

# February



# 2025

Alameda Center for Buddhist Meditation

1134-E Ballena Blvd., Meeting Room #6, Mail #8, Alameda, CA

***"When a bhikkhu has noble persons as friends, companions and comrades, he can be expected to develop and pursue the Noble Eightfold Path."***

***"And how does a bhikkhu who has noble persons as friends, companions and comrades develop and pursue the Noble Eightfold Path?"***

***"Due to that circumstance, the bhikkhu develops Right View grounded on seclusion, grounded on dispassion, grounded on cessation, and resulting in abandonment."***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	27 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	28	29	30 7:00-8:00p Pac Guided Practice (16 stages) at the Center	31	1 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
2 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	3 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	4	5	6 Guided Practice Not Meeting in February	7	18 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
9 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	10 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	11	12	13 Guided Practice Not Meeting in February	14	15 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
16 3-5p Pac Guided practice & Dhamma Exploration – via Zoom (16 stages)	17 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) on-line via Zoom	18	19	20 Guided Practice Not Meeting in February	21	22 8:00-9:30a Pac SFNA Zoom Practice (16 stages)
23 Daylong Practice Time: 9:30a – 5p Pac (16 stages) at Center Chris MJ will lead. (no zoom meeting)	24 7-8:30p Pac - Guided practice & dhamma discussion (16 stages) at Center	25	26	27 Guided Practice Not Meeting in February	28	March 1 8:00-9:30a Pac SFNA Zoom Practice (16 stages)

## **ROOM CHANGE AT THE CENTER**

**February 2025 – Meetings in Room 6** - While repairs are made to the roof and our space's ceiling at #8, we have temporarily relocated the Center across the hall to #6. Our mail address remains #8.

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## **CALENDAR DETAILS**

**SPECIAL EVENT - SUNDAY DAYLONG PRACTICE:** Time: (9:30 am – 5 pm Pacific – February 23 at Center) Chris MJ will lead this daylong practice. Experienced Samatha practitioners (16 stages) are welcome to participate. For more info, contact Chris Morray-Jones via email [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**SUNDAY AFTERNOON - Guided Practice and Dhamma Exploration - 3-5 pm Pacific (via Zoom).** No Zoom meeting on Sunday Feb 23. Open to those who have learned all 16 stages of our Samatha practice. For more info, contact Chris Morray-Jones via email [chris.r.mojo@gmail.com](mailto:chris.r.mojo@gmail.com).

**MONDAY EVENING - Guided Practice and Dhamma Discussion:** 7-8:30 pm Pacific (February 3 & 17 on-line via zoom; February 10 & 24 at Center). On-going Samatha classes occur weekly on Monday evenings at 7:00pm, held via zoom and alternatively on other Mondays of the month at the center. Experienced Samatha practitioners are welcome. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net).

**THURSDAY EVENING - GUIDED MEDITATION PRACTICE:** Suspended during February. For more information, contact Melanie at [meldar1@comcast.net](mailto:meldar1@comcast.net).

**SATURDAY MORNING – Practice with SFNA:** 8-9:30 am 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).

## **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.*

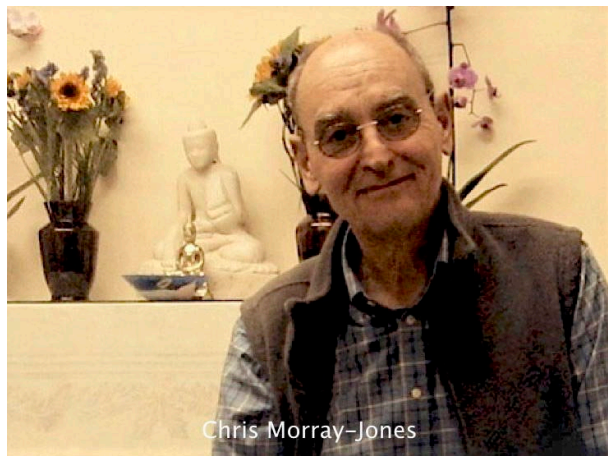
**Join today at:**

<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.**



Chris Morray-Jones

# *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 Murray-Jones  
ACBM Director

Melanie Darling  
ACBM Treasure