

White Heron Sangha Sunday Program Schedule Summary Winter 2018-2019

*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.

December		
1	SAT	Weekend Retreat with Shaila Catherine
2	SUN	No Sunday evening meeting.
9	SUN	"The Power of Ritual" - Corey McIntyre and James Coleman
16	SUN	"The Secrets of Anti-Aging" - talk by visiting teacher Mujin Sunim
23	SUN	"Inhabiting Metta" - talk by Mick Malotte
30	SUN	"Gratefulness and Metta" - a New Year's Celebration
January		
6	SUN	<i>(5:30 pm optional Refuge Ceremony)</i> "A Look at the Light Side of Meditation" - talk and discussion - Sylvia Alcon
13	SUN	"Gratitude, Generosity, Joy, Love" - talk by Carole Maurer
20	SUN	"Reflections on Sexual Misconduct in Buddhist Sanghas" talk by Devin Wallace
27	SUN	Dharma talk by James Coleman
February		
3	SUN	<i>(5:30 pm optional Refuge Ceremony)</i> "Teaching Meditation in SLO County Jail" - talk by Corey McIntyre
10	SUN	"Warrior in the World" - talk by Joe Scalmamini
17	SUN	TBA - Please check website for listing
24	SUN	"Karma: What it Is and What it Isn't" - talk by Rosemary Donnell