



Philadelphia Buddhist Association

NEWSLETTER

www.PhilaBuddhist.org

March, 2017

SCHEDULE OF PROGRAMS AND EVENTS

MARCH							APRIL						
			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						
MAY							JUNE						
	1	2	R	4	5	SR	P				1	2	3
L	8	9	R	11	12	S	L	5	6	R	8	9	S
P	15	16	R	18	19	20	P	12	13	R	15	16	17
P	22	23	D	25	26	27	P	19	20	R	22	23	24
P	29	30	R				P	26	27	D	29	30	

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm. Note that May's Lecture and Discussion will be held on the 1st Sunday due to Mother's Day on the 14th.
- 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.
- SR** Intensive Silent Retreat: Saturday, May 6th, 9am to 3:30pm at Plymouth Meeting Friends, See page 4 for schedule

BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

March 12	<i>The Four Noble Truths</i> Pat Abrahams
April 9	<i>Exploring No-Self and Awareness</i> Gail Zivin
May 7	<i>Advance Directives and Planning for the End of Life: Not Just for Buddhists</i> Bob Koller
June 11	<i>The Noble Eightfold Path</i> Heidi Scheer

Join PBA for Sutra Study
2nd Saturday of each month
Radnor Friends

The Philadelphia Buddhist Association (PBA) Sutra Study program is designed to start with some Pali Buddhist canonical scriptures, including those on: the Noble Search; the Four Noble Truths; and the Not-Self Characteristic, the Fire Sermon and the Buddha's Last Words. Later, we will study excerpts of a few powerful Mahayana Buddhist canonical scriptures, such as the Heart Sutra, the Platform Sutra the Diamond Sutra, the Lotus Sutra, the Lankavatara Sutra, and the Sūrangama Sutra.

Sutra study is free and all are welcome to attend. Please see page 3 and 4 for further details.

Advance Directives and Planning for the End of Life

Lecture and Discussion led by
Bob Koller
Sunday, May 7th 7:30pm 9pm
Plymouth Meeting Friends

At this lecture and discussion, open to Buddhists and non-Buddhists alike, Bob Koller will discuss the benefits of making a living will or durable power of attorney for healthcare, and the importance of having a conversation about these issues with our loved ones. Forms will be made available for those who are interested.

In his role as a hospital social worker, Bob has educated patients, families and healthcare professionals about advance directives for 25 years.

Join PBA in a day long extended silent retreat
Saturday, May 6th
9am to 3:30pm
Plymouth Meeting Friends

Please join Philadelphia Buddhist Association in a day of intensive sitting meditation. This day long silent retreat is intended to create a sacred space where one can deepen their practice, let go of all worries, and just sit to reflect within for one day.

As with all PBA retreats, attendance is free of charge. Tea will be served, but please bring a bag lunch.

Registration is open and required: Please contact Julianna Lipschutz at juliannalipschutz@gmail.com to register. See page 4 for schedule.

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
215-732-2220
- * 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
- * Springboard Meditation Sangha
W. Mt. Airy, Philadelphia, 19119
info@springboardmeditationsang-
ha.org
- * Tibetan Buddhist Center
of Philadelphia
954-956 N Marshal St
www.tibetanbuddhist.org
- * 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. PBA's Tax Payer ID #23-240-6607

Programs at Philadelphia Buddhist Association

The Philadelphia Buddhist Association is dedicated to spreading the Dharma (the teachings and practice of Buddhism) among interested seekers. PBA is not oriented toward any particular school of Buddhism and our meditation sittings do not require participants to be practicing any particular form of meditation. Newcomers, in particular, may benefit from the broad exposure to the varieties of Buddhism and may use PBA as a doorway into one which attracts them.

Buddhism Lecture and Discussion Series: A series of talks intended for all levels, presented by PBA members and invited speakers. Each lecture is complete in itself and does not require attendance at previous lectures.

Introduction to meditation: 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.

Silent meditation: Offered in a group setting two evenings a week, interspersing sitting with walking.

Meditation discussion group: An opportunity to share your experience, strength, and hope with others; to share your spiritual journey in an open meditative environment. No commitment to regular attendance is needed; the discussion sessions are open to all who wish to succeed in wise and compassionate practice.

Sutra Study: The Sutras are threads (the literal meaning of the word 'sutra') of the Buddha's teachings that were recorded and authenticated by his 500 disciples after his final Nirvana. In Sutra Study, we read the words of the Buddha, the enlightened one, and apply his teachings to the circumstances of our lives. We read a sutra, sit with the words and examine them ourselves. This is the most direct and intimate way to learn about Buddhism, rather than going through the interpretations of second-hand sources.

We meet in the morning of the second Saturday of every month. We practice sitting meditation for 20 minutes, from 9:30 AM to 9:50 AM, and start the Sutra Study from 10 AM to 12 PM. A link to the monthly reading will be posted below and on our website. We encourage attendees to come prepared to share their understandings, realizations and/or questions of the assigned sutra passage and how it applies to their daily practices and lives.

See page 4 for Sutra study schedule.

Meditative Yoga Practice led by Heidi Scheer

Every third and fifth Wednesday, the meditation session at PBA's Radnor Friends location will include a sequence of easy yogic exercises which can be helpful for going deeper into meditation.

The schedule for these evenings: 15 minutes of Buddhist sitting meditation, 45 minutes of slow easy movements, 15 minutes of Buddhist sitting meditation.

To learn more, view Heidi's instructional video:
https://www.youtube.com/watch?v=TJoZNRx4_rw

Old Age by Ed Callahan

1.

Today's my birthday,
I'm seventy-eight,
At least I'm not eighty.

2.

"Went to bed a young man,
woke up an old man" -
It happened to me!

3.

Such a shame,
old age too
doesn't last.

4.

"Time's winged chariot
flies on apace" -
It really does that.

5.

Your clothes turn against you,
bathtub's a danger,
steps lie in wait.

6.

Sitting cross-legged,
toenails vex me,
must cut them.

7.

Autumn comes as it does,
leaves fall one by one,
may have a few years left.

8.

Like the man said,
life's a bubble, a magic show,
a defect of vision.



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email: info@philabuddhist.org

RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, March 11, 2017:
"Heart Sutra"

http://zencenterphiladelphia.org/yahoo_site_admin/assets/docs/Maha_Prajna_Paramita_Heart_Sutra.286154339.pdf
Led by Robert Koller

Saturday, April 8, 2017:

"Faith in Mind" by the Third Zen Patriarch, Seng Ts'an
translated by Master Shengyan
<http://www.angelfire.com/nc/prannn/faithinmind.html>
Led by Julianna Lipschutz

Saturday, May 13, 2017:

"Sitting Meditation" in The Sutra of Hui-Neng: Grand Master
of Zen, Chapter 5
translated by Thomas Cleary
http://www.naturalthinker.net/trl/texts/HuiNeng/HuiNeng_Sutra.pdf
Led by Julianna Lipschutz

Saturday, June 10, 2017:

'The biography of Jīvaka Komārabhacca, [the personal physician to the Buddha], in the Great Division (Mahavagga) VIII of the Book of the Discipline (Vinaya-Pitaka) Volume IV, translated by I. B. Horner, published by the Pali Text Society, Oxford, 2000
<http://asianmedicinezone.com/wp-content/uploads/2015/01/Horner-2000-Jivaka.pdf>
Led by Pierce Salguero

Day long silent retreat

Where:

Plymouth Meeting Friends

When:

Saturday, May 6th
9:00am to 3:30pm

Registration:

Required.

Please contact Julianna Lipschutz at
juliannalipschutz@gmail.com

No cost, though free-will dana to support the activities of PBA is appreciated.

Tea will be served. Bring bag lunch

Schedule:

9:00-9:25 (Sitting meditation)
9:25-9:35 (Walking meditation)
9:35-10:00 (Sitting meditation)
10:00-10:10 (Walking meditation)
10:10-10:35 (Sitting meditation)
10:35-10:45 (Break)
10:45-11:10 (Sitting meditation)
11:10-11:20 (Walking meditation)
11:20-11:45 (Sitting meditation)
11:45-12:15 (Lunch Break)
12:15-12:40 (Sitting meditation)
12:40-12:50 (Walking meditation)
12:50-01:15 (Sitting meditation)
01:15-01:25 (Walking meditation)
01:25-01:50 (Sitting meditation)
01:50-02:00 (Break)
02:00-02:25 (Sitting meditation)
02:25-02:35 (Walking meditation)
02:35-03:00 (Sitting meditation)
03:00-03:30 (Reflection)

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