

# HERE AND NOW

## Summer Programs



### *Invitation to observe Vassana*

We are in Vassana period in which we intensify our practice of the Dhamma. This period spans from the full moon day in July to the full moon day of October. The Buddha expected us to spend this Vassana ("rainy") period in such a way that generates an inner rain within us to grow wholesome qualities and wisdom.

We have arranged a series of programs to help our devotees and friends create this inner rain. We've scheduled a children's Dhamma camp, a weekend meditation retreat, and a course in Buddhist studies for this period in addition to our regular events. We also continue to enhance the outdoor appearance and facilities of the center. Bhante Metta recently added a decorated wooden wall next to the outdoor Buddha statue. We plan to build a kids' corner in our library with more children's books, reading tables, chairs and toys. We hope to see you in our one of our online or in-person programs during this special period.

## EVENTS

Aug

8/20 - 9:00 am - 4:30 pm Dhamma Camp for Children



8/27 - 10:00 am - 4:00 pm Monthly Program, Cleveland Vihara

Sep

9/4 - 2:00 - 3:30 pm Buddhism Class for Kids



9/23, 24, 25 - Meditation Retreat

8/21 - 9:00 am - 4:30 pm Weekend Meditation Retreat

Oct

10/2 - 2:00 - 3:30 pm Buddhism Class for Kids



10/9 - 11:00 am - 4:00 pm Katina Ceremony

10/22 - 10:00 am - 4:00 pm Monthly Program, Cleveland Vihara

### Zoom Meeting IDs:

Buddhism Class for Kids, 998 5741 5573

Monthly Gathering, 962 4196 4545

## WEEKLY SCHEDULE

### In-Person & YouTube Live Schedule:

Tues: 6 - 7 pm: Guided Meditation, Oakmont Library

Wed: 7 - 9 pm: Chanting, Meditation & Discussion at PBC

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

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

### Zoom Schedule:

Sun: Meditation Class for Children, 7 - 8 pm

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

## Bhante's Corner - Greeting with a Bow

Bowing with palms pressed together at the chest is the Buddhist way of greeting each other. The practice of bowing, whether as a physical or mental practice, helps us connect with others as human beings who are just like us in their search for happiness and peace. On the most basic level, one practice of bowing is to look into the eyes of another person and gently bring your palms together in front of your heart. You might bow your head in respect or bend slightly at the waist.

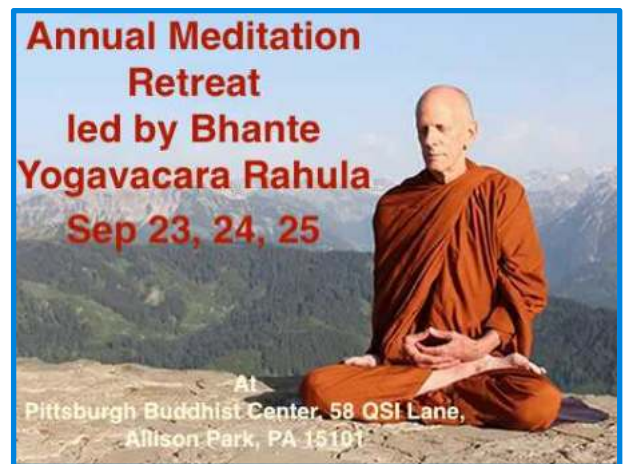
Bowing to another person is a practice of touching what is real and alive – within others and within our selves. It is a moment of mental pause and recognition. When we join our palms in front of another person, we are recognizing the essential quality of goodness in ourselves and in them -- truly a moment of celebration. When somebody joins their palms in front of me, I feel as if a mirror is being held up to me. In it, I see who I truly am. It is always a powerful moment.

Brother Phap Hai (2021)



Children singing at Joint Vesak, 2022

**Annual Meditation Retreat**  
**led by Bhante**  
**Yogavacara Rahula**  
**Sep 23, 24, 25**



At  
 Pittsburgh Buddhist Center, 58 QSI Lane,  
 Allison Park, PA 15101

**Dhamma Camp**  
**For Children**



**Saturday 20th August 2022**  
**09:00 AM - 04:30 PM**

**58, QSI Lane,**  
**Allison Park PA 15101**

**Age Group 1: 05 - 07 years old**  
**Age Group 2: 08 and above**

**PITTSBURGH BUDDHIST**  
**CENTER**

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58 Qsi Lane  
 Allison Park PA 15101  
 724-939-3911  
*Pittsburghbuddhistcenter.org*





Venerable Monks Attending Joint Vesak



Friends and Devotees Attending Joint Vesak



Vesak Lanterns at PBC, 2022



Vesak Ceremony at PBC, May 15, 2022



Bhante Metta's beautiful decorative wall.