

HERE AND NOW

Let Us Stand Together



Photo: Ven. Metta

Together we managed to go through one of the most challenging periods of our time. Though we are not yet completely out of it, we are closer to the end of the tunnel than before. Let us continue to stay positive and strong in this last phase. Our regular and special online programs will continue to offer guidance, encouragement and support. Please plan to attend them via our YouTube channel and Zoom link and stay connected to the spiritual community.

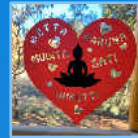
Let us also remind ourselves of the New Year resolutions. This is the time of the year that we would forget or drop our resolutions. We will allow failures but will come back to those resolutions with a stronger determination. When we contemplate the benefits of resolutions for self and others, we can easily keep them.

Our plan to move to a more spacious new location is also progressing. We will let you know more details soon.

EVENTS

February

2/7 - 2:00 - 3:30 pm
Buddhism Class for Kids, Zoom



2/14 - 2:00 - 3:30 pm
Monthly Gathering, Zoom

March

3/7 - 2:00 - 3:30 pm
Buddhism Class for Kids, Zoom



3/14 - 2:00 - 3:30 pm
Monthly Gathering, Zoom

April

4/4 - 2:00 - 3:30 pm
Buddhism Class for Kids, Zoom



4/14 - 10:00 am - 12:00 pm
Sri Lankan New Year
Celebration, Zoom

Zoom Meeting IDs:

Buddhism Class for Kids, 998 5741 5573

Monthly Gathering, 962 4196 4545

WEEKLY SCHEDULE

YouTube Live Schedule:

Tuesday: 6:00 - 7:00 pm

Wednesday: 7:00 - 9:00 pm

Saturday: 7:00 - 8:00 pm

Streaming: <https://www.youtube.com/pbclive>

Recorded: <https://www.youtube.com/user/PittsburghBuddhist>

Zoom Schedule:

Sunday: Children's Meditation, 7:00 - 8:00 pm,

Zoom Meeting ID: 926 6433 5273

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 – Connecting to Others

During social distancing, we began to realize the value of human connection. True connection is not simply being with others physically but connecting to them mentally in a more substantial manner. This deep connection comes from a sustained genuine wish of wellbeing for others. It is this wish, willingness, and friendly attitude the Buddha named metta (loving-kindness). Such willingness is present in most of us but is dormant or passive most of the time. We need to manifest it first in our mind and then outwardly in our words and deeds. If we generate this genuine wish in our mind regularly, we feel deeply connected to everyone. It can be done every time we meet someone, talk to them over the phone or remember them. Just before our interaction, we silently say in our mind "may you be well." Such a genuine wish can affect both parties at the unconscious level and promote authentic connection.

We all are fundamentally the same when it comes to vulnerability to suffering. While suffering, everyone seeks happiness, but some are not skillful in their search. Our deeper understanding of this reality enables us to have empathy and to be connected to everyone. Our wish for others is to be skillful in creating conditions for their true happiness. We can extend this wish even to people with whom we disagree, and thus improve our attitude of goodwill. Let us continue to manifest our wish of wellbeing and be deeply connected with all people and all beings.



Christmas Lunch 2020



School Bag Project – Thank you for your support for 100 students in need!



Dhamma School certificates received by students after sitting for the year-end exam.

PITTSBURGH BUDDHIST CENTER

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