

May



2024

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., Meeting Room #6, Mail #8, Alameda, CA

*Just as the rivers full of water fill the ocean full,
even so does what is given here benefit the dead (petas).*

May whatever you want or wish for quickly come to be.

*May all your wishes be fulfilled as the moon comes to fullness upon the fifteenth day,
or as the radiant wish-fulfilling gem.*

- ANUMODANĀ The Samatha Chanting Book – page 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	29 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	30	1	2 7:00-8:00p Pac Guided Practice (16 stages) at the Center	3	4 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
5 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	6 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	7	8	9 7:00-8:00p Pac Guided Practice (16 stages) at the Center	10	11 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
12 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	13 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at the Center	14	15	16 7:00-8:00p Pac Guided Practice (16 stages) at the Center	17	18 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
19 Cancelled: 3-5p Pac Guided practice – Zoom SPECIAL EVENT: TBA Afternoon at Center with Chris MJ	20 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	21	22	23 7:00-8:00p Pac Guided Practice (16 stages) at the Center	24	25 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
26 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	27 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at the Center	28	29	30 7:00-8:00p Pac Guided Practice (16 stages) at the Center	31	1 8:00-9:30a Pac SFNA Zoom Practice (16 stages)

COVID-19 UPDATE

We conform to current Alameda County and CA state guidelines. This means the following for all gatherings at the Center:

- **Masking:** Optional for all participants and teachers in classes and practice sessions. If you choose to mask, any masking type will be allowed.
- **Vaccination:** No longer required; vaccination + booster (at least 1) strongly encouraged.
- **Stay home if you have COVID-19 symptoms, until you have not had a fever for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving.** With metta, Melanie and Chris

ROOM CHANGE AT THE CENTER

May 2024 – Meetings in Room 6 - While repairs are made to the roof and our space's ceiling at #8, we have temporarily relocated the Center across the hall to #6. Our mail address remains #8.

CALENDAR DETAILS

Regular Practice Information

SUNDAY AFTERNOON - Guided Practice and Dhamma Exploration: 3-5 pm Pacific (via Zoom). No zoom meeting on 5/19, Afternoon event at Center TBA. See below. Open to those who have learned all 16 stages of our Samatha practice. For more info, contact Chris Marray-Jones via email chris.r.mojo@gmail.com.

SPECIAL EVENT BEING PLANNED: SUNDAY AFTERNOON 5/19 - Guided Practice and Dhamma Exploration. No zoom meeting on 5/19. Afternoon event details at Center TBA. Open to those who have learned all 16 stages of our Samatha practice. For more info, contact Chris Marray-Jones via email chris.r.mojo@gmail.com.

MONDAY EVENING – Practice with SFNA: 5:30-7 pm 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 Marray-Jones at chris.r.mojo@gmail.com.

MONDAY EVENING - Guided Practice and Dhamma Discussion: 7-8:30 pm Pacific (May 6 & 20 on-line via zoom; May 13 & 27 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.

THURSDAY EVENING - GUIDED MEDITATION PRACTICE: 7-8 pm Pacific (at the Center). Experienced Samatha practitioners (16 stages) are welcome to participate for some chanting and guided meditation. For more information, contact Melanie at meldar1@comcast.net.

SATURDAY MORNING – 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 Marray-Jones at chris.r.mojo@gmail.com.

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.

ATTENTION DHAMMA EXPLORERS!

*If you regularly attend the Sunday or Thursday Meditation Meetings
and practice all 16 stages of Samatha,*

*You can always find zoom and discussion details posted
for Thursday and Sunday Meetings within the*

secured Dhamma Exploration Member's Area of the Center's website,

Zoom details for the Monday evening and Saturday morning SFNA meditation gatherings,

Reading material links and PDFs for weekly discussions are also available.

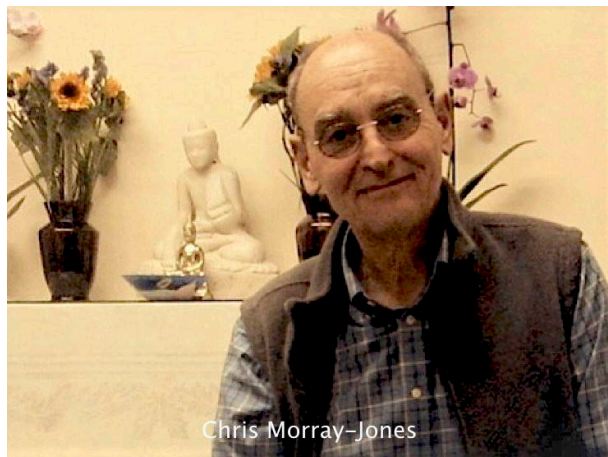
Join today at:

<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.



Chris Morray-Jones

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.

Over three months ago, the shelter-in-place order was issued for Alameda County. **Our Samatha teachers and meditators have joined others around the country to establish online classes and practices to continue support of all members of ACBM and the larger sangha.** Many of you have expressed gratitude for this continuity.

We had hoped this would be temporary, but it has become clear it will continue for some time into the future. We all miss practicing in our meditation center at Ballena Bay, but have decided to maintain the center for now. We hope to find a way to gather safely outdoors sometime this summer, using the center as a resource to support that effort.

Since we are using online practices, we no longer have an opportunity for visitors and sangha members to make an offering of generosity to the dana bowl at the center. The costs of rent and insurance for the center modestly exceed \$1000/month. A little more than half is covered by committed monthly contributions. The balance is from other contributions as they are made. Although we entered the crisis with a few months reserve, unfortunately, we have had to dip into the reserve to maintain the center.

ACBM is wholly supported by voluntary contributions. **Please consider a contribution to the maintenance of ACBM so that we can emerge again with our oasis of peace and tranquility in place for all who come.** As you all 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. An easy way to send your contribution is by using the "donate" button on the ACBM website:

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

With metta,

Chris Morray-Jones
ACBM Director

Melanie Darling
ACBM Treasure