

Calendar

Sunday Sittings

10:30 am to 12 noon

Every Sunday at 10:30am we meditate together for 30 minutes, followed by a talk or discussion till 12 noon. Everyone is then welcome to stay and socialize over refreshments till approximately 12:30, after which those who are interested usually go somewhere local for lunch. Our sittings are held at the San Francisco Buddhist Center, 37 Bartlett Street. (Look for the red door near 21st St between Mission and Valencia Streets).

MUNI: 14 Mission or 49 Van Ness-Mission, alight at 21st St, walk 1/2 block.

BART: 24th and Mission, walk 3 1/2 blocks. **PARKING:** on street (meters free on Sundays) or in adjacent New Mission Bartlett Garage. The Center is handicapped accessible.

Sunday Speakers

August 2 Dean Bellerby

What would it be like to stop interfering with our experience? To stop filtering each thing that happens to us through our history (why) and our future (what if), but to relax and experience it fully as it happens? Dean Bellerby is bringing this question to his Integral Coaching® practice and 'A Year To Live' groups, as well as to his own exploration of what it means to be fully human, fully spirit, and fully queer in the world. Dean has been a born-again Christian (including participating in an ex-gay ministry), an arguer with God, a Buddhist, and a Diamond Approach practitioner. He hasn't got a clue who he is now.

August 9 Teng How Bae

Teng How Bae is a Tai-Qi master teaching every weekend in Dolores Street Park in San Francisco. He discovered Tai-Qi back in the early 80's while running with Front Runners. He started his first class in South City and six months later he was hooked.

Teng How has been practicing daily for over 20 years. Of Tai-Qi he says, "Tai-Qi has been giving me a life force in many directions, e.g., focus, centering, calmness, alertness, energy, and body circulation. Tai-Qi is like food that I have to consume every day."

Teng How has been the GBF Treasurer for over 17 years, among his numerous other services to the sangha and larger community. His presentation will include beginner movements.

August 16 Open Discussion

Following our sitting meditation and tapping into our local wisdom, a facilitated small group Open Discussion will guide the dharma teaching period. Open Discussion becomes a prime opportunity to deepen our relationships with sangha members.

August 23 Jeffery Schneider

Jeffery Schneider is a priest at San Francisco Zen Center, where he has practiced since 1978. He began the Zen Center's program for people in recovery in 2000 and has taught and led retreats on Buddhism and Recovery in various places in California, Texas, Missouri and North Carolina. He is a member of the California Association of Alcohol/Drug Educators.

August 30 Shahara Godfrey

Shahara Godfrey has followed the teachings of the Buddha for over fourteen years with her primary practices in compassion and social activism. She has completed the Community Dharma Leaders training and the Path of Engagement programs at Spirit Rock. Shahara also is a teacher at the East Bay Meditation Center.

September 6 Inspirational Readings

Bring a favorite inspirational reading to share with the sangha following our regular 30 minute sitting. Keep it to 1-2 minutes in length. We welcome a brief and succinct personal commentary (1 minute) revealing how the reading you've selected to share has impacted your practice, your life. The genre of inspirational readings is limitless. In the past some have brought songs! You may bring poetry, scripture, prose, etc—anything you have read that is a source of insight.

September 13 Carol Newhouse

Carol Osmer Newhouse has studied Insight Meditation for more than twenty years and has been teaching for ten. Her root teacher is Ruth Denison, who was empowered by the great meditation master U Ba Khin of Burma. She has also studied with Dr. Rina Sircar at CIIS and Dr. Thynn Thynn in Daily Life Practice. She is the founding teacher of the Lesbian Buddhist Sangha in Berkeley.

September 20 Open Discussion

September 27 Barry Friedman

Barry has been studying Buddhism for twenty years, practicing meditation, prayer and martial arts. With graduate degrees in psychology, divinity studies and South Asian languages and civilizations, he combines a practice of depth psychotherapy with a study in the history of religions and world mythology. Barry is a licensed psychotherapist practicing in Oakland. He also teaches "Archetypal Mythology and Dreamwork" and facilitates a speaking circle at the Sophia Center of Holy Names University. His talk is called "Bringing the Shadow into the Light."