

June



2025

Alameda Center for Buddhist Meditation

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

"And how does a bhikkhu who has noble persons as friends, companions and comrades develop and pursue the Noble Eightfold Path?"

"He develops Right Action grounded on seclusion, grounded on dispassion, grounded on cessation, and resulting in abandonment."

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

ROOM CHANGE AT THE CENTER

We are now 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 MORNINGS– Introduction to Meditation – 10:30 am-12:30 pm Pacific – Started Sunday 4/27 (at Center). Learn the 16 stages of our Samatha practice. For more information, contact Melanie at meldar1@comcast.net . **At this time, the Introduction classes are full and closed to new students.**

SUNDAY AFTERNOONS - Guided Practice and Dhamma Exploration - 3-5 pm Pacific (via Zoom). 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 EVENINGS - Guided Practice and Dhamma Discussion: 7-8:30 pm Pacific (June 2, 16 & 30 on-line via zoom; June 9 & 23 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 EVENINGS– Introduction to Meditation: 6:30 - 8:30 pm Pacific – Started Thursday 5/1 (at Center). Learn the 16 stages of our Samatha practice. For more information, contact Melanie at meldar1@comcast.net **At this time, the Introduction classes are full and closed to new students.**

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. 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 Treasurer