

January

2023

Alameda Center for Buddhist Meditation 1134-E Ballena Blvd., Meeting Room #6, Mail #8, Alameda, CA

"There are these five clinging-aggregates, friend Visakha: form as a clinging-aggregate, feeling as a clinging-aggregate, perception as a clinging-aggregate, fabrications as a clinging-aggregate, consciousness as a clinging-aggregate. These five clinging-aggregates are the self-identification described by the Blessed One."

- *Culavedalla Sutta: The Shorter Set of Questions-and-Answers*
- translated from the Pali by Thanissaro Bhikkhu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3pm - Special GUIDED PRACTICE Any 16 Stagers who Wish to attend. Via Zoom	2 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) via Zoom	3	4	5 7:00-8:00p Pac Guided Practice (16 stages) at the Center	6 2	7 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
8 3-4:30p Pac Guided practice & dhamma discussion – via Zoom (16 stages)	9 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at the Center	10	11	12 7:00-8:00p Pac Guided Practice (16 stages) at the Center	13	14 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
15 CANCELLED! 3-4:30p Pac Guided practice & dhamma discussion	16 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) via Zoom	17	18	19 7:00-8:00p Pac Guided Practice (16 stages) at the Center	20	21 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
22 Morning & Afternoon ½ DAY sessions Guided Practice with Chris MJ – AT THE CENTER (16 stages)	23 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at the Center	24	25	26 7:00-8:00p Pac Guided Practice (16 stages) at the Center	27	28 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
29 3-4:30p Pac Guided practice & dhamma discussion – via Zoom (16 stages)	30 5:30-7p Pac - SFNA Zoom Practice (16 stages) 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) via Zoom	31	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)

COVID-19 UPDATE:

Based on changing state & local rules and conversations among the Alameda sangha members, ACBM has decided on the following policy changes:

1. The Meditation Center will open for in-person practices for those who have provided proof of full vaccination.
2. "Fully vaccinated" means full basic vaccination (1 or 2 shots as advised for type of vaccination) plus a Booster shot;
3. Kindly forward to me a photograph of your updated vaccination cards (we don't have a reader for the CA DPH QR codes) prior to attending an in-person practice. Thank you for your khanti and good will in working together to find a way to continue to practice together safely.

With metta, Melanie and Chris

ROOM CHANGE AT THE CENTER:

January 2023– 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.

SUNDAY AFTERNOON - Guided Practice and Dhamma Discussion: 3-4:30 pm Pacific via Zoom (LOTS OF ACTIVITIES AND CHANGES: **January 1** - Special Guided Practice for any 16-stagers who want to attend. Via Zoom); **January 8** - Normal practice and discussion resumes; **January 15 – Cancelled**; **January 22 – Two ½ day guided practice sessions. Time TBD. Information will be emailed in near future**; **January 29 – Normal practice and discussion resumes.** Open to those who have learned all 16 stages of our Samatha practice. For more info, contact Chris Morray-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 Morray-Jones at chris.r.mojo@gmail.com.

MONDAY EVENING - Guided Practice and Dhamma Discussion: 7-8:30 pm (January 9 & 23) at Center and otherwise via Zoom (contact teacher). 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: 7-8pm 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.

- Dhamma Exploration discussion will occasionally occur when Chris MJ is in Alameda. For information, please contact Chris Morray-Jones at chris.r.mojo@gmail.com.

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 Morray-Jones at chris.r.mojo@gmail.com.

SATURDAY MORNING – INTRODUCTION TO SAMATHA MEDITATION: Next class will probably start in February. 10:30a-12p Pacific. (at the Center). 10-week course to learn Samatha meditation practice (through 16 stages). For more information, contact Melanie at meldar1@comcast.net.

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.



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