

# White Heron Sangha Sunday Program Schedule Summary Summer 2019

*Unless otherwise indicated, meetings are held Sunday evenings at 6:00pm at  
White Heron Sangha Meditation Center, 6615 Bay Laurel Pl, Avila Beach CA 93424*

*On the first Sunday of each month we have an optional Refuge Ceremony beginning at 5:30.  
On other Sundays you are invited to arrive any time after 5:30 for socializing.*

**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.**

## June

*(5:30 pm optional Refuge Ceremony)*

2 SUN "The Nature of Appreciation: How to Cultivate it in Our Lives" - Mike McGee

---

9 SUN "Therevada Buddhism" - talk by Rosemary Donnell

---

16 SUN Summer Solstice Music and Chanting

---

23 SUN Bring a Reading - Sylvia Alcon

---

30 SUN "R.A.I.N. with Ice: Applied Vipassana" - Mick Malotte

## July

7 SUN *(5:30 pm optional Refuge Ceremony)*  
"Reflections on Zen" - talk by Deborah West

---

14 SUN "Zen Awareness Practice and Money" - Judi Martindale

---

21 SUN ""The Dharma of Everyday Life" - Corey McIntyre

---

28 SUN ""Rules of the Dharma Road" - Gary Hill

## August

4 SUN *(5:30 pm optional Refuge Ceremony)*  
"Vajrayana Buddhism" - James Coleman

---

11 SAT *Weekend Retreat with Wes Nisker*

12 SUN *No Sunday evening meeting.*

---

18 SUN "Great Teachers: Shantideva" - Claudia Coleman

---

25 SUN "Prana in Everyday Life" - Laura Liss

---