

# HERE AND NOW

## Summer Programs



The summer is here. It is time to go out and be more involved with nature and people. The Buddhist center also gets busier in summer. In addition to our weekly meditation sessions, we have planned to have a half-retreat in June, a food festival in July, and a Dhamma camp for children in August. The Vassana period ("rainy retreat") will also commence in July. We will be able to see each other more often during this time and learn the Dhamma together.

In order to continue our spiritual practice, we need constant reminders, guidance and encouragement. Sometimes, we can get discouraged or frustrated when we see senseless violence and hear biased opinions. On such occasions, our monastic teachers and spiritual friends can provide us with assurance and support to maintain our belief in the goodness of humanity. This spiritual friendship helps us continue our inner cultivation without being distracted by negative things in our surroundings. Let us come together to nurture, not to bury, our seeds of compassion and wisdom.

## EVENTS

June 6/4 - 2:00 - 4:30 pm Buddhism & Sinhala Class for Kids



6/11 - Monthly & Eight Precepts program, PBC & online

6/25 - 10:00 am - 4:00 pm Monthly program at Cleveland Vihara

July

7/2 - 10:00 am - 12:00 pm Monks invited for Vassana Period; 2:00 - 4:30 pm Buddhism & Sinhala Class for Kids



7/23 - 11:00 am - 3:30 pm Monthly program, PBC & online

7/30 - 10:00 am - 4:00 pm Monthly program at Cleveland Vihara

August

8/6 - 2:00 - 4:30 pm Buddhism & Sinhala Class for Kids



8/13 - 9:00 am - 4:30 pm Children's Dhamma Camp at PBC (not online)

8/26 - 10:00 am - 4:00 pm Monthly program (Meditation Retreat) at 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 – Knowledge & Wisdom

When we do not know enough, we make bad decisions. If we know the real causes of our suffering, we will be able to reduce or eliminate them. We learn from the teachings of the Buddha that real causes of suffering are our fixed expectations, unhealthy habitual patterns, and self-centered craving, though other people and external conditions can be contributing factors.

Yet knowing these truths does not really eliminate our suffering. Having a sound knowledge of these truths is only the beginning. The Buddha points out a further step we need to take in our understanding. That is, to personally experience these truths ourselves. Using our knowledge as guidance, we can directly experience what causes our suffering through keen observation with a concentrated mind. This experiential realization is called wisdom. It is wisdom that liberates us from suffering. Hence, our knowledge has to be transformed into wisdom. We can do it gradually by cultivating our concentration and the skill of mindful observation. Let us not stop at the level of knowledge, but continue our practice to move to the next level of understanding, which is wisdom.



*Children's Blessing at PBC, 2023*

### *Water Blessing Ceremony, Joint Vesak 2023*



*Devotional Songs at PBC, 2023 (above)*

*and*

*Vesak Lanterns at PBC, Night (left)*



### A Tribute to the Late Dr. K.A. Siripala

Our association with Dr. Siripala as a founding member and the President of the Pittsburgh Buddhist Center (PBC) has been immensely close to us. With a pleasing smile, Dr. Siripala had a large heart filled with love and kindness, always willing to help those less fortunate than him.

Graduated from University of Colombo, Faculty of Medicine in 1969, Dr. Siripala, MD, as a nephrology specialist in Altoona, PA, and served over five decades in the medical field and retired two years ago before he passed away in January 2023.

The community around PBC is blessed to have crossed paths with such a valuable human being. We lost a good friend and an irreplaceable philanthropic gentleman. The legacy Dr. Siripala left behind cannot be measured, and the fond remembrances along with the great contributions he made to establish PBC and to make the move to the Allison Park venue shall never be forgotten.

May his journey through Samsara be short and may he ultimately attain the Supreme Bliss of Nibbana!



Dr. Siripala



Serving Monks at PBC



Vesak Ceremony at PBC



Listening to Dhamma Talk at PBC



Katina Ceremony at PBC