

Norcal Sanghas in the Plum Village Community

"We are here to awaken from our illusion of separateness." – Thich Nhat Hanh

SAN FRANCISCO

SF Sangha (San Francisco / Spiritual Friends), Bethany United Methodist Church, 1270 Sanchez St. (enter on Clipper), currently via Zoom. Wed 7-8:30 pm. www.SFSangha.org, Augusta Hopkins: 415.355.4330, dharmasfsangha@gmail.com Z

Wake Up SF (ages 20-35+) Sundays 11am-1pm in Precita Park, 3200 Folsom St, San Francisco, CA 94110, www.wakeupsf.org

Morning Bird Sangha, via Zoom. Checking in, meditation, and dharma sharing. 7:00am every weekday. morningbirdsangha@gmail.com Z

EAST BAY

Hayward

Fourfold Community Sangha at Compassion Meditation Center, 17327 Meekland Avenue, Hayward, CA 94541. Thursday evenings from 7pm: sitting meditation and discussion. (510) 481-1577, www.chuaphotu.net

Oakland

Hella Just and Compassionate Sangha, meditation family committed to holding a People of Color space to grow in our practice. Sundays, 10:30-12:00, via Zoom. Leslie 510-394-4673, hellajustsangha@gmail.com.

Mindfulness, Diversity & Social Change Sangha, All welcome (focus on people of color, social change) Monday 7-9 pm, Please call for locations: Asa Brown, 510-451-1892.

Couples Sangha, One Sat. per month, 6-8:30 pm. Joyce Hope Selkow (she/her), 510 325 6066, Joyceselkow@msn.com; Kim Nguyen (she/her), kimnguyen106@gmail.com, 619-274-4040

Open Door Sangha, Monday 7:00-8:15 pm, via Zoom, Rockridge neighborhood. Caleb Cushing, 510-326-1864, jcalebcushing@gmail.com

Potluck Sangha, Sunday 9:30-11:30 via Zoom, Caleb Cushing, (510) 326-1864, jcalebcushing@gmail.com Z

Vietnamese Lesbian Gay Bisexual Transgender Queer Sangha, 1st Tuesday 6:30-8:30 pm, Chinh Nguyen,

650-619-5486, justsweetrice@hotmail.com CF

Deepening White Awareness Sangha for Racial Healing and Equity. During the pandemic we meet 1st and 3rd Tuesdays, 5-6:30pm on Zoom. Louise Dunlap changewrite@earthlink.net Z

Sanghita: Una Sangha en español. Reunimos los jueves desde las 5:30-6:30 de la tarde por Zoom (por ahora). Para mas información llama a Julio (510) 685-6726, juleiva@yahoo.com. Gracias. Z

Berkeley

Buckeye Sangha, Sunday 6:30-9:00 pm, Glen Schneider, 510-644-1518, or Brandy Sacks, brandsacks@gmail.com

Mindful Peacebuilding Sangha, mindfulpeacebuilding@gmail.com or www.mindfulpeacebuilding.org for upcoming events. Lyn Fine, 510-335-2223, LynFine@gmail.com

New Generation Sangha, (ages 20s + 30s) Tuesday 6:30-8pm, ngsangha AT gmail Dot com PF

Walnut Creek

Peaceful Heart Sangha, Sunday 3:00-5:30 pm, Walnut Creek, Chau Yoder, 925-708-8662, chau.yoder@gmail.com CF

SF PENINSULA

Flowering Tree Sangha, Palo Alto. Fridays 6:45-8:45 pm, Mindfulness & Health Office 300 Plaza South, Los Altos, www.floweringtreesangha.org Contact Renée Burgard, 650-269-4807, reeneburgard@gmail.com for a gentle orientation to our practice. CF

Flowing Waters Sangha, Ladera (Portola Valley). Sundays 9:30-noon. David Ostwald, 650-854-4596, dfostwald@outlook.com, Birgitte Moyer-Vinding, 650-854-4157, bpmoyer@earthlink.net PF CF Z

Tuesday Morning Meditation Group, Los Altos, 7:30-8:45 am, Sept-June. Susan Murphy somurphy@earthlink.net, (650) 492-9608; Claire Heinzelman, claire.heinzelman@gmail.com, (650) 619-4016 Z

Living Tree Heart Sangha, Mountain View. 2nd Sunday 11-12 noon, Christine Welter, christine.welter@gmail.com

Majestic Oak Sangha, Redwood City. Thursday 5:30-6:10 pm. Susan Fernyak, sfernyak@gmail.com, 650-799-9329

SOUTH BAY & SANTA CRUZ

San Jose / Santa Clara

LaBoi-HoaSen Sangha, Meets one Sunday per month 9am-1pm, with potluck. Vietnamese-speaking, bilingual English option. In North San Jose, rotating locations. Duc, ducsnguyen@yahoo.com or Yénchi, isabellechappuis@yahoo.com CF

Zen Meditation Good Works Sangha, Monday 12 noon, San Jose State University Dr. Martin Luther King, Jr. Library, Room 525; via Zoom currently. Michael Fallon, Michael.Fallon@sjsu.edu Jeff Paul, Jeff.Paul@sjsu.edu CF

Lighthouse Sangha. Alternate Thursdays. 1400 Coleman Avenue, #D24, Santa Clara 95050. Kylie Dang, khanhhien79@gmail.com

Wake Up South Bay (ages 20-35+). Alternate Thursdays. 1400 Coleman Avenue, #D24, Santa Clara. southbay@wkup.org

Los Gatos

Family Sangha, Sunday 7:30-8:30 pm, 408-358-2314, beemwilder@gmail.com, wilder.sally@gmail.com CF

Camp Metta Mindfulness Center, meets on Saturdays for meditation, dharma discussion, hiking, networking, & joyful community work. 14136 Long Ridge Rd, Los Gatos CA 95033. (408) 827-4136, campmetta@gmail.com, www.campmetta.org

CF = Child Friendly PF = Pet Friendly
Z = Zoom/online meetings available
Send additions/corrections to Dylan,
dylan@tweney.com

Updated May 18, 2022

Santa Cruz

Heart Sangha, Monday 7 pm,
Santa Cruz Zen Center, 115 School St.,
Santa Cruz, CA 95063-2192, Jeff
Ringold 831-423-5378

jdringold@humanfulfillment.org CF

Karuna Garden Sangha, via Zoom.
Tuesday, 7-8:30pm. For those who are
new to the practice. danalee (831) 713-
8747, danaleemcfadden@gmail.com Z

MARIN/SONOMA/MENDOC.

Mindfulness in Healing Sangha,
San Anselmo. Wednesday 7-8 pm via
Zoom. Pine Street Clinic, 124 Pine St.,
San Anselmo, 415-488-6476,
jerome@mountainsangha.org,
mindfulnessinhealing.org/sangha. PF
CF Z

Elephant Mountain Sangha, Pt.
Reyes Station. Thursdays 8:30-9:15 am,
First Presbyterian Church, 11445 St Rte
1, but meeting via Zoom now. Laura
Alderdice, (415) 505-2542,

alderdicelaura@gmail.com CF Z

Global Heart Sangha, Fairfax.
Laurel Houghton,
mindfultyoga@earthlink.net, 415 454
5179

Singing & Hugging Sangha,
Petaluma. Tuesday, noon-1:30 pm.
Call, text, or email for Zoom link:
Beverly Alexander 707-217-6884,
smileybev@gmail.com Z

Friends House Sangha, 684
Benicia Dr. Santa Rosa. This is a tiny
resident-lead Zen Buddhists Sangha
that meets Mondays 6:30 to 7:55.
Contact cmanerlucas@gmail.com or
call Catharine at 707-576-6678

Dharma Rain Sangha, Sebastopol.
Tuesdays 5:30-8:30 pm, Nathaniel Vose
315-323-2499 navose@gmail.com

Sugarplum Sangha, Ukiah. A
residential sangha and retreat center
at the Mariposa Institute, with many
online offerings. See website for
schedule: sugarplumsangha.org.
sugarplumsangha@gmail.com, 707-
462-1016. Z

Mud and Lotus Sangha, Mondays
at 7:00pm. Laura Alderdice, (415) 505-
2542, alderdicelaura@gmail.com Z

Welcome Home Sangha, Ukiah.
Thursdays from 6:30-8pm. David
Nelson, rezdog_latte@hotmail.com,
[meetup.com/Welcome-Home-Zen-
Meditation-Meetup/](http://meetup.com/Welcome-Home-Zen-Meditation-Meetup/)

CENTRAL VALLEY / SIERRA

Sacramento

Joyful Heart Sangha, Thursdays 7-
8:30. karlen.harmison@gmail.com
or vickinagano@gmail.com, or call
Karlen at (949) 742-1868.

**Sacramento Buddhist Meditation
Group**, Sundays 6:30-8:30 pm,
Tuesdays 7- 8:15 am. People of Color
Sangha; Dharma Friends and other
affinity groups. Based at Sacramento
Dharma Center. Contact Helen Hobart,
916-212-4612
or helen.sbm@gmail.com,
and www.sbm.org. PF CF Z

Other Central/Sierra

Windsong Sangha, Merced.
Wednesday 7:00-9:30 pm and
quarterly day-long silent retreats, Jule
Marini Biesiada, 209-384-2835,
juleb13@sbcglobal.net CF

Light Heart Sangha, Vacaville.
Wednesday 7:00-8:30 pm, John
Salerno-White, 707-330-0890,
Lotusforyou@comcast.net PF CF

Sangha BOB, Visalia. First Monday
of month, 7:30 pm, Gary De Foe,
truebuddhagarden@gmail.com PF CF

Cool Moon Sangha, Grass Valley.
Cheryl Pirtle
coolmoonsangha@yahoo.com

**Lake Tahoe Mindfulness
Community**, South Lake Tahoe.
Wednesdays 7:30-8:30 am, Karla
Johnston, 530-544-5551,
Karla@InnerConstellation.com,
LakeTahoeMindfulness.com

POINTS NORTH

Mt. Shasta Summer Sangha,
Mt Shasta. Laurel Houghton,
mindfultyoga@earthlink.net

River Oak Sangha, Redding. Wed.
6:30-8 pm, Meditation Pavilion, Center
for Spiritual Living, 1905 Hartnell
Avenue; currently meeting via Zoom.
mindfulredding.blogspot.com Email:
mindfulredding@gmail.com. Z

Slowly Ripening Sangha, Chico.
Monday 7-9 pm, meets at Sky Creek
Dharma Ctr, skycreekdharmacenter.org
Bob Speer, 530-592-9945,
bopob@comcast.net PF CF

DHARMA TEACHERS

Venerable Thich Tu-Luc,
Hayward, 510-481-1577,
thichtuluc@yahoo.com
Wendy Johnson, Marin, 415-383-
3709, wendydragon@gmail.com
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lynfine@gmail.com

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708-8662, chau.yoder@gmail.com
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0101, terry@parallax.org

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(530) 246-8317,
alexasingertelles@yahoo.com

Natascha Bruckner, Santa Cruz,
(707) 888-1916,
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WEBSITES

plumvillage.org | home
deerparkmonastery.org | California
mindfulnessbell.org | magazine
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tnhf.org | foundation
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