



* w * s * d * p

WEEKLY SPIRITUAL DHARMA PROGRAMME FOR YOUNG ADULTS
ORGANIZED BY KMSYM

Person



DECEMBER 2009

03 Thu

HOME – OUR EARTH AND US

Film screening and sharing by Joe Lim

We are living in exceptional times. Scientists tell us that we have 10 years to change the way we live, avert the depletion of natural resources and the catastrophic evolution of the Earth's climate. The stakes are high for us and our children. Everyone should take part in the effort, and HOME has been conceived to take a message of mobilization out to every human being.

Watch HOME, a 2009 documentary by Yann Arthus-Bertrand and learn how you can help.

More about the film at <http://www.home-2009.com>

10 Thu

LIVING WITH QUARTER LIFE CRISIS

Workshop by Sean Liew

Are you disappointed with your job, feeling nostalgic about “the good old days” in school, and unsure of the road ahead? If yes, you’re probably experiencing quarter-life crisis.

In this experiential learning workshop, Sean Liew will take you through the process of uncovering your own life goals and finding the ‘treasure within’ to cope with the challenges and uncertainties in the real world.

17 Thu

HEAR THE MUSIC WITHIN US (IN MANDARIN & ENGLISH)

Music sharing by SMZDPY 生命中的朋友

“有着朋友的生命旅程，就像心灵插上了翅膀，遨游飞翔——开阔了视野，亦找到了属于自己的一片天。”

SMZDPY, meaning “friends in our lives” in Chinese, is a group of friends who aspire to bring positive messages through music and other forms of creative media. In this session, they will perform their self-penned songs and share the stories behind their songs, inspiring us to understand ourselves and our relationships with others.

Launched in May 2009 by Pigeon House Production, the group has performed at over 30 places, reached out to more than 10,000 people, and gathered over 3,000 members in their Facebook group. Everyone who believes in spreading goodwill is invited to join!

More about SMZDPY at <http://smzdpypigeonhouseproduction.com/index.html>

*We'll be taking a little break to revamp *w*s*d*p in January, but no worries – we've lined up three exciting sessions in December for you!*

Refer to the Lifestyle column in GUM for more info. Meanwhile, help us out by telling us on Facebook which topics and speakers you want to see at future sessions!

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 9765 4322.

ABOUT THE SPEAKERS / FACILITATORS

Joe Lim has been a project manager/volunteer coordinator with the Singapore Environment Council Since 2002 and he helped set up an online portal for environmentally-mindful youths – www.youthhabitat.sg. Joe has been propagating the Dharma for three years.

Sean Liew aka Bear is a Psychotherapist-Coach/Trainer in private practice with over 12 years of experience in psychotherapy and coaching. He specialises in individual, pre-marital and marital therapy, relationship coaching, family therapy, parenting children and adolescents, and career coaching. He is also the co-founder of **BodhicittaProductions.com**, a Dharma-inspired independent music group that aspires to engage, motivate and inspire through music and creative means.

Ng Kang Kee grew up in a small town in Malaysia. He learned piano since young and started to compose his first song when he was 15. Since 2000, Kang Kee has produced many albums that promote moral values among youth and children, including “The Melody of Truth and Beauty” and “Come and See” Series. In year 2008, Kang Kee and his friends formed Pigeon House Production. Kang Kee is currently a Senior Research Engineer with a research institute. He owns a home studio and continues to produce music to inspire others.

To reside in a suitable locality, to have done meritorious actions in the past
and to set oneself in the right course

- this is the greatest blessing.
- *The Buddha (Mangala Sutta)*

kmsYM

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

*w*s*d*p	Lifestyle programmes to discover Buddhism & its everyday application
3GEMS Tour	Guided tours of Buddhist cultures, histories, arts and architectures
Pureland Practice Fellowship	Gathering for those with basic understanding of Pureland teachings
Y_Cultivation	Workshops to learn meditation, study Buddhist scriptures (sutras) & teachings
Y_Fellowship	Recharge with fortnightly cultivation (puja/prayers, Dharma talks, hymns) & fellowship
Young Artiste Club	Awaken your creativity (Young Artiste Club 17-30)
Zen Drum Club	Discover the rhythm and develop calmness in you with zen drumming

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

kmsYM, Youth Ministry of Kong Meng San Phor Kark See Monastery

To view the above details, visit www.kmspks.org/youth/wspddec09.pdf