

White Heron Sangha Program Schedule Summary

Winter 2016-17

*Unless otherwise indicated, meetings held Sunday evenings at 6:00pm at
Unity Church, 1130 Orcutt Road (at Fernwood), San Luis Obispo 93401*

NOTE: Late changes may not be reflected here. Always consult the online events calendar for up-to-date information (www.whiteheronsangha.org), as well as for additional details.

December 2016		
3	SAT	Weekend Retreat in Morro Bay with Shaila Catherine
4	SUN	
4	SUN	No evening meeting because of the retreat
11	SUN	<i>(5:00pm optional beginning meditation instruction)</i> Refuge Ceremony led by Bobbe Scott assisted by Carole Maurer
18	SUN	"The Buddha's Last Words and Their Relevance For Us Today" - talk by Rosemary Donnell
25	SUN	No meeting - Merry Christmas!
January 2017		
1	SUN	<i>(5:00pm optional beginning meditation instruction)</i> New Year Ceremony led by Corey McIntyre
8	SUN	"The Shamatha Project Revisited" - talk by Michael Moran
15	SUN	"Dharma Live" - Small group discussions about practice facilitated by some of our more experienced meditators. Come with your questions.
22	SUN	"My Favorite Teacher" - talk by Claudia Coleman
28	SAT	Weekend Retreat in Morro Bay with Stephen Snyder and Tina Rasmussen
29	SUN	
29	SUN	No evening meeting because of the retreat
February 2017		
5	SUN	<i>(5:00pm optional beginning meditation instruction)</i> "Spiritual Materialism" - panel discussion
12	SUN	"Cultivating Metta with the Humans of New York" - Mick Malotte
19	SUN	"Spiritual Practice with Animals, Part 2" - talk by Joan Carter
26	SUN	"Meditation for Robots?" - talk by Prof. Matt Moore

For more information, see www.whiteheronsangha.org