



Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

March, 2019

SCHEDULE OF PROGRAMS AND EVENTS

MARCH							APRIL							
				1	S			1	2	R	4	5	L	
P	4	5	R	7	8	9	P	8	9	R	11	12	13	
L	11	12	R	14	15	16	L	15	16	R	18	19	S	
P	18	19	R	21	22	23	P	22	23	D	25	26	27	
P	25	26	D	28	29	30	P	29	30					
P														
MAY							JUNE							
					2	3	S							S
L	6	7	R	9	10	11	P	3	4	R	6	7	8	
P	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							

- 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
- L** Day Retreat with Venerable Losang Samten at Plymouth Meeting Friends 10:00am to 3:30pm

BUDDHISM LECTURE AND DISCUSSION SERIES

- March 10 *Just Be*
Gail Zivin
- April 14 *Taking Refuge*
David Kniffin
- May 5 *Buddhism and Healthcare in Philadelphia: Film Screening and Discussion of the "Jivaka Project"*
Pierce Salguero

**Note that this is the 1st Sunday in May

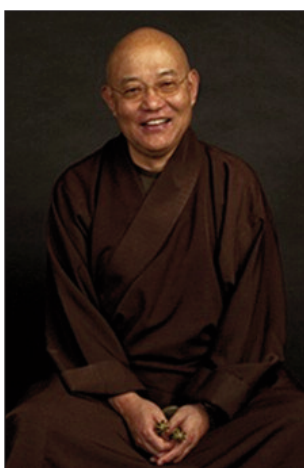
- June 9 *Zen: Instruction, Meditation, and Discussion*
Bob Koller

In Memoriam: Bill Cunningham

Philadelphia Buddhist Association sadly announces that Bill Cunningham, our long-time wit and source of wisdom, passed away earlier this winter. His was the smiling face that made every new-comer welcome. Having often been in Philadelphia's Quaker Meetinghouses, he delighted in showing our visitors the beauty of Plymouth Meeting Friends' meeting hall. Bill was a serious writer of poetry and short fiction; he was working on a historical novel. PBA is lucky to have his published work, *Tell Me a Story*, in its library. See page 3 for an excerpt from his work. We missed his presence during his long illness. He will be continuing to make others smile.

A service in Bill's memory will be held in the coming weeks and will be announced via email and on the PBA website.

Day Retreat with Venerable Losang Samten on *Medicine Buddha Healing Meditation and Teachings*



The Medicine Buddha practice is thousands of years old and is designed to bring healing by helping us open to the Dharma in new ways. During this retreat we will use mantras, visualizations and silent sitting as we perform the Medicine Buddha practice for healing ourselves and healing others.

Please join us on Saturday, April 6th, at Plymouth Meeting Friends from 10:00am to 3:30pm. 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.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

**Venerable Losang Samten
to Lead Day Retreat
Saturday, April 6, 2019
Plymouth Meeting Friends
10:00am to 3:30pm**

**Nursing on the Train
A Poem by
Bill Cunningham**

The Buddha Dharma is already present inside of us. In fact, the Dharma is the nature of our own mind and is wonderfully healing both mentally and physically when we can open our awareness in it. But this cannot be forced. As it says in the poem "Free and Easy" by Lama Gendun Rinpoche:

Only our searching for happiness
prevents us from seeing it.
It's like a vivid rainbow which you pursue
without ever catching,
or a dog chasing its own tail...

Wanting to grasp the ungraspable,
you exhaust yourself in vain.
As soon as you can open and relax
this tight fist of grasping,
infinite space is there –
open, inviting and comfortable.

The Venerable Losang Samten, a renowned Tibetan scholar and a former Buddhist monk, was born in Chung Ribuce, of central Tibet. In 1959, he and his family fled to Nepal and later moved to Dharamsala, India. His education includes studies at the Tibetan Institute of Performing Arts and the Namgyal Monastery which is the monastery of the 14th Dalai Lama. In 1985, he earned a Master's Degree in Buddhist Philosophy, Sutra, and Tantra, from the Namgyal Monastery, which is equivalent to a Ph.D. In 1994, Losang received an Honorary Doctorate of Divinity from Trinity College in Hartford, Connecticut. He was granted an Honorary Doctorate of Art from the Maine College of Art in 1995. He taught Tibetan Language at the University of Pennsylvania in Philadelphia from 1994 - 1997 and was awarded the National Heritage Fellowship from the National Endowment for the Arts in 2002. In 2004, he was awarded a Pew Fellowship in the Arts.

Train rushes onward,
Bounding and lurching,
Wheels click rhythmically
First born nursing.

The rush brings a breeze
That billows her skirt
Cooling her legs
And elicits a smirk.

Beneath his blanket,
So fully focused,
Baby with mother
Feeding and loving.

Father beaming
Content to be sharing
These "happy trails"
On jostling rails.

All trains rush forward
And into the past.
May this image of now
Last as long as we last.

LOOKING FOR VOLUNTEER OPPORTUNITIES?

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 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. All are welcome to attend PBA board meetings to learn more about other volunteer opportunities. To learn more, send us an email to info@PhilaBuddhist.org.



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

RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, March 2, 2019:

Anapanasati Sutta: Mindfulness of Breathing
Translated by Thanissaro Bhikkhu

<https://www.accesstoinight.org/tipitaka/mn/mn.118.than.html>

Saturday, April 20, 2019:

SN 56.11. Dhammacakkappavattana Sutta: Setting the Wheel of Dhamma in Motion
Translated by Thanissaro Bhikkhu

<https://www.accesstoinight.org/tipitaka/sn/sn56/sn56.011.than.html>

Saturday, May 4, 2019:

MN 9. Sammaditthi Sutta: Right View
Translated by Thanissaro Bhikkhu

<https://www.accesstoinight.org/tipitaka/mn/mn.009.than.html>

Saturday, June 1, 2010:

MN 86. Angulimala Sutta: About Angulimala
Translated by Thanissaro Bhikkhu

<https://www.accesstoinight.org/tipitaka/mn/mn.086.than.html>

Day Retreat with Venerable Losang Samten

When: Saturday, April 6, 2019

10:00am to 3:30pm

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.

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