



Philadelphia Buddhist Association NEWSLETTER

www.PhilaBuddhist.org

March, 2010

SCHEDULE OF PROGRAMS AND EVENTS

MARCH							APRIL										
	1	2	R	4	5	6			1	2	3						
P	8	9	R	11	12	C	P	M	6	R	8	9	C				
L	15	16	R	18	19	20	L	12	13	R	15	16	17				
P	22	23	D	25	26	27	P	19	20	R	22	23	24				
P	29	30	R				P	26	27	D	29	30					

MAY							JUNE										
						1			1	R	3	4	5				
P	3	4	R	6	7	C	P	7	8	R	10	11	C				
L	10	11	R	13	14	T	L	14	15	R	17	18	19				
P	17	18	R	20	21	22	P	21	22	D	24	25	26				
P	24	25	D	27	28	29	P	28	29	R							
P	31																

Bön Tibetan Retreat with Gabriel Rocco

The Philadelphia Buddhist Association will sponsor a one-day retreat with Gabriel Rocco on May 15 at the Plymouth Meeting Friends. The topic for the retreat will be Sky of Mind: Dissolving Confusion into Space.

Gabriel Rocco has studied and practiced Buddhism for over twenty-five years. He is currently a senior student of Tenzin Wangyal Rinpoche of the Bön Buddhist dzogchen tradition.

Gabriel received his master's degree in Contemplative Psychotherapy from Naropa University and maintains a private practice of counseling and meditation instruction in Bala Cynwyd. He is the mind-body health specialist at The Wellness Community in Philadelphia for people living with cancer, and a staff instructor for the University of Pennsylvania's Program for Stress Management.

More information about this retreat will be found on page 4.

- C** Meditation class at Radnor Friends 11:00 am to 12:30 pm
- D** Meditation Discussion group at Radnor Friends 7:30 to 9:00 pm
- L** Buddhism Lecture and Discussion Series at Plymouth Meeting Friends 7:30 to 9:00 pm
- M** PBA Board meeting at Radnor Friends 7:00 to 9:00 pm. All are welcome to attend.
- P** Sitting meditation at Plymouth Meeting Friends 7:30 to 9:00 pm
- R** Sitting meditation at Radnor Friends 7:30 to 9:00 pm
- T** Tibetan Retreat with Gabriel Rocco, at Plymouth Meeting Friends 9:00 am to 4:00 pm

Dana

The Philadelphia Buddhist Association is dependent on donations to meet its expenses. All donations are tax-deductible.

Buddhism Lecture and Discussion Series

Sunday nights, Plymouth Meeting, 7:30

- March 14 **Mindfulness** *Robin Carr*
The disciplined practice to achieve awakening.
- April 11 **Lovingkindness Meditation** *Susan Wagner A*
meditation practice for opening the heart to compassion.
- May 9 **Dependent Origination** *David Carpenter*
The impermanence of everything.
- June 13 **Buddhism and God** *Glenn Wallis*
Is atheism part of Buddhist teachings?

ALL ARE WELCOME TO ATTEND ANY OF OUR PROGRAMS OR EVENTS AT NO CHARGE

Local Buddhist Centers and Groups

The following are some of the places in the Philadelphia region where regular Buddhist meditation practice is followed.

Pennsylvania

- Buddhist Sangha of Bucks County
Yardley 215-431-0882
- Chenrezig Tibetan Buddhist Center of Philadelphia
Philadelphia 215-701-7018
- Clear Light Meditation Group
Devon 610-293-9133
- Dungkar Ling (Tibetan)
Honeybrook 610-942-2512
- Media Meditation Group (Shambhala)
Media 610-566-2525
- Peaceful City Sangha (Community of Mindful Living)
Center City 215-852-4375
- Pebble Hill Mindfulness Sangha
Doylestown 215-230-9899
- Perkiomenville Karma Kagyu Study Group (Tibetan)
Spring Mount 610-287-2043
- Philadelphia Meditation Center (Non-Sectarian)
Havertown 610-853-8200
- Philadelphia Soka Gakkai International-USA
Center City Philadelphia
215-569-2144
- Rainbow LGBTQ Buddhist Meditation Group
Center City Philadelphia
215-732-2220
- Shambhala Center (Shambhala)
Center City Philadelphia
215-568-6070
- Soji Zen Center
Lansdowne 917- 856-5657
- The Oubaku Tree Sangha (Zen Buddhist)
West Philadelphia 267-972-5442
- Willow Branch Sangha
West Chester 610-388-1257
- Won Buddhism Temple of Philadelphia
Glenside 215-884-8443
- Zen Center of Philadelphia
West Philadelphia 215-472-2613
- Zen Meditation Group of Greater Philadelphia (Center City)
215-381-0398

New Jersey

- Buddhist Sangha of Southern New Jersey
Cherry Hill 609-953-9215
- Pine Wind Zen Center
Shamong, NJ 609-268-9151
- Seabrook Buddhist Temple (Jodo Shin Shu Buddhism)
Seabrook 856-451-3422

Delaware

- Delaware Valley Zen Center
Newark 302-981-6209

How to Contact PBA

- Send an email to info@PhilaBuddhist.org
- Call and leave a message at **610-660-9269**
- Send USPS mail to **P.O. Box 532 Narberth, PA 19072**

Guide to Retreat Centers

The following is a listing of some Buddhist centers in the Eastern United States that offer a program of retreats throughout the year. These centers offer a place where scheduled Buddhist teaching from various traditions is given. In addition, many local centers offer day and week-end retreats.

- Bhavana Society Near Washington, DC & PA border
Rt.1, Box 218-3 High View, WV (304)-856-3241
<http://www.bhavanasociety.org>
- Insight Meditation Society
1230 Pleasant Street, Barre, MA, 01005 (978)-355-4378
<http://www.Dharma.org>
- Mt. Equity Zendo
280 Mt. Equity Road, Pennsdale, PA, 17756
(717)-546-2784, <http://www.mtequity.org>
- Zen Mountain Monastery
P.O. Box 197, Mt. Tremper, NY, 12457 (845)-688-2415
http://www.mro.org/zmm_cat/retreats.html

The Philadelphia Buddhist Association (PBA) is a non-profit corporation registered in the Commonwealth of Pennsylvania. It has provided programs since 1986 to the public for making known the principles and practices of

the Buddhist way. PBA represents no one Buddhist tradition and promotes dialogue with all faiths. All programs are without charge and are financed only by freely given donations. Donations are tax-deductible.

Cultivating the Dharma with PBA

The Philadelphia Buddhist Association is dedicated to spreading the Dharma (the teachings and practice of Buddhism) among interested seekers. PBA is not oriented toward any particular school of Buddhism and our meditation sittings do not require participants to be practicing any particular form of meditation. Newcomers, in particular, may benefit from the broad exposure to the varieties of Buddhism and may use PBA as a doorway into one which attracts them.

Buddhism Lecture and Discussion Series: A series of talks intended for all levels, presented by PBA members and invited speakers. Each lecture is complete in itself and does not require attendance at previous lectures.

Introductory meditation class: Basic instruction in meditation upon the breath, including ways to incorporate it into

your life, intended primarily for beginners, but suitable as a review even for experienced meditators.

Silent meditation: Offered in a group setting two evenings a week, interspersing sitting with walking. Meditators are welcome to participate in the sittings at Radnor and Plymouth Meeting.

Meditation discussion group: An opportunity to share your experience, strength, and hope with others; to share your spiritual journey in an open meditative environment. No commitment to regular attendance is needed; the discussion sessions are open to all who wish to succeed in wise and compassionate practice.

Retreats: Several retreats with a visiting teacher throughout the year.

WANT TO HELP OUT?

The Philadelphia Buddhist Association offers various opportunities to become more involved in planning and carrying out PBA programs and events.

Right now there is a need for some volunteers to act as monitors at our sitting meditation sessions at Plymouth Meeting and at Radnor. Monitors set up the cushions and altar, keep time, and lead opening and closing prayers. Volunteers will be trained and observe an experienced monitor before being scheduled for a session on their own. If you are interested in becoming a monitor, send us an email to info@PhilaBuddhist.org

Dana Dharma

Buddhist tradition provides a way of cultivating the quality of generosity: the tradition of dana, which encourages contributions of material goods to the support of monks and teachers. In its modern version, it takes the form of financial contributions to support Buddhist organizations like the Philadelphia Buddhist Association.

PBA does not charge for any of its activities (other than residence fees at residential retreats). We do incur expenses for rent, newsletters, telephone, and various other items. If you have found participation in our activities valuable, please consider sending PBA a tax-deductible contribution. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072

Where We Meet

Plymouth Meeting Friends

Every Sunday at 7:30 PM
2150 Butler Pike, Plymouth Meeting PA 19462
(SW Corner of Germantown and Butler Pikes,
just outside Philadelphia)
Wheelchair and handicap access

Radnor Friends

Every Wednesday at 7:30 PM
second Saturday: meditation class at 11:00 AM
610 Conestoga Road, Villanova, PA 19087
(Sproul Rd (route 320) and Conestoga Road)
Limited handicap access

Saint Raphaela Retreat Center

Special retreats only
616 Coopertown Road, Haverford, PA 19041
Wheelchair and handicap access

Philadelphia Meditation Center

Special retreats only
8 East Eagle Road, Havertown, PA 19083
Wheelchair and handicap access

All are welcome to attend.
All events are free; donations gratefully accepted.
Detailed directions at www.PhilaBuddhist.org
See schedule for meeting dates, times and location.



Philadelphia Buddhist Association

P.O. Box 532
Narberth, PA 19072
610-660-9269
www.PhilaBuddhist.org

RETURN SERVICE REQUESTED

Philadelphia Buddhist Association presents

Saturday Bön Tibetan Retreat with Gabriel Rocco



**Sky of Mind:
Dissolving Confusion into Space**

**May 15, 9 am to 4 pm
Plymouth Meeting Friends**

**Bring lunch, sitting pillow and blanket or floor pad.
Chairs and floor pillows will be available for those who want or need them.**

Suggested dana: \$30