

NorCal Sanghas in the Plum Village Community

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

SAN FRANCISCO

Wake Up SF (ages 20-35+)

Sundays 11am-1pm in Precita Park, 3200 Folsom St, San Francisco, CA 94110, www.wakeupsf.org

SF Sangha (San Francisco / Spiritual Friends), via Zoom. Usually Wed 7-8:30 pm, but currently on pause. We will happily send notice when we are able to gather together again. www.SFSangha.org, Augusta Hopkins: 415.355.4330, dharmasfsangha@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, 10:30am-12:00pm, via Zoom and hybrid (online & in-person) once a month.

Leslie, hellajustsangha@gmail.com. Z

Couples Sangha, meets weekly, Saturday 7:15-8:30 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 Z

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, brandysacks@gmail.com

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

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, cvyo@high-spirits.com CF

SF PENINSULA

Flowering Tree Sangha, Los Altos. Fridays 6:15-8:00 pm, on Zoom until further notice. When in person: Mindfulness & Health Office, 300 Plaza South, Los Altos. Please 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 5:20-6:15 pm. Susan Fernyak, sfern yak@gmail.com, 650-799-9329

SOUTH BAY & SANTA CRUZ

San Jose / Santa Clara

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

Lighthearted 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

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/MENDO.

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. Most Tuesdays, 12:30-2:00 pm. In person outdoors or Zoom, depending on weather. Call, text, or email for location & Zoom link: Beverly Alexander 707-217-6884, smileybev@gmail.com **Z**

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

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/](https://www.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**

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. 1st and 3rd Wednesdays 6:30-8 pm, meets virtually. 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**

MotherRoot Sangha, Redding. Only offering Days of Mindfulness online. Alexa Singer-Telles, Alexasingertelles@gmail.com **Z**

Ancient Forest Sangha, Humboldt Bay. Thursdays @ 7pm via Zoom; monthly in-person potluck. Contact: afhsangha@gmail.com & polkaqueen@gmail.com. **Z**

ONLINE-ONLY SANGHAS

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

Sugarplum Sangha. Online sangha with practices offered daily including meditations, retreats, courses, recitation ceremonies, recorded resources, and occasional in-person retreats. www.sugarplumsangha.org, info@sugarplumsangha.org. **Z**

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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WEBSITES

plumvillage.org | home

deerparkmonastery.org | California

mindfulnessbell.org | magazine

parallax.org | books

wkup.org | young adults

arisesangha.org | race, intersectionality

tnhf.org | foundation

norcalsangha.org | local events & info

CF = Child Friendly **PF** = Pet Friendly
Z = Zoom/online meetings available
Send additions/corrections to Dylan,
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Updated October 16, 2022