



Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

July, 2018

SCHEDULE OF PROGRAMS AND EVENTS

JULY							AUGUST						
P	2	3	R	5	6	7				R	2	3	4
L	9	10	R	12	13	S	P	6	7	R	9	10	S
P	16	17	R	19	20	21	L	13	14	R	16	17	18
P	23	24	D	26	27	28	P	20	21	D	23	24	25
P	30	31					P	27	28	R	30	31	

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

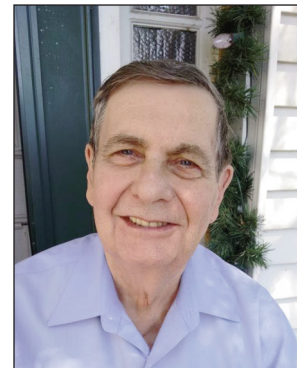
- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30pm to 9:00pm
- P** Sitting meditation at Plymouth Meeting Friends 7:30pm to 9:00pm
- R** Sitting meditation at Radnor Friends 7:30pm to 9:00pm
- D** Open Discussion group about meditation and other Buddhist topics at Radnor Friends 7:30pm to 9:00pm
- S** Sutra Study at Radnor Friends 10am to 12pm. Sitting meditation from 9:30am to 9:50. See p. 4 for details
- SM** Scott McBride Day Retreat. 10am to 5pm. See p. 4 for details

BUDDHISM LECTURE AND DISCUSSION SERIES

July 8	<i>What is Reality in Buddhism and in Our Lives</i> Gail Zivin
August 12	<i>The Buddha's Teaching on Death and Dying</i> Julianna Lipschitz
September 9	<i>Starting and Maintaining a Meditation Practice</i> Gail Zivin
October 14	<i>The Eightfold Path</i> Heidi Scheer

In Memoriam Richard McKinney 1934 - 2018

With great sadness we announce that our friend, colleague and mentor, Richard McKinney, passed on April 27th. Serious illnesses over the last several years did not stop him in serving the community until a few months ago. In the 1950's, Rick was among the first Buddhist practitioners in Philadelphia. He helped found PBA in 1986, was a president and a very active Board member. During one long period of low participation by the Board, Rick kept our organization going almost single handedly. He always showed his interest in newcomers and knew how to make them comfortable. His enthusiasm and support attracted many to Buddhist practice. Rick was the one to call with any question about Buddhism. He was a dedicated practitioner-scholar, who had met with the Dalai Lama. He was a rare being. We miss him deeply.



Scott McBride to Lead Day Retreat Saturday, September 22

Scott McBride will lead a day retreat entitled "Direct Awakening to Our True Nature: Boundless Awareness with an Open Heart".

In this retreat, we will experientially explore together different approaches to glimpsing this life changing recognition, and steep in the unfolding of awake awareness and open heartedness through guided meditations, meditative inquiry, and discussion.

See pages 3 and 4 for more details.

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
- 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 week-end 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>

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

Scott McBride Retreat Saturday, September 22

In the past people believed genuine spiritual awakening could only be experienced by a few spiritually evolved beings, and that it required many years of arduous meditation, study and training. But awakening is our human birthright and everyone's natural potential.

The way of Direct Awakening, the essence of the Tibetan teachings of Mahamudra and Dzogchen, is based on awareness recognizing its own nature. When awareness, no longer grasps after concepts or objects, it wakes up to itself as a content-free, peaceful, timeless, openness that is the very essence of freedom.

And when we sense deep into our heart beyond concepts, it too can awaken to its original nature which is love, caring, and compassion, released from all conditioning and defenses.

This boundless awareness and open-heartedness is the liberating insight of all the great sages past and present. And it's available to anyone who is curious, open, and willing to thoroughly transform their lives.

Scott McBride, has practiced Buddhist Meditation for over 45 years and has been teaching since 1978. He has spent over 4 years in solitary and group retreats and was asked to teach by three great meditation masters, Chogyam Trungpa Rinpoche, Thrangu Rinpoche, and Tsoknyi Rinpoche. He is the Co-Founder and Director of ClearLight Meditation Institute in Wayne, Pennsylvania. Scott has extensive knowledge of western psychology and taught Mindfulness Based Stress Management (MBSR) for 20 years with the Hospital of the University of Pennsylvania. Much of his current teaching revolves around modern approaches to presenting the Direct Awakening teachings of Mahamudra and Dzogchen. Scott has a private practice in Meditation Coaching, Spiritual Counseling, and Healing oriented to support those on the path of meditation and awakening.

Mahamudra and Dzogchen are regarded as the pinnacle teachings of Tibetan Buddhism. They take the view that awake awareness, the fruition of the path, is always present from the very beginning - it is simply not recognized. These teachings point the student to a non-conceptual, direct recognition of their own naked awareness. As awareness recognizes its own nature, the realization of the Buddha is glimpsed. In awake awareness there is no division into subject and object but a unified field of experience that is free of suffering. Glimpsing awake awareness is repeatedly practiced in meditation and daily life. Gradually, and sometimes suddenly, the glimpses turns into longer and longer periods of non-dual awareness characterized by great peace and relaxation, clarity and simplicity, openness and freedom, love and compassion.

On Death and Dying In Memory of Richard McKinney By Heidi Scheer

Why did the Buddha teach his followers to think about death every day?

In our western culture people try to avoid thinking about death as much as possible. Those who do follow the practice of contemplating one's own death on a daily basis might encounter some unusual situations. They might, for example, end up receiving the card of a crises center with a telephone number to call - given to them by a concerned Social Worker who has asked the routine question, if one has thoughts about death.

So, why do we think about death each day?

Because it usually brings some great benefits with it:

By being aware of death, we tend to appreciate life much more. We make better decisions which, in turn, will make us happier and more fulfilled.

Everything in life becomes more precious to us. We know that we have the people and things we love for a limited time only. We don't take them for granted anymore. Then, it becomes easy to be grateful for what we have.

We see the importance of being good and doing good actions right here and now, in the present moment.

We are less likely to procrastinate doing good deeds into the future.

We become more aware of reality as it is. We see things more clearly, wisdom arises in us. This loosens the grip of fear of death on us.

These are some of the effects which contemplation on death can have on us.

If one has not contemplated death as a meditation object before, it would be advisable to ask a good teacher before plunging into trying it for oneself, though.



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email: info@philabuddhist.org

RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, July 14, 2018:

Abhaya Sutta. An 4:18. Fearless

Translated by Thanissaro Bhikkhu

http://www.buddhasutra.com/files/abhaya_sutta.htm

Saturday, August 11, 2018:

Anguttara Nikaya, AN 5:57: The Five Daily Recollections

Translated by Thanissaro Bhikkhu

<https://www.accesstoinsight.org/tipitaka/an/an05/an05.057.than.html>

Saturday, September 8, 2018:

Selections from the Maha-parinibbana Sutta:

Last Days of the Buddha

Translated by Sister Vajira & Francis Story

<https://www.accesstoinsight.org/tipitaka/dn/dn.16.1-6.vaji.html>

Saturday, October 13, 2018:

Jaravagga: Aging

Translated by Thanissaro Bhikkhu

<https://www.accesstoinsight.org/tipitaka/kn/dhp/dhp.11.tan.html>

Day Retreat with Scott McBride



When: Saturday, September 22, 2018
10am to 5pm

Where: Plymouth Meeting Friends

Tea and snacks will be served and there will be a one hour break for lunch, allowing time for local restaurants or brown bag lunch.

No cost, though free-will dana of \$25-\$50 to support the teacher would be appreciated.

Save the date:

Saturday, December 1, 2018
Al Fusko Rapaport Sensei will lead a day retreat entitled
"The Poetry of Zen"

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