

White Heron Sangha Sunday Program Schedule Summary Spring 2018

*Unless otherwise indicated, meetings held Sunday evenings at 6:00pm at
White Heron Sangha Meditation Center, 6615 Bay Laurel Pl, Avila Beach CA 93424
You are invited to arrive any time after 5:30 for socializing before meditation begins.*

NOTE: Late changes may not be reflected here. Always consult the online events calendar for up-to-date information, additional details, and information about our other offerings such as classes and mid-week sittings.

March

3 4	SAT SUN	Retreat with Lama John Makransky
4	SUN	Retreat weekend -- no evening meeting
11	SUN	"Desire and Renunciation" - talk by Wendy Liepman
18	SUN	"For the Welfare of All" - recorded talk from Buddhist Peace Fellowship
25	SUN	"self and Self: Ego Identification and the Root of Suffering" - Michael Moran

April

1	SUN	Refuge Ceremony led by Mick Malotte
8	SUN	"Dealing with Difficult People" - talk and discussion - Bobbe Scott
15	SUN	"Core Insights of the Great Spiritual Traditions" - talk by Lynne Breakstone
22	SUN	"Developing Kindfulness" - talk by Carole Maurer
29	SUN	"Spiritual Bypassing" - talk by Mick Malotte

May

6	SUN	"Buddhism and Food" - talk by John Dilworth
13	SUN	"Maintaining Equanimity" - talk by Khaydroup Zangmo
20	SUN	"Musings on Self / Not-Self" - talk by Rosemary Donnell
27	SUN	"Emptiness" - talk by James Coleman