



NorCal Sanghas in the Plum Village Community



Please visit norcalsangha.org for events calendar, news, our email list, and the latest version of this directory

KEY

IP = mostly in person

Z = mostly on Zoom / online

Changes? dylan@tweney.com

Updated August 24, 2026

SAN FRANCISCO

Wake Up SF (ages 18-35+) Sundays 11am-1pm in Precita Park, 3200 Folsom St, San Francisco, CA 94110.

sanfrancisco@wkup.org or wake-up-san-francisco-admins@googlegroups.com, www.wakeupsf.org IP

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

HomeWithinSangha@gmail.com. IP

Spiritual Friends Sangha. Made of PV and non PV elements. Mondays 5-7pm plus monthly SMT recitation. San Francisco Dharma Collective, 2929 24th St. SF, CA 94110, Also hosting a weekly Peace Vigil at City Hall. Augusta Hopkins sfsangha.org IP + Z

EAST BAY

Hayward & Castro Valley

Fourfold Community Sangha at Compassion Meditation Center, 17327 Meekland Avenue, Hayward, CA 94541. Tuesday, Thursday, and Saturday evenings 7pm-8pm. Ven. Thich Tu Luc thichtuluc@yahoo.com or (510) 481-1577, www.chuaphotu.net. IP

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. Leslie, hellajustsangha@gmail.com. Z IP

Couples Sangha, Sundays 7:00-8:30 PM, usually Zoom, in person occasionally. Joyce Hope Selkow (she/her), 510 325 6066, Joyceselkow@msn.com. 619-274-4040 Z

Open Door Sangha, Mondays 7:00-8:30 pm, usually via Zoom, in person once per month in Oakland. Denise Bergez, denisebergez24@gmail.com, 510-326-2867 Z IP

Potluck Sangha, Sundays

9:30-11:30 via Zoom, in person once per month. Cathy Cockrell, 510-967-7849, cockrellc70@gmail.com Z

Vietnamese Lesbian Gay Bisexual Transgender Queer Sangha, 1st Wednesday 6:30-8:30 pm, via Zoom. Chinh Nguyen, 650-619-5486, justsweetrice@hotmail.com Z

Deepening White Awareness Sangha for Racial Healing and Equity. We look into our historical and present white awareness with the aim of deepening our understanding. We're not currently taking new members but can share resources. Annie Gardiner: annie.hgardiner@gmail.com Z

Mindfulness, Diversity, and Social Change Sangha. 54th Street, Emeryville, Mondays 7:45-8:45pm. For people of color. Please email for Zoom link and address. Asa Brown, 510 457-1892, CherryApple@hotmail.com Z

Singing Frog Sangha. Rooted in Lisjan Ohlone Land at Cantic Farm, we enjoy meditation (alternating guided and silent practice), dinner, and dharma sharing on Wednesday evenings from 6pm until 8pm. Guangping, guangpingchu@gmail.com, tiny.cc/aboutsingingfrogssangha IP

Sangha of Forking Paths, first Sunday of the month 3:00-5:00pm. An all-ages sangha rooted in Plum Village and Dzogchen practices. Kids welcome. 731 60th Street, Oakland, CA 94609. Tim, ambrose.desmond@gmail.com IP

Berkeley/Walnut Creek

Buckeye Sangha, Sunday 4:00-6pm PDT, in person outdoors, on Zoom if weather is inclement. Brandy Sacks, brandysacks@gmail.com, or Glen Schneider, 510-644-1518. IP

Peaceful Heart Sangha, Sunday 3:00-4:30 pm, on Zoom & hybrid when possible. Chau Yoder, 925-708-8662, Chauyoder67@gmail.com IP Z

New Generation Sangha, (ages 20s + 30s) Tuesdays at 6:30-8pm. The location and details are sent out each Monday via the Google Group: <https://groups.google.com/g/new-generation-sangha/about>. Amelia Ravitz-Dworkin, 510-725-5632 IP

SF PENINSULA

Flowering Tree Sangha, Fridays 6:45-8:15pm, in-person and on Zoom ("hybrid") in Los Altos. Renée Burgard, 650-269-4807, reeneburgard@gmail.com. Z IP

Flowing Waters Sangha, Ladera (Portola Valley). Sundays 9:30-noon, mostly on Zoom. David Ostwald, 415-310-6415, dfostwald@outlook.com, Birgitte Moyer-Vinding, 360-762-5420, bpmoyer@earthlink.net Z

Majestic Oak Sangha, Redwood City (two locations, in person). Thursdays 5:15-6:00 pm. Sheryl Munoz-Bergman, MajesticOakSangha@gmail.com, MajesticOakSangha.org IP

Family Sangha, Sundays 7:00-8:00 pm, on Zoom. All are welcome. Beem Wilder, beemwilder@gmail.com and Sally Wilder, wilder.sally@gmail.com, 408-348-2600. Z

SOUTH BAY

Zen Meditation Good Works Sangha, Monday 12 noon, on Zoom. Jeff Paul, Jeff.Paul@sjsu.edu, 408 421 3224; Michael Fallon, Michael.Fallon@sjsu.edu Z

One Love One Heart Sangha, Los Gatos. Tuesdays 8-9 am on Zoom; SMT recitation last Tuesday. Also, occasional DoM in-person. Open to everyone. Tanya, tanya@sevenrocksglobal.com. Z

Santa Cruz & Further South

Heart Sangha, Monday 7:30-8:45 pm meditation & Dharma-sharing on Zoom. Thursday noon sit-walk-sit 12:00-1:00 pm Santa Cruz Zen Center, 113 School St.. Saturday 9:30 am walking meditation at Mission Plaza Park. Jeff Ringold 831-423-5378 jdringold@humanfulfillment.org Z IP

Peace in Our Hearts Mindfulness Practice Circle, 1st/3rd/5th Thursdays, 5:30 to 7 pm. A nurturing and supportive meditation and mindfulness practice. 6615 Bay Laurel Pl, Avila Beach, CA. IP PeaceInOurHeartsMindfulness@gmail.com.

NORTH BAY

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

Mountain Sangha, San Anselmo. Meets online at 7:00 PM PT for one hour on the 2nd and 4th Wednesdays. 415-488-6476, mountainsangha.org, jerome@mountainsangha.org **Z**

Singing & Hugging Sangha, Petaluma. Most Tuesdays 12:30 pm, mostly on Zoom but in person outdoors occasionally. Call, text, or email for location & Zoom link: Beverly Alexander 707-217-6884, smileybev@gmail.com **Z IP**

Welcome Home Sangha, Ukiah. All are welcome. We meet Thursday evenings from 6:15-8:15 pm. David Nelson, rezdog_latte@hotmail.com **IP**

FURTHER NORTH

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 or visit ancientforestsangha.org **Z IP**

Island of Peace Sangha, Redding. Wednesdays at 6pm. Alexa Singer-Telles, Alexasingertelles@gmail.com **IP**

CENTRAL VALLEY / SIERRA

Joyful Heart Sangha, Sacramento. Thursdays 6:30-8, mostly online. Email JHSangha925@gmail.com, or call Aubyn at 760-815-2279. **Z**

Radiant Heart Sangha, South Lake Tahoe. Wednesdays 7:30-8:30am. Karla Johnston at (530) 314-0607 text and Karla@LakeTahoeMindfulness.com, thestudiolaketaho.com **IP**

Grateful Lotus Sangha, Merced, monthly on the second Thursday at 7pm. 305 West 26th St., Merced. Marlene and Chuck, marleneandchuck@gmail.com. **IP**

ONLINE SANGHAS

Sugarplum Sangha. Online sangha meeting Mon-Saturday morning 7:30-8:30 AM. Contact: Bridgett Wall, b.wall985@gmail.com, (541) 450-2007, or L C shogun2@prodigy.net. **Z**

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

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. Also see "Mindfulness Recovery for Loved Ones" on Facebook. **Z**

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). First Saturday of each month, 11am-1pm via Zoom. Polly Chu, pollyc.email@gmail.com, Joe Reilly, joereillymusic@gmail.com **Z**

Karuna Garden Sangha, Tuesdays 7-8 p.m. An international online sangha where mindfulness practitioners come together to practice meditation, share Dharma and support each other's growth. danalee (831) 713-8747, danalee.karuna@gmail.com **Z**

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

MettaMorphosis Global Majority-BIPOC OI/Aspirant Sangha, for BIPOC aspirants, discerning/curious aspirants and OI practitioners. 2nd and 4th Saturdays, 8:30 - 10:00 am. Victoria Mausisa, vic822@yahoo.com

Mud and Lotus Sangha, Inverness. Mondays 7:00-8:00pm on Zoom. Laura Alderdice (415) 505-2542 alderdicelaura@gmail.com **Z**

WEBSITES

norcalsangha.org | local info & calendar
plumvillage.org | home base
deerparkmonastery.org | California
plumline.org | global sangha directory
parallax.org | books & magazine
wkup.org | young adults 18-35
arisesangha.org | race, intersectionality
earthholder.org | earth & racial justice
tnhf.org | foundation
embracesangha.org | trauma informed

DHARMA TEACHERS

Teachers may be available for consultations, to offer a Dharma talk, or for mentoring. Their availability varies.

Venerable Thich Tu-Luc, Hayward, 510-481-1577, thichtuluc@yahoo.com

Wendy Johnson, Muir Beach (Marin County), 415-497-5473, wendyjdragon@gmail.com

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

Chau Yoder, Walnut Creek, 925-708-8662, chayoder67@gmail.com

Travis Masch, Berkeley, 510 373 3816, 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, dncngbr4@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, Santa Cruz (530) 356-5211 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

Jun Hamamoto, East Bay, jjhamamoto@gmail.com

Prajna Paramita Choudhury, Oakland proggachoudhury@hotmail.com

Victoria Mausisa, Oakland, (510) 316-8543, vic822@yahoo.com

Zachiah Murray, Santa Cruz, 831.588.4330, zachiah@bodyofone.life

Manou Macaud, SoCal, 831-400-2809,

emmanuellemacaud@gmail.com

Karla Johnston, South Lake Tahoe, (530) 314-0607,

Karla@LakeTahoeMindfulness.com

In memory: **Terry Barber**