

August

2021

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., #8, Alameda, CA

"Freed, dissociated, & released from feeling... perception... fabrications... consciousness... birth... aging... death... suffering & stress... defilement, the Tathagata dwells with unrestricted awareness."

— AN 10.81



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3-4:30p Pacific Guided practice and dhamma discussion - Zoom (12-16 stages)	2 5:30-7p Pacific SFNA Zoom Practice (16 stages) 7-8:30p Pacific – Zoom-(12-16 stages) Guided practice and dhamma discussion	3	4	5	6	7 8:00-9:30a Pacific SFNA Zoom Practice (16 stages)
8 3-4:30p Pacific Guided practice and dhamma discussion - Zoom (12-16 stages)	9 5:30-7p Pacific SFNA Zoom Practice (16 stages) 7-8:30p Pacific – at the Center-(12-16 stages) Guided practice and dhamma discussion	10	11	12	13	14 8:00-9:30a Pacific SFNA Zoom Practice (16 stages)
15 3-4:30p Pacific Guided practice and dhamma discussion - Zoom (12-16 stages)	16 5:30-7p Pacific SFNA Zoom Practice (16 stages) 7-8:30p Pacific – Zoom -(12-16 stages) Guided practice and dhamma discussion	17	18	19	20	21 8:00-9:30a Pacific SFNA Zoom Practice (16 stages)
22 3-4:30p Pacific Guided practice and dhamma discussion - Zoom (12-16 stages)	23 5:30-7p Pacific SFNA Zoom Practice (16 stages) 7-8:30p Pacific – at the Center - (12-16 stages) Guided practice and dhamma discussion	24	25	26	27	28 8:00-9:30a Pacific SFNA Zoom Practice (16 stages)
29 3-4:30p Pacific Guided practice and dhamma discussion – Zoom (12-16 stages)	30 5:30-7p Pacific SFNA Zoom Practice (16 stages) 7-8:30p Pacific – Zoom -(12-16 stages) Guided practice and dhamma discussion	31	1	1	3	4 8:00-9:30a Pacific SFNA Zoom Practice (16 stages)

COVID-19 UPDATE:

Now that COVID-19 restrictions are being loosened, we are beginning to hold in-person events and classes at the Center once again. Also, for the foreseeable future, we will continue to offer teaching and opportunities to practice with others via Zoom. In conformity with state and local public health guidelines, ACBM has adopted a vaccinated-only policy for in-person practices at this time. The practices are mask-optional. Please contact the Center if you wish to attend an in-person event.

SUNDAY AFTERNOON - Guided Practice and Dhamma Discussion: Sunday 3-4:30 pm Pacific via Zoom. Open to those who have learned the stages of our Samatha practice up to the Settling. Please note that instruction in meditation will not be offered at these times. For Zoom link and invitation, please see the SFNA Online Samatha Classes list or contact Chris Marray-Jones via email chris.r.mojo@gmail.com.

MONDAY EVENING – Practice with SFNA: Mondays, 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: Mondays, 7-8:30 pm Pacific via Zoom on 1st and 3rd week of month; at Center for those who have been vaccinated on 2nd and 4th week of month. On-going Samatha classes occur weekly on Monday evenings at 7:00pm, held in-person at the Center on the 2nd and 4th Mondays of the month. Experienced Samatha practitioners are welcome. For more information, contact Melanie at meldar1@comcast.net.

THURSDAY EVENING - DHAMMA EXPLORATION MEDITATION PRACTICE: (Currently Suspended) Chris has suspended Thursday Evenings for a while.

- For information, please contact Chris Marray-Jones at chris.r.mojo@gmail.com.

SATURDAY MORNING – Practice with SFNA: Saturdays, 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.



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