



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

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 dharmasfsangha@gmail.com; Augusta Hopkins, augusta@augustahopkins.com, 415.355.4330 Z

Zen Mindfulness Fellowship,

Wednesdays 4:45-6:15pm, the Pedro Arrupe Room, in the basement of St Ignatius Church, 650 Parker, near Fulton. Please contact Gary Gach, a day in advance, for directions. Gary.Gach@gmail.com Landline: 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

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) monthly. 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

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 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

3:00-4:30 pm, now on Zoom. Chau Yoder, 925-708-8662, cvyo@high-spirits.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, 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,

bpmoeyer@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, via Zoom

currently. Jeff Paul, Jeff.Paul@sjsu.edu ,

Michael Fallon,

Michael.Fallon@sjsu.edu CF Z

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 & South

Heart Sangha, Monday 7:30-8:45

pm, via Zoom. Jeff Ringold

831-423-5378

jdringold@humanfulfillment.org **CF**

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

Peace in Our Hearts Mindfulness Practice Circle, first and third Thursdays, 4 to 6 pm. A nurturing and supportive meditation and mindfulness practice. Avila Beach, CA 93424. PeaceInOurHeartsMindfulness@gmail.com.

MARIN/SONOMA/MENDO.

Mindfulness in Healing Sangha, San Anselmo. Wednesday 7-8 pm: <https://zoom.us/j/734777397>. 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, skycreekdharma.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. Meets in-person Thursdays @ 7pm at the Humboldt Unitarian Universalist Fellowship, and monthly via Zoom with Alexa Singer-Telles. Contact: 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 **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, wendyjdragon@gmail.com

Lyn Fine, Berkeley, 510-335-2223, lynfine@gmail.com

Chau Yoder, Walnut Creek, 925-708-8662, cvyo@high-spirits.com

Terry Barber, Berkeley, 510-525-0101, terry@parallax.org

Travis Masch, Berkeley, 415-845-9031, tmasch@gmail.com
Glen Schneider, Berkeley, (510) 644-1518, glennyfrank@gmail.com

Caleb Cushing, Oakland, (510) 326-1864, jcalebcushing@gmail.com

Denise Bergez, Oakland, (510) 326-2867, denisebergez24@gmail.com

Jo-ann Rosen, Ukiah, (707) 462-7749., joannrosen@gmail.com

John Salerno-White, Vacaville, (707) 330-0890, lotusforyou@comcast.net

Jim Scott-Behrends, Santa Cruz, (831) 728-9138, jsbehrends@aol.com

Nu-Ha Phan, San Jose, (408) 251-7792, nuhaphan@sbcglobal.net

Terry Helbick-White, Redding (530) 243-2439, terryhelbick@gmail.com

Lennis Lyon, El Cerrito, (510) 883-4395, lennislyon@gmail.com

Alexa Singer-Telles, Redding, (530) 246-8317, alexasingertelles@gmail.com

Natascha Bruckner, Santa Cruz, (707) 888-1916, njbruckner@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
earthholder.org | earth & racial justice
tnhf.org | foundation
norcalsangha.org | local events & info

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

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