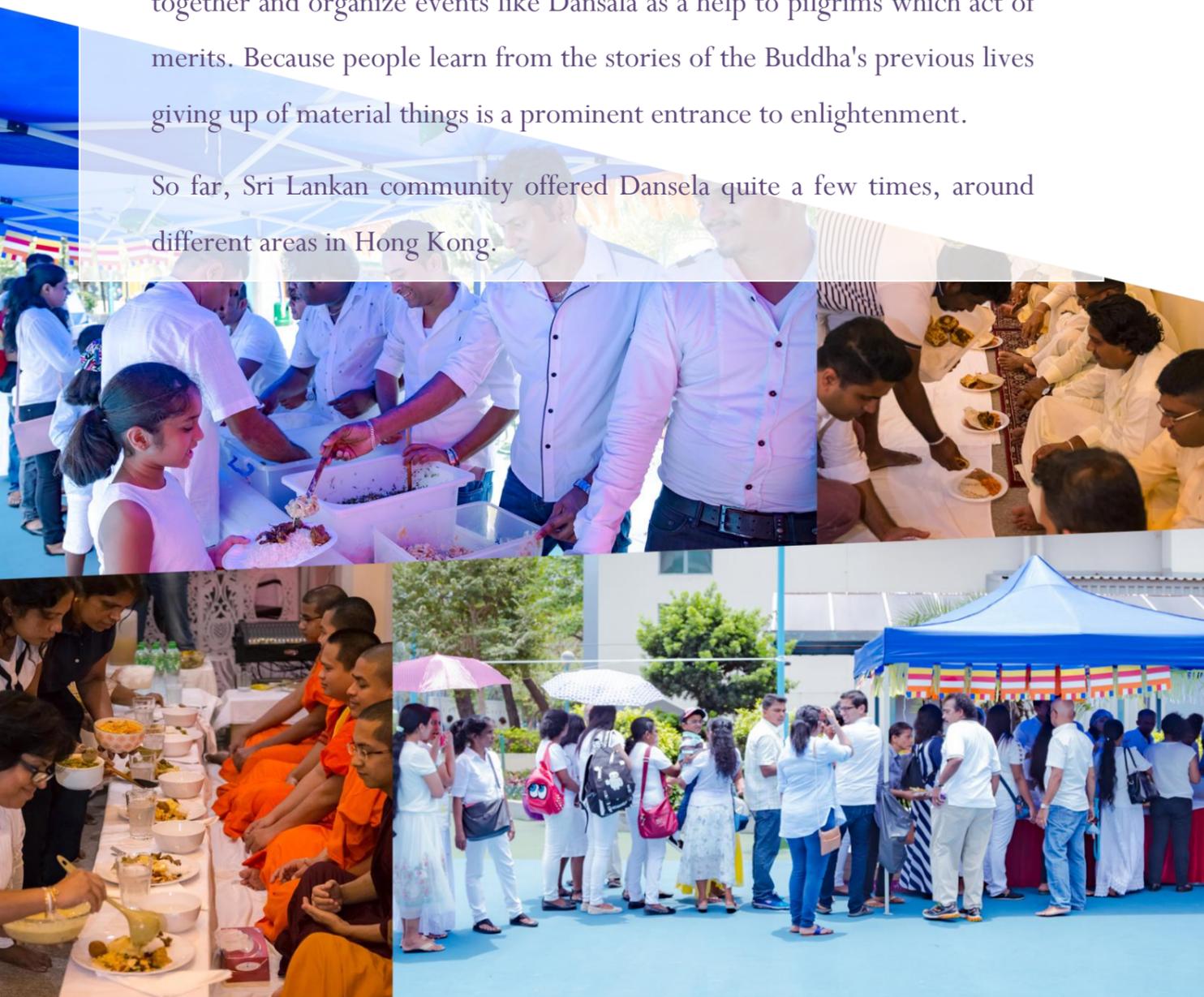
This was a rare opportunity for the Buddhist who lives in Hong Kong, Relics Exhibition was held on 14th of May 2017 onwards at SLBCCHK premises.

Event Highlights

Free Food Giving

Dansala means the place where the specially prepared foods or other necessities are offered to those who come from every direction in free of charge. During the Vesak (month of May) season many people travel from temple to temple visiting and respecting the Buddha. Some people get together and organize events like Dansala as a help to pilgrims which act of merits. Because people learn from the stories of the Buddha's previous lives giving up of material things is a prominent entrance to enlightenment.

So far, Sri Lankan community offered Dansala quite a few times, around different areas in Hong Kong.



Blood Donation

It is a Buddhist virtue to generously extend help to other sentient beings and this covers the case of organ donation. Central to Buddhism is a wish to relieve suffering and there may be circumstances where organ donation may be an act of generosity. Where it is truly the wish of the dying person, it would be seen in that light.

SLBCCHK organizes annual blood donation campaigns joining hands together with Hong Kong Red Cross.

~ Hold the vision, trust the process ~

Sri Lankans

The specialty of Sri Lankan people is that, they are friendly, humble, and helpful with anyone that is not familiar with their customs. Sri Lankans are always smiling, and it is common and polite to smile to everyone. Hospitality is a serious matter in Sri Lanka. Sri Lankans are also very hospitable, and you will find it by yourself.

They are empathic, tolerant, not very aggressive, and shy, even if they like to show off and dress up for big occasions. Customs and traditions are deeply ingrained in Sri Lankan society and have been past on from one generation to the next.

Sri Lankans enjoy a unique, humble and artistic lifestyle and they deeply enjoy entertaining and touching hearts with their hospitality which has been known for centuries.

SLBCCHK is the unique example of the nature of Sri Lankans.

The captures worth a thousand words.

Team Spirit

Team spirit is a blessing that SLBCCHK proves to the entire society.

SLBCCHK proudly serves a wider community, gratitude to the excellent support of our volunteers. The concepts, construction, conations and event planning are result of dedicated volunteering.

~ Do good things, and good things will come your way ~



Achievements

Proud to announced that within a short period of time SLBCCHK received a lot of media attention, so the international community also realizes that our objectives.

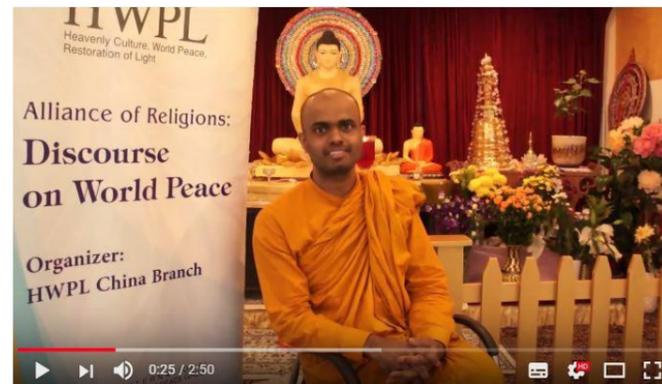
Being so focused and target oriented, SLBCCHK succeeded to get the international attention



01 News Paper Article about Pay Attention to Buddhist Temples



Viu TV Program about Buddhism & Culture in Sri Lanka, recorded at SLBCCHK premises



Valuable dhamma discussion about Peace by Ven. Sumiththa Thero, at SLBCCHK with HWPL China Branch

3rd Annual Commemoration of the Sep. 18th WARP Summit SEOUL 2017

Ven. Sumiththa Thero, the Chairman of the Sri Lankan Buddhist Cultural Center Hong Kong, gave an empowering speech regarding the "Trustworthy Scripture and the Task of Religious Leaders".

His speech was very powerful and many were moved when he stated that "religions share the same heart in seeking for the absolute truth because we all face the same sufferings like goodness and evilness, life and death, wars, etc."

As a participant in the WARP Office meetings, Ven. Sumiththa Thero also openly shared his experiences there, stating "for the first time in my life, I have engaged in very deep dialogues and have seen how it is like to feel equal on the same table even if we have different religious backgrounds. This feeling is so strong that I start to imagine how wars will stop if people will feel the same way as I do." Through this he clearly emphasized the importance of cooperation in seeking for a trustworthy scripture.

Ven. Sumiththa Thero, the Founder of the SLBCCHK addressing the 3rd Annual Commemoration of the September 18th World Alliance of Religions' Peace (WARP) Summit Seoul 2017 Cooperation for the Realization of Religious Peace

~ If you are facing in the right direction, all you must do is keep on walking ~

Sri Lankan Traditional Esthetics



SLBCCHK has launch these traditional events among local chinese as well as the Sri Lankan expats, especially among Sri Lankans living in Hong Kong.

This will be a wonderful opportunity to those who are interested in Sri Lankan traditional entertainments.



Kandyan Dance

Kandyan dance encompasses various dance forms native to the area called Kandy of the central hills region in Sri Lanka. But today it has been widespread to other parts of the country.



Law County Dance

Dances in low country are highly ritualistic. This form of dance is performed to appease evil spirits which cause sickness and is thus called 'Devil Dance'. The dancers wear masks depicting many characters varied in forms of bird, demons, reptiles, etc.



Sabaragamu Dance

The dances are usually performed in Ratnapura, relating to the worshipping of God Saman much revered by local people. There are 32 main dances in Sabaragamuwa Style.



Folk Dance

Apart from the classical dance forms, there are also folk dances, which are associated with folk activities and festivities. Leekeli (stick dance), kalagedi (pot dance), raban (hand drum), and polkatu (coconut) are folk dances prevalent now.



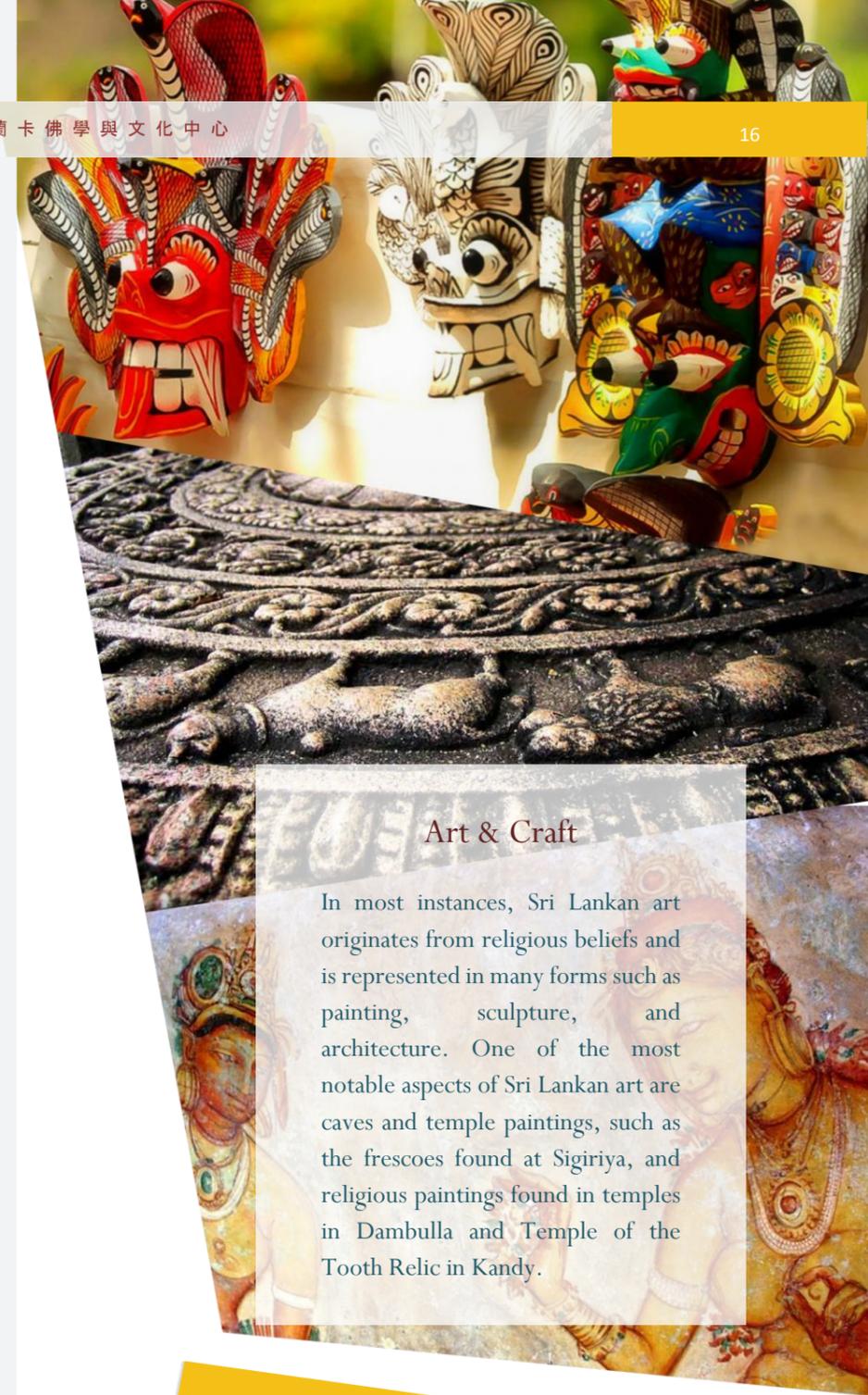
Devil Dance

The "Devil Dances" are an attempt to respond to the common belief that certain ailments are caused by unseen hands and that they should be chased away for the patient to get cured. The performer disguises himself as a bear and wears a mask and a dress to resemble one. The performer disguises himself as a bear and wears a mask and a dress to resemble one.



Music

Sri Lankan folk music is rhythmic, layered and lilting. It combines the beat of the drum with the chink of tiny cymbals and the call of the flute with the crescendo of a strong pair of lungs. This pulsing music is made by a whole host of traditional instruments, which are in turn made with local materials using traditional methods.



Art & Craft

In most instances, Sri Lankan art originates from religious beliefs and is represented in many forms such as painting, sculpture, and architecture. One of the most notable aspects of Sri Lankan art are caves and temple paintings, such as the frescoes found at Sigiriya, and religious paintings found in temples in Dambulla and Temple of the Tooth Relic in Kandy.

Sri Lanka is one of the few countries with a very vast and rich cultural diversity. The culture is itself very unique and thereby contributes to the Sri Lankan identity. Sri Lankan culture includes a lot of customs and rituals,

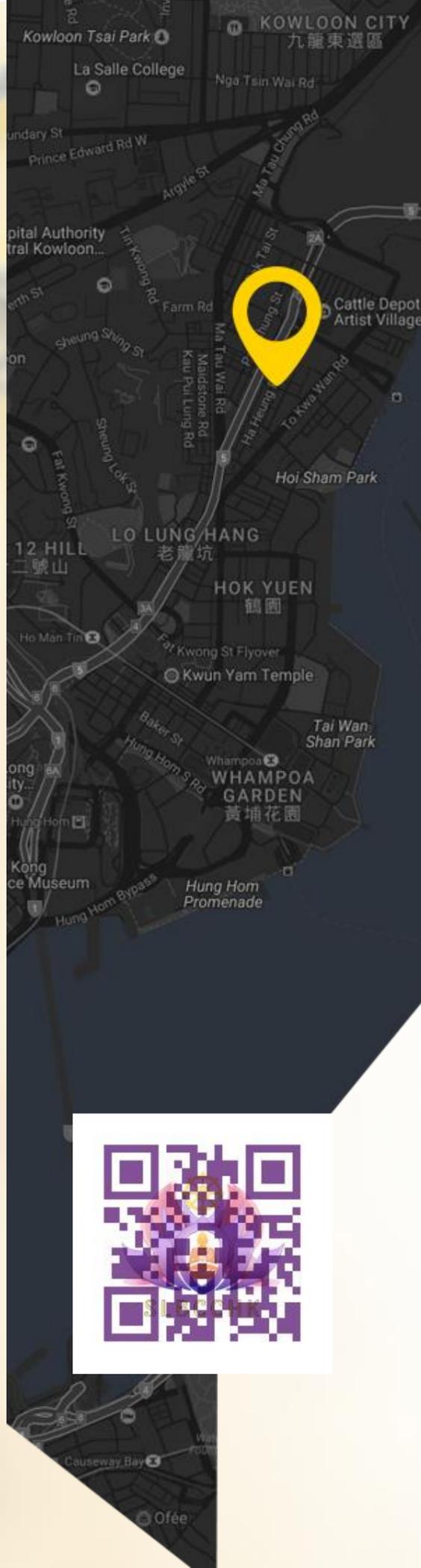
Hospitality is also one of the prominent characteristics of the culture, making Sri Lankans one of the friendly nations in the world.

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





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



Sri Lankan Buddhist Cultural Centre Hong Kong

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