



# NorCal Sanghas in the Plum Village Community

Please visit [norcalsangha.org](http://norcalsangha.org) for news, our email list, and the latest version of this directory

## 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)

**San Francisco / Spiritual Friends Sangha**, Mondays 5-7:30pm @ the San Francisco Dharma Collective, 2929 24th St. (in person and Zoom). Venette Cook [dharmasfsangha@gmail.com](mailto:dharmasfsangha@gmail.com); Augusta Hopkins, [augusta@augustahopkins.com](mailto: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](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) monthly. Leslie, [hellajustsangha@gmail.com](mailto:hellajustsangha@gmail.com). Z

**Couples Sangha**, Sundays 7:15-8:30 PM, usually on Zoom, occasionally in person. 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 7:00-8:30 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.

Our small sangha is currently experimenting with new meeting times on Zoom. For information, contact Louise Dunlap [deeplistening38@gmail.com](mailto:deeplistening38@gmail.com) 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 3:30-5pm, in person outdoors, on Zoom if weather is inclement. 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 & hybrid when possible. Chau Yoder, 925-708-8662, [Chauyoder67@gmail.com](mailto:Chauyoder67@gmail.com) CF Z

## SF PENINSULA

**Flowering Tree Sangha**, Los Altos. Fridays 6:30-8:00 pm, on Zoom until further notice; occasional in-person gatherings at Mindfulness & Health Office, 300 Plaza South, Los Altos. Renée Burgard, 650-269-4807, [reeneburgard@gmail.com](mailto:reeneburgard@gmail.com). CF Z

**Flowing Waters Sangha**, Ladera (Portola Valley). Sundays 9:30-noon, hybrid (both on Zoom and in person).

David Ostwald, 415-310-6415, [dfostwald@outlook.com](mailto:dfostwald@outlook.com), Birgitte Moyer-Vinding, 360-762-5420, [bpmoyer@earthlink.net](mailto:bpmoyer@earthlink.net) PF CF Z

**Tuesday Morning Meditation Group**, Los Altos, 7:30-8:45 am, Sept-June. 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 (two locations). Thursday 5:15-6:00 pm. Sheryl Munoz-Bergman, [munozbergman@gmail.com](mailto:munozbergman@gmail.com).

## 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) 408 421 3224, or 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](mailto:southbay@wkup.org)

### Los Gatos

**Family Sangha**, Sundays 7:00-8:00 pm, mostly on Zoom. 408 348-3600, [beemwilder@gmail.com](mailto:beemwilder@gmail.com), [wilder.sally@gmail.com](mailto:wilder.sally@gmail.com) Z

**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 & South

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

**Peace in Our Hearts Mindfulness Practice Circle**, 1st/3rd Thursdays, 4 to 6 pm. A nurturing and supportive meditation and mindfulness practice. 6615 Bay Laurel Pl, Avila Beach, CA. [PeaceInOurHeartsMindfulness@gmail.com](mailto:PeaceInOurHeartsMindfulness@gmail.com).

## MARIN/NORTH BAY

**Mindfulness in Healing Sangha**, San Anselmo. Wednesday 7-8 pm. 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, [mindfullyoga@earthlink.net](mailto:mindfullyoga@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

**Mud and Lotus Sangha**, Inverness. 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-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 & other affinity groups. At Sacramento Dharma Center. 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

## Central Valley/Tahoe

**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)  
**Radiant Heart Sangha**, South Lake Tahoe, Wednesdays 7:30a-8:30a Contact: Karla Johnston at (530) 314-0607 and [Karla@LakeTahoeMindfulness.com](http://Karla@LakeTahoeMindfulness.com).

## POINTS NORTH

**Mt. Shasta Summer Sangha**, Mt Shasta. Laurel Houghton, [mindfullyoga@earthlink.net](mailto:mindfullyoga@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 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

**Lotuses in the Mud**, focused on recovery for those impacted by substance abuse. Thursdays 7:45a-8:45a on Zoom. Contact: Karla Johnston at (530)314-0607 and [Karla@LakeTahoeMindfulness.com](http://Karla@LakeTahoeMindfulness.com). 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, [chauyoder67@gmail.com](mailto:chauyoder67@gmail.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)  
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**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)  
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**Lennis Lyon**, El Cerrito, (510) 883-4395, [lennislyon@gmail.com](mailto:lennislyon@gmail.com)  
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**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 October 31, 2023