

BUDDHIST COUNCIL OF CANADA FORUM ON BUDDHISM AND WELL BEING

November 10-11, 2023, Emmanuel College and Online

DETAILS & REGISTRATION
UOFT.ME/BCCFORUM2023



Buddhist Council of Canada (BCC)
Forum on Buddhism and Well Being Schedule
November 10-11, 2023

REGISTRATION

EVENT INFO

SCHEDULE

All times Eastern Standard Time

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Friday, November 10, 2023 (In Person and Online)

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9:00-9:15 am

Registration, Refreshments

9:15-9:30 am

Introduction & Welcome

Dr. Henry Shiu (Emmanuel College, Buddhist Council of Canada, Vice President)

Dr. Eleanor Pontoriero (Upāsikā Mittā) (Department for the Study of Religion, Buddhist Council of Canada, President)

9:30-10:30 am

Making the connection between Moral Distress/ Injury and Spiritual Health.

Dr. Jennifer Bright (Buddhist Spiritual Care, Emmanuel College, Buddhist Council of Canada board member)

Applied Mindfulness on physician wellbeing in collaboration with Thich Nhat Hanh's Plum Village community.

Dr. Elli Weisbaum (Buddhism, Psychology and Mental Health Program, New College, Faculty of Arts & Sciences, University of Toronto)

10:30-10:45 am

BREAK

10:45-11:45 am

A Buddhist advocacy for a spiritually inclusive approach to environmental awareness and preservation.

Dr. Henry Shiu

Socially Engaged and Community Based Mindfulness: Buddhist and Secular.

Dr. Eleanor Pontoriero (Upāsikā Mittā)

11:45 am-12:45 pm

LUNCH BREAK

12:45-1:45 pm

The Dharma of Hope in Uncertain Times.

Dr. Lynette Monteiro (keynote speaker)

1:45-2:00 pm

BREAK

2:00-3:00 pm

Buddha on Health and Wellness.

Dr. Bhante Saranapala (Abbot of the West End Temple, University of Toronto chaplain)

Four Nutriments of Life preached by the Enlightened One.

Mr. Suren Fernando (Buddhist Council of Canada, board member)

3:00-3:15 pm

BREAK

3:15-4:15 pm

Buddhist Experiential Learning for Student Well-Being at the University of Toronto.

Dr. Michael Lum (Post-Doctoral Fellow, University of Toronto)

Towards Suffering: Embodied understandings of karma and past lives in the Newar Buddhist Manisailamahavadana.

Ph.D. Candidate Ms. Amber Moore (Ph.D. candidate, Tibetan Buddhist Studies, Post-doc Buddhism & Psychology)

4:15-4:30 pm

Closing

Dr. Henry Shiu, Dr. Eleanor Pontoriero (Upāsikā Mittā)

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See next page for Saturday Schedule

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Saturday, November 11, 2023 (Online)

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9:15-9:30 am

Intro & Welcome

Dr. Henry Shiu, Dr. Eleanor Pontoriero (Upāsikā Mittā)

9:30-10:00 am

Exploring the Pioneer Buddhist Chaplaincy Services at public hospitals in Hong Kong.

Dr. Elsa Lau, The Chinese University of Hong Kong

10:00-11:15 am

The Dharma of Hope in Uncertain Times.

Dr. Lynette Monteiro (Keynote Speaker)

11:15-11:30 am

BREAK (contemplative/mindfulness practice).

11:30 am-12:00 pm

Health and Buddhadharma: An Ordinary Life Perspective.

Mr. Louis Cormier (Buddhist Council of Canada board member)

12:00-1:00 pm

LUNCH

1:00-2:00 pm

When is Compassion Skillful? Dialogues Between Buddhism & Science

Dr. Judith Simmer Brown (Naropa University)

Helping Buddhist communities and sanghas better support their Chaplains.

Dr. Monica Sanford (Assistant Dean for Multireligious Ministry, Harvard Divinity School)

2:00-2:15 pm

BREAK

2:15-3:15 pm

Wellness in a Broken World.

Bhikṣuṇī Dr. Karma Lekshe Tsomo (Sakyadhita International, University of San Diego)

Developing Buddhist Spiritual Care in Greater Vancouver.

Dr. Ernest Ng (Tung Lin Kok Yuen, Canada Society)

3:15-3:30

Closing

Dr. Henry Shiu, Dr. Eleanor Pontoriero (Upāsikā Mittā)

Thanks to Our Partners

[Buddhist Council of Canada](#)

[Buddhism, Psychology and Mental Health Program, New College, Faculty of Arts & Sciences, University of Toronto](#)

[Centre for Religion and Its Contexts, Emmanuel College at Victoria University in the University of Toronto](#)

[Department for the Study of Religion, University of Toronto](#)

[The Robert H.N. Ho Family Foundation, Centre for Buddhist Studies, University of Toronto](#)