

HERE AND NOW

Meditating as a Community



Spiritual practice may seem a lonely path due its emphasis on dealing with one's own mind. However, such practice is in fact not carried out alone. Spiritual practice most often happens in a community with the support of teachers and co-practitioners. It is like eating a meal. Each person needs to eat for himself or herself. But we can eat together as a community while sharing and caring for each other. Pittsburgh Buddhist Center provides a space for such a communal practice of spirituality.

During this season, 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

July



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

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

August



8/5 - 1:30 - 3:30 pm
Buddhist Classes for Children at PBC

8/19 - 5:30 - 7:30 pm
Sri Lankan Food Festival at PBC

September



9/2 - 1:30 - 3:30 pm
Buddhist Classes for Children

9/28 - 7:00 - 9:00 pm
9/29 - 9:00 am - 9:00 pm
9/30 - 9:00 am - 5:00 pm
Two-and-a-half-day
meditation retreat at PBC,
conducted by Ven.
Yogavacara Rahula.

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 – Meditation Retreat at PBC – 9/29 to 9/30

This annual non-residential retreat on Mindfulness with Yoga- the Body/Mind Connection, will be conducted by Ven. Yogavacara Rahula, and will integrate mindfulness meditation in sitting, standing and walking periods with simple yoga stretches to help cultivate a sustained awareness of body and mind. Basic instructions, guided meditation and Dhamma talks on the theme will be included.

It is open to practitioners of all levels.

No accommodation is available on site but several hotels and motels are nearby.

Vegetarian lunch and refreshments will be served daily.

Registration is free but donations will certainly be appreciated. Please register at our website.

Bhante Yogavacara Rahula is a senior Buddhist meditation teacher. Born in Southern California. He became a Buddhist monk in 1975 in Sri Lanka. He has many years of experience in meditation practice in communal settings and solitary retreats. He served as the vice-abbot of the Bhavana Society Forest Monastery in West Virginia from 1986 until 2010. He regularly teaches and conducts retreats integrating yoga breathing and exercise with vipassana meditation. He is now helping to develop the Lion of Wisdom Meditation Center near Damascus, Maryland.

A Blissful Retreat to You All!



Joint Vesak Celebration 2018



The Joint Vesak Celebration in Pittsburgh brings together Buddhist practitioners from several temples in the Pittsburgh and surrounding areas.



Sri Lankan Food Festival at PBC on 8/19, from 5:30 to 7:30 pm.

PITTSBURGH BUDDHIST CENTER

111 Route 908
Natrona Heights, PA 15065

724-295-2525

Pittsburghbuddhistcenter.org

The Festival will feature delicious authentic Sri Lankan dishes, including Hoppers, pastries, and a variety of rice and vegetarian curries with special Sri Lankan herbs and spices.

This is a fund raising event for the Pittsburgh Buddhist Center. Tickets are available from \$5 to \$20.

Plan to bring your family and friends and enjoy the taste of authentic home-cooked Sri Lankan cuisine.