

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, Thursday 7-8:30pm,
First Unitarian Church @ Franklin & Geary,
Monthly Habitat Rest. Project
Karen Van Dine, 415-346-3923

The Mission Sangha, Sunday 7pm
3271 20th St at Folsom. Michael Costuros
415-558-8994, m@livebooks.com,
<http://communitybuilders.meetup.com/3/>

Q Sangha (a program of MCC SF), Monday 7-9 pm,
temporarily meeting at Hartford Street Zen Center,
57 Hartford Street (between 17th and 18th Streets,
in the Castro). Please confirm current location at
www.MCCSF.org . Other info: qsangha@mccsf.org

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

Oakland:

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

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

Oakland (cont):

Potluck Sangha, Sunday 10am-12noon (location changes
weekly), Caleb Cushing, phone/fax 510-530-9340,
calebcushing@sbcglobal.net

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, 510-644-1776,
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@aol.com

Albany:

Mindfulness in Education, meets one Thursday evening a
month for a day of mindfulness. Beth Levine,
compostbe@aol.com

Richmond Annex:

Fragrant Earth Sangha, 2nd 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, meets regularly between
San Francisco and the East Bay (Berkeley/Oakland).
Contact: joyous.light@gmail.com

MONTEREY BAY AREA

Santa Cruz:

Family Sangha, Sunday 10:30am-2pm (every other month),
530 Sunlit Lane, Bonny Doone, 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

Monterey:

Nancy Melton, 831-647-9155,
nancymelton5678@yahoo.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

South Bay Mindfulness Sangha, Margaret Flores,
408-297-2961, kaliana@mac.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 527 Dr. Martin Luther King, Jr. Library,
Jeff Paul, 408-808-2636, jpaul@sjsu.edu or
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

Palo Alto Community of Mindful Living Sangha
1st Fridays 6-8 pm, Renee Burgard,
650-269-4807 reneeburgard@yahoo.com

Ladera (Portola Valley):

Sunday Morning Sangha, Sunday Mornings 9:30-11:30.
David Ostwald, 650-854-4596, dostwald@worldnet.att.net
or Birgitte Moyer, 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

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

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

MARIN & NORTH COAST

Mill Valley:

Mountain Sangha, 2nd & 4th Sunday of each month,
415-461-6476, jerome.freedman@mindspring.com,
<http://mountainsangha.org>

Bolinas-Stinson:

Bolinas-Stinson Sangha, Last Friday of Month,
9am-noon, Cilla Brady, phone/fax 415-250-8842,
cillabradyl@aol.com

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

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, 2 hours North
of Bay Area, Mondays 6-8 pm,
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

Modesto:

Modesto Lotus Blossom Sangha, Tuesday 7-9pm,
1008 Lexington Dr., Don Vance,
209-524-9333, donvance@sonic.net

Vacaville:

Light Heart Sangha, Wednesday 7pm,
John Salerno-White, 707-446-7245,
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.sbm.org

Two Rivers Sangha, First and Third Wednesdays
7pm, Contact Terry Wenner 916-452-1082 or
Helen Hobart hdhobart@aol.com

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/friendsofcml/>

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

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

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

Chau Yoder, Walnut Creek, 925-930-9894,
cvyo@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 (for retreats, teachings and practices
from Thich Nhat Hanh & his students)

www.mindfulnessbell.org
(worldwide Sangha directory, OI/Dharma teacher retreat
schedules, Days of Mindfulness)

www.parallax.org (for books and tapes)

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