

# HERE AND NOW

## Peace in 2020



May 7<sup>th</sup>, the Full Moon Day, is Vesak Day. It is the day to celebrate the birth, enlightenment and passing into Parinirvana of the Buddha. This Vesak day starts the year 2563 in the Buddhist calendar. This day brings us an opportunity not only to celebrate the life of the Buddha but also to look into the full potential of human mind. With great compassion, the Buddha sought to lead others to the path of enlightenment. This path points us a complete reorientation and an evolution of human mind towards generosity, compassion, mindfulness, equanimity and wisdom. Let us use the Buddha's guidance and techniques, which are still available for us, to make our lives meaningful and beneficial to all living beings.

**An online Guided Home Retreat for Vesak will be held Saturday, May 9, 2020, from 7:00 am to 3:30 pm**

Please secure a quiet space throughout the retreat to avoid any distraction. Prepare a meditation cushion and a walking space. (Please see our website for the full program schedule. You will get an email on how to join online)

### Event Schedule

Tuesdays 6:00 pm: Guided Meditation by Bhante Metta  
 Wednesdays 7:00 pm: Chanting, Guided Meditation and Discussion  
 Thursdays 6:30 pm: Guided Meditation by Bhante Punna  
 Saturdays 7:00 pm: Special Chanting Session to assist overcome COVID 19 pandemic  
 Sundays 6:30 am: Guided Meditation in Sinhalese Language by Bhante Punna  
 Sundays 7:00 pm: Chanting and Guided Meditation

Mondays 6:15 pm: Guided Meditation by Tim Krupar (via Facebook live)

To join these online sessions, please go to our website, [pittsburghbuddhistcenter.org](http://pittsburghbuddhistcenter.org) and click on "Watch PBC Events Live."



**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](http://Pittsburghbuddhistcenter.org)**

## Bhante's Corner - Mindfulness in Spring



Photo by Quoc-Dinh

### Message of the Lotus

"Just like a red, blue, or white lotus – born in the water, grown in the water, rising up above the water – stands unsmearred by the water, in the same way I – born in the world, grown in the world, having overcome the world – live unsmearred by the world. Remember me as 'the awakened one.'"

- the Buddha (in the Dona Sutta, Anguttara Nikaya)

This was the answer given by the Buddha when he was asked who are you by the gentleman Dona. The Buddha not only saw himself as a lotus but also encouraged all of us to become lotuses. Becoming a lotus means to use all challenges, suffering and imperfections in life as nourishments and eventually rise above them. It is in the midst of our ordinary human experiences and our suffering that we seek to break free and bloom.

Spring in this year has come with many challenges. We have to follow excessive precautions to maintain our health. We have limitations on traveling to places, meeting people and having access to facilities. Let us consider these difficulties as nourishing muds. Let us make use of these challenges to learn to be mindful of our own behavior, be kind to whoever we encounter and to live simply with available facilities. Once we nourish our roots, we will be able to shine brighter than ever before. All flowers blooming around us in this spring are teaching us the same lesson.



*Easter Decorations at PBC.*

*Can you find the bunny?*

*Craft by Connie Stevenson*



For a more engaging celebration of Vesak, we are sending out lotus flowers, made out of paper. While they are not fully assembled, you can get the readymade pieces with instructions on how to glue them together. If you like to have one, please sign up at the Events section of our website.

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