

HERE AND NOW

Coming Together in Gratitude



We are approaching a season of gratitude. Thanksgiving Day is an occasion to give thanks for the harvest we've received from nature within the year. It is a moment of grateful reflection of gifts and blessings we receive from the earth, the sun, the moon, the forest, the ocean and all people.

Pittsburgh Buddhist Center offers a few programs related to gratitude during this season. Katina ceremony at the end of October is an event to express our gratitude to monks for their commitment and service. Thanksgiving lunch organized by Wednesday meditation group in November is an appreciation of generosity of Sri Lankan community. Christmas lunch in December is a gift from monks to express their gratitude to all friends and devotees.

Please be part of these events and enjoy this season of gratitude.

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.

EVENTS

October



10/7 - 1:30 - 3:30 pm
Buddhist Classes for Children at PBC

10/28 - 11:00 am - 5:00 pm
Katina Ceremony at PBC

November



11/4 - 1:30 - 3:30 pm
Buddhist Classes for Children at PBC

11/11 - 11:00 am - 4:00 pm
Appreciation Lunch and Monthly Program at PBC

December



12/2 - 1:30 - 3:30 pm
Buddhist Classes for Children

12/16 - 11:00 am - 4:00 pm
Christmas Lunch - Devotees and Friends enjoy offerings, a vegetarian lunch cooked by resident monks, a Dhamma talk, meditation, and blessing service.

Bhante's Corner – Katina Ceremony at PBC – 10/28

Katina ceremony is an ancient tradition of celebrating the successful completion of the rainy retreat (Vassāna or Vas). On the July full-moon day (27th), three monks observed Vassāna precepts at Pittsburgh Buddhist Center.

The following programs are offered to help everyone to pay mindful attention to their spiritual growth: (1) weekly opportunity for families to sponsor basic needs of monks and the center for a week and to receive personalized teachings from monks, (2) distribution of cups of loving-kindness and chanting cards to encourage a daily practice, (3) a weekend meditation retreat conducted by Bhante Rahula, (4) study of the Buddhist text, Itivuttaka. Let us come together and celebrate our spiritual efforts.

Katina ceremony is also about gratitude, and mainly showing gratitude for monks. Gratitude is a powerful mental state that can disperse any thought of disappointment, sadness, and frustration. When we suffer from a loss or mistreatment, we can purposely pay attention to a gift we received from someone. When gratitude is present, suffering leaves the mind. The good news is that there is always something around us that we can be grateful for.

Please join Katina ceremony to offer a robe and express your gratitude for monks. (See our website to sign up).



Offerings being made during a Katina ceremony at PBC.



Meditation Retreat participants, 2018.



Kon-O-Kwee Children's Camp participants, 2018.

PITTSBURGH BUDDHIST CENTER

111 Route 908
 Natrona Heights, PA 15065
 724-295-2525
Pittsburghbuddhistcenter.org

Christmas Lunch: 12/16/18, 11:00 am – 4:00 pm - Come and enjoy food cooked with loving-kindness by monks followed by a Dhamma talk, meditation and a gift exchange for kids.

New Year Blessing Service: 1/1/19, 3:00 pm – 4:30 pm - Start your new year with a forgiveness meditation, setting new resolutions for the new year, and a blessing service by monks.