

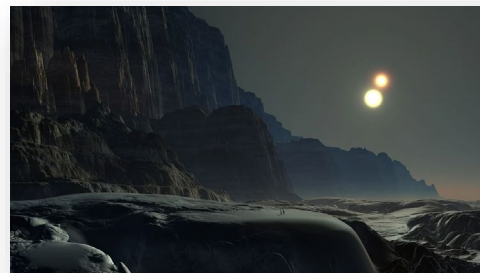
July

2023

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

And what is the earth property? The earth property can be either internal or external. The internal, within oneself, is anything that's hard, solid, & sustained. Now both the internal earth property & the external earth property are simply earth property. And should be seen as it actually is present with right discernment. When one sees it thus, one becomes disenchanted with the earth property and makes the earth property fade from the mind.

*- Maha-Rahulovada Sutta: The Greater Exhortation to Rahula
MN 62 PTS: M i 420 - translated from the Pali by Thanissaro Bhikkhu*



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

July 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: 3-5 pm Pacific (July 2 at the Center, on-line via Zoom unless advised otherwise by Chris MJ.) 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 Pacific (July 3, 17 & 31 on-line via zoom; July 10 & 24 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.

- 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.

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.

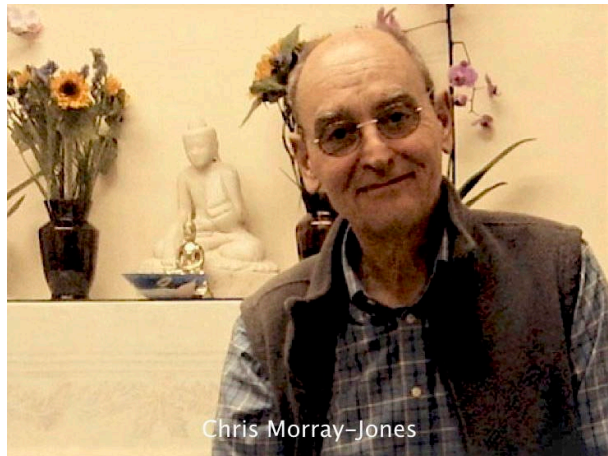
Join today at:

<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