



Philadelphia Buddhist Association

NEWSLETTER

www.PhilaBuddhist.org

July, 2015

SCHEDULE OF PROGRAMS AND EVENTS

JULY					AUGUST								
		R	2	3	4				1				
P	6	7	R	9	10	S	P	3	4	R	6	7	S
L	13	14	R	16	17	18	L	10	11	R	13	14	15
P	20	21	D	23	24	25	P	17	18	R	20	21	22
P	27	28	R	30	31		P	24	25	D	27	28	29
							P	31					

SEPTEMBER					OCTOBER								
		1	R	3	4	5			1	2	3		
P	7	8	R	10	11	S	P	5	6	R	8	9	S
L	14	15	R	17	18	Y	L	12	13	R	15	16	17
P	21	22	D	24	25	26	P	19	20	R	22	23	24
P	28	29	R				P	26	27	D	29	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.
- S** Sutra Study at Radnor Friends 10am to 12pm. Sitting meditation from 9:30am to 9:50. See p. 4 for details.
- Y** Day retreat with Heidi Scheer at Plymouth Meeting Friends, *Meditative Yoga*, 10:00am to 4:00pm

BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

July 12	<i>The Buddhist Precepts: A Zen Perspective</i> Bob Koller
August 9	<i>Impermanence: This Too Shall Pass</i> Pat Abrahams
September 13	<i>How Can We Understand Self, No-Self, and Non-Self in Buddhism?</i> Richard McKinney
October 11	<i>The Four Noble Truths</i> David Carpenter

Buddha's Teachings on Love, Part 4

By Robin Carr

In his conclusion, Robin continues by responding to the questions raised in Part 3:

I'd like to share with you a true story from a book entitled *Kinship With All Life*, published in 1954. The title of the story is "Tail-rattlings".

(*Kinship With All Life* p94) "One of the most interesting of these rare people was a slight and unassuming little woman named Grace Wiley....

...and simply needs to be called into active expression through the gracious application of respect, sympathetic understanding, gentleness and love."

The stories in this book illustrate the importance of being ever mindful of our mental states in relationship to all creatures and beings. We are all mental nudists the author states. Our mental states and energies are always on full public display for all to observe and evaluate.

How then did the Buddha instruct his followers to practice love? His instructions are spelled out in the *Metta Sutta*, which is only two verses long and fits on one page. I invite you to experience this teaching now by closing your eyes and listening. If you wish you can think of it as a guided meditation:

The Metta Sutta

This is what should be done
By one who is skilled in goodness...
...Being freed from all sense desires,
Is not born again into this world.

Continued on page 3

Save the Date

Meditative Yoga

led by Heidi Scheer
Saturday, September 19th, 10am to 4pm
Plymouth Meeting Friends
See page 3 for more details

Zen Dialogue to Support spiritual Growth

led by Sensei Ai Fusho Rapaport
Saturday, November 14th, 1pm to 6pm
Plymouth Meeting Friends

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
email: bsbc19067@yahoo.com
- * 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
215-722-2220
- * 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
- * Send USPS mail to
P.O. Box 11728
Philadelphia, PA 19101

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>

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 11728, Philadelphia, PA 19101.

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

So the Buddha begins by emphasizing the foundations of happiness, i.e. leading an ethical life: being straightforward, gentle in speech, not proud and demanding, not angry, deceitful or harmful to others. He then adds to this foundation the importance of maintaining loving intentions: "wishing, in gladness and in safety, may all beings be at ease". And finally he advocates active love: "Even as a mother protects her child, her only child, so with a boundless heart should one cherish all living beings radiating kindness over the entire world."

When should these skills be practiced? His answer is simple: all the time without stopping. "Whether standing or walking, seated or lying down, free from drowsiness, one should sustain this recollection. This is said to be the supreme abiding."

Such instructions are not easy to follow. All of the teachers mentioned tonight emphasize discipline, effort and conscious choice as necessary for the practice of love. It may occur to us to ask isn't there an easier way? a shortcut? We may think: "I'm too busy for this. I'll start working on this stuff when I retire. All this talk about spiritual evolution and growth is exhausting. I need a rest."

I can sympathize with these points of view. Life is difficult and complicated. David Eagleman, a neuroscience researcher by day and writer by night, recently published a wonderful short story that speaks to this problem. The story is titled "Descent of Species" and is taken from his book *Sum: Forty Tales from the Afterlives*. (*Sum* p10)

So perhaps a human life with all of its difficulty, complexity and heartache is still a gift. Zorba the Greek affectionately called it "the full catastrophe". Life involves risk and vulnerability, inevitable failure as well as success. To love others without holding back requires great courage and faith. It demands a willingness to leave our comfort zone. It is because of these requirements that the opportunity for growth is so great.

So what are the take home messages here? What was the Buddha telling us about love? I would summarize it this way:

- 1) The goal of love is the well-being, safety and spiritual growth of ourselves and others.
- 2) Love is active not passive. It comes from within us and must be awakened by us.

3) Love is a choice. It is a practice. Love is available to us any time we choose to practice.

4) Love begins with intention. With our thoughts and intentions we make the world.

That is why we must continuously pay attention to them. The energy we create with our thoughts determines our relationship to everything.

5) Love requires effort and a willingness to extend ourselves.

6) Only love can dispel hatred. Those who awaken love are released from anger and hatred. This cannot be changed or taken away. Ever.

In the end we all know love is too mysterious to be captured in words. It has to be experienced. So I would like to end by sharing one last story from *Soul Food* by Jack Kornfield and Christina Feldman. This is a true story of an extraordinary monk working in the aftermath of the Khmer Rouge reign of terror in Cambodia.

(*Soul Food* p331) "I saw one of the clearest examples of teaching presence demonstrated in the Cambodian refugee camps...."

....And it was clear that the presence of this monk and the truth he chanted was even greater than the sorrows they had to bear."

Bibliography

The Dhammapada, The Saying of the Buddha, translation by Thomas Byron, 1976

The Road Less Traveled, M. Scott Peck, M.D., 1978, Simon and Schuster

The Tools, Phil Stutz and Barry Michaels, 2012, Spiegel and Grau
Kinship with All Life, J. Allen Boone, 1954, Harper San Francisco
Sum, Forty Tales from the Afterlives, David Eagleman, 2009, Vintage Books

Soul Food, Stories to Nourish the Spirit and Heart, Jack Kornfield and Christina Feldman, 1996, Harper San Francisco

Meditative Yoga Retreat by Heidi Scheer Saturday, September 19th 10am to 4pm

This retreat will incorporate sequences of mindful Yoga practices in order to help our Buddhist practice of meditation - or any kind of meditation practice - to go deeper.

The yogic exercises we are using were developed by the Bihar School of Yoga in India, mainly PMA I and Yoga Nidra.

Along with periods of regular Buddhist meditation, we will do some simple movements in a slow manner. We will rest for about one minute after each (short) period of movements in order to absorb the full benefit of this yogic approach.

We will also explore Yoga Nidra, a tantric meditation, starting with a Body Scan in a particular order (starting with the right thumb) which dissolves tension and deeply relaxes the brain. Visualizations of the chakras with their symbolic image will follow, e.g., Muladhara, the first chakra, is associated with a red inverted triangle, i.e., with the tip of the triangle facing downward. We will visualize this triangle at its location in the body. We will do this with the seven major chakras.

Heidi has been a member of the Philadelphia Buddhist Association since 1999. She is a Certified Yoga Teacher and has taught many different styles of Yoga in the past eleven years. She has applied the techniques used at this retreat frequently since 2004 - in her personal meditation practice and in teaching others.



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email: info@philabuddhist.org

RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, July 11, 2015:

Sutra: Therīgāthā: The Elders' Verses II
(Selections of Poems of early Buddhist nuns)
Led by Marcus Bingenheimer

Saturday, August 8, 2015:

Sutra: T15: No. 614. Sutra of Sitting Dhyāna Samādhi
(Selections from *The Sutra on the Concentration of Sitting Meditation*)
Led by David Carpenter

Saturday, September 12, 2015:

Sutra: MN86, Angulimala Sutta (To Angulimala)
<http://www.accesstoinsight.org/tipitaka/mn/mn.086.than.html>
Led by Zachary Brown

Saturday, October 10, 2015:

Sutra: MN118, Ānāpānasati Sutta ("Mindfulness of Breathing")
<http://www.accesstoinsight.org/tipitaka/mn/mn.118.than.html>
Led by Julianna Lipschutz

Sutra study will be held at Radnor Friends from 10am to 12pm.
Prior to the Sutra Study, there will be sitting meditation from
9:30AM to 9:50AM. Please visit the calendar at
www.philabuddhist.org to download sutras.

Meditative Yoga with Heidi Scheer

Saturday, September 19th

10am - 4pm

Plymouth Meeting Friends

Please bring a brown bag lunch. PBA will supply tea, coffee, snacks, meditation cushions and mats. Feel free to bring your own yoga mat if desired.

The retreat is without charge and PBA makes no profit, but we urge you to make a free will contribution to the teacher. Dana is the Pali word for generosity. We suggest a dana offering to the teacher of \$25.

Please send an email with any questions about the retreat to retreat@philabuddhist.org.

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: Sutra study 10AM to 12:00 AM
610 Conestoga Road, Villanova, PA 19087
(Sproul Rd (route 320) and Conestoga Road)
Limited handicap access