



Philadelphia Buddhist Association

NEWSLETTER

www.PhilaBuddhist.org

November, 2014

SCHEDULE OF PROGRAMS AND EVENTS

NOVEMBER							DECEMBER						
				1				1	2	R	4	5	6
P	3	4	R	6	7	S	P	8	9	R	11	12	S
L	10	11	R	13	14	F	L	15	16	D	18	19	20
P	17	18	D	20	21	22	P	22	23	R	25	26	27
P	24	25	R	27	28	29	P	29	30	R			
P													
JANUARY							FEBRUARY						
				1	2	3	P	2	3	R	5	6	P
P	5	6	R	8	9	S	L	9	10	R	12	13	S
L	12	13	R	15	16	17	P	16	17	D	19	20	21
P	19	20	D	22	23	24	P	23	24	R	26	27	28
P	26	27	R	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.
- F** Day retreat with Sensi Al Fusho Rapaport at Plymouth Meeting Friends, 10:00am to 4:00pm
- P** Day retreat with Pat George at Plymouth Meeting Friends, 9:00am to 4:00pm

DAY RETREAT WITH SENSEI AL FUSHO RAPAPORT

Conatacting Oneness: Use of the breath as a "skillful means on the path of awaking.

A retreat offered by Sensei Al Fusho Rapaport

Saturday, November 15, 10am - 4pm

At Plymouth Meeting Friends

See page 4 for further details

Pat George

to lead day retreat at PBA
Plymouth Meeting Friends
Saturday, February 7, 9am - 4pm
Further Details to be Announced

BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

- November 9 *The Life of the Buddha*
David Carpenter
- December 14 Book Discussion: *MOST INTIMATE: A Zen Approach to Life's Challenges*
by Roshi Pat Enkyo O'Hara
Led by Bob Kaizo Koller and Gail Furu Zivin
- January 11 *The Eightfold Path*
Richard McKinney
- February 8 *Why Should We Practice?*
Robin Carr

Most Intimate: A Zen Approach to Life's Challenges

by Roshi Pat Enkyo O'Hara,
Reviewed by Robert Koller and Gail Zivin

Bob Koller and Gail Zivin will present this book at our Lecture/Discussion, Sunday December. 14, 7:30pm, Plymouth Meeting Friends. You may want to read it by then to enrich the discussion.

See page 3 to read their review.

PBA Introduces Sutra Study
2nd Saturday of the Month
Radnor Friends
See page 4 for further details

Buddha's Teachings on Love, Part 2

By Robin Carr

Robin continues his exploration of love as presented in the Buddha's teachings. Part 1 concluded with the discovery of M. Scott Peck's *The Road Less Traveled*. In Part 2, Robin continues his discussion of the impact this work had on him and how this furthered his understanding of Buddha's teaching on love.

Robin continues: I felt relief reading *The Road Less Traveled*, the same kind of relief I had experienced in 1998 reading *The Tibetan Book of Living and Dying*, when the reality of impermanence first began to penetrate my consciousness. Before that time, I continuously struggled to make the world into something it wasn't and could never be. Peck was a teacher willing to confront hard and painful truths about life as the Buddha did 2600 years ago. Neither teacher is pessimistic. They acknowledge life is difficult and

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
- * 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>

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.

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

painful, but also recognize it as a gate to enlightenment and spiritual transformation if we approach it with open, accepting hearts and a willingness to learn.

The first section of *The Road Less Traveled* is devoted to a discussion of discipline as the means of using suffering constructively for growth. Discipline is something we are all familiar with. Many of us spend hours sitting perfectly still on a cushion with nothing "to do" in an effort to overcome suffering by observing it and keeping it company. This takes discipline. The Buddha taught his monks that this discipline is essential if they wish to end suffering.

The big question is this: What gives us the will to discipline ourselves despite pain and discomfort? The answer might surprise you. It is love. Usually when we think about love we think about the good feelings associated with it. We think about warmth, caring, affection, security. We don't usually associate love with hardship, pain and discomfort. We expect love to feel good. In popular culture, love is a way to escape suffering by losing ourselves in another and indulging our passions and desires. But this is not love as taught by the Buddha and Dr. Peck. Love is not a means to escape suffering, but rather a way to enter into suffering and experience suffering for what it is thereby transforming it and ourselves in the process.

One way to understand this kind of love is by trying to define it. There is no single truly satisfactory definition of love. There is romantic love, brotherly love, parental love, platonic love and dozens of other forms of love with every shade of gray in

between. So how would the Buddha define love? To my knowledge he never did. But if he had, I suspect he would have chosen a definition similar to that of Dr. Peck. Peck defines love as follows: "The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth."

This definition of love incorporates many elements of the Eight Fold Path, the Buddha's prescription for ending suffering. First, love requires Right Effort. We are called to extend ourselves beyond our comfort zone. Second, it requires Right Intention. We extend ourselves for a purpose, with the intention of promoting spiritual growth. Third, it incorporates Right Understanding, i.e. seeing love as part of an evolutionary process of spiritual growth. In addition, the practice of this kind of love leads naturally toward Right Action and Right Speech. This definition identifies love as something we actively choose rather than viewing love as something that passively happens to us.

What then are the obstacles to practicing love? The Buddha recognized a major obstacle in the opening verses of the Dhammapadam. Too often we dwell in thoughts of mistreatment, hurt, injustice and unfairness which can fill us with anger and hatred. We become trapped in a downward spiral of negative thought and emotion. When this kind of thinking becomes habitual we lose the ability to extract ourselves. We become prisoners of our own thoughts. The Buddha instructs us to "Abandon such thoughts and live in love." But how do we do that in the midst of feeling anger or hatred?

To be continued in March 2015 newsletter

Enkyo Roshi Teaches Us Again

A Book Review by Bob Kaizo Koller and Gail Furyu Zivin
Most Intimate: A Zen Approach to Life's Challenges
by Roshi Pat Enkyo
Shambala Publications, 2014, 140 pages

Roshi Pat Enkyo O'Hara earned a devoted following from the PBA community from annual weekend retreats that she led for our sangha during the 1990's and 2000's. For many of us, she was the first or only Zen teacher we had met. Her solid teachings and charismatic presence were eagerly awaited. A number of people, including the writers of this review, made regular trips to New York to learn and practice at the Village Zendo, where she is founder and abbot. For those of us who know her, it is hard not to hear her voice while reading her book, *Most Intimate: a Zen Approach to Life's Challenges*.

Many people come to Buddhism in the hope of relief from suffering, looking to meditation as a means to help them escape from the problems of life. Some express concern that they are incapable of meditation due to recurrent thoughts, and even disturbing or painful thoughts, which arise during the practice. Enkyo Roshi dispels that notion, showing us that the benefit of practice is not to escape our thoughts and feelings, but to become intimate with them. This book gives us the tools to do this.

"Intimacy" is at the center of all Zen practice. It is an aspect of the experience of Oneness, Emptiness, Insight, Awareness, "It," or "enlightenment." Dogen said that 'awakening is intimacy with all things.' Not many Western writers point to it specifically or use

the term, "intimacy." In this book, Enkyo Roshi digs into it. She describes its experience, its development through meditation practice, and application in our lives.

What is this "intimacy" that she is pointing to? Experientially, it can be the sense that the usual veil that seems to separate us from our full experience has lifted (a bit) or it may be that things and others seem closer, or are more clearly known.

Beginners in meditation will get a great deal from this book. Enkyo Roshi's well known gift for accessible teaching shines in making this rather esoteric experience available to us all, even beginners: meditation instruction appears throughout the chapters and is concentrated in the Appendix, complete with lists of the Precepts. Each chapter has simple, but powerful, exercises for becoming more intimate with ourselves and others in areas where we often suffer. These are the topics of the 10 chapters: Intimacy with oneself, Relationships, Sex, Suffering in the world, Anger, Healing, Work, Death, Loss, and Joy.

More advanced practitioners will also benefit from these explorations of intimate experience and its application. Don't pooh-pooh the exercises. They are effective. And there is an extra treat in Roshi's take on the threads of intimacy in old Zen stories.

We are extremely fortunate in having this book. It distills a crucial aspect of Zen practice in a Zen way that is immediately available to every reader. And while this frame is Zen, the intimate experience of clearer knowing and sensing is highly valued in all Buddhist traditions. We recommend that readers in all practices visit with Enkyo Roshi in this book. They will benefit from it as they have from her wonderful retreats with us.



Philadelphia Buddhist Association

P.O. Box 11728
Philadelphia, PA 19101
www.PhilaBuddhist.org
email: info@philabuddhist.org

RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, November 8, 2014:

Sutra: MN141, PTS: M iii 248, *Saccavibhanga Sutta: An Analysis of the Truths.*

Led by Frank Hoffman

Saturday, December 13, 2014:

Sutra: SN 22.59 *Anatta-lakkhana Sutta: The Discourse on the Not-self Characteristic*

Sutra: SN 35.28 *Adittapariyaya Sutta: The Fire Sermon*

Led by Robin Carr

Saturday, January 10, 2015:

Sutra: DN 16 PTS: D ii 72 chapters 1-6, *Maha-parinibbana Sutta: Last Days of the Buddha.*

Led by David Carpenter

Saturday, February 14, 2015:

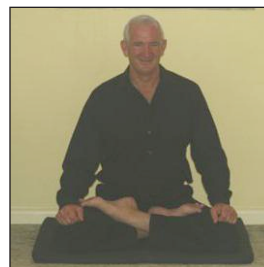
Sutra: SN 22.85 PTS: S iii 109 CDB i 931, *Yamaka Sutta: To Yamaka.*

Led by Marcus Bingenheimer

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.

Day Retreat with Sensei Al Fusho Rapaport



Contacting Oneness: Use of the breath as a "skillful means" on the path to awakening.

Saturday, November 15 10am - 4pm

Plymouth Meeting Friends

In deep meditation, one can actually feel Oneness. The sense of one's body drops away and there is just the universe, complete and whole. The teachings point to the wisdom of this experience and many meditators hope to feel it but never quite do. Nevertheless, all of us can contact it through the ancient application of breath energy. In this retreat, as in ones he has offered us before, Sensei Al Fusho Rapaport will guide us gently through this valuable experience. He will also talk on how this method fits on the Zen Path.

As we will be lying on the floor for some experiences please bring yoga mats and/or blankets to lie on and a light blanket to cover yourself. Please also bring a brown bag lunch. PPBA will supply tea, coffee, snacks, meditation cushions and mats.

The workshop 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.

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