

HERE AND NOW

Season of Gratitude and Giving



Photo: Chathuranga

The last quarter of the year is a period of gratitude and giving. It is the time for us to reflect on people and conditions that have facilitated our journey through life. We've had to face a lot of challenges during this year, and it could be that many conditions were not favorable for us. However, we can still find people who gave us their care and support to move through this difficult period. We should extend our gratitude to our family, friends, teachers, and essential and frontline workers. A special gratefulness should be directed to our natural environment for the nourishments we receive from it.

We plan to offer a number of programs to facilitate the expression of gratitude. Giving can be one way to express our gratitude. It is not how much we give, but how much gratitude and love we put into our giving that is important. In this light, we invite you to join our programs for Thanksgiving and Christmas.

Event Schedule

YouTube Live: Tuesday 6.00 pm - 7.00 pm: Guided Meditation -

Wednesday 7.00 pm - 9.00 pm: Chanting, Guided Meditation and Discussion

Saturday 7.00 pm - 8.00 pm: Special Chanting Session to help overcome COVID

Zoom: Alternate Fridays 7:30 - 8:30 pm: Dhamma Discussion in Sinhala

Sunday 7.00 pm - 8.00 pm: Meditation Class for Children



Photo: Ven. Metta

To join online sessions, please go to our website, pittsburghbuddhistcenter.org and click on "Watch PBC

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 – Gratitude and Resilience



Ven. Metta, Internet

We are living in a time in which we need to be more resilient. As we move through this pandemic, we need to maintain our mental strength, our hope, and our immunity. Fortunately, we are moving into a season of gratitude. Research in neuroscience has proven that feeling gratitude leads to increased ability for coping with adversity. As we know, it is easy to be grateful when life is good. It is more fruitful to feel grateful when life is difficult, because gratitude provides a perspective to view life in its entirety without being overwhelmed by temporary circumstances. Gratitude can also help us focus on positive aspects of life that are usually overlooked. Hence, in the face of despair, gratitude has the power to bring hope. Consciously cultivating an attitude of gratitude can directly enhance our resilience.

Let us make use of the Thanksgiving and Christmas seasons to find more opportunities to be grateful. It is important to remember the hard times we have had in our lives. Then, recall how far we have come and who helped us along the way. Make some extra efforts to express your gratefulness to at least to a few people in your life. Be aware of interactions in which you will casually say "Thank you." Try to feel the gratitude even for the little help you received and say "Thank you" with some gravity and deeply mean it. Feel grateful towards nature for providing us sustenance for our lives. Such simple practices will help us continue our life with resilience.



Children meditating during Buddhism Class for Children 2020

Photo: Ven. Metta

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