

# DHARMA *in* ACTION

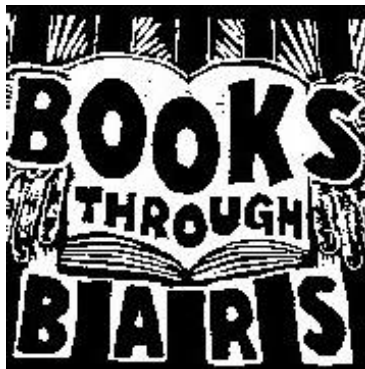


The main goal of CTBC is to cultivate compassion and loving-kindness, based on the philosophy and methods taught by His Holiness the 14th Dalai Lama, Tenzin Gyatso, "... the more we care for the happiness of others, the greater our own sense of well-being becomes." New in 2019, CTBC will accomplish these noble goals through our *Dharma in Action* initiatives.

Our first opportunity is focused on the greater Philadelphia community and will benefit from your compassion and your Dharma in action!

## Books. Knowledge. Change.

[www.booksthroughbars.org](http://www.booksthroughbars.org)



[Books Through Bars](http://www.booksthroughbars.org), is an all-volunteer, non-profit organization that distributes free books to people in prison across the Mid-Atlantic region (PA, NJ, NY, DE, MD, VA). For over two decades, BTB has been united in one mission to help incarcerated people become more educated so they will be less likely to return to prison. BTB provides free books and correspondence courses to address the gap in resources and access to education.

**BTB Book Drive.** CTBC will be collecting donated books for the BTB Library from **January 6 through February 3**. Please consider donating new or gently-used books on these requested topics:

### *Paperback preferred:*

- English dictionaries – the most requested book!
- "How-to" art books on drawing, painting, fold origami, crochet
- Fitness - exercises with or without weights, yoga, Pilates
- Self-help books on addiction, or memoirs about people who have overcome addiction
- Urban novels (i.e., authors Sista Souljah, Omar Tyree)
- Self-teaching books in guitar and visual art
- History – African-American, U.S., world
- Self-improvement and spirituality

Paperback only:

- Puzzles such as word search, Sudoku, crosswords
- Thrillers, by authors such as John Grisham, James Patterson
- Horror novels, by authors such as Stephen King, Dean Koontz

A donation box will be in the CTBC foyer. Volunteers will also be needed to drop off our collected books during the month.

**More Opportunities for Dharma in Action.** BTB is always in need of volunteers to read letters from people in prison, select books from the BTB Library, and package them for mailing. No pre-registration is required. Come as often as you like, and stay as long as you like!

1st and 3rd Saturday of each month, 11am-2pm  
Tuesdays, 7:30 - 9:30 pm

[Books Through Bars](#) is housed at:

A-Space  
4722 Baltimore Ave.  
Philadelphia, PA 19143  
(215) 727-8170



For more information or questions about our BTB Book drive, please contact CTBC Sangha member, Sister Vernice :- ) [sistervernice@energycentersmeditation.com](mailto:sistervernice@energycentersmeditation.com)