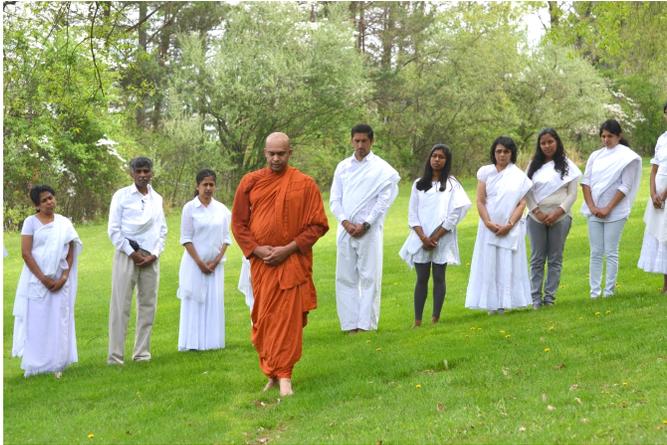


HERE AND NOW

Gathering as a Community



Pittsburgh Buddhist Center offers a friendly space for spiritual growth and fellowship. Regular programs, special workshops and yearly ceremonies are conducted to nurture the inner peace and communal bond of a peace-loving community. The practice of meditation and learning the teachings of the Buddha has been the focus of many programs in the center. The center is open to anyone who is interested in spiritual growth and social harmony.

During this season of Vesak, a series of programs has been arranged in and outside of the center to help everyone deepen one's capacity for loving-kindness and wisdom. Resident Buddhist monks of the center invite everyone to make use of these opportunities and be a part of this growing spiritual community.

EVENTS

April



4/1 - 1:30-3:30 pm
Buddhist Classes for
Children at PBC

4/7 - 10:00 am - 2:00 pm
Mindfulness Fair, Falk
Laboratory School, Pittsburgh,
PA 15261

4/15 - 11:00 am - 5:30 pm
Sri Lankan New Year



4/29 - 3:00 - 5:00 pm
Pan-Buddhist Vesak
Ceremony, Allegheny
Unitarian Universalist
Church, Pittsburgh, PA 15261

May



5/6 - 9:00 am - 5:30 pm
Traditional Vesak at PBC

June

6/3 - 1:30 - 3:30 pm
Buddhist Classes for
Children at PBC

6/17 - 11:00 am - 4:00 pm
Monthly program

Meditation Schedule:

Mondays: East Liberty Library, 6:15 - 7:30 pm

Tuesdays: Oakmont Library, 6:00 - 7:00 pm

Wednesdays: PBC 7:00 - 9:00pm

Thursdays: Fox Chapel Library, 6:30 - 7:30 pm

Monthly Programs:

Buddhist Classes for Children, PBC, 1st Sunday of each month

Dhamma talk, pot luck lunch, and blessing service, PBC, 3rd Sunday of each month

Please sign-up in advance for events via our website, as we need to organize food and attendance.

Bhante's Corner – The Celebration of Vesak

The season of Vesak reminds us of the journey of the Buddha's enlightenment. With determination, effort and compassion towards all living beings, the Buddha discovered root cause of suffering, and he stressed realizing the full potential of the mind to overcome it. The enlightenment of the Buddha is the blossoming the mind's potential for compassion and wisdom.

During this season, it is very appropriate for us contemplate on the potential hidden in our mind that can be utilized to live more meaningfully and beneficially to others. One such potential is our ability to generate wholesome thoughts. If we look closely at our mind, we will realize that several types of thoughts or mental states are present there. One type is thoughts that occur to us. We do not intend to have them. But many thoughts do occur to us based on what we see, hear or encounter. Our memories can also surface in the mind. They appear in our mind automatically without effort. These thoughts are the most frequent ones in our mind. However, there is also another type of thoughts. They are the ones we generate purposely. Instead of letting random thoughts to occur in the mind, we can also consciously and purposely generate thoughts. For example, early in the morning, we can make a good wish to ourselves and all others. Or we can purposely

remember a moment when we received kindness from another person. In loving-kindness meditation, we purposely generate wishes of well-being again and again.

Let us pay attention to this one potential in the mind and purposely generate more positive thoughts. Instead of letting our environment and people around us decide our state of our mind, let us be proactive and generate wholesome thoughts. When you meet a person, just make a good wish to that person in mind and greet them if appropriate. If you do it first, you will be less affected by that person's behavior. When you drive, make a wish for all people to be safe. When we use any item or instrument, spend a few seconds to generate gratefulness to the person who helped you to get it. When we continue to do this, even the thoughts that tend to occur automatically to us will be similar to the ones we purposely generate. That is growing the potential in our mind.

A Blissful Vesak to You All.



The Buddha attained enlightenment under the peepal tree (Ficus religiosa), now known as the Bodhi tree. Its leaves have a special shape and reminds us of the Buddha's enlightenment.



Vesak Pooja at PBC

The fifth moon day of the year the Vesak day in which we commemorate the Birth, the Enlightenment and Parinirvana of Gautama Buddha. On this day, we pay our gratitude to the Buddha and strengthen our commitment to practice the path shown by the Buddha towards enlightenment. The center has planned programs to honor the Buddha through material offering (Amisa Pooja) as well as offering by practice (Patipatti Pooja).

PITTSBURGH BUDDHIST CENTER

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