



MaitriPals is a Buddhist voluntary group with the Communicable Disease Centre (CDC). Since 2005, our volunteers have been providing social and spiritual support on Wednesday and Friday nights to patients with HIV/AIDS. Besides caring for them, we also provide follow-up services to those who have been discharged.

If you are 21 years old and above and interested to volunteer with us, please email to maitripals@yahoo.com.sg by **01 May 2011**.

Successful applicants will need to attend a four-day compulsory training programme in May 2011.

'As a mother, even at the risk of her own life, protects her child, her only child, so let (the upright man) cultivate goodwill without measure among all beings. Let him cultivate goodwill without measure towards the whole world above, below, around, unstinted, unmixed with any feeling of differing or of opposing interests. Let a man remain steadfastly in this state of mind, while he is awake, whether he be standing, walking, sitting or lying down. This state of heart is the best in the world.' SN. VV: 149-151