

HERE AND NOW

Vassana in 2020



Photo: Pavara Ranathunga

The full moon day of July (5th) marks the beginning of the three months long special period called Vassana. Following the century-long Buddhist tradition, monastics and lay followers engage in a more committed practice of the Dhamma during this period. Vassana literally means "rainy season" because this period coincides with the monsoon season in India. The Buddha recommended to turn to this period to slow down and look deeply into ourselves.

Let us make efforts to cultivate at least one good habit and to give up at least one bad habit during these three months that will end in the October full moon (1st). We encourage you to start or continue a daily practice of chanting, recitation and meditation during this special period. You can also enhance your practice by joining our online meditation programs. We will be able to celebrate the successful completion of the Vassana period during the Katina ceremony, scheduled for October 4th.

Event Schedule

Tuesdays 6:00 pm: Guided Meditation by Bhante Metta
 Wednesdays 7:00 pm: Chanting, Guided Meditation and Discussion
 Thursdays 6:30 pm: Guided Meditation by Bhante Punna
 Saturdays 7:00 pm: Special Chanting Session to assist overcome COVID 19 pandemic
 Sundays 6:30 am: Guided Meditation in Sinhalese Language by Bhante Punna
 Sundays 7:00 pm: Meditation Class for Children

Mondays 6:15 pm: Guided Meditation by Tim Krupar (via Facebook live)

To join these online sessions, please go to our website, pittsburghbuddhistcenter.org and click on "Watch PBC Events Live."



Photo: Ven. Metta

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 – Stability in Summer



Photo: Cripplegate



Balancing the Branches and the Roots

When the weather is windy, trees move their branches following the wind. Yet, they will stay rooted without being swept away by the wind. This general ability of trees to move while being rooted provides us a good lesson for our spiritual practice. When we encounter challenges, difficulties and suffering, we need to be concerned about them. When we encounter suffering of others, we need to empathize with them. Yet, we also need to maintain our inner strength not to be carried away by these circumstances. It is our compassion that motivates us to be sensitive to and to respond to suffering. It is the wisdom that helps us to stay grounded. We need a balanced development of both qualities.

As we are going through a pandemic, we are limited in the ways to help others. We have also started the Vassana period that encourages us to pay more attention to our inner growth. I feel that this is an appropriate period for us to grow our roots, that is, wisdom. While being helpful to other whatever possible ways, we should spend more time in learning and reflecting on the teachings of the Buddha. The more we understand the dependently arisen (causal) nature of circumstances, impermanent, imperfect and impersonal nature of situations, the deeper our wisdom becomes. Let us enhance our reading and listening to the teachings of the Buddha during this time. Once we grow more roots, we will be able to reach many with our branches without collapse.



Baby Buddha during online Vesak Celebration in May

Photo: Ven. Metta

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Vesak Greeting Cards made by our students

Photo: Ven. Metta

