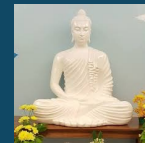


June



2026

Alameda Center for Buddhist Meditation

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

*Things to reflect on and investigate on tranquility.
Notice when stillness naturally arises for you. See if you can differentiate
the stillness of the experienced body, and stillness of consciousness itself.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31 A CELEBRATION FOR VESĀKHA PŪJĀ FULL DAY at Center - 8am – 7pm Pac see Flyer posted on Web 3-5p Pac – Dhamma Ex Group no Zoom - Cancelled	June 1 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	2	3 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising– No longer open to new participants	4	5	6 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
7 3-5p Pac Dhamma Exploration Group: Conditional Arising– via Zoom No new participants	8 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	9	10 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising– No longer open to new participants	11	12	13 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
14 3-5p Pac Dhamma Exploration Group: Conditional Arising– via Zoom No new participants	15 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	16	17 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising– No longer open to new participants	18	19	20 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
21 3-5p Pac Dhamma Exploration Group: Conditional Arising– via Zoom No new participants	22 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	23	24 6 -8 pm Pac Dhamma Exploration Group: Conditional Arising– No longer open to new participants	25	26	27 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
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)

CALENDAR DETAILS

SPECIAL FULL DAY SUNDAY EVENT - A CELEBRATION for VESĀKHA PŪJĀ – May 31, 2026 - 8am to 7 pm Pacific (at the Center) - According to tradition, the Buddha attained his Enlightenment in northern India 2,569 years ago beneath the full moon of the month of Vesākha (April-May). Each year on that day, Vesākha Pūjā, Buddhist practitioners all over the world gather to celebrate that Great Awakening together with the events of his birth and final passing from the world (parinibbāna). To mark the occasion, we will be offering a full day of Dhamma and practice activities at the Alameda Center for Buddhist Meditation.

All are welcome to participate in the whole or any part of this program. Copy of the event flyer follows this page. For more info, contact Chris Marray-Jones via email chris.r.mojo@gmail.com.

SUNDAY AFTERNOONS - Dhamma Exploration Group: Conditional Arising - 3-5 pm Pacific (via Zoom, except Sunday May 31 which is cancelled - see special FULL DAY event "A Celebration for VESĀKHA PŪJĀ" on May 31) 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 Marray-Jones via email chris.r.mojo@gmail.com.

MONDAY EVENINGS - Guided Practice and Dhamma Discussion - 7-8:30 pm Pacific (June 1, 15 & 29 on-line via zoom; June 8 & 22 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), 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 Marray-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 Marray-Jones at chris.r.mojo@gmail.com.



A CELEBRATION FOR *VESĀKHA PŪJĀ*

at the Alameda Center for Buddhist Meditation
centerforbuddhistmeditation.org

According to tradition, the Buddha attained his Enlightenment in northern India 2,569 years ago beneath the full moon of the month of *Vesākha* (April-May). Each year on that day, *Vesākha Pūjā*, Buddhist practitioners all over the world gather to celebrate that Great Awakening together with the events of his birth and final passing from the world (*parinibbāna*).

This year, *Vesākha Pūjā* (in English: Vesak) falls on **Sunday, May 31st** of the Western calendar. To mark the occasion, we will be offering a full day of Dhamma and practice activities at the Alameda Center for Buddhist Meditation, as follows:

8:00 to 9:00 am	Chanting, Silent Practice
9:30 am to 1:00 pm	Guided Practice session with Dhamma
2:00 to 5:00 pm	Silent Practice (come and go as you choose)
5:30 to 7:00 pm	Vesak Celebration (chanting, short talk, practice)

All are welcome to participate in the whole or any part of this program. Except for the silent practice session in the afternoon, we ask that you arrive before the start of each session that you choose to attend and remain until the end of that session.

From 2:00 to 5:00 pm, the Center will be open for silent individual practice. No instructions will be given. During that period, you are welcome to come and go freely, and to sit for as long as you wish. If you wish to get up and go for a walk between sitting practices, that will be perfectly OK. We ask only that you remain silent when inside the building, and that you enter and leave the practice room as quietly as you can.

For lay people attending events at Vesak, it is customary to dress wholly or partly in white. Please feel free to observe this custom if you wish. Of course, this is entirely optional. You are welcome to come just as you are.

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