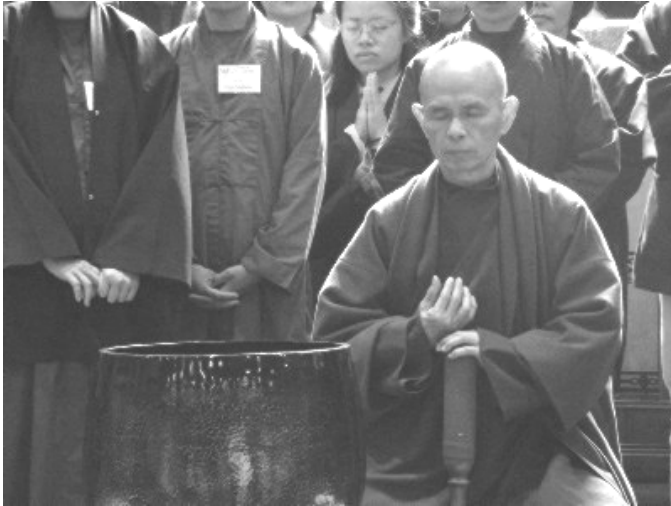


Community of Mindful Living



**LISTEN, LISTEN
THIS WONDERFUL SOUND
BRINGS ME BACK
TO MY TRUE HOME**

Retreats with Thich Nhat Hanh will resume in summer and fall 2005

Thich Nhat Hanh and the Plum Village Sangha will not hold retreats and public talks in the United States in the summer and fall of 2004 because they already have held a three-month winter retreat at Deer Park (January-March this year). Retreats and public talks will resume in the U.S. in the summer and fall of 2005.

Memorial weekend retreat

The third annual Memorial Weekend retreat in Ukiah (May 28-May 31) is in the planning stages — flyers will be sent to Northern California Sanghas soon, according to registrar Cilla Brady. The location is the same as last year, at the little country school just outside of Ukiah. Lyn Fine will be the anchor Dharma teacher; there may be a guest teacher as well. Organizers hope to offer a children's program, and note that retreatants may camp in a tent or RV, or sleep in the men's or women's dormitory.

Thanks to the generosity of the host school, the cost per person including food is only \$50 (children \$35) for the entire weekend.

"Camping out and spending time in nature is a wonderful way to connect with ourselves and the earth," Brady notes. "It's a beautiful location to breathe fresh air and listen to birds and babbling brook, frogs, and insects, and to hug a tree or two." Because we have use of the school facilities and the dorms, we are "roughing it in style," Brady adds.

For more information, contact Cilla, cillabradyl@aol.com.

UPCOMING EVENTS

- ▶ **Sat, Apr 3: Community Seder** at Starr King, 3pm-5:30pm, discussion and ritual 6:30pm potluck vegetarian dinner. Everyone welcome, RSVP necessary. Contact Lyn, 510-655-1628, LynFine@aol.com
- ▶ **Sat, Apr 10: Sangha Facilitators Gathering**, 10am-4pm, 2709 Alida Street, Oakland. Contact Caleb, 510-530-9340
- ▶ **Sat, Apr 10: 14 Mindfulness Trainings recitation and discussion**, 2pm-5:30pm, Parallax House, 850 Talbot St. (near Solano Ave.), Albany. Contact Chinh, justweetrice@hotmail.com
- ▶ **Sun, April 18: Silent Peace Walk**. (Third Sunday of each month) 2-4pm. Contact Gary Brain for location, braingj@pacbell.net
- ▶ **Sat, May 8: 14 Mindfulness Trainings recitation and discussion**, 2pm-5:30pm, location TBA. Contact Chinh, justweetrice@hotmail.com
- ▶ **Sat, May 8: Day of Mindfulness**, Green Gulch Farm, Marin County, sponsored by Q-Sangha, www.qsangha.org
- ▶ **Sun, May 15: Day of Reflection and Renewal: Mindfulness in Education**, with Lyn Fine and Beth Levine, 9:30am-4pm, near Rockridge BART, lunch provided, sponsored by Buddhist Alliance for Social Engagement. Contact Beth, 510-524-6108, compostbe@aol.com
- ▶ **Sun, May 16: Silent Peace Walk**. (Third Sunday of each month) 2 - 4pm, Contact Gary Brain for location: braingj@pacbell.net
- ▶ **May 28-31: Memorial Day Weekend Retreat**, Ukiah. Contact Glen, 510-644-1518, or Cilla, cillabradyl@aol.com

SANGHA SPOTLIGHT

WE ARE A DIVERSE COMMUNITY AND WOULD LIKE TO PROFILE AS MANY SANGHAS AS POSSIBLE IN OUR NEWSLETTERS. PLEASE SEND INFORMATION ABOUT YOUR SANGHA TO LIZ BARRETT, mizlizb@astound.net.



The Hayward Fourfold Community Sangha gives lay people and monastics the opportunity to practice together, in the tradition of Thich Nhat Hanh.

Hayward Fourfold Community Sangha

▶ **What it is:** A “fourfold” community includes monks, nuns, lay men and lay women, in the Buddhist tradition. The Hayward Fourfold Community Sangha embraces all cultures and ages. Lay practitioners facilitate meetings, while Venerable Thich Tu-Luc offers wisdom and guidance to the sangha. All members participate equally.

▶ **When and where it meets:** Every Thursday, 7-9pm, Hayward Buddhist Center, 27878 Calaroga, Hayward.

▶ **How it started:** At a Day of Mindfulness following Thich Nhat Hanh’s September 2000 retreat, several lay people expressed the desire to practice regularly with monks and nuns. Thich Tu-Luc, who is abbot of the Hayward Buddhist Center and a Dharma teacher ordained by Thich Nhat Hanh, offered to host weekly sessions of a fourfold sangha at the Center. The sangha has flourished ever since.

▶ **Attendance:** 15-25 persons for regular sangha practice on Thursday nights, sometimes more at Sunday Dharma Talks offered by Thich Tu-Luc. The group is very diverse in age, ethnicity, and cultural background.

▶ **Upcoming activities:** March 27 and April 24: Days of Mindfulness. March 28: Ground Breaking Ceremony at the Compassion Meditation Center. April 11: Avalokiteshvara Assembly. May 30: Buddha’s Birthday Celebration. June 30 - July 4: “A Taste of the Monastic Life” Summer Retreat.

▶ **Web site:** <http://home.jps.net/~tphgw/englishpage.htm>

▶ **Contact:** Hayward Buddhist Center, 510- 732-0728.

Pot Luck Sangha

▶ **What it is:** A lay, English-speaking mindfulness practice community that enjoys meeting at people’s homes and sharing administrative roles.

▶ **When and where it meets:** Every Sunday 9:30am-noon. Location rotates among various members homes in the East Bay Area. During nice weather, the group sometimes meets in local parks.

▶ **How it started:** After a 1991 retreat with Thich Nhat Hanh, some East Bay Area residents decided to continue meeting to practice together. “Laying the track as we go, we learn from and teach each other.

▶ **Attendance:** 8-16 regular attendees; total roster of 50.

▶ **Upcoming activities:** Rural retreat February 25-29; spontaneous gatherings for reading groups, poetry-sharing, birthday parties, audio and video nights, camping trips, and nature walks.

▶ **Web site:** No web site.

▶ **Contact:** Caleb Cushing, 510-530-9340, 2709 Alida St., Oakland CA 94602.

MEMBER SERVICES DIRECTORY

Share your talents with the Sangha! List the services you offer in our new online Member Services Directory. The directory was organized by Brandy Sacks, who shared this story about the usefulness of such a listing:

“I was recently in San Diego visiting a Sangha friend. He mentioned that he recently found out that one of the members of his Sangha was a dentist, so the next time he needed to see the dentist, he went to the Sangha friend. He felt much better seeing a member of his Sangha, since he trusted him, and he felt good giving his money to a friend.”

Please take a look at the web page Brandy created at http://www.iamhome.org/member_directory.htm. It is a secure page, as there will be no links to it on the web site. Brandy noted that he would love to hear any suggestions for improvement. To add your listing, send an e-mail to Brandy (brandy@pacbell.net) with the information you would like posted. You may include your address and/or phone, or simply list an email address.



Sangha "tourists" visited many temples and monasteries in Vietnam.

NOTES FROM A MINDFUL TOUR OF VIETNAM

by Cilla Brady

Last May, Chau and Jim Yoder and I conceived of a Buddhist-focused tour of Vietnam. By November we and five other adventurous travelers arrived in Hanoi to begin the tour. Although our trip had a Buddhist focus, we visited lots of regular tourist destinations as well, including the Museum of Ethnology, where we saw arts, crafts, photos, and even full-sized houses of the many ethnic groups of Vietnam. The "Water Puppet Theater" gave us a glimpse into traditional rural and imperial life, and fine arts and historic museums gave us a perspective of the ancientness and refinement of the culture and civilization.

We visited many monasteries and nunneries and were always given hospitality and respect. We were often offered a refreshing cup of tea and with the help of Chau and Jim as translators, we were able to communicate with our hosts. Our tour group became a traveling Sangha.

Our cruise through some of the three thousand islands on Halong Bay was a time of deep relaxation and appreciation of nature's beauty. We were surprised by "Amazing Cave," hidden inside one of islands. After that, we looked at the other islands differently, wondering which others might be hollow inside with magnificent caves.

Our visit to Yen Tu Mountain was a blend of enjoying the natural environment and making a pilgrimage to the site of King Tran's retreat where he left the worldly life to become a Buddhist monk.

In Hue, we had an extraordinary day at Tu Hieu Pagoda, Thich Nhat Hanh's root monastery where he is still regarded as their head teacher. We met two Vietnamese monks from Green Mountain Dharma Center and Deer Park who were leading a 21-day retreat for the monks there. We were privileged to be invited to their ceremonial

retreat lunch, and later to meet with the Abbott over tea. The monastery exuded an aura of peace, calm and longevity, as we walked around the grounds offering incense at the stupas of the lineage teachers. The rainy misty day added to the ethereal atmosphere. I so appreciated seeing the young monks beginning their life's path where they can receive Thay's teachings. It was gratifying to see the lineage as growing and strong. Across the road we visited a beautiful nunnery, where the Abbess told us stories about Thay as a young monk. We also met the principal of the Buddhist College in Hue, another personal friend of Thay's who had stories to share.

Hue was the only place we encountered any problem about visiting a Buddhist monastery. Our driver refused to take us to Tu Hieu, so we took taxis. There had been some political problems between the government and the United Buddhist Church just before our tour began. (I saved some Vietnamese newspaper articles on the subject.) The hotel staff asked for our passports a second time, claiming they hadn't quite finished the paperwork, but we refused and nothing more happened. Aside from those incidents, Hue was very peaceful. We toured the emperor's palace and government buildings (what was left of them) and went to a fine performance of court music and dance.

Visiting the Lien Mu Pagoda by boat up the Perfume River, we were honored and privileged to climb up the seven-story stupa overlooking the river, with an altar on each level. Chau's connections literally opened doors for us, as they had throughout the rest of our tour.

Hoi An is a strikingly charming old river port from where we visited My Son ruins of the old Champa kingdom, which had been largely destroyed by the war. Bullet marks are etched into the stonework. (Thankfully, U.S. president Richard Nixon stopped further destruction after a plea from a French archeologist, and other ruins of the Champa kingdom are dotted across South Vietnam.)

After visiting Marble Mountain, where caves and grottos are filled with Buddhas, Bodhisattvas, and miniature temples inside larger caves, we flew into Ho Chi Minh City (AKA Saigon) and experienced the culture shock of arriving in "the big city" from our more peaceful small town and country travels.

Escaping the heat and humidity we headed for the peaceful hills of Dalat, visiting a lovely country nunnery on the way and a beautiful lakeside monastery in town. Like all of the monasteries we visited, it had a stunning garden of flowers, fruit trees, and extraordinary bonsai trees. From Dalat, some of us headed for the beaches, while the rest of us drove back to Saigon for more sightseeing, gourmet food, and shopping.

The next tour will be offered October 15-31, 2004 (contact Jim or Chau Yoder, 925-930-9894). Meanwhile, you can enjoy a slide show of our 2003 trip at our Memorial Weekend retreat in Ukiah (May 28-31).

SANGHAS OF THE COMMUNITY OF MINDFUL LIVING IN NORTHERN CALIFORNIA

(PRACTICING IN THE TRADITION OF THICH NHAT HANH)

“What is most important is to find peace and to share it with others.” - Thich Nhat Hanh

SAN FRANCISCO

Blooming Lotus Sangha, 2 Tuesdays a month, 7:30-9:30pm, Narayan, 415-586-7574, or Kay Heatherly, 415-931-4062, kay@kayheatherly.com

Living Peace Meditation Community, Thurs. 7-9pm, 66½ Sanchez between 14th & Duboce, Monthly Habitat Rest. Project, Karen Van Dine, 415-346-3923

Q-Sangha: Mindful Mondays at MCC, Mondays 7-9pm (doors open at 6:30), Metropolitan Community Church of San Francisco, 150 Eureka St. @ 18th/19th St. (in the Castro), Ji-Sing Norman Eng, 415-865-2750, QSanghaSF@AOL.com, www.QSangha.org

PENINSULA & SOUTH BAY

Monterey Peninsula:

Monterey Peninsula Sangha, Thursday morning, Unitarian Universalist Church, 490 Aguajito Rd, Carmel, Nancy Melton, 831-647-9155, blossoming.nancy@mindspring.com

Palo Alto/Los Altos:

Palo Alto Friends Mindfulness Sangha, Thursday 7:15-8:30am, Palo Alto Friends Meeting House, Colorado near Greer, Susan Murphy, 650-969-3452, somurphy@email.sjsu.edu

San Jose/Fremont:

La Boi Sangha, meets once a month, Saturday 9:30am - 1:30pm, with potluck lunch, laboi@langmai.org or Ha Ton Phan @ 408-251-7792, or Chau Yoder @ 925-930-9894

South Bay Mindfulness Sangha, Margaret Flores, 408-297-2961, romoeme@aol.com

Thien-Tri-Thuc Sangha, meets once a month, Duc and Yen-Chi Nguyen, ducsnguyen@yahoo.com

Zen Meditation Good Works Sangha, Dr. Daniel Georges-Abeyie, San Jose State University, 408-924-5865, Daniel Georges-Abeyie@SJSU.edu

Santa Cruz:

Family Sangha, 530 Sunlit Ln., every other month, Sunday 10:30am-2pm, Bonny Doon, Nicole Amadora, 831-426-6599

Heart Sangha, 7-8:30pm, Santa Cruz Zen Center, 115 School St., Santa Cruz, CA 95063-2192, heartsangha@onebox.com, toll-free voicemail/fax 866-640-3223

CENTRAL VALLEY

Fresno:

Fresno Sangha, Monday 6:30-8:30pm, Anna Gilman, 559-299-4225, otrocks@attbi.com & Kenley Neufeld, 559-486-1574, www.neuhouse.com/sangha

Merced:

Windsong Sangha, Jule Marini Biesiada, Merced, 209-384-2835, juleb13@msn.com

Modesto:

Modesto Lotus Blossom Sangha, 1008 Lexington Dr., Tuesday 7-9pm, Don Vance, 209-524-9333, donvance@inreach.com

EAST BAY

Albany:

Fragrant Earth Sangha, Tuesday 7-9pm, 850 Talbot, Albany (back house), Lennis Lyon, 510-524-7410

Peace Building Sangha, 3rd Sunday each month, Susan Schulman, 510-547-3602, sjs44@myexcel.com

14 Mindfulness Training Sangha, 2nd Saturday each month, 2-5:45pm, Chinh Nguyen, 510-832-0889, justsweetrice@hotmail.com

Alameda:

Alameda Sangha, Wednesday 7:30-9pm, Carolyn Torrente, 510-917-6119, Catorren@bechtel.com

Berkeley:

Central Berkeley Sangha, Sunday 7:15pm, Glen Schneider, 510-644-1776

Morning Light Sangha, Monday-Friday 6-7:20am, Beth Levine, 510-524-6108, compostbe@aol.com

Hayward:

Fourfold Community Sangha, with Ven. Thich Tu-Luc and the monastics of Hayward Buddhist Center, Thursday 7-9pm, 27878 Calaroga, 510-732-0728, fax 510-732-2731, ttphw@jps.net

Lafayette:

Lafayette Sangha, 3559 South Silver Springs Rd, Sunday 6-7:30pm, Leon Pyle & Cathy Deforest, 925-283-7271, fax 925-283-9026, penspyle@comcast.net

Oakland:

Family/Child-Friendly Sangha, Montclair District, Joyce Selkow & Rod Fujita, 510-339-1862, joycehope@hotmail.com

Mindfulness, Diversity & Social Change Sangha, First Unitarian Church, 14th & Castro, Monday 7-9pm, Olga Grinstead & Charlie King, 510-540-0141, mindful@rightbox.com, or Kym, 510-547-1254

New Generation Sangha (ages 20s-30s), Tuesday 7-9pm, & one Sunday per month, vegetarian potluck dinner, 6039 Glen Arms Dr. (Rockridge BART pickup available), Ji-Sing, 415-235-5881, Ilana Gerjuoy, 510-533-8606, ngsangha@aol.com, www.ngsangha.org

Potluck Sangha, Sunday 9:30-noon, followed by lunch, Caleb Cushing, phone/fax 510-530-9340

Sangha at Caleb's House, Monday 6:30-8pm, followed by dinner, Caleb Cushing, phone/fax 510-530-9340

Walnut Creek:

Peaceful Heart Sangha, Sunday 3:30-6pm, Chau & Jim Yoder, 925-930-9894, fax 925-932-7751, cvyo@high-spirits.com

NORTH CENTRAL VALLEY

Chico:

Slowly Ripening Sangha, 2565 California Park Drive, Chico, Monday 7-9pm, Bob Speer, 530-342-0255, r.speer@att.net

Redding:

River Oak Sangha, Wed. 6:30pm, Redding Church of Religious Science, 1905 Hartnell, Terry Helbick-White, 530-243-2439, fax 530-246-0945, gregandterry@mindspring.com

Sacramento:

Sacramento Buddhist Meditation Group, www.sbm.org, Koyasan Temple, Meeting Room, 1400 'U' St., Sundays 7-9pm, Melisa McCampbell, 916-424-4439, melmcc@infostations.com

Vacaville:

Vacaville Sangha, 219 Macbeth Ct., Vacaville, Wednesday 7pm, John Salerno-White, 707-446-9818, Lotusforyou@aol.com

TRUCKEE / TAHOE

Truckee:

Truckee Sangha, Monday 7pm, potluck dinner, Cathy Nason, 530-587-0948, cathynason@sbcglobal.net

MARIN & NORTH

Arcata Area:

Ancient Forest Sangha, Sundays 6:30-8pm, Beth Schatzman, 707-268-8039, BESRD@aol.com

Bolinas:

Bolinas Sangha, Tuesday 8:30-9:30am, Cilla Brady, tel/fax 415-868-0285, cillabradly@aol.com

Garberville:

Sangha in the Woods, Tuesday 6:30pm, Kristi Gochoel, 707-986-7157

Mill Valley:

Mill Valley Sangha, 315 Montford Ave., every other Sunday 10:30-12:30pm, Patricia Frisch, 415-388-0626, pfrisch@pacbell.net

Mountain Sangha, Homestead Community Center, second and fourth Sunday of each month, 10:30am-12:30pm, Jerome Freedman, 415-461-6476, jeromef@netzero.net

Sonoma County:

Fragrant Rose Sangha, 888 Third St, Santa Rosa. Sat. urday 9-11am, Dennie Wyatt 707-573-4556, Susan LaFleur, heysuess@infostations.com

Ukiah:

Ukiah Sangha, Monday 6:30pm, Joann Rosen, 707-462-7749, bbdog@pacific.net

BAY AREA DHARMA TEACHERS ORDAINED BY THICH NHAT HANH

Venerable Thich Tu-Luc, Hayward Buddhist Center, 510-481-7002, fax 510-732-2731, ttuluc@jps.net

Lyn Fine, Berkeley, 510-655-1628, lynfine@aol.com

Wendy Johnson, Marin County, phone/fax 415-383-3709

Terry Barber, Berkeley, 510-525-0101, Terry@parallax.org

Travis Masch, Berkeley, 510-525-0101, Travis@parallax.org