

# March



# 2026

Alameda Center for Buddhist Meditation

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

*Reflect and investigate tranquility.*

*Think of tranquility/stillness at start of each day, to open to it, and open to cultivating and experiencing it. And at the end of the day, recollect how things went in this regard.*

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

## CALENDAR DETAILS

**SUNDAY MORNINGS - Introduction to Meditation – 10 am -12 pm Pacific (Started February – 10-week course).** Learn the 16 stages of our Samatha practice. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net). **This Introduction Course is full** and closed to new students.

**SUNDAY AFTERNOONS - Dhamma Exploration Group: Conditional Arising - 3-5 pm Pacific (via Zoom), (March 29 Cancelled)** 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 Morry-Jones via email [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**MONDAY EVENINGS - Guided Practice and Dhamma Discussion -7-8:30 pm Pacific (March 2, 16 & 30 on-line via zoom; March 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](mailto: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 Morry-Jones via email [chris.r.mojo@gmail.com](mailto: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 Morry-Jones at [chris.r.mojo@gmail.com](mailto: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](http://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*