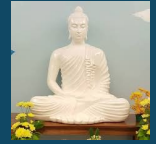


July



2026

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., Room 9, Alameda, CA

*Notice stillness, and lack of it, in others around you, and how this affects you.
Too much stilling, without sufficient mindfulness and energy, can lead to heaviness.
But lightness brings a lightness of spirit ...*

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

CALENDAR DETAILS

SUNDAY AFTERNOONS - Dhamma Exploration Group: Conditional Arising - 3-5 pm Pacific (via Zoom)

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. **August Note: No meetings on August 2 & 9. Resuming on August 16.**

MONDAY EVENINGS - Guided Practice and Dhamma Discussion - 7-8:30 pm Pacific (July 6 & 20 on-line via zoom; July 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.

WEDNESDAY EVENINGS - Dhamma Exploration Group: Conditional Arising - 6-8 pm Pacific (via Zoom),

No meeting on July 29, August 5 and August 12. 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, Monday or Wednesday 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.

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



Chris MJ at Greenstreete - 2025