



# Philadelphia Buddhist Association

# NEWSLETTER

www.PhilaBuddhist.org

November, 2011

## SCHEDULE OF PROGRAMS AND EVENTS

NOVEMBER							DECEMBER							
	1	R	3	4	A				1	2	3			
P	7	8	R	10	11	C	P	M	6	R	8	9	C	
L	14	15	R	17	18	19	L	12	13	R	15	16	17	
P	21	22	D	24	25	26	P	19	20	R	22	23	24	
P	28	29	R					25	26	27	D	29	30	31

  

JANUARY							FEBRUARY							
	1	2	3	R	5	6	7				R	2	3	4
L	9	10	R	12	13	C		P	6	7	R	9	10	C
P	M	17	R	19	20	21		L	13	14	R	16	17	18
P	23	24	D	26	27	28		P	20	21	L	23	24	25
P	30	31						P	M	28	R			

- C** Meditation class at Radnor Friends 11:00 am to 12:30 pm
- D** Meditation Discussion group at Radnor Friends 7:30pm 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
- A** Retreat with Sensei Al Fusho Rapaport 10:00 am to 4:00 pm at Plymouth Meeting

### CALENDAR REMINDER:

There will be no sitting meditation at Plymouth Meeting on December 25 or January 1

### Buddhism Lecture and Discussion Series

Sunday nights, Plymouth Meeting, 7:30

November 13	<i>The Life of the Buddha</i> Frank Hoffman
December 11	<i>The Three Jewels and the Meaning of Taking Refuge</i> Richard McKinney
January 8	<i>Starting and Maintaining a Meditation Practice</i> Gail Zivin
February 12	<i>The Eightfold Path</i> Bill Cunningham

## Zen Mindfulness and Awareness of the Energy of the Breath

This day-long meditation retreat will introduce participants to how the addition of energy techniques to traditional Zen practice can increase the depth of one's experience and foster deeper awakening to reality. Sensei Al's dharma talk will address his experience and understanding of how these body-centered practices can positively influence Zen sitting. See page 4 for date and time.

Al Fusho Rapaport, Sensei, has practiced and taught Zen and other forms of meditation for 40 years. He studied with Kozan Roshi, Maezumi Roshi, and Genpo Roshi and in 2008 he received Dharma Transmission within the White Plum Lineage from Shuzen Sensei. This makes him "a dharma grandchild" of Pat Enkyo O'Hara, Roshi, who has taught many PBA retreats. Fusho Sensei organized and produced the landmark Buddhism in America conferences that took place in Boston, San Diego, Denver and New York City in 2001. He edited a volume of presentations by many of the major Buddhist teachers at these conferences entitled Buddhism in America. He is also author of *Open Mind Zen: A Guide to Meditation*, which is a concise and insightful guide. He currently is Director of Open Mind Zen Meditation Center in Melbourne, Florida and a member of the White Plum Asanga, the American Zen Teachers Association and the Lay Zen Teachers Association. More information about Sensei can be found at [www.openmindzen.com](http://www.openmindzen.com).

## Annual Dana Drive

PBA runs solely on contributions and by the kindness of those who give their time and skills to assist others. Your donations not only help PBA's ongoing work to introduce others to the Buddha's Way in its many forms, but it helps maintain our facilities so that we can continue to offer weekly meditation practice in Radnor and Plymouth Meeting, in addition to the retreats offered throughout the year.

Now more than ever are we in need of your assistance, so as the year comes to an end, please consider making a donation to help us keep our facilities running. All contributions are tax-deductible. Make checks payable to PBA and send to P.O. Box 532, Narberth, PA 19072. Donations may also be made on our website at [www.PhilaBuddhist.org](http://www.PhilaBuddhist.org).

**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
- \* 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 609-953-9215
- \* The Oubaku Tree Sangha  
(Zen Buddhist)  
West Philadelphia 267-972-5442
- \* Tibetan Buddhist Center  
of Philadelphia  
West Philadelphia 215-701-7018
- \* 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@PhiladelphiaBuddhist.org](mailto:info@PhiladelphiaBuddhist.org)
- \* 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 weekend retreats.

- \* Bhavana Society Near Washington, DC & PA border  
Rt.1, Box 218-3 High View, WV (304)-856-3241  
<http://www.bhavasociety.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) 688-2228  
<http://www.mro.org>

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.

**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.

## 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, website, 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. Donations may also be made on our website through PayPal.

**Richard McKinney reviews**  
***Wise Teacher, Wise Student: Tibetan Approaches to a Healthy Relationship***  
**by Alexander Berzin**

The desire to make contact with a Buddhist teacher appears to be common among Americans interested or practicing Buddhism. The availability of teachers, access to them, time to spend with them and yet discharge responsibilities to daily life are often problems for the average lay person.

The issue of the teacher, who they are, what role they can or that they should play in the spiritual search are explored in this work from the perspective of a person deeply committed to Buddhism for over 30 years.

Jack Kornfield has said, "This is the most thoughtful and comprehensive book yet written on the teacher-student relationship." Lama Surya Das has said, "Alex Berzin has taken head-on one of the hottest issues of Buddhism in the West – teacher student and guru-disciple relationship- and brought us all up to date through his wide and deep research plus a great deal of personal thought on the matter."

While the context of his discussion is in the Tibetan Buddhist Tradition, there is much that transfers and applies to the situation of Buddhist teacher in the modern world. His insights into the attitudes and expectations of Westerners, comes out of his observations of them as they came to the Dalai Lama's headquarters in India and his teaching in other countries.

Anyone interested in the relationship to a spiritual teacher will profit from a careful reading of this book.

Alexander Berzin, born 1944 in Paterson, New Jersey, U.S.A., received his Ph.D. from Harvard University in 1972 from the Department of Far Eastern Languages and Sanskrit and Indian Studies, specializing in Tibet. From 1969 to 1998, he resided in India. His main teacher was Tsenzhab Serkong Rinpochey, the late Master Debate Partner and Assistant Tutor of His Holiness the Dalai Lama.

Dr. Berzin was a founding member of the Translation Bureau of the Library of Tibetan Works and Archives in Dharamsala, India, and is the translator and author of numerous books and articles on Tibetan Buddhism. Since 1983, he has been traveling around the world, teaching in centers and universities, especially in former Communist countries, the Middle East and South America. He is eminently qualified to address this important question. He maintains an archive of teachings at <http://www.berzinarchives.com>

Snow Lion Publications, Reprint edition, June 2010.  
ISBN: 978-1559393478.

Also available as a free ebook at [http://www.berzinarchives.com/web/x/nav/group.html\\_1305527811.html](http://www.berzinarchives.com/web/x/nav/group.html_1305527811.html)



## Philadelphia Buddhist Association

P.O. Box 532  
Narberth, PA 19072  
www.PhilaBuddhist.org  
email: info@philabuddhist.org

RETURN SERVICE REQUESTED



### Zen Mindfulness and Awareness of the Energy of the Breath

A retreat offered by the Philadelphia Buddhist Association

Saturday, November 5, 2011 10am - 4pm

Plymouth Meeting Friends Meeting House, Germantown Pike & Butler Pike

Directions on web at [www.philabuddhist.org](http://www.philabuddhist.org)

## 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*