

February

2021

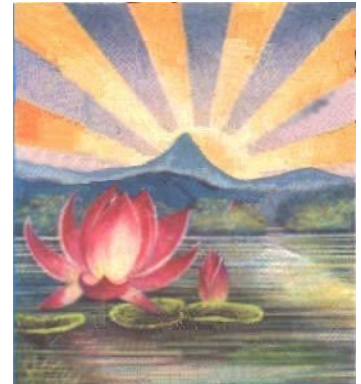
Alameda Center for Buddhist Meditation

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

“Our life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draws it.

Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves”.

Dhammapada V1.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SHELTER IN	PLACE	-----	SOCIAL	DISTANCING	ZOOM	GATHERINGS
31 3-4:30p Pacific Meditation Practice (12-16 stages)	FEB 1 7-8:30p Pacific Intro to Samatha Meditation (In session –Not open to beginners)	2	3	4 7-9p Pacific Dhamma Exploration (16 stages)	5	6
7 3-4:30p Pacific Meditation Practice (12-16 stages)	8 7-8:30p Pacific Intro to Samatha Meditation (In session –Not open to beginners)	9	10	11 7-9p Pacific Dhamma Exploration (16 stages)	12	13
14 3-4:30p Pacific Meditation Practice (12-16 stages)	15 7-8:30p Pacific Intro to Samatha Meditation (In session –Not open to beginners)	16	17	18 7-9p Pacific Dhamma Exploration (16 stages)	19	20
21 3-4:30p Pacific Meditation Practice (12-16 stages)	22 7-8:30p Pacific Intro to Samatha Meditation (In session –Not open to beginners)	23	24	25 7-9p Pacific Dhamma Exploration (16 stages)	26	27
28 3-4:30p Pacific Meditation Practice (12-16 stages)	Mar 1 7-8:30p Pacific Intro to Samatha Meditation (In session –Not open to beginners)	2	3	4 7-9p Pacific Dhamma Exploration (16 stages)	5	6

COVID-19 UPDATE: All Meditation Practice Events will be held remotely via Zoom video and phone conferencing, or in accordance with Alameda County requirements!

SUNDAY AFTERNOON MEDITATION PRACTICE: Sunday 3-4:30 pm Pacific remotely via Zoom. Open to those who have learned or are learning the stages of our Samatha practice on the recommendation of their teacher. For more information, please contact Chris Morray-Jones at chris.r.mojo@gmail.com.

MONDAY EVENING - Introduction to Samatha Meditation with Melanie: Mondays, 7-8:30 pm Pacific via Zoom). Meditation instruction offered from 7 to 7:30; practice starts at 7:30. This is an ongoing practicing class not currently open to beginners. For more information, contact Melanie at meldar1@comcast.net.

THURSDAY EVENING - DHAMMA EXPLORATION MEDITATION PRACTICE: Chris will again bring us together on Thursdays 7-9 pm Pacific via Zoom (You can find zoom and meeting info in the members area of www.centerforbuddhistmeditation.org).

- Chris MJ will provide reading as appropriate prior to these Thursday evenings.
- Open to those who have learned all stages of the practice up to the Settling, and others by invitation of their teacher. If you've have like to attend these meetings, please contact Chris Morray-Jones at chris.r.mojo@gmail.com to make sure you are prepared for the evening's discussion and added to the Dhamma Exploration mailing list.

PLEASE VISIT OUR WEBSITE

Find what you need when you need it.

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,
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 if you want access tomorrow.



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