

# *Sanghas of the Community of Mindful Living in Northern California*

Practicing in the Tradition of Thich Nhat Hanh (Voicemail: 510-595-5574)

*"What is most important is to find peace and to share it with others" – Thich Nhat Hanh*

## **SAN FRANCISCO**

Blooming Lotus Sangha, Two Saturdays a month,  
6:30 pm, Narayan, 415-586-7574, or Kay Heatherly,  
415-922-1664, kay@kayheatherly.com

Interfaith Mindfulness Ministries  
(offering occasional retreats in the Bay Area)  
ChiSing@aol.com  
www.InterMindful.com

Living Peace Meditation Community, Thurs 7-8:30pm,  
First Unitarian Church @ Franklin & Geary,  
Monthly Habitat Rest. Project  
Karen Van Dine, 415-346-3923,  
<http://livingpeacemeditation.org/>

Transformation Collective Sangha, Sunday Evenings  
3271 20th St at Folsom. Michael Costuros &  
Kim Iglinsky, 415-558-8994, Kim@kimIglinsky.com.  
Please RSVP here:  
<http://www.meetup.com/transformation/calendar/>

## **EAST BAY**

### **Hayward:**

Fourfold Community Sangha, with Ven. Thich Tu-Luc  
-- Thursday 7-9pm, Hayward Buddhist Center,  
27878 Calaroga Ave  
-- Monthly (1st Sunday--9am-1pm) "Day of Practice",  
[Precepts Recitation (Viet & Eng), Walking Meditation,  
Dharma Talk, Mindful Lunch], Compassion Meditation  
Center, 17327 Meekland Ave  
510-481-1577, fax 510-481-5202 ,  
[www.compassiontemple.org](http://www.compassiontemple.org)

### **Oakland:**

Mindfulness, Diversity & Social Change Sangha,  
Monday 7-9pm, Please call or e-mail for locations,  
Victoria Mausisa, 510-316-8543, vic822@yahoo.com  
or Asa Brown, 510-451-1892, cherryapple@hotmail.com

Open Door Sangha, Monday 6:30-8pm, potluck dinner  
second Monday of month, at Caleb and Denise's house,  
phone/fax 510-530-9340, calebcushing@sbcglobal.net

Potluck Sangha, Sunday 10am-12noon (location changes  
weekly), Sharon Moy, 510-836-1834

### **Oakland (cont):**

Hella Just and Compassionate Sangha  
for practitioners of color, Sundays, 7-9 pm  
Email for location information: sophy.wong@gmail.com  
or hellajust@googlegroups.com

Vietnamese Lesbian Gay Bisexual Transgender Queer  
Sangha, 1st Tuesday 6:30-8:30 pm, Chinh Nguyen,  
650-619-5486, justsweetrice@hotmail.com

### **Berkeley:**

Buckeye Sangha, Sunday 6:30pm,  
Glen Schneider, 510-644-1518,  
glennyfrank@yahoo.com

Family/Child-Friendly Sangha, Joyce Selkow & Rod  
Fujita, 510-339-1862, joyceselkow@msn.com

Morning Light Sangha, Monday-Friday 5:30-7am,  
optional discussion/study until 7:30am. Chinh Nguyen,  
650-619-5486, justsweetrice@hotmail.com

New Generation Sangha (ages 20s-30s)  
Thursday 7-9:30 pm, Christian 510-710-6542;  
Augusta 415-821-4877 ngsangha@gmail.com

Peace Building Sangha, 2nd and 4th Wednesday 7:30pm,  
Lyn Fine 510-655-1628, Lynfine@gmail.com

### **Richmond Annex:**

Fragrant Earth Sangha, 4th Tuesday each month,  
7-9 pm, Susan White, 510-526-1066  
siwhite99@yahoo.com

## **SAN FRANCISCO BAY AREA**

Joyous Light of Gratitude Sangha,  
for practitioners of color only.  
For information please contact: joyous.light@gmail.com

## **MONTEREY BAY AREA**

### **Santa Cruz:**

Family Sangha, Sunday 10:30am-2pm (every other month),  
530 Sunlit Lane, Bonny Doon, Nicole Amadora,  
831-426-6599

### **Santa Cruz (cont):**

Heart Sangha, Monday 7 pm, Santa Cruz Zen Center,  
115 School St., Santa Cruz, CA 95063-2192,  
Jim Scott-Behrends, 831-728-9138,  
jsbehrends@aol.com

## **SAN JOSE/FREMONT**

La Boi Sangha, meets once a month, 2nd Sunday  
9:30am -1:30pm, with potluck lunch,  
Ha Ton Phan, 408-251-7792, or  
Chau Yoder, 925-930-9894, cvyo@high-spirits.com

Thien-Tri-Thuc Sangha, meets once a month, Duc and  
Yen-Chi Nguyen, ducsnguyen@yahoo.com

Zen Meditation Good Works Sangha, Tuesday  
12 noon, San Jose State University,  
Rm 455 Dr. Martin Luther King, Jr. Library,  
Jeff Paul, 408-808-2636, jpaul@sjsu.edu  
James Murray, 408-808-2485, James.Murray@sjsu.edu  
Michael Fallon, 408-924-5440, Michael.Fallon@sjsu.edu

## **SF PENINSULA**

### **Palo Alto:**

Palo Alto Friends Mindfulness Sangha, Thursday  
7:15-8:30am, Palo Alto Friends Meeting House,  
Colorado near Greer, Susan Murphy, 650-969-3452,  
somurphy@earthlink.net

Flowering Tree Sangha  
1st Fridays 6-8 pm, Renee Burgard,  
650-269-4807 reneeburgard@yahoo.com

### **Ladera (Portola Valley):**

Sunday Morning Sangha, Sunday Mornings 9:30-11:45.  
David Ostwald, 650-854-4596, dostwald@att.net or  
Birgitte Moyer-Vinding, 650-854-4157,  
bpmoyer@earthlink.net

### **Los Altos:**

Tuesday Morning Meditation Group, 7 am -8:30 am,  
Foothill Congregational Church,  
Susan Murphy, 650-969-3452, somurphy@earthlink.net

**(Continued on Reverse)**

## Sanghas of the Community of Mindful Living in Northern California (Continued)

### DIABLO VALLEY

Peaceful Heart Sangha, Sunday 3:00-5:30pm,  
Walnut Creek, Chau Yoder, 925-930-9894,  
chayoder@high-spirits.com

Silver Springs Sangha, Sunday 5-6:30 PM,  
location changes weekly.(Walnut Creek & Orinda)  
Barbara Leitner, bleitner@pacbell.net  
(925) 253-8300

### MARIN & NORTH COAST

#### Mill Valley:

Mountain Sangha, 2nd & 4th Wednesdays of each  
month, 7 pm, Pine Street Clinic, 124 Pine St.,  
San Anselmo, 415-461-6476,  
jerome@mountainsangha.org, <http://mountainsangha.org>

#### Bolinas-Stinson:

Bolinas-Stinson Sangha, Last Friday of Month,  
9am-noon, Carolyn deFay,  
415-454-5179, cdefay@pacbell.net

#### Fairfax/San Anselmo:

Global Heart Sangha, 1st Sunday & 3rd Friday,  
6:15 pm, Laurel Houghton, 415-454-0391  
mindfullyoga@earthlink.net OR Carolyn deFay,  
415-454-5179, cdefay@pacbell.net

#### Point Reyes Station:

Elephant Mountain Sangha, Thursdays 8-9:15 am,  
First Presbyterian Church, 11445 St Rte 1,  
Laura Alderdice, 415-669-1138, alderdicelaura@yahoo.com  
or Suzanne d'Coney, 415-663-9580,  
suzannedconey@gmail.com

#### Santa Rosa:

Fragrant Rose Sangha, Mondays 7:15-8:30 pm, Friends  
House, 684 Benicia Dr. Jessica Peters Malmberg,  
707-538-4251, jpkazibon@yahoo.com, OR Elsie L.  
Darling, 707-576-6651, eldar753@yahoo.com

#### Ukiah:

Ukiah Community of Mindful Living, Jo-ann Rosen,  
707-462-7749, bbdog@pacific.net

### Garberville:

Sangha in the Woods, Tuesday 6:30pm, Diane  
Richardson, 707-923-3449, drrich53@hotmail.com

### CENTRAL VALLEY

#### Merced:

Windsong Sangha, Wednesday 7:00-9:30pm and  
quarterly day-long silent retreats,  
Jule Marini Biesiada, Merced, 209-384-2835,  
juleb13@sbcglobal.net

#### Vacaville:

Light Heart Sangha, Wednesday 7pm,  
John Salerno-White, 707-330-0890,  
Lotusforyou@comcast.net

#### Sacramento:

Sacramento Buddhist Meditation Group,  
Sundays 7-9pm, Congregation B'Nai Israel Synagogue,  
Social Hall, 3600 Riverside Blvd., Sacramento,  
Terry Wenner and Helen Hobart, 916-452-1082,  
hdhobart@aol.com, www.sbmjg.org

#### Chico:

Slowly Ripening Sangha, Monday 7:15-9pm,  
Meets at Sky Creek Dharma Center,  
www.skycreekdharmacenter.org, Bob Speer,  
530-592-9945, bopob@comcast.net

#### Redding:

River Oak Sangha, Wed. 6:30pm,  
Redding Church of Religious Science, 1905 Hartnell,  
Terry Helbick-White, 530-243-2439, fax 530-246-0945,  
gregandterry@sbcglobal.net

### TRUCKEE / TAHOE

#### Truckee:

Truckee Sangha, Thursday 6:45pm followed by vegetarian  
potluck dinner, David & Cathy Nason,  
530-587-0948, cathynason@sbcglobal.net

### FRIENDS OF CML YAHOO GROUP

To receive announcements and information  
about upcoming mindfulness community events,  
join the Friends of CML Yahoo Group:

<http://groups.yahoo.com/group/friendsocml/>

### NORTHERN CALIFORNIA DHARMA TEACHERS ORDAINED BY THICH NHAT HANH

**Venerable Thich Tu-Luc**, Hayward Buddhist Center  
and Compassion Meditation Center,  
510-481-1577, fax 510-481-5202,  
thichtuluc@yahoo.com, [www.compassiontemple.org](http://www.compassiontemple.org)

**Lyn Fine**, Berkeley, 510-655-1628,  
lynfine@gmail.com

**Wendy Johnson**, Marin County,  
phone/fax 415-383-3709

**Chau Yoder**, Walnut Creek, 925-930-9894,  
chayoder@high-spirits.com

**Terry Barber**, Berkeley, 510-525-0101,  
Terry@parallax.org

**Travis Masch**, Berkeley, 510-525-0101,  
Travism@parallax.org

### WEBSITES

[www.plumvillage.org](http://www.plumvillage.org) (*for retreats, teachings and practices  
from Thich Nhat Hanh & his students*)

[www.mindfulnessbell.org](http://www.mindfulnessbell.org)  
(*worldwide Sangha directory, OI/Dharma teacher retreat  
schedules, Days of Mindfulness*)

[www.parallax.org](http://www.parallax.org) (*for books and tapes*)

[www.deerparkmonastery.org](http://www.deerparkmonastery.org) (*for retreats in monastic  
setting near San Diego, CA*)

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*Send Additions and Corrections to :*  
*John Salerno-White*  
*Lotusforyou@comcast.net*