



# 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

## KEY

😊 = mostly in person  
📶 = mostly on Zoom / online

Send updates to Dylan,  
[dylan@tweney.com](mailto:dylan@tweney.com)  
Updated July, 2024

## SAN FRANCISCO

**Wake Up SF** (ages 18-35+)  
Sundays 11am-1pm in Precita Park,  
3200 Folsom St, San Francisco, CA  
94110, [www.wakeupsf.org](http://www.wakeupsf.org) 😊

**Home Within Sangha**, Fridays  
4:30-6PM in the Chapel of the UU  
Church, at 1187 Franklin St (enter  
through the glass doors). All ages, all  
are welcome.

[HomeWithinSangha@gmail.com](mailto:HomeWithinSangha@gmail.com) 😊

**San Francisco / Spiritual Friends  
Sangha**, Mondays 5-7:30pm, currently  
on hiatus. Augusta Hopkins,  
[augusta@augustahopkins.com](mailto:augusta@augustahopkins.com),  
415.355.4330 😊📶

**Zen Mindfulness Fellowship**,  
During the school year only, on  
Wednesdays 4:45-6:15pm, the Pedro  
Arrupe Room, 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 & Castro Valley

**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). 😊

**Shantideva Sangha**, 3rd Saturday  
of most months from 10am-2pm, at  
Shantideva Monastery, 30345  
Palomares Road, Castro Valley, CA  
94552. Ven. Thich Tu Luc  
[thichtuluc@yahoo.com](mailto:thichtuluc@yahoo.com) or Isabelle  
YenChi Chappuis  
[isabellechappuis@yahoo.com](mailto:isabellechappuis@yahoo.com) 😊

### Oakland & Emeryville

**Hella Just and Compassionate  
Sangha**, a meditation family committed

to holding a People of Color space to  
grow in our practice. At least once per  
month on Sundays, 10:30am-12:00pm.  
Hybrid. Leslie,

[hellajustsangha@gmail.com](mailto:hellajustsangha@gmail.com). 📶 😊

**Couples Sangha**, Sundays  
7:15-8:30 PM, usually via Zoom, in  
person once per month. 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**, Mondays  
7:00-8:30 pm, usually via Zoom, in  
person once per month. Rockridge  
neighborhood. Caleb Cushing,  
510-326-1864,  
[calebcushing@gmail.com](mailto:calebcushing@gmail.com) 📶

**Potluck Sangha**, Sundays  
9:30-11:30 usually via Zoom, in person  
once per month. Caleb Cushing,  
510-326-1864,  
[jcalebcushing@gmail.com](mailto:jcalebcushing@gmail.com) 📶

**Vietnamese Lesbian Gay Bisexual  
Transgender Queer Sangha**, 1st  
Wednesday 6:30-8:30 pm, via Zoom.  
Chinh Nguyen, 650-619-5486,  
[justsweetrice@hotmail.com](mailto:justsweetrice@hotmail.com) 📶

**Deepening White Awareness  
Sangha for Racial Healing and Equity**.  
Currently experimenting with new  
meeting times on Zoom. For  
information, contact Louise Dunlap  
[deeplisting38@gmail.com](mailto:deeplisting38@gmail.com) 📶

## Berkeley/Walnut Creek

**Buckeye Sangha**, Sunday  
4:30-6pm PDT, 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) Tuesdays 6:30-8pm,  
[ngsangha@gmail.com](mailto:ngsangha@gmail.com) 😊

**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) 📶 😊

## SF PENINSULA

**Flowering Tree Sangha**, Los Altos.  
Fridays 6:30-8:00pm, 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). 📶

**Flowing Waters Sangha**, Ladera  
(Portola Valley). Sundays 9:30-noon,  
mostly on Zoom. 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) 📶

**Living Tree Heart Sangha**,  
Mountain View. 3rd Saturday 3-4:30, in  
person. Christine Welter,  
[christine.welter@gmail.com](mailto:christine.welter@gmail.com) 😊

**Majestic Oak Sangha**, Redwood  
City (two locations, in person).  
Thursday 5:15-6:00 pm. Sheryl  
Munoz-Bergman,  
[munozbergman@gmail.com](mailto:munozbergman@gmail.com). 😊

## SOUTH BAY

### San Jose / Santa Clara

**Zen Meditation Good Works  
Sangha**, Monday 12 noon, via Zoom.  
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) 📶

### Los Gatos

**Family Sangha**, Sundays 7:00-8:00  
pm, on Zoom and in person in Los  
Gatos or Los Feliz (LA). If people want  
to join in person, please email to see  
where we are meeting:

[beemwilder@gmail.com](mailto:beemwilder@gmail.com),  
[wilder.sally@gmail.com](mailto:wilder.sally@gmail.com) 📶 😊

**Camp Metta Mindfulness Center**,  
meets on 2nd 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). 😊

**Parting Clouds Sangha**, Tuesdays  
7 to 8 am via Zoom, plus a seasonal,  
themed, hybrid Day of Mindfulness.  
Tanya Trang-Conley:  
[tanya@partingclouds.com](mailto:tanya@partingclouds.com). 📶 😊

### Santa Cruz & South

**Heart Sangha**, Monday 7:30-8:45  
pm, meditation and Dharma sharing  
via Zoom. Saturday 9:30 am walking

meditation, in person at Mission Plaza Park, Santa Cruz. Jeff Ringold 831-423-5378

[jdringold@humanfulfillment.org](mailto:jdringold@humanfulfillment.org) 📶 😊

**Karuna Garden Sangha**, Tuesday, 7-8pm. danalee (831) 713-8747, [danaleemcfadden@gmail.com](mailto:danaleemcfadden@gmail.com) 📶

**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). 😊

## NORTH BAY

**Elephant Mountain Sangha**, Pt. Reyes Station. Thursdays 8:30-9:15 am on Zoom and once a month in person. First Presbyterian Church, 11445 St Rte 1. Laura Alderdice (415) 505-2542 [alderdicelaura@gmail.com](mailto:alderdicelaura@gmail.com) 📶

**Mud and Lotus Sangha**, Inverness. Mondays 7:00pm on Zoom and once a month in person. Laura Alderdice (415) 505-2542 [alderdicelaura@gmail.com](mailto:alderdicelaura@gmail.com) 📶

**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). 📶

**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 707-217-68 [smileybev@gmail.com](mailto:smileybev@gmail.com) 📶 😊

**Welcome Home Sangha**, Ukiah. Thursdays from 6:30-8pm. David Nelson, [rezdog\\_latte@hotmail.com](mailto:rezdog_latte@hotmail.com) 😊

## CENTRAL VALLEY / SIERRA

**Joyful Heart Sangha**, Sacramento, Thursdays 7-8:30. In person and online [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** is a peer-led eclectic sangha of all traditions. Weekly programs of meditation, dharma talks, and sangha socials are held Sundays, 10am-12noon, hybrid and in person; many other programs available. More info: [www.sbm.org](http://www.sbm.org). Location: Sacramento Dharma Center, 3111 Wissemann Drive, Sacramento. 📶 😊

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

## FURTHER NORTH

**Slowly Ripening Sangha**, Chico. Monday 7-9 pm, meets at Sky Creek Dharma Ctr, [skycreekdharmacenter.org](http://skycreekdharmacenter.org) Bob Speer, 530-592-9945, 😊

**Ancient Forest Sangha**, Humboldt Bay. Meets in-person Thursdays @ 7 to 8:15pm at the Humboldt Unitarian Universalist Fellowship, and first Thursdays via Zoom, with Alexa Singer-Telles. Contact:

[afhbsangha@gmail.com](mailto:afhbsangha@gmail.com) or visit <https://ancientforestsangha.org> 📶 😊

**River Oak Sangha**, Redding. 1st and 3rd Wednesdays 6:30-8 pm. [mindfulredding@gmail.com](mailto:mindfulredding@gmail.com) 📶

## ONLINE SANGHAS

**Morning Bird Sangha**, via Zoom. Checking in, meditation, and dharma sharing. 7:00am every weekday. [morningbirdsangha@gmail.com](mailto:morningbirdsangha@gmail.com) 📶

**Sugarplum Sangha**. Online sangha with Mon-Saturday morning sits 7-8am plus Tuesday and Thursday nights 9-9:40pm. More info: [www.sugarplumsangha.org](http://www.sugarplumsangha.org), [info@sugarplumsangha.org](mailto:info@sugarplumsangha.org). 📶

**Lotuses in the Mud Family Recovery Sangha**, focused on recovery for those impacted by substance abuse. Thursdays 7:45a-8:45a. Text Karla Johnston (530)314-0607 or email [Karla@LakeTahoeMindfulness.com](mailto:Karla@LakeTahoeMindfulness.com). For more info, see "Mindfulness Recovery for Loved Ones" on Facebook. 📶

**MotherRoot Sangha**, Redding. Only offering Days of Mindfulness online. Alexa Singer-Telles, [Alexasingertelles@gmail.com](mailto:Alexasingertelles@gmail.com) 📶

**True Home Sangha**, Online sangha for Black, Indigenous, and People of Color (BIPOC) practitioners, meets Mondays 4:30-6pm via Zoom. Polly Chu, [pollyc.email@gmail.com](mailto:pollyc.email@gmail.com) or [www.truehomesangha.org](http://www.truehomesangha.org) 📶

**Lotus In a Sea of Fire Sangha**, Online sangha for Black, Indigenous, and People of Color (BIPOC) practitioners who are members or aspirants of the Order of Interbeing (OI), meets on the first Saturday of each month, 11am-1pm via Zoom.

Polly Chu, [pollyc.email@gmail.com](mailto:pollyc.email@gmail.com), Joe Reilly, [joereillymusic@gmail.com](mailto:joereillymusic@gmail.com) 📶

## DHARMA TEACHERS

*Teachers may be available for advice or consultations, to offer a talk at your sangha or sangha event, or for mentoring. Their availability varies.*

**Venerable Thich Tu-Luc**, Hayward, 510-481-1577, [thichtuluc@yahoo.com](mailto:thichtuluc@yahoo.com)

**Wendy Johnson**, Marin, 415-383-3709, [wendyjdragon@gmail.com](mailto:wendyjdragon@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)

**Travis Masch**, Berkeley, (510) 666-6919, [tmach@gmail.com](mailto:tmach@gmail.com)

**Terry Barber**, Mendocino, [terry@parallax.org](mailto:terry@parallax.org)

**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) 356-5211, [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