

HERE AND NOW

The New Year 2020



The year 2020 marks the beginning of a new decade. It is a blessing and a privilege to live in this decade since we only get several decades in our lives. What do we want to make of this decade? Let us resolve to make this decade one of spiritual growth. Such growth means maturity in our understanding, emotional balance and relationships. In order to achieve such growth, we need proper guidance, spiritual friendship and consistent practice. At PBC, one finds these supportive conditions. We invite everyone to use the programs and facilities offered at PBC to make this decade a spiritually enriching one.

EVENTS

January

1/1 - 3:00 - 4:30 pm
Blessing Service for New Year



1/5 - 1:30 - 3:00 pm
Buddhism Class for Children

February

1/5 - 1:30 - 3:00 pm
Buddhism Class for Children



2/16 - 11:00 am - 3:30 pm
Monthly Program at PBC

2/23 - 10:30 am - 4:30 pm
Monthly Program in Ohio

March

3/1 - 1:30 - 3:00 pm
Buddhism Class for Children



3/15 - 11:00 am - 3:30 pm
Monthly Program at PBC

3/28 - 10:00 am - 2:00 pm
Mindfulness Fair, Falk
School, Univ. of Pittsburgh

3/29 - 10:30 am - 4:30 pm
Monthly Program in Ohio

Meditation Schedule:

Mondays: East Liberty Library, 6:15 - 7:30 pm

Tuesdays: Oakmont Library, 6:00 - 7:00 pm

Wednesdays: PBC, 7:00 - 9:15 pm

Thursdays: Fox Chapel Library, 6:30 - 7:30 pm

Monthly Programs:

Buddhist Classes for Children, PBC, 1st Sunday of each month

Dhamma talk, pot luck lunch, and blessing service, PBC and Ohio, last two Sundays of each month (see Events)

Buddhism Classes for Children, Dhamma Discussions for Adults, Cleveland, 4th Sunday of each month

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 - Repose in Winter

Winter offers us a time to reduce our travels and outdoor activities, and to have restful respite from outward focus. Such repose is important to focus more on inner aspects of our lives. We all are gifted with an inner strength (viriyā) that enables us withstand unfavorable outer circumstances and urges of inner tendencies. We can cultivate this precious strength through regular meditation and being aware of the way our mind works in daily life, and then purposely directing the mind to a wholesome theme. We can also be inspired by teachings of the Buddha and examples of our spiritual ancestors. Let us use our indoor time in winter to continue a regular practice of meditation and to develop this inner strength.

PBC YouTube Channels -- For live streaming of events:

<https://www.youtube.com/channel/UC4DsnT4ukBsMJFt4NPfk3Gg>

For recorded Dhamma Talks:

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

Remember to subscribe to these channels.



Thanksgiving 2019



Christmas Gathering 2019



School Bag Project - Thank you very much for your support for the distribution of school bags with stationary to 104 students in need!

PITTSBURGH BUDDHIST CENTER

111 Route 908
 Natrona Heights, PA 15065
 724-295-2525
Pittsburghbuddhistcenter.org

Join our monthly program on February 16th in celebration of Valentine's Day!

