



Portsmouth Buddhist Center

Summer/Fall Program 2017

Sundays

Community Mornings every Sunday
9.30 AM - 12 PM | By Donation

Jul 16 - 30

Meditating On The Earth

(outdoors in Goodwin Park on Islington St.)

Aug 6 - Sep 24

If The Buddha Lived In Portsmouth

No meeting on August 27 (join us at Aryaloka Center in Newmarket for a Buddhist ordination!) or September 3.

Oct 1 - Nov 5

Money, Sex, God, Death, America!

A look at how the Buddha's teaching relate to life in the contemporary U.S. and to the ideas that helped shape America.

Nov 12 - Dec 17

Where Are We Going And How Can We Get There?

Explore the Buddha's Noble Eightfold Path as a take on how to be a better human in the world. No meeting on November 26, December 24 or December 31.

Introductory Courses

Introductions to Meditation, Mindfulness and Buddhism
Thursdays, 7 - 9 PM | Suggested Donation \$40 for 4 Weeks

July 13 - Aug 3

Who Was The Buddha And Why Does He Matter?
A Practical Introduction

Sep 14 - Oct 5

Mindfulness, Kindness and the Buddha

Oct 26 -Nov 16

Medicine For The Heart And Mind: The Buddha's Teaching As Something That Can Help

Nov 30 -Dec 21

Get to Know Your Mind with Buddhism And Meditation

Other Events

Workshops and Buddhist festivals as advertised online

Explore the teachings at more leisure with a morning or day workshop with some of the most experienced Buddhists in the region. Join us to celebrate Buddhist festivals here on the Seacoast. Sign up for our email newsletter or follow on Facebook/Twitter.



Portsmouth Buddhist Center

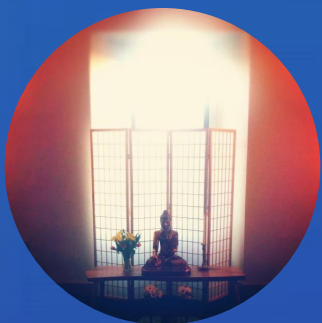
About Us

The **Portsmouth Buddhist Center**, in the heart of the New Hampshire Seacoast, is for all who seek peace of mind and insight into how to live in more kindly, considered harmony with the world around us.

We offer introductory and regular meditation and Buddhism classes and workshops, all by donation. See reverse for a program of upcoming events. Other day workshops, arts events, public talks, and more may be announced on our website.

We are all members of the Triratna Buddhist Community, and have been working as a team for 6 years in Portsmouth, and with friends at our sister centers in Newmarket, Portland and Boston. You'll always get a friendly welcome whenever you visit with us!

Support PBC! The Center runs entirely on the generosity of our community. We feel inspired to offer all our classes and courses based on suggested donations so everyone can afford to come. Support us today with a regular gift and you'll help keep the Center available for all! Give now at **portsmouthbuddhistcenter.com**.



Visit our website for details of class venues through 2017
(603) 617-2285

portsmouthbuddhistcenter.com
portsmouth@thebuddhistcenter.com