



# Philadelphia Buddhist Association

# NEWSLETTER

www.PhilaBuddhist.org

July, 2014

## SCHEDULE OF PROGRAMS AND EVENTS

JULY							AUGUST							
	1	<b>R</b>	3	4	5					1	2			
<b>P</b>	7	8	<b>R</b>	10	11	12	<b>P</b>	4	5	<b>R</b>	7	8	9	
<b>L</b>	14	15	<b>R</b>	17	18	19	<b>L</b>	11	12	<b>R</b>	14	15	16	
<b>P</b>	21	22	<b>D</b>	24	25	<b>M</b>	<b>P</b>	18	19	<b>R</b>	21	22	23	
<b>P</b>	28	29	<b>R</b>	31			<b>P</b>	25	26	<b>D</b>	28	29	30	
							<b>P</b>							

  

SEPTEMBER							OCTOBER						
	1	2	<b>R</b>	4	5	6				<b>R</b>	2	3	4
<b>P</b>	8	9	<b>R</b>	11	12	13	<b>P</b>	6	7	<b>R</b>	9	10	11
<b>L</b>	15	16	<b>R</b>	18	19	20	<b>L</b>	13	14	<b>R</b>	16	17	<b>F</b>
<b>P</b>	22	23	<b>D</b>	25	26	27	<b>P</b>	20	21	<b>D</b>	23	24	25
<b>P</b>	29	30					<b>P</b>	27	28	<b>R</b>	30	31	

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm.
- 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** Open Discussion group about meditation and other Buddhist topics at Radnor Friends 7:30pm to 9:00 pm.
- M** Day retreat with Sister Kathleen Roshi at Plymouth Meeting Friends, 9:00am to 4:00pm
- F** Day retreat with Sensi Al Fusho Rapaport at Plymouth Meeting Friends, 9:00am to 4:00pm

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](mailto:info@philabuddhist.org).

*Save the Date*  
**Saturday, October 18, 2014**  
**Plymouth Meeting Friends**  
*Sensei Al Fusho Rapaport* returns for a third year to lead us in enriching our spiritual experience with an integration of Zen and breathwork

## BUDDHISM LECTURE AND DISCUSSION SERIES

PBA invites you every 2nd Sunday to a thought provoking discussion on Buddhism

Every 2nd Sunday, Plymouth Meeting, 7:30	
July 13	<i>Developing a Personal Practice</i> Bill Stauffer
August 10	<i>The Application of the Heart Sutra</i> Julianna Lipschutz
September 14	<i>Discussion to be announced</i> Frank Hoffman
October 12	<i>The Life of the Buddha</i> David Carpenter

Sister Kathleen Roshi Returns for A One Day Retreat  
*We Keep Sitting and It's Always New*  
**Saturday, July 26**  
**9am-4pm**  
 Plymouth Meeting Friends  
 Further Details on Page 4

*Buddha's Teachings on Love, Part 1*  
 By Robin Carr

There are many notions about love in our popular culture that are nothing like those taught by the Buddha. I should start by acknowledging this talk is not a scholarly examination of Buddha's teachings on love, and is far from complete or comprehensive. It is more of a personal, selective exploration of teachings, ideas and stories about love borrowed from modern as well as ancient sources. My intention is to explore how the Buddha's teachings on love find expression in the modern world and have relevance for our lives. I have attempted to remain true to the spirit of his teachings as I understand them. Each of you will determine if this approach is helpful for you.

The Dhammapada opens with a series of verses about choices, particularly the importance of carefully choosing our thoughts. The Buddha begins by explaining "with our thoughts we make the world". He acknowledges we will encounter people that abuse us, even beat us or throw us down and rob us, but what he says next is stunning. He says simply, "Abandon such thoughts, and live in love."

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
- \* 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) Zendo  
Center City, Philadelphia, PA  
Monthly 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](mailto: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.bhavanasociety.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.

# Buddha's Teachings on Love By Robin Carr

Why would he say this? The very next verse reveals the secret behind this teaching:

In this world  
Hate never yet dispelled hate,  
Only love dispels hate  
This is the law,  
Ancient and inexhaustible.

What does this mean for us? The Buddha is implying if we fail to learn to love and to turn our thoughts to love, we will continue to suffer. When hateful feelings arise, the only truly effective way to dispel them is love. But what kind of love is Buddha talking about and how do we find it?

I grew up as an Episcopalian in the Christian tradition. Our Sunday school lessons, prayers and Bible readings were filled with stories of Jesus and his teachings on love. Many of you may know this passage from Matthew 22: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like unto it: Love your neighbor as yourself."

Perhaps you have also heard this passage from John 13:

A new command I give you:  
Love one another. As I have loved you, so you must love one another." The Gospels are full of teachings about love and the importance of practicing love in relationships. However, in my years of studying Buddhism, the word love appears less frequently. I was curious about this.

It wasn't until I reread a book, first published in 1978, while on a trip to Las Vegas that I decided to explore this topic. The book, written by psychotherapist M. Scott Peck, is a modern spiritual classic entitled *The Road Less Traveled*. From the very first sentence, only 3 words long, it sounds like a Buddhist sutra. The Road Less Traveled begins with these words: "Life is difficult." Peck identifies this as one of the greatest truths of life. He even references Buddha's First Noble Truth that "Life is suffering." The problem is most of us do not fully see or accept this truth. We often behave as if life should be easy and our difficulties and problems are afflictions. What makes life difficult, Peck observes, is that the process of confronting and solving problems is often painful and uncomfortable and requires discipline and the capacity to defer gratification.

## 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](mailto: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

*We Keep Sitting and It's Always New*



**Philadelphia Buddhist Association and  
Philadelphia Meditation Center Welcome  
Sister Kathleen Roshi**

**Saturday, July 26, 9am to 4pm  
Plymouth Meeting Friends**

No Pre-Registration Necessary  
Registration day of at 8:30am  
Suggested dana of \$25  
No one will be turned away