

## Redevelopment of Po Lam Buddhist Association



Existing Nunnery Demolished



Future Meditation Vihara

The existing nunnery in Chilliwack was demolished in early July 2013 to clear the site for a new meditation centre which will be built on one-third of the whole parcel of 10 acres. The remaining two-third, 6.5 acres, is reserved for organic farming.

The new centre will have a meditation hall for 100 students and four two-storey buildings consisting of: a dormitory for 60 students staying over-night; a kitchen and a dining room; nuns residence and teachers quarter; and an administration building with classrooms, a library and a conference room.

Over the past decade, Po Lam has quietly and successfully disseminated the seed of right mindfulness across the simple and sweet community of the Fraser Valley, mainly through promotion of activities such as meditation classes, community services, Dhamma teaching classes, seminars and workshops pertaining to life education. It also organized outreaching activities such as visiting and supporting the elderly in care homes and terminally ill patients at hospice and palliative care centres. Meditation courses were regularly run at penitentiary for inmates providing them with the opportunity to raise awareness of their own nature as well as to develop ability to confront, address and deal with their own emotions. This process of mindful contemplation would not only help them understand themselves but also enable their eventual transformation for the better.

At the nunnery in Chilliwack, we have been continuously offering meditation courses which help participants to alleviate stress of their daily life and to find their own spiritual sanctuary. However, the growing demand in various activities has rendered the need for more space. Rezoning application and change of land use have now been approved and we are ready to move on to the building stage. The new Centre will allow us to accommodate a greater number of participants in our meditation courses, religious assemblies, Dhamma teachings and other workshops, etc. As such, the new Po Lam would offer a more complete service to the general public in the enhancement of their physical, mental and spiritual wellbeing.

We sincerely look forward to everyone's valuable support to materialize this redevelopment plan. Every inch of the new Po Lam will be filled with your love and support. Because of your contribution, we are able to bring harmony, hope, vitality and trust to every corner we serve.

Ven. Yin Kit (Sister Jessie)