



# PHILADELPHIA BUDDHIST ASSOCIATION

## NEWSLETTER

[www.PhilaBuddhist.org](http://www.PhilaBuddhist.org)

March, 2020

Dear Sangha,

During this time of isolation and social distancing we want you to know that we are here for you, and are by your side. While our in-person activities have all been cancelled, we want to provide as many virtual opportunities for you to fill your home with peace and happiness. Let us use this opportunity to transform our personal spaces into a refuge where we can grow and spread loving-kindness out into the world.

We will be modifying our newsletter so that we use this space to provide recommendations on what we are finding helpful with our own practices, what other sanghas are providing, and anything else we hope will provide solace to you during this troubling time. What follows below is just the beginning of what we hope to grow into a full set of resources for our community.

PBA has created a special email dedicated to supporting our community. If you are feeling alone and isolated, if you need any assistance with your practice, or if you need any help, please email us at [support@philabuddhist.org](mailto:support@philabuddhist.org) and we will respond as quickly as possible.

We will be increasing our activity on Facebook, so if you do not already follow our page, you can find us here: <https://www.facebook.com/Philadelphia-Buddhist-Association-140672949306254>

Starting this Wednesday, March 25, PBA will be offering Virtual Sitting Meditation until we can return to our in-person sits at Radnor and Plymouth Meeting.

Wednesdays, 7:30pm: <https://zoom.us/j/803270626>

Sundays, 7:30pm: <https://zoom.us/j/231635198>

### **How to participate:**

We will be using a free software application called Zoom to host our virtual sits. You can participate by clicking on the links above during the scheduled time. Before participating, you must download the Zoom application to your computer or device. To do this, click on either of the links above and your computer will guide you on the installation process. If you have any questions about the installation process, please email [support@philabuddhist.org](mailto:support@philabuddhist.org). Please ensure you have Zoom installed 10 - 15 minutes before the session begins.

Please join the session a few minutes early so that you can be seated when the sit begins. Each session will be 30 minutes in length and will begin with reciting the Three Jewels: I go for refuge to the Buddha, I go for refuge to the Dharma, I go for refuge to the Sangha. We will recite this three times. After this, the facilitator will ring the bell three times. At the end of the session the facilitator will ring the bell once.

---

ALL ARE WELCOME TO ATTEND ANY OF OUR PROGRAMS OR EVENTS AT NO CHARGE

## Online Community Resources

**Online Virtual Sitting Meditations.** This list is not exhaustive. If you know of any groups offering virtual activities, please email [support@philabuddhist.org](mailto:support@philabuddhist.org) so that we can add it here.

Buddhist Sangha of Bucks County: <http://buddhistsangha.com/2020/03/21/practicing-with-others-online-during-pandemic-covid-19/>

Shambhala Philadelphia: <https://philadelphia.shambhala.org/program-details/?id=427272>

Chenrezig Tibetan Center of Philadelphia: <https://www.tibetanbuddhist.org/post/ctbc-bulletin-program-updates-as-of-3-19>

Soji Zen Center: <http://sojizencenter.com/soji-zen-centers-virtual-zendo/?fbclid=IwAR2bBKNBjUV-Peu6Awzj5K7iI6U47X72DF5TSD5iVeKx938TZTuqVT7RGUio>

Clear Light Meditation Center: <https://clearlightmeditation.org/>

Free Online Meditation Sessions: <https://tricycle.org/trikedaily/online-meditation/>

### Other Online Resources:

“Creating a Home Retreat: Finding Freedom Wherever You Are”

<https://jackkornfield.com/creating-a-home-retreat-finding-freedom-wherever-you-are-free-half-day-retreat-included/>

“2020 Meditation Album”: <https://www.embodiedphilosophy.com/2020-album/>

“Three Methods for Working with Chaos,” Pema Chödrön. <https://www.lionsroar.com/pema-chodrons-three-methods-for-working-with-chaos/>

“A Zen Master’s tips for staying sane in challenging times”: <https://plumvillage.org/articles/a-zen-masters-tips-for-staying-sane-in-challenging-times/>

Meditation on Lovingkindness

Sit comfortably for 15 - 20 minutes, relaxing into your breath and mentally say to yourself:

*May I be filled with lovingkindness  
May I be safe from inner and outer dangers  
May I be well in body and mind  
May I be at ease and happy*

As you repeat this to yourself, keep an image of yourself in your heart and let the feelings flow through your body and mind.

Next, expand your meditation to include others:

*May you be filled with lovingkindness  
May you be safe from inner and outer dangers  
May you be well in body and mind  
May you be at ease and happy*

After this you can expand your meditation to include a wider set of benefactors, your community, people everywhere, animals, all inhabitants of our beautiful planet.

*May all beings be filled with lovingkindness  
May all beings be safe from inner and outer dangers  
May all beings be well in body and mind  
May all beings be at ease and happy*