

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, and one weekday. Narayan, 415-586-7574, or Kay Heatherly, 415-922-1664, kay@kayheatherly.com

Living Peace Meditation Community, 3 Thurs. evenings per month. First Unitarian Church @ Franklin & Geary, For info call Karen Van Dine, 415-346-3923.

Mindfulness Fellowship. Sitting, walking, dharma sharing. Friday mornings 7-8:30 a.m.

Contact: Gary.Gach@gmail.com , 415-771-7793

S F Sangha (San Francisco/Spiritual Friends), Tues 6:30-8:30 pm. sfsangha@googlegroups.com , www.facebook.com/groups/SFSangha, Augusta Hopkins, 215-495-7043, dharma.gus@gmail.com

SANTA CRUZ AREA

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

SOUTH BAY & EAST BAY

Los Gatos:

Family Sangha, Sunday 7:30—8:30 pm, 408-358-2314, beemwilder@gmail.com, wilder.sally@gmail.com

San Jose:

Lotus Flower Hoa Sen Sangha (Vietnamese Sangha) 9:30-2pm, 2nd Sundays. Nu Ha Phan 408-251-7792

Zen Meditation Good Works Sangha, Tuesday 12 noon, *San Jose State University*, Rm 455 Dr. Martin Luther King, Jr. Library, Michael Fallon, 408-924-5440, Michael.Fallon@sjsu.edu James Murray, 408-924-7347, James.Murray@sjsu.edu Jeff Paul, Jeff.Paul@sjsu.edu

(South Bay & East Bay continued)

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

San Jose, San Ramon, Walnut Creek (rotating)

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, chauyoder@high-spirits.com

Oakland:

Couples Sangha. First Wednesdays 7-9 pm. couplesSangha@gmail.com

Hella Just and Compassionate Sangha for practitioners of color, Sundays, 7-9 pm Alphonso Hooker, hjcsangha@gmail.com

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

Open Door Sangha, Monday 6:30-8pm, potluck dinner second Monday of month, near Mormon Temple. Caleb Cushing 510-530-9340, calebcushing@sbcglobal.net

Potluck Sangha, Sunday 10am-12noon. Sharon Moy, 510-836-1834, s_lmm@yahoo.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 6:30 – 9:00 pm, Glen Schneider, 510-644-1518, glennyfrank@yahoo.com

Fourteen Mindfulness Recitation, twice monthly, Lyn Fine, 510-655-1628, Lynfine@gmail.com

Morning Light Sangha, Tuesday-Friday 6-7:30am. Chinh Nguyen, 650-619-5486, justsweetrice@hotmail.com

New Generation Sangha (ages 20s-30s) Thursday 7-9:00 pm, Christian, 510-710-6542, ngsangha@gmail.com

DIABLO VALLEY

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

SF PENINSULA

Palo Alto:

Flowering Tree Sangha, Fridays 6-8:30 pm, California Yoga Center (Mindfulness & Health Office) 541 Cowper St, Suite C, Palo Alto, www.floweringtreesangha.org : Contact Renée Burgard, 650-269-4807 reneeburgard@floweringtreesangha.org for a gentle orientation to our practice

Ladera (Portola Valley):

Flowing Waters 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)

MARIN, SONOMA, MENDOCINO

San Anselmo:

Mindfulness in Healing Sangha, Wednesday 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

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'Cony, 415-663-9580,
suzannedcony@gmail.com

Santa Rosa:

Fragrant Rose Sangha, Mondays 7:15-8:45 pm,
Friends House, 684 Benicia Dr.,
Linda Clopton, 707-823-1489, shogun2@prodigy.net
OR Jessica Peters Malmberg, 707-538-4251

Ukiah:

Ukiah Sangha, Tuesdays 5:30-7:30 pm,
Jo-Ann Rosen, 707-468-1673, joannrosen@gmail.com

CENTRAL VALLEY

Visalia:

Sangha BOB, Every Wednesday 7:30 pm,
Paula, 559-827-7491, Gary 559-752-4305,
hicfoe@clear.net, (Facebook "Sangha BOB")

Merced:

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

(Central Valley, continued)

Vacaville:

Light Heart Sangha, Wednesday 7:00-8:30 pm,
John Salerno-White, 707-330-0890,
Lotusforyou@comcast.net

Davis:

Fresh Breeze Sangha, Thursday 6:30-8:30 pm,
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@gmail.com, www.sbm.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. 6:30-8:00 pm,
Meditation Pavilion, Center for Spiritual Living,
1905 Hartnell Avenue, Redding
Website: <http://mindfulredding.blogspot.com>
Email: mindfulredding@gmail.com

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, 510-481-1577,
thichtuluc@yahoo.com

Wendy Johnson, Marin, 415-383-3709

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

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

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

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

Glen Schneider, Berkeley, 510-644-1518,
glennyfrank@yahoo.com

Caleb Cushing, Oakland, 510-530-9340
calebcushing@sbcglobal.net

Denise Bergez, Oakland, 510-530-9340,
berjazz@sbcglobal.net

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)

www.wkup.org (young dharma practitioners)

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Send Additions and Corrections to:

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Lotusforyou@comcast.net