



Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

March, 2014

SCHEDULE OF PROGRAMS AND EVENTS

MARCH							APRIL						
				1					1	R	3	4	5
P	3	4	R	6	7	8	P	7	8	R	10	11	12
L	10	11	R	13	14	15	L	14	15	R	17	18	19
P	17	18	R	20	21	22	P	21	22	D	24	25	26
P	24	25	D	27	28	29	P	28	29	R			
P	31												

MAY							JUNE						
				1	2	3	P	2	3	R	5	6	7
L	5	6	R	8	9	10	L	9	10	R	12	13	14
P	12	13	R	15	16	17	P	A	17	R	19	20	21
P	19	20	R	22	23	24	P	23	24	D	26	27	28
P	26	27	D	29	30	31	P	30					

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm. **Note that the May lecture will be held on the first Sunday so as not to conflict with Mother's Day.**
- P** Sitting meditation at Plymouth Meeting Friends 7:30 to 9:00 pm
- R** Sitting meditation at Radnor Friends 7:30 to 9:00 pm
- D** Meditation Discussion group at Radnor Friends 7:30pm to 9:00 pm.
- A** Annual Board Meeting at Radnor Friends 7:00 to 9:00pm. All are welcome to attend.

New to meditation, or would like some assistance with your meditation practice? Meditation instruction is available upon request prior to each night's sit. For more in-depth instruction email info@philabuddhist.org.

Buddhism Lecture and Discussion Series

Sunday nights, Plymouth Meeting, 7:30

March 9	<i>Starting and Maintaining a Meditation Practice</i> Gail Zivin
April 13	<i>Four Foundations of Mindfulness</i> Susan Wagner
May 4	<i>The Buddha and the Science of Happiness</i> Robin Carr
June 8	<i>The Changing Face of Buddhism and its Relevance for Today: Reflections of Change over the Last 40 Years</i> Richard McKinney

PBA Welcomes Sister Kathleen Roshi Back

Saturday, July 26, 9am to 4pm

Plymouth Meeting Friends

We Keep Sitting and It's Always New

Seiun Roshi returns from Japan to lead us in a one-day retreat. In previous years she told us of her interesting spiritual history and led us in meditation. In this retreat, she will focus on clarifying Zen meditation (Zazen) and leading us in its practice, with time for questions.

Seiun Roshi will discuss basic instructions for the practice of Zazen and will lead us in periods of silent Zazen sitting. There will be time for questions and there may be time for private instruction depending on the number of attendees.



Seiun Roshi, is both a Maryknoll Sister (Sister Kathleen Reiley) and a Zen Roshi. She has been practicing Zazen for over 40 years in Japan. Her first Zen Master was Yamada Koun Roshi. She has also studied with Kubota Jiun Roshi, and now she practices with Yamada Ryouin Roshi. She was given permission to teach in 1990, when she became a Sanbo-Kyodan Associate Zen Master. Since that time she has been leading regular retreats in Tokyo and in Munich, Germany. Seiun Roshi holds a BA in Far Eastern Studies from Sophia University, Tokyo and an MA from the Maryknoll School of Theology.

What is Buddhism?

In the conclusion of his five part series, Bill Cunningham explores the meaning of Buddhism to 21st Century practitioners.

[Note: This is the final part of a five part series based on an address to the Philadelphia Buddhist Association, Sunday, September 9, 2012.]

Earlier parts of this essay identified what Buddhists see as our fundamental problem and its cause, and what they think is the solution to that problem. This part focuses on how to actualize the solution to the fundamental human problem, presented earlier.

Here's the heart of the Buddhist message. What we say and do is determined by what we think and feel, and by our thoughtless habits. If we speak and act with an impure heart, we will worsen our lives and the lives of others. If we speak and act with a pure heart, we will improve our lives and the lives of others. So, in order to change our speech and actions we need to purify our hearts, train our minds. Seeing things as they really are helps us to do so. With this improved seeing, comes

Continued on page 3.

ALL ARE WELCOME TO ATTEND ANY OF OUR PROGRAMS OR EVENTS AT NO CHARGE

Local Buddhist Centers and Groups

The following are some of the places in the Philadelphia region where regular Buddhist meditation practice is followed.

Pennsylvania

- * Buddhist Sangha of Bucks County
Yardley 215-431-0882
- * Clear Light Meditation Group
Devon 610-293-9133
- * Dungkar Ling (Tibetan)
Honeybrook 610-942-2512
- * Media Meditation Group
(Shambhala)
Media 610-566-2525
- * Peaceful City Sangha (Community
of Mindful Living)
Center City 215-852-4375
- * Pebble Hill Mindfulness Sangha
Doylestown 215-230-9899
- * Perkiomenville Karma Kagyu
Study Group (Tibetan)
Spring Mount 610-287-2043
- * Philadelphia Meditation Center
(Non-Sectarian)
Havertown 610-853-8200
- * Philadelphia Soka Gakkai
International-USA
Center City Philadelphia
215-569-2144
- * Rainbow LGBTQ Buddhist
Meditation Group
Center City Philadelphia
215-732-2220
- * Shambhala Center (Shambhala)
Center City Philadelphia
215-568-6070
- * Shikan (Stop & Observe) Zeno
Center City, Philadelphia, PA
Montly One-Day Silent Retreat
Email: juliannalipschutz@gmail.com
- * Soji Zen Center
Lansdowne 917-856-5659
- * The Oubaku Tree Sangha
(Zen Buddhist)
West Philadelphia 267-972-5442
- * Tibetan Buddhist Center
of Philadelphia
West Philadelphia 215-701-7018
- * Willow Branch Sangha
West Chester 610-388-1257
- * Won Buddhism Temple
of Philadelphia
Glenside 215-884-8443
- * Zen Center of Philadelphia
West Philadelphia 215-472-2613

- * Zen Meditation Group of Greater
Philadelphia (Center City)
215-381-0398

New Jersey

- * Buddhist Sangha
of Southern New Jersey
Cherry Hill 609-953-9215
- * Pine Wind Zen Center
Shamong, NJ 609-268-9151
- * Seabrook Buddhist Temple
(Jodo Shin Shu Buddhism)
Seabrook 856-451-3422

Delaware

- * Delaware Valley Zen Center
Newark 302-981-6209

How to Contact PBA

- * Send an email to
info@PhilaBuddhist.org
- * Send USPS mail to
P.O. Box 532
Narberth, PA 19072

Guide to Retreat Centers

The following is a listing of some Buddhist centers in the Eastern United States that offer a program of retreats throughout the year. These centers offer a place where scheduled Buddhist teaching from various traditions is given. In addition, many local centers offer day and weekend retreats.

- * Bhavana Society Near Washington, DC & PA border
Rt.1, Box 218-3 High View, WV (304)-856-3241
<http://www.bhavasociety.org>
- * Insight Meditation Society
1230 Pleasant Street, Barre, MA, 01005 (978)-355-4378
<http://www.Dharma.org>
- * Mt. Equity Zendo
280 Mt. Equity Road, Pennsdale, PA, 17756
(717)-546-2784, <http://www.mtequity.org>
- * Zen Mountain Monastery
P.O. Box 197, Mt. Tremper, NY, 12457 (845) 688-2228
<http://www.mro.org>
- * Milarepa Center
P.O. Box 51, Barnet, VT 05821 (802) 633-4136
<http://www.milarepacenter.org>

The Philadelphia Buddhist Association (PBA) is a non-profit corporation registered in the Commonwealth of Pennsylvania. It has provided programs since 1986 to the public for making known the principles and practices of the Buddhist way. PBA represents no

one Buddhist tradition and promotes dialogue with all faiths. All programs are without charge and are financed only by freely given donations. Donations are tax-deductible.

What is Buddhism? By Bill Cunningham

purser thinking, speaking, acting, and (because we do not live in a vacuum) better livelihood.

We are helped in this process of transformation by three more aspects of our training: We exert effort in this direction; we develop mindfulness; and we can do these things through meditative practices.

It's as easy as that.

And as hard.

That's what Buddhism is. Buddhism is a call to action. It's a call to live the moral life we dream of. It's a call to replace ignorance with wisdom; to replace craving with generosity; to replace hatred, anger, and impatience with love, compassion, and equanimity; to replace unwholesome habits with wholesome habits. Buddhism is living this way --- or at least aspiring to.

Fortunately, we do not have to work alone. We mutually support each other in communities, often small ones, just like this one. Even our dedication and our meditation are easier when we are with this community, and when we bring the community in our imagination with us into our daily lives.

This is what Buddhism is. Buddhism is a community of people who are working to transform themselves into the kind of persons who are motivated by a desire for the spiritual well-being of all sentient beings. They share a world view and several practices, including meditation, study, and some ritual acts, all centered around developing a moral life characterized by wisdom, mindfulness, generosity, love, compassion, and equanimity.

Millions have found it so. Try it for yourself. You'll love it.

WANT TO HELP OUT?

The Philadelphia Buddhist Association offers various opportunities to become more involved in planning and carrying out PBA programs and events.

Right now there is a need for some volunteers to act as monitors at our sitting meditation sessions at Plymouth Meeting and at Radnor. Monitors set up the cushions and altar, keep time, and lead opening and closing dedications. Volunteers will be trained and observe an experienced monitor before being scheduled for a session on their own. If you are interested in becoming a monitor, send us an email to info@PhilaBuddhist.org

Dana Dharma

PBA runs solely on contributions and by the kindness of those who give their time and skills to assist others. Your donations not only help PBA's ongoing work to introduce others to the Buddha's Way in its many forms, but it helps maintain our facilities so that we can continue to offer weekly meditation practice in Radnor and Plymouth Meeting, in addition to the retreats offered throughout the year.

As recent dana has not meet our financial needs, now more than ever are we in need of your assistance, so as the year comes to an end, please consider making a donation to help us keep our facilities running. All contributions are tax-deductible. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072.

Where We Meet

Plymouth Meeting Friends

Every Sunday at 7:30 PM
second Sunday: lecture and discussion series
2150 Butler Pike, Plymouth Meeting PA 19462
(SW Corner of Germantown and Butler Pikes,
just outside Philadelphia)
Wheelchair and handicap access

Radnor Friends

Every Wednesday at 7:30 PM
second Saturday: meditation class at 11:00 AM
610 Conestoga Road, Villanova, PA 19087
(Sproul Rd (route 320) and Conestoga Road)
Limited handicap access

PBA does not charge for any of its activities (other than residence fees at residential retreats). We do incur expenses for rent, newsletters, website, and various other items. If you have found

participation in our activities valuable, please consider sending PBA a tax-deductible contribution. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072.



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RETURN SERVICE REQUESTED