

January



2026

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., Meditation Room 9, Mail 6, Alameda, CA

The word samatha is close to tranquillity in meaning: calm, stillness.

*Calm (santaṃ) is the mind,
And calm the speech and actions, Of such a one, perfectly calm (upasanta-),
who is freed through right knowing. - Dhammapada v.96*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 28 3-5p Pac Dhamma Exploration Group: Conditional Arising— CANCELLED!	29 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	30	31 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising— CANCELLED!	Jan 1 HAPPY NEW YEAR!	2	3 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
4 3-5p Pac Dhamma Exploration Group: Conditional Arising- CANCELLED!	5 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	6	7 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising- CANCELLED!	8	9	10 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
11 3-5p Pac Dhamma Exploration Group: Conditional Arising- CANCELLED!	12 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	13	14 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising— via Zoom (16 stages) - CANCELLED!	15	16	17 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
18 3-5p Pac Dhamma Exploration Group: Conditional Arising— via Zoom No longer open to new participants	19 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	20	21 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising— No longer open to new participants	22	23	24 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
25 3-5p Pac Dhamma Exploration Group: Conditional Arising— via Zoom No longer open to new participants	26 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	27	28 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising— No longer open to new participants	29	30	31 8:00-9:30a Pac SFNA Zoom Practice (16 stages)

ROOM CHANGE AT THE CENTER

We are located in Room #9, our new, larger, brighter dedicated meditation space. Room #6 has been retained as a place for our library, meeting area, refreshments, coats/shoes and a little storage.

CALENDAR DETAILS

SUNDAY AFTERNOONS - Dhamma Exploration Group: Conditional Arising - 3-5 pm Pacific (via Zoom), Meetings on 12/28, 1/4 & 1/11 are Cancelled. The Dhamma Exploration Group, studying Conditional Arising, is for those who have learned all 16 stages of our Samatha practice. **Closed to new members.** For more info, contact Chris Morray-Jones via email chris.r.mojo@gmail.com.

MONDAY EVENINGS - Guided Practice and Dhamma Discussion - 7-8:30 pm Pacific (Jan 5 & 19 on-line via zoom; Jan 12 & 26 at Center). On-going Samatha classes occur weekly on Monday evenings at 7:00pm, held via zoom and alternatively on other Mondays of the month at the center. Experienced Samatha practitioners are welcome. For more information, contact Melanie at meldar1@comcast.net.

WEDNESDAY EVENINGS - Dhamma Exploration Group: Conditional Arising - 6-8 pm Pacific (via Zoom), Meetings 12/31, 1/7 & 1/14 are Cancelled. The Dhamma Exploration Group, studying Conditional Arising, is for those who have learned all 16 stages of our Samatha practice. **Closed to new members.** For more info, contact Chris Morray-Jones via email chris.r.mojo@gmail.com.

SATURDAY MORNINGS – Practice with SFNA - 8-9:30 am Pacific (via Zoom). This is an ongoing meditation gathering held by various N. American Samatha instructors for those who have learned all 16 stages of the practice and want to continue practice via zoom. For more information, zoom invitation on-line at [Dhamma Exploration Membership area](#) or contact Chris Morray-Jones at chris.r.mojo@gmail.com.

ATTENTION DHAMMA EXPLORERS!

*If you regularly attend the Sunday or Monday Meditation Meetings
and practice all 16 stages of Samatha,
find zoom information, discussion details
and links to reading and chanting resources posted at our secured
Dhamma Exploration Member's Area of the Center's website,*

Join today at:

<https://www.centerforbuddhistmeditation.org/members>

Khanti may be required!

Initial sign-up may take 24 hours for administrator to obtain and advise approval.

Recommend you sign-up today.

PLEASE VISIT OUR WEBSITE

Find what you need when you need it.

www.centerforbuddhistmeditation.org

Obtain class & event information.

Discover links to the Chant book and to other publications.



Chris MJ at Greenstreete - 2025

CONSIDER DĀNA

To Members and Friends:

The purpose of the Alameda Center for Buddhist Meditation (ACBM) is supporting, fostering and advancing the teachings and practices of Buddhism in North America, and especially the tradition of Samatha ("calm-concentration") meditation practice as taught by Nai Boonman Poonyathiro.

During the pandemic, our Samatha teachers and meditators joined others around the country to establish online classes and practices to continue support for all members of ACBM and the larger sangha. Many of us are grateful for that continuity when in-person opportunities were temporarily abandoned. We appreciate the convenience this provides but, we have also sought to increase our in-person gatherings this year in order to sit with noble friends in our new meditation space to practice, to learn, to otherwise gather with purpose.

ACBM is wholly supported by voluntary contributions which pay our rent and insurance. Please consider a contribution to the maintenance of ACBM so that we can continue to provide our oasis of peace and tranquility for all who come. As you likely know, Samatha teachings are given freely. Contributions to ACBM are solely used to support the practice center located in Alameda for Samatha meditation activities, events, and courses offered throughout the year.

****One-time and ongoing contributions are both warmly welcome.**

Please consider making an ongoing monthly contribution if you can.

<https://www.centerforbuddhistmeditation.org/donate>

With metta,

Chris Morray-Jones
ACBM Director

Melanie Darling
ACBM Treasurer