

# White Heron Sangha Sunday Program Schedule Summary Winter 2017-2018

*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.**

## December

3 SUN Refuge Ceremony - Led by Corey Mac

---

10 SUN "Right Effort and Right Mindfulness" - talk by James Coleman

---

17 SUN "No Mud, No Lotus" - video talk by Tara Brach

---

24 SUN Meditation - sit/walk/sit - plus extended tea time. Led by Mary Renard

---

31 SUN New Year's Eve at WHS  
4:00 - 7:30 Open meditation, 30 min periods.  
7:30 - 8:00 tea and socializing.  
Come for all or part!

## January

7 SUN "The Lojong Teachings, Part II" - talk by Lynne Breakstone

---

14 SUN "Imagining Liberation" - talk by James Coleman

---

21 SUN Bring a short reading to share - led by Sylvia Alcon

---

28 SUN "The Kleshas (Poisons)" - talk by Claudia Coleman

## February

4 SUN "The Completed Life and Peaceful Exit" - talk by Steven Marx

---

11 SUN "Active Compassion" - talk by Eric Zeeb

---

18 SUN "Beat Buddhism Revisited" - talk by Larry Inchausti

---

25 SUN "Can You Be a Christian Buddhist?" - talk by Brian Walker

---