



# 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](http://www.wakeupsf.org)

### Spiritual Friends Sangha,

Mondays 5:30-7PM @ the San Francisco Dharma Collective (in person and Zoom). We recite the Five Mindfulness Trainings on the first Monday of the month. Venette Cook [dharma.sfsangha@gmail.com](mailto:dharma.sfsangha@gmail.com); Augusta Hopkins,

[augusta@augustahopkins.com](http://augusta@augustahopkins.com), 415.355.4330 Z

### Zen Mindfulness Fellowship,

Mondays 9:30 – 11 am. 890 Beach Street, in the Maritime Museum, at the base of Polk Street, across from Ghirardelli Square. Gary Gach, [gary.gach@gmail.com](mailto:gary.gach@gmail.com), 415-771-7793.

## 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](http://www.chuaphotu.net)

### Oakland & Emeryville

### 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](mailto: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](mailto:Joyceselkow@msn.com); Kim Nguyen (she/her), [kimnguyen106@gmail.com](mailto: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](mailto:jcalebcushing@gmail.com) Z

**Potluck Sangha**, Sunday 9:30-11:30 via Zoom, Caleb Cushing, (510) 326-1864, [jcalebcushing@gmail.com](mailto: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](mailto: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](mailto: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](mailto:juleiva@yahoo.com). Gracias. Z

### Mindfulness, Diversity, and

**Social Change Sangha**. 54th Street, Emeryville (and Zoom), Mondays 7:30-9pm. Focus on people of color & social change activists. Asa Brown, 510 457-1892, [CherryApple@hotmail.com](mailto:CherryApple@hotmail.com) Z

### Berkeley

**Buckeye Sangha**, Sunday 6:30-9:00 pm, Glen Schneider, 510-644-1518, or Brandy Sacks, [brandysacks@gmail.com](mailto:brandysacks@gmail.com)

### Mindful Peacebuilding Sangha,

[mindfulpeacebuilding@gmail.com](mailto:mindfulpeacebuilding@gmail.com) or [www.mindfulpeacebuilding.org](http://www.mindfulpeacebuilding.org) for upcoming events. Lyn Fine, 510-335-2223, [LynFine@gmail.com](mailto: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 3:00-4:30 pm, now on Zoom. Chau Yoder, 925-708-8662, [cvyo@highspirits.com](mailto:cvyo@highspirits.com) CF Z

## 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,

[reneeburgard@gmail.com](mailto:reneeburgard@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](mailto:dfostwald@outlook.com), Birgitte Moyer-Vinding, 650-854-4157, [bpmoyer@earthlink.net](mailto:bpmoyer@earthlink.net) PF CF Z

### Tuesday Morning Meditation

**Group**, Los Altos, 7:30-8:45 am, Sept-June. Susan Murphy [somurphy@earthlink.net](mailto:somurphy@earthlink.net), (650) 492-9608; Claire Heinzelman, [claire.heinzelman@gmail.com](mailto: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](mailto:christine.welter@gmail.com)

### Majestic Oak Sangha,

Redwood City. Thursday 5:20-6:15 pm. Susan Fernyak, [sfernyak@gmail.com](mailto:sfernyak@gmail.com), 650-799-9329

## SOUTH BAY & SANTA CRUZ

### San Jose / Santa Clara

**Zen Meditation Good Works Sangha**, Monday 12 noon, via Zoom currently. Jeff Paul, [Jeff.Paul@sjsu.edu](mailto:Jeff.Paul@sjsu.edu), Michael Fallon, [Michael.Fallon@sjsu.edu](mailto:Michael.Fallon@sjsu.edu) CF Z

**Lighthearted Sangha**. Alternate Thursdays. 1400 Coleman Avenue, #D24, Santa Clara 95050. Kylie Dang, [khanhhien79@gmail.com](mailto:khanhhien79@gmail.com)

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

### Los Gatos

**Family Sangha**, Sunday 7:30-8:30 pm, 408-358-2314, [beemwilder@gmail.com](mailto:beemwilder@gmail.com), [wilder.sally@gmail.com](mailto: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](mailto:campmetta@gmail.com), [www.campmetta.org](http://www.campmetta.org).

## Santa Cruz

---

**Heart Sangha**, Heart Sangha, Monday 7:30–8:45 pm, via Zoom. Jeff Ringold 831-423-5378

[jdringold@humanfulfillment.org](mailto: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](mailto:danaleemcfadden@gmail.com) **Z**

## MARIN/SONOMA/MENDO.

---

**Mindfulness in Healing Sangha**, San Anselmo. Wednesday 7-8 pm via Zoom. Recurring link:

<https://zoom.us/j/734777397>. 415-

488-6476,

[jerome@mountainsangha.org](mailto:jerome@mountainsangha.org),

[mindfulnessinhealing.org/sangha](http://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](mailto:alderdicelaura@gmail.com) **CF Z**

**Global Heart Sangha**, Fairfax.

Laurel Houghton,

[mindfultyoga@earthlink.net](mailto: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](mailto:smileybev@gmail.com) **Z**

**Dharma Rain Sangha**, Sebastopol.

Tuesdays 5:30-8:30 pm, Nathaniel Vose

315-323-2499 [navose@gmail.com](mailto:navose@gmail.com)

**Mud and Lotus Sangha**, Mondays

at 7:00pm. Laura Alderdice, (415) 505-

2542, [alderdicelaura@gmail.com](mailto:alderdicelaura@gmail.com) **Z**

**Welcome Home Sangha**, Ukiah.

Thursdays from 6:30-8pm. David

Nelson, [rezdog\\_latte@hotmail.com](mailto:rezdog_latte@hotmail.com),

[meetup.com/Welcome-Home-Zen-](https://www.meetup.com/Welcome-Home-Zen-Meditation-Meetup/)

[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](mailto:karlen.harmison@gmail.com)

or [vickinagano@gmail.com](mailto: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](mailto:helen.sbm@gmail.com),

and [www.sbm.org](http://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](mailto:juleb13@sbcglobal.net) **CF**

**Cool Moon Sangha**, Grass Valley.

Cheryl Pirtle

[coolmoonsangha@yahoo.com](mailto:coolmoonsangha@yahoo.com)

**Lake Tahoe Mindfulness**

**Community**, South Lake Tahoe.

Wednesdays 7:30-8:30 am, Karla

Johnston, 530-544-5551,

[Karla@InnerConstellation.com](mailto:Karla@InnerConstellation.com),

[LakeTahoeMindfulness.com](http://LakeTahoeMindfulness.com)

## POINTS NORTH

---

**Mt. Shasta Summer Sangha**,

Mt Shasta. Laurel Houghton,

[mindfultyoga@earthlink.net](mailto:mindfultyoga@earthlink.net)

**River Oak Sangha**, Redding. 1st

and 3rd Wednesdays 6:30-8 pm, meets

virtually. [mindfulredding@gmail.com](mailto:mindfulredding@gmail.com) **Z**

**Slowly Ripening Sangha**, Chico.

Monday 7-9 pm, meets at Sky Creek

Dharma Ctr, [skycreekdharmacenter.org](http://skycreekdharmacenter.org)

Bob Speer, 530-592-9945,

[bopob@comcast.net](mailto:bopob@comcast.net) **PF CF**

**MotherRoot Sangha**, Redding.

Only offering Days of Mindfulness

online. Alexa Singer-Telles,

[Alexasingertelles@gmail.com](mailto:Alexasingertelles@gmail.com) **Z**

**Ancient Forest Sangha**, Humboldt

Bay. Meets in-person Thursdays @

7pm at the Humboldt Unitarian

Universalist Fellowship, and monthly

via Zoom with Alexa Singer-Telles.

Contact: [afhbsangha@gmail.com](mailto:afhbsangha@gmail.com) or

visit <https://ancientforestsangha.org> **Z**

## ONLINE-ONLY SANGHAS

---

**Morning Bird Sangha**, via Zoom.

Checking in, meditation, and dharma

sharing. 7:00am every weekday.

[morningbirdsangha@gmail.com](mailto: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](http://www.sugarplumsangha.org),

[info@sugarplumsangha.org](mailto:info@sugarplumsangha.org). **Z**

## DHARMA TEACHERS

---

**Venerable Thich Tu-Luc**,

Hayward, 510-481-1577,

[thichtuluc@yahoo.com](mailto:thichtuluc@yahoo.com)

**Wendy Johnson**, Marin, 415-383-

3709, [wendydragon@gmail.com](mailto:wendydragon@gmail.com)

**Lyn Fine**, Berkeley, 510-335-2223,

[lynfine@gmail.com](mailto:lynfine@gmail.com)

**Chau Yoder**, Walnut Creek, 925-

708-8662, [cvyo@high-spirits.com](mailto:cvyo@high-spirits.com)

**Terry Barber**, Berkeley, 510-525-

0101, [terry@parallax.org](mailto:terry@parallax.org)

**Travis Masch**, Berkeley, 415-845-

9031, [tmasch@gmail.com](mailto:tmasch@gmail.com)

**Glen Schneider**, Berkeley, (510)

644-1518, [glennyfrank@gmail.com](mailto:glennyfrank@gmail.com)

**Caleb Cushing**, Oakland, (510)

326-1864, [jcalebcushing@gmail.com](mailto:jcalebcushing@gmail.com)

**Denise Bergez**, Oakland, (510)

326-2867, [denisebergez24@gmail.com](mailto:denisebergez24@gmail.com)

**Jo-ann Rosen**, Ukiah, (707) 462-

7749., [joannrosen@gmail.com](mailto:joannrosen@gmail.com)

**John Salerno-White**, Vacaville,

(707) 330-0890,

[lotusforyou@comcast.net](mailto:lotusforyou@comcast.net)

**Jim Scott-Behrends**, Santa Cruz,

(831) 728-9138, [jsbehrends@aol.com](mailto:jsbehrends@aol.com)

**Nu-Ha Phan**, San Jose, (408) 251-

7792, [nuhaphan@sbcglobal.net](mailto:nuhaphan@sbcglobal.net)

**Terry Helbick-White**, Redding

(530) 243-2439,

[terryhelbick@gmail.com](mailto:terryhelbick@gmail.com)

**Lennis Lyon**, El Cerrito, (510) 883-

4395, [lennislyon@gmail.com](mailto:lennislyon@gmail.com)

**Alexa Singer-Telles**, Redding,

(530) 246-8317,

[alexasingertelles@gmail.com](mailto:alexasingertelles@gmail.com)

**Natascha Bruckner**, Santa Cruz,

(707) 888-1916,

[njbruckner@gmail.com](mailto:njbruckner@gmail.com)

## WEBSITES

---

[plumvillage.org](http://plumvillage.org) | home

[deerparkmonastery.org](http://deerparkmonastery.org) | California

[mindfulnessbell.org](http://mindfulnessbell.org) | magazine

[parallax.org](http://parallax.org) | books

[wkup.org](http://wkup.org) | young adults

[arisesangha.org](http://arisesangha.org) | race, intersectionality

[earthholder.org](http://earthholder.org) | earth & racial justice

[tnhf.org](http://tnhf.org) | foundation

[norcalsangha.org](http://norcalsangha.org) | local events & info

**CF** = Child Friendly **PF** = Pet Friendly

**Z** = Zoom/online meetings available

Send updates to Dylan,

[dylan@tweney.com](mailto:dylan@tweney.com)

Updated April 1, 2023