



Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

July, 2019

SCHEDULE OF PROGRAMS AND EVENTS

JULY							AUGUST													
	1	2	R	4	5	S		1	2	S		5	6	R	8	9	10			
P	8	9	R	11	12	13	P	12	13	R	15	16	17	L	12	13	R	15	16	17
L	15	16	R	18	19	20	P	19	20	R	22	23	24	P	19	20	R	22	23	24
P	22	23	D	25	26	27	P	26	27	D	29	30	31	P	26	27	D	29	30	31
P	29	30	R																	

SEPTEMBER							OCTOBER													
P	2	3	R	5	6	S		1	R	3	4	S		7	8	R	10	11	12	
L	9	10	R	12	13	14	P	7	8	R	10	11	12	L	14	15	R	17	18	19
P	16	17	R	19	20	21	L	14	15	R	17	18	19	P	21	22	D	24	25	M
P	23	24	D	26	27	E	P	21	22	D	24	25	M	P	21	22	D	24	25	M
P	30						P	28	29	R	31			P	28	29	R	31		

- 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
- E** Intensive silent retreat at Plymouth Meeting Friends 9:00am to 3:30pm
- M** Day Retreat with Scott McBride at Plymouth Meeting Friends 10:00am to 4:00pm

BUDDHISM LECTURE AND DISCUSSION SERIES

July 14	<i>Metta: The practice of lovingkindness meditation</i> Heidi Scheer
August 11	<i>How do I find a teacher, or do I even need one?</i> Bob Koller & Gail Zivin
September 8	<i>The Buddhist Concept of No Self</i> Pat Abrahams
October 13	<i>Personal Transformation Through Dharma</i> Robin Carr

Scott McBride to Lead Day Retreat
October 26
Our True Nature is Pure Awareness



In this day of retreat we will explore our most essential nature, Consciousness or Awareness. More fundamental than our thoughts and feelings, Awareness is the basis for having any experience at all.

Awareness is the most unique experience in the Universe. It is invisible, formless, dimensionless, location-less, weightless,

content-less, and yet is a clear, lucid knowing, a living intelligence that is synonymous with Being. When it is felt from the heart, it is love. It is who we really are. It is both personal and impersonal. It is no-self and it is intimacy with everything in every moment.

All of the great Wisdom Traditions of the world share that the way to realize our human potential, to experience wisdom, freedom, and lasting peace, is to discover our innermost True Nature. One way to describe this nature is Pure Awareness.

See page 4 for details.

Join PBA in a day long extended
silent retreat

Saturday, September 28th

9am to 3:30pm

Plymouth Meeting Friends

See page 3 for 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, October 26
10:00am to 4:00pm**

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 Ripoche, 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.

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.

**Join PBA in a day long extended
silent retreat
Saturday, September 28th
9am to 3:30pm
Plymouth Meeting Friends**

PBA is offering our 2nd Day-long Intensive Retreat at Plymouth Meeting Friends Meetinghouse. Come for full or half day. All are welcome. 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. Snacks will not be served so please bring a bag lunch.

Registration is open and required:

Please send an email to retreat@philabuddhist.org and indicate if you will be using a cushion or chair and if you will be joining us for the full day, morning or afternoon. Registration closes at midnight on Monday, September 23.

The schedule will be as follows:

- 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)



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RETURN SERVICE REQUESTED

Sutra Study with PBA

Saturday, July 6, 2019:

Sutta: MN 131: Bhaddekaratta Sutta: An Auspicious Day
Translated by Thanissaro Bhikkhu

<https://www.sunyatameditation.org/teaching/sunyata-meditation-fundamentals-course/an-auspicious-day-sutra/>

Saturday, August 3, 2019:

DN 16 PTS: D ii 137 chapters 5-6. Maha-parinibbana Sutta:
The Great Discourse on the Total Unbinding
Translated by Thanissaro Bhikkhu

<https://www.accesstoinight.org/tipitaka/dn/dn.16.5-6.than.html#chap5>

Saturday, September 7, 2019:

MN 118: Anapanasati Sutta: Mindfulness of Breathing
Translated by Thanissaro Bhikkhu

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

Saturday, October 5, 2010:

AN 10.60. Girimananda Sutta: Discourse to
Girimananda Thera
Translated by Piyadassi Thera

<https://www.accesstoinight.org/tipitaka/an/an10/an10.60.piya.html>

Day Retreat with Scott McBride

When: Saturday, October 26, 2019
10:00am to 4:00pm

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