



# Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

July, 2017

## SCHEDULE OF PROGRAMS AND EVENTS

| JULY      |    |    |          |    | AUGUST  |          |          |    |          |          |    |    |          |
|-----------|----|----|----------|----|---------|----------|----------|----|----------|----------|----|----|----------|
|           |    |    |          | 1  |         | 1        | <b>R</b> | 3  | 4        | 5        |    |    |          |
| <b>P</b>  | 3  | 4  | <b>R</b> | 6  | 7       | <b>S</b> | <b>P</b> | 7  | 8        | <b>R</b> | 10 | 11 | <b>S</b> |
| <b>P</b>  | 10 | 11 | <b>R</b> | 13 | 14      | 15       | <b>L</b> | 14 | 15       | <b>R</b> | 17 | 18 | 19       |
| <b>L</b>  | 17 | 18 | <b>R</b> | 20 | 21      | 22       | <b>P</b> | 21 | 22       | <b>D</b> | 24 | 25 | 26       |
| <b>P</b>  | 24 | 25 | <b>D</b> | 27 | 28      | 29       | <b>P</b> | 28 | 29       | <b>R</b> | 31 |    |          |
| <b>P</b>  | 31 |    |          |    |         |          |          |    |          |          |    |    |          |
| SEPTEMBER |    |    |          |    | OCTOBER |          |          |    |          |          |    |    |          |
|           |    |    |          | 1  | 2       | <b>P</b> | 2        | 3  | <b>R</b> | 5        | 6  | 7  |          |
| <b>P</b>  | 4  | 5  | <b>R</b> | 7  | 8       | <b>S</b> | <b>L</b> | 9  | 10       | <b>R</b> | 12 | 13 | <b>S</b> |
| <b>L</b>  | 11 | 12 | <b>R</b> | 14 | 15      | 16       | <b>P</b> | 16 | 17       | <b>R</b> | 19 | 20 | 21       |
| <b>P</b>  | 18 | 19 | <b>R</b> | 21 | 22      | 23       | <b>P</b> | 23 | 24       | <b>D</b> | 26 | 27 | 28       |
| <b>P</b>  | 25 | 26 | <b>D</b> | 28 | 29      | 30       | <b>P</b> | 30 | 31       |          |    |    |          |

- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm. Note that July's Lecture and Discussion will be held on the 3rd Sunday.
- 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.

## BUDDHISM LECTURE AND DISCUSSION SERIES

Every 2nd Sunday, Plymouth Meeting, 7:30

|              |  |
|--------------|--|
| July 16      | <i>Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief</i><br>Joanne Cacciatore  |
| August 13    | <i>Buddhist Ethics</i><br>Zachary Brown  |
| September 12 | <i>The Four Noble Truths</i><br>Pat Abrahams   |
| October 8    | <i>Yoga, Laughter, and Meditation</i><br>Melanie Galitor<br>Please dress comfortably. No yoga or meditation experience is necessary. No need to bring yoga mats. |

Scott McBride Day Retreat  
*Direct Awakening - The Pathless Path*  
Saturday, November 4th  
Pre-registration required



In the past many people believed that genuine spiritual awakening was something that 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. This is when awareness, no longer seeking after concepts or objects, wakes up to itself as a content-free, peaceful, timeless, openness that is the very heart of freedom. This is the liberating insight of all the great sages past and present and it is available to anyone who is curious, open, and willing to thoroughly transform their lives.

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

Please see pages 3 and 4 for more details.

## Author Joanne Cacciatore to discuss new book

PBA is pleased to host Joanne Cacciatore as part of the monthly lecture and discussion series at Plymouth Meeting Friends on Sunday, July 16th, from 7:30pm to 9:00pm.

Joanne will discuss her new book *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief*.

Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life's most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities – as well as her own experience with loss – Cacciatore opens a space to process, integrate, and deeply honor our grief. See page 3 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](mailto: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

## Direct Awakening - The Pathless Path Scott McBride Day Retreat

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, Thrangu Rinpoche, and Tsoknyi Rinpoche. He is the Co-Founder and Director of ClearLight Meditation Institute in Wayne, Pennsylvania. 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.

See page 4 for retreat details.

## Joanne Cacciatore to discuss new book

Cacciatore is an ordained Zen priest, affiliated with Zen Garland and its child bereavement center outside of New York City. She is in the process of building the a "care-farm" and respite center for the traumatically bereaved, just outside Sedona, Arizona. The care-farm will offer a therapeutic community that focuses on reconnecting with self, others, and nature in the aftermath of loss through gardening, meditation, yoga, group work, animals, and other nonmedicalized approaches. All the animals at the care-farm will have been rescued from abuse and neglect.

She received her PhD from the University of Nebraska-Lincoln and her master's and bachelor's degrees in psychology from Arizona State University. Her work has been featured in major media sources such as People and Newsweek magazines, the New York Times, the Boston Globe, CNN, National Public Radio, and the Los Angeles Times. She has been the recipient of many regional and national awards for her empathic work and service to people suffering traumatic grief.

## PayPal Dana

PBA runs solely on contributions and by the kindness of those who give their time and skills to assist others. Your donations not only help PBA's ongoing work to introduce others to the Buddha's Way in its many forms, but it helps maintain our facilities so that we can continue to offer weekly meditation practice in Radnor and Plymouth Meeting, in addition to the retreats offered throughout the year.

In an effort to make donating easier, PBA is now able to accept dana through PayPal. Please visit our website at [www.philabuddhist.org/?page\\_id=99](http://www.philabuddhist.org/?page_id=99)

All contributions are tax-deductable.

## Sparrows by Ed Callahan

I watch, and am as a sparrow  
upon the housetop.  
Psalm 102.7

- |  |  |
|--|--|
| 1.<br>Hedge sparrows wake me,<br>some are chirpy,<br>some have complaints.                   | 8.<br>Saw dead sparrow,<br>some day me,<br>but not yet.                            |
| 2.<br>Our fellow mortals wake up,<br>chirp, fly about, peck,<br>and maintain their feathers. | 9.<br>Well, Mr. Sparrow, Sir<br>some say that you<br>are related to dinosaurs.     |
| 3.<br>Sparrows are song birds,<br>they all sing,<br>some better than others.                 | 10.<br>My favorite sparrows<br>are the big-city<br>vacant-lot urchins.             |
| 4.<br>Winter morning, snow,<br>sparrows peck in the street,<br>don't go south.               | 11.<br>Ever see a sparrow<br>ride a tall grass stem?<br>well, I have.              |
| 5.<br>Won't forget the sparrow<br>with twig in her beak<br>who cocked her head at me.        | 12.<br>Feathers a sad brown,<br>poor flyers, sing a little,<br>happy little birds. |
| 6.<br>A pair of sparrows mate<br>then fly off together-<br>which is nice.                    | 13.<br>Why do sportsmen spare them?<br>too small to shoot?<br>taste bad?           |
| 7.<br>Some don't like sparrows<br>but the poet Keats<br>wanted to peck with them.            | 14.<br>We have life in common<br>with sparrows and of course<br>the Buddha Nature. |



## Philadelphia Buddhist Association

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email: info@philabuddhist.org

RETURN SERVICE REQUESTED

### Sutra Study with PBA

**Saturday, July 8, 2017:**

“The Diamond Sutra”

[“The Diamond That Cuts through Illusion”]

Translated by Thich Nhat Hanh

<https://plumvillage.org/sutra/the-diamond-that-cuts-through-illusion/>

**Saturday, August 12, 2017:**

“Discourse on the Middle Way”

Translated by Thich Nhat Hanh

<https://plumvillage.org/sutra/discourse-on-the-middle-way/>

**Saturday, September 09, 2017:**

“Discourse on Knowing the Better Way to Live Alone”

Translated by Thich Nhat Hanh

<https://plumvillage.org/sutra/discourse-on-knowing-the-better-way-to-live-alone/>

**Saturday, October 14, 2017:**

“Discourse on the Five Ways of Putting an End to Anger

Translated by Thich Nhat Hanh

<https://plumvillage.org/sutra/discourse-on-the-five-ways-of-putting-an-end-to-anger/>

### Scott McBride Day Retreat *Direct Awakening - The Pathless Path*

**Where:**

Plymouth Meeting Friends

**When:**

Saturday, November 4th  
10:00am to 5:00pm

**Pre-Registration:**

Required

Please register at  
[retreat@philabuddhist.org](mailto:retreat@philabuddhist.org)

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

Tea and snacks will be served.

There will be an hour lunch break for a brown bag or local restaurants.

## 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*