

# December

2021

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., #8, Alameda, CA

*For a moment bring attention to the condition of the mind. Can you distinguish a particular condition of mind? Is the mind calm or busy, clear or cloudy? Can you be clearly and openly present with that condition, silently observing?*

*--- from Contemplation of Seven Factors Awakening  
by Ajahn Thiradhammo ( pg 131 )*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <b>3-4:30p Pac</b> <b>Guided practice &amp; dhamma discussion</b> – Zoom (12-16 stages)	29 <b>5:30-7p Pac - SFNA Zoom Practice</b> (16 stages) <b>7-8:30p Pac - Guided practice &amp; dhamma discussion</b> (16 stages) via Zoom	30	1 <b>7:00-9:00p Pac</b> <b>Introduction to Samatha Meditation</b> (sessions now closed to new participants)	2 <b>7:00-8:00p Pac</b> <b>Guided Practice</b> (16 stages) At the Center	3	4 <b>8:00-9:30a Pac</b> <b>SFNA Zoom Practice</b> (16 stages)
5 <b>3-4:30p Pac</b> <b>Guided practice &amp; dhamma discussion</b> – Zoom (12-16 stages)	6 <b>5:30-7p Pac - SFNA Zoom Practice</b> (16 stages) <b>7-8:30p Pac - Guided practice &amp; dhamma discussion</b> (16 stages) via Zoom	7	8 <b>7:00-9:00p Pac</b> <b>Introduction to Samatha Meditation</b> (sessions now closed to new participants)	9 <b>7:00-8:00p Pac</b> <b>Guided Practice</b> (16 stages) At the Center	10	11 <b>8:00-9:30a Pac</b> <b>SFNA Zoom Practice</b> (16 stages)
12 <b>12n-5p Pac</b> <b>½ Day Dhamma &amp; Practice Session –</b> At the Center (16 stages)	13 <b>5:30-7p Pac - SFNA Zoom Practice</b> (16 stages) <b>7-8:30p Pac - Guided practice &amp; dhamma discussion</b> (16 stages) At the Center	14	15 <b>7:00-9:00p Pac</b> <b>Introduction to Samatha Meditation</b> (sessions now closed to new participants)	16 <b>7:00-8:00p Pac</b> <b>Guided Practice</b> (16 stages) At the Center	17	18 <b>8:00-9:30a Pac</b> <b>SFNA Zoom Practice</b> (16 stages)
19 <b>12n-5p Pac</b> <b>½ Day Dhamma &amp; Practice Session –</b> At the Center (16 stages)	20 <b>5:30-7p Pac - SFNA Zoom Practice</b> (16 stages) <b>7-8:30p Pac - Guided practice &amp; dhamma discussion</b> (16 stages) via Zoom	21	22 <b>7:00-9:00p Pac</b> <b>Introduction to Samatha Meditation</b> (sessions now closed to new participants)	23 <b>7:00-8:00p Pac</b> <b>Guided Practice</b> (16 stages) At the Center	24	25 <b>HOLIDAY</b> <b>Christmas</b>
26 <b>3-4:30p Pac</b> <b>Guided practice &amp; dhamma discussion</b> – Zoom (12-16 stages)	27 <b>5:30-7p Pac - SFNA Zoom Practice</b> (16 stages) <b>7-8:30p Pac - Guided practice &amp; dhamma discussion</b> (16 stages) At the Center	28	29 <b>7:00-9:00p Pac</b> <b>Introduction to Samatha Meditation</b> (sessions now closed to new participants)	30 <b>7:00-8:00p Pac</b> <b>Guided Practice</b> (16 stages) At the Center	31	1 <b>HOLIDAY</b> <b>NEW YEAR'S DAY</b>

## **COVID-19 UPDATE:**

Now that COVID-19 restrictions are being loosened, we are beginning to hold in-person events and classes at the Center once again. Also, for the foreseeable future, we will continue to offer teaching and opportunities to practice with others via Zoom.

In conformity with state and local public health guidelines, ACBM has adopted a vaccinated-only policy for in-person practices at this time. At in-person indoor events, the use of face masks will be either required or optional in accordance with the prevailing Alameda County Public Health Department guidelines at the time of each event. Please contact the Center, if you wish to attend an in-person event.

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**SUNDAY - Guided Practice and Dhamma Discussion:** 3-4:30 pm Pacific (via Zoom 12/5 & 12/26). Open to those who have learned the stages of our Samatha practice up to the Settling. Please note that instruction in meditation will not be offered at these times. For Zoom link and invitation, please see the SFNA Online Samatha Classes list or contact Chris Morray-Jones via email [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**SPECIAL- ½ DAY SUNDAY PRACTICES:** 12 noon to 5:00 pm (at the Center 12/12 & 12/19) - Chris MJ will be visiting in December. He is holding a couple of ½ day in-person Dhamma and Practice Sessions at the Center for those who have learned the stages of our Samatha practice up to the settling. Details announced via email from Melanie D on Tuesday 11/23. If you'd like to participate, please reply to Melanie D via email: [meldar1@comcast.net](mailto:meldar1@comcast.net) with your preference for with your date preferences ranked 1 or 2, as well as whether you would like to attend both dates.

**MONDAY EVENING – Practice with SFNA:** Mondays, 5:30-7 pm Pacific via Zoom. This is an ongoing meditation gathering held by various N. American Samatha instructors for those who have learned all 16 stages of the practice and want to continue practice via zoom. For more information, zoom invitation on-line at [Dhamma Exploration Membership area](#) or contact Chris Morray-Jones at [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**MONDAY EVENING - Guided Practice and Dhamma Discussion:** Mondays, 7-8:30 pm (alternating via Zoom and at the Center (contact teacher)). On-going Samatha classes occur weekly on Monday evenings at 7:00pm, held in-person at the Center on the other Mondays of the month. Experienced Samatha practitioners are welcome. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net).

**WEDNESDAY EVENING – Introduction to Samatha Meditation – 10-week course:** Wednesdays, 7-9pm Pacific. Current course is in progress and is now closed to new participants. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net).

**THURSDAY EVENING - GUIDED MEDITATION PRACTICE:** Thursdays, 7-8pm Pacific at the Center. Experienced Samatha practitioners (16 stages) are welcome to participate for some chanting and guided meditation. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net).

- Dhamma Exploration discussion will occasionally occur when Chris MJ is in Alameda. For information, please contact Chris Morray-Jones at [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**SATURDAY MORNING – Practice with SFNA:** Saturdays, 8-9:30 am Pacific via Zoom. (**Exception: Saturday 12/25 Christmas Holiday**) This is an ongoing meditation gathering held by various N. American Samatha instructors for those who have learned all 16 stages of the practice and want to continue practice via zoom. For more information, zoom invitation on-line at [Dhamma Exploration Membership area](#) or contact Chris Morray-Jones at [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

## **PLEASE VISIT OUR WEBSITE**

*Find what you need when you need it.*

[www.centerforbuddhistmeditation.org](http://www.centerforbuddhistmeditation.org)

*Obtain class & event information.*

*Discover links to the Chant book and to other publications.*

## **ATTENTION DHAMMA EXPLORERS!**

*If you regularly attend the Sunday or Thursday Meditation Meetings*

*and practice all 16 stages of Samatha,*

*You can always find zoom and discussion details posted*

*for Thursday and Sunday Meetings within the*

*secured Dhamma Exploration Member's Area of the Center's website,*

*Zoom details for the Monday evening and Saturday morning SFNA meditation gatherings,*

*Reading material links and PDFs for weekly discussions are also available.*

***Join today at:***

<https://www.centerforbuddhistmeditation.org/members>

***Khanti may be required!***

*Initial sign-up may take 24 hours for administrator to obtain and advise approval.*

***Recommend you sign-up today.***



# CONSIDER DĀNA

## *To Members and Friends:*

**The purpose of the Alameda Center for Buddhist Meditation (ACBM) is supporting, fostering and advancing the teachings and practices of Buddhism in North America, and especially the tradition of Samatha (“calm-concentration”) meditation practice as taught by Nai Boonman Poonyathiro.**

Over three months ago, the shelter-in-place order was issued for Alameda County. **Our Samatha teachers and meditators have joined others around the country to establish online classes and practices to continue support of all members of ACBM and the larger sangha.** Many of you have expressed gratitude for this continuity.

**We had hoped this would be temporary,** but it has become clear it will continue for some time into the future. We all miss practicing in our meditation center at Ballena Bay, but have decided to maintain the center for now. We hope to find a way to gather safely outdoors sometime this summer, using the center as a resource to support that effort.

**Since we are using online practices, we no longer have an opportunity for visitors and sangha members to make an offering of generosity to the dana bowl at the center.** The costs of rent and insurance for the center modestly exceed \$1000/month. A little more than half is covered by committed monthly contributions. The balance is from other contributions as they are made. Although we entered the crisis with a few months reserve, unfortunately, we have had to dip into the reserve to maintain the center.

ACBM is wholly supported by voluntary contributions. **Please consider a contribution to the maintenance of ACBM so that we can emerge again with our oasis of peace and tranquility in place for all who come.** As you all know, Samatha teachings are given freely. Contributions to ACBM are solely used to support the practice center located in Alameda for Samatha meditation activities, events, and courses offered throughout the year.

**\*\*One-time and ongoing contributions are both warmly welcome.**

**Please consider making an ongoing monthly contribution if you can. An easy way to send your contribution is by using the “donate” button on the ACBM website:**

<https://www.centerforbuddhistmeditation.org/donate>

*With metta,*

Chris Morray-Jones  
ACBM Director

Melanie Darling  
ACBM Treasure