

HERE AND NOW

Vassāna Period



The full moon day of the month of July marks the beginning of the period called Vassāna or Rainy Retreat in the Buddhist calendar. This is a three month period culminating on the day of the full moon in October. In this period, we are supposed to put some extra effort for spiritual development. The Buddha recommended for us to make and follow through with special resolutions throughout this period.

Bhante Punna and Bhante Metta will observe their Vassāna retreat at the Pittsburgh Buddhist Center. They will limit their travels and dedicate themselves to their own spiritual growth while also being available for anyone who needs instruction, assistance or encouragement. Please add more time for your meditation and chanting during this important period and plan to attend our annual meditation retreat in September, assist with the Children's Dhamma Camp in August, or both!

EVENTS

July

7/1 - 1:30 - 3:00 pm
Buddhism Class for Children



7/22 - 11:00 am - 4:00 pm
Monthly Program

August

8/5 - 1:30 - 3:00 pm
Buddhism Class for Children



8/19 - 11:00 am - 4:00 pm
Monthly Program

8/24 - Children's Camp

September

9/2 - 1:30 - 3:00 pm
Buddhism Class for Children



9/13 - 7:00 pm - 9:00 pm
Meditation Retreat

9/14 - 9:00 am - 9:00 pm
Meditation Retreat

9/15 - 9:00 am - 5:00 pm
Meditation Retreat

Meditation Schedule:

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

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

Wednesdays: PBC, 7:00 - 9:15 pm

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

Buddhism Classes for Children, Dhamma Discussions for Adults, Cleveland, 4th Sunday of each month

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

For directions, event and participation detail, please visit: Pittsburghbuddhistcenter.org

Bhante's Corner - Growth in Summer

When facing a difficult situation, our goal should not be simply to have a superficial victory or temporary pleasure. We should aim to learn and to grow in our capacities for goodness. When our goal becomes learning and growing, we stop looking for somebody to blame for life's circumstances. We stop trying to change others, and instead, we grow within. In any situation or effort, what is important is not what we achieve in it, but what we become from it. Let us make an extra effort to use as many situations and events as we can to grow our understanding and goodness during this Vassāna period.



Buddhism class for children

Meditation Retreat by Bhante Yogavacara Rahula

We are very blessed to have senior meditation teacher Bhante Y. Rahula again this September (28-30) to conduct a two and half day meditation retreat at Pittsburgh Buddhist Center. Bhante teaches Vipassana techniques and yoga practices to enhance our meditation practice. With his long years of practice, he is able to give clear answers to questions and queries related to meditation. He will also include a few Dhamma talks explaining the Buddhist analysis of the workings of mind and the mind's hidden potentials. Please plan to make use of this opportunity by attending this retreat. Registration for the retreat will be open on our website in August.



Sri Lankan food festival at PBC, 2019



Vesak Program devotional songs at PBC, 2019

We are deeply saddened by the acts of violence that occurred in Sri Lanka this past Easter. Our hearts go out to all affected by this senseless tragedy.

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