

## DIRECTORY OF SANGHAS PRACTICING IN THE PLUM VILLAGE TRADITION

Updated July 21, 2010

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To search for a name, press CTRL or Apple Key F, and then type your search term in the box.

NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
<b>ALASKA</b>							
Fireweed Sangha of Mindful Living	Anchorage	AK	99508	Leon Webber	ltw@alaska.net		907.360.3111
<b>ALABAMA</b>							
The Firefly Sangha	Birmingham	AL		Sharron Mendel	sharron_mendel@mindspring.com		(205) 401-7541
<b>ARKANSAS</b>							
Little Rock Ecumenical Buddhist Society	Little Rock	AR	72201	Tom Neale	Akasha Hull akashagh@comcast.net	ebslr.org	(501) 376-7056 or Tom- (501) 664-6052
<b>ARIZONA</b>							
Sacred Mountain Sangha	Flagstaff	AZ	86004	Niki and Greg Dalder	nssachs@msn.com		
Desert Cactus Sangha	Phoenix	AZ	85018	Marcie Colpas	mcolpas@yahoo.com		
Peace House	Phoenix	AZ	85042	Rev. Marvin Brown	marvin@mindfulnesspractice.com	http://www.mindfulnesspractice.com	
Blooming Desert Lotus Sangha	Sun City	AZ	85351	Kathleen Lawrence	ahbaha@cox.net	bloomingdesertlotus.org	623-977-1612
Singing Bird Sangha	Tucson	AZ		Julia Graf	jbgraf@msn.com	http://groups.yahoo.com/group/Singing_Bird_Sangha	520-318-0989
<b>CALIFORNIA</b>							
Ancient Forest Sangha	Arcata	CA	95521	Beth Schatzman	besrd@aol.com		
Buckeye Sangha	Berkeley	CA		Glen Schneider	glennyfrank@yahoo.com		510-644-1518
New Generation Sangha	Berkeley	CA		August	ngsangha@gmail.com	http://communityze.ro.com/ngs	415-821-4877
Family Sangha	Bonny Doon	CA	95060	Nicola Amadora			831-426-6599

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
Slowly Ripening Sangha	Chico	CA	95926	Bob Speer	bopob@comcast.net	<a href="http://www.skycreekdharmacenter.org">http://www.skycreekdharmacenter.org</a>	530-592-9945
Organic Garden Sangha	Culver City (West Los Angeles area)	CA	90232	Susan Silver (email) & Dollie Meyers (phone)	organicgardensangha@gmail.com		310-306-4789
Compassionate Heart Sangha	Encinitas	CA		Jan McClure	mc006@pacbell.net		(760) 613-2873
SpiritPoint Sangha	Escondido	CA	92026		spiritpoint@sbcglobal.net		
Deer Park Monastery	Escondido	CA	92026		deerpark@plumvillage.org	<a href="http://www.deerparkmonastery.org">http://www.deerparkmonastery.org</a>	(760) 291-1003
Orange Blossom Sangha	Escondido	CA		Peter and Rhoda Reilly			
Global Heart Sangha	Fairfax	CA	94930	Laurel Houghton or carolyn deFay	mindfullyoga@earthlink.net or cdefay@pacbell.net		415 454 0391 or 415 454 5179
Diving Deeper Sangha	Fort Bragg	CA	95437	Randy Bancroft			
Palm Tree Sangha (Xom Dua)	Fountain Valley	CA	92708		qhaduong@yahoo.com		(714) 963-8086
Sangha in the Woods	Garberville	CA	95542	Diane Richardson	drrich53@hotmail.com		707-923-3449
Hayward Fourfold Community Sangha - Hayward Buddhist	Hayward	CA	94545	Venerable Thich Tu-Luc or Vern Davison	thichtuluc@yahoo.com	<a href="http://www.compassiontemple.org">www.compassiontemple.org</a>	510-481-1577
Rainbow Falls Sangha	Irvine	CA	92603	Megan Doherty or Alex Slonick	mmdoherthy-legends@att.net	29 Rainbow Falls Second Thursday of each month - from 7 pm to 8:30	949.856.1606
Laguna Woods Sangha	Laguna Hill	CA		Adrienne Samson	adimail@yahoo.com		
Hummingbird Sangha	Lake Forest	CA	92630	Anissa Housley	anissahousley@yahoo.com	<a href="http://groups.yahoo.com/group/hummingbirdsangha/">http://groups.yahoo.com/group/hummingbirdsangha/</a>	949-273-6079
Sacred Sands Sangha	Lancaster	CA		Dianna Rimer	voicesinthesky@antelecom.net		(661) 256-7115

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Ocean Wave Sangha	Long Beach	CA		Susan Glogovac	glogovac@csulb.edu	<a href="http://esangha.squarespace.com/sangha-directory/">http://esangha.squarespace.com/sangha-directory/</a>	(562) 951-1999
Compassionate Heart Sangha	Los Angeles	CA			lachsangha@yahoo.com	<a href="http://groups.yahoo.com/group/lachsangha">http://groups.yahoo.com/group/lachsangha</a>	
Korean Sangha	Los Angeles	CA		Changok Kim	samyagvac@hanmail.net		
Malibu Sangha	Malibu Canyon	CA		Peter Kollock	malibu@esangha.org	<a href="http://www.esangha.org">http://www.esangha.org</a>	
Bolinas-Stinson Sangha	Marin County	CA		Carolyn DeFay	cdefay@pacbell.net		415-454-5179
Windsong Sangha	Merced	CA		Jule Marini Biesiada	juleb13@sbcglobal.net		209-384-2835
Modesto Lotus Blossom Sangha	Modesto	CA			donvance@sonic.net		
Blooming Lotus Sangha	Napa	CA		Christiane Tsouo Harvey	criss@crissart.net		
Mindfulness Diversity and Social Change Sangha	Oakland	CA		Victoria Mausisa or Asa Brown			510-316-8543 or 510-451-1892
Open Door Sangha (Monday nights)	Oakland	CA	94602	J. Caleb Cushing	calebcushing@sbcglobal.net		(510) 530-9340
Pot Luck Sangha (Sunday mornings)	Oakland	CA	94602	J. Caleb Cushing	calebcushing@sbcglobal.net		(510) 530-9340
Pink Moment Sangha	Ojai	CA	93023		pinkmomentsangha-owner@yahoogroups.com	<a href="http://groups.yahoo.com/group/pinkmomentsangha/">http://groups.yahoo.com/group/pinkmomentsangha/</a>	
Ojai Sangha @ Being Peace Zendo	Ojai	CA	93023	Kenley Neufeld	info@ojaimindfulness.org	<a href="http://www.ojaimindfulness.org">http://www.ojaimindfulness.org</a>	805-646-4832
Palo Alto Friends Mindfulness Sanghas	Palo Alto	CA		Susan Murphy	somurphy@earthlink.net		650-969-3452
Flowering Tree Sangha	Palo Alto	CA		Renée Burgard	reeneburgard@floweringtreesangha.org	<a href="http://www.floweringtreesangha.org">www.floweringtreesangha.org</a> 1st and 3rd Fridays from 6– 8 pm at	650-269-4807

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						541 Cowper Street, Suite C, Palo Alto (usually); please contact: to confirm location. Also 2nd and 4th Fridays from 6:30 to 7:30 at a sangha member's home; please write for more information.	
Sunday Morning Sangha	Portola Valley	CA	94028	Birgitte Moyer- Vinding and David Ostwald	bpmoyer@earthlink.net or dostwald@att.net	Sunday mornings from 9:30 to 11:45 a.m.	650-854-4157 or 650-854- 4596
River Oak Sangha	Redding	CA	96001	Terry Helbick- White	gregandterry@sbcglobal.net		530-243-2439
No Mud No Lotus Sangha	Redlands	CA	92374	Lynn Flewelling	otterdance2@roadrunner.com	Meets Thursdays at 7pm	
Riverside Smiling Sangha	Riverside	CA	92506	Kitty Huang	Krhuang@aol.com	Meets Mondays at 7pm	
Sacramento Buddhist Meditation Group	Sacramento	CA	95831	Terry Wenner or Helen Hobart	terrywenner@comcast.net. or hdhobart@aol.com	<a href="http://www.sbmgo.org">http://www.sbmgo.org</a>	
Mountain Sangha	San Anselmo	CA	94960	Jerome Freedman	jerome.freedman@mountainsa ngha.org		415-461-6476
San Diego Practitioners of Color	San Diego	CA		Jon Salunga	colorsofcompassion@yahoo.c om		760-484-0833
World Beat Sangha	San Diego	CA		Laura Hunter	earthlover@sbcglobal.net		760-740-9405
Peaceful Shores Sangha	San Diego (La Jolla Shores)	CA	92037	Jackie Booth	jbooth24@mac.com		

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Transformation Collective Sangha (Formerly Open Gate Sangha)	San Francisco	CA	94110	Kim and Michael	kim@kimiglinsky.com	<a href="http://www.meetup.com/transformation/calendar">http://www.meetup.com/transformation/calendar</a>	415 558 8994
Blooming Lotus Sangha	San Francisco	CA		Narayan	kay@kayheatherly.com		415-586-7574
Living Peace Meditation Community	San Francisco	CA		Karen Van Dine		<a href="http://livingpeacemeditation.org">http://livingpeacemeditation.org</a>	415-346-3923
Interfaith Buddhist Retreats	San Francisco and other cities/states	CA		Chi Sing	chising@aol.com	<a href="http://intermindful.com">http://intermindful.com</a>	(214) 929-8889 cell
The Zen Good Works Sangha	San Jose	CA		Jeff Paul and Michael Fallon	jpaul@sjsu.edu michael.fallon@sjsu.edu		408-808-2636 408 924-5440
Gentle Heart Sangha	San Mateo	CA	94401	Lance Miller	lanmill@earthlink.net	<a href="http://groups.yahoo.com/group/meditationgroupuubf">http://groups.yahoo.com/group/meditationgroupuubf</a>	(650) 340-9698
Meditation in the Library	Santa Barbara	CA	CA	Kenley Neufeld	neufeld@sbcc.edu	<a href="http://library.sbcc.edu">http://library.sbcc.edu</a>	805-965-0581 x2635
Santa Barbara Sangha	Santa Barbara	CA		Chris Dawkins	breathe_you_are_alive@yahoo.com	<a href="http://www.wabisabisangha.org">http://www.wabisabisangha.org</a>	805-452-8485
Fragrant Rose Sangha	Santa Rosa	CA		Natascha Bruckner	natascha@mindspring.com		707- 542-5401
Sky Mountain Sangha	Santa Rosa	CA	95404	Laury Rappaport	laury@focusingarts.com	1st and 3rd Sundays of each month starting September 2010, 4:00-5:30 PM. Location: 1515 Riebli Road Santa Rosa, CA 95404	707-569-6264
Green Gulch Farm	Sausalito	CA	94965	Wendy Johnson			(415) 383-3134

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Topanga Meditation Sangha	Topanga Canyon	CA	90290	Sherry Modell	Zabi123@aol.com	We meet the 2nd and 4th Sunday of the month from 4-6 pm.	310-993-3739
Truckee Sangha	Truckee	CA		Cathy Nason	cathynason@sbcglobal.net		530-587-0948
Ukiah Sangha	Ukiah	CA	95482	Jo-ann Rosen	bbdog@pacific.net		
Light Heart Sangha	Vacaville	CA	95687	John Salerno-White	lotusforyou@comcast.net		
Friendship Sangha of the Heart	Ventura	CA	93003	Neal Ortenberg	nealstuart@adelphia.net	www.uuventura.org	805-368-9835
Strawberry Blossom Sangha	Ventura County	CA		Carmen Kuchera	carmlight@aol.com		
Visalia	Visalia	CA			peacebuddha@aol.com		
Peaceful Heart Sangha	Walnut Creek	CA	94598	Chau and Jim Yoder	chauyoder@high-spirits.com		925-930-9894
Infinite Smile Sangha	Walnut Creek	CA	94598	Michael McAlister	michael@infinitesmile.org	www.infinitesmile.org	(925) 871-1622(925) 871-1622
		CA		Kitty Huang	Krhuang@aol.com	meets every Monday at 7pm	
<b>COLORADO</b>							
Spacious Heart Sangha	Boulder	CO			contact@ccml.info	http://www.ccml.info/index.php?sangha#spacious	(303) 545-2266
Mountain Stream Sangha	Boulder	CO		Jennifer Colton	jen@dennisprintingservice.com	http://groups.yahoo.com/group/mountainstream	303-530-3118
Seeds of Awakening Sangha	Boulder	CO		Frank McGill	frankmcgill@earthlink.net	http://www.ccml.info/index.php?sangha#seeds	(303) 443-4463

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Sun Mountain Sangha	Colorado Springs	CO	80903	Contact: Ellen Johnson-Fay or Tom Faudree:	ellenjf@q.com; tomfaudree@q.com ,	Inner Space Meditation room above Poor Richards Bookstore, 322 N.Tejon Street.	719.473-7059 or 719. 271.2595
Eyes of Compassion Sangha	Denver	CO	80210	Matt Sherman	Sherman.m@comcast.net	<a href="http://www.ccml.info">http://www.ccml.info</a>	303-885-3091
Peaceful Heart Sangha	Fort Collins	CO	80523	Viviane Ephraimson-Abt	peacefulhearts@gmail.com	<a href="http://www.ccml.info">http://www.ccml.info</a>	970-222-5590
Touching Peace Sangha	Gunnison	CO	81230	Belinda Angela Beal	belindaangelabeal@gmail.com	Wednesday evenings from 6:30 pm until 7:45 pm	960-596-2696
Lotus Blossom Sangha	Longmont	CO	80501	Janelle Combelic or Cliff Cusin	janelle.combelic@gmail.com or cliff@prairiemountain.org		303-772-0301
Full Moon Sangha		CO			bodhi1@wildblue.net		
<b>CONNECTICUT</b>							
Still River Sangha	Eastford	CT			duncanmary@charter.net		960-974-2021
Po Jama Sangha	Manchester	CT	06040	Tom Duva	tomduva1@yahoo.com		(860) 729-2342
Community of Mindfulness New London and Bellflower	Norwich	CT	06360	George Chaput	george.chaput@snet.net		(860) 889-0131
Harmony Sangha	Shelton	CT	06484	Bruce Nichols	bruce@peacepilgrim.org	<a href="http://www.harmonysangha.org">http://www.harmonysangha.org</a>	203-929-9739
Earth Holder Sangha	Southbury	CT	06488	Judith Stevens	judithstevens@charter.net		(203) 264-7807
Greater Hartford Sangha	West Hartford	CT	06107	Bill Williams	billwaw@comcast.net		(860) 561-3563
Fairfield County Sangha	Westport	CT	06880	Nanette Greene	nangreene@sbcglobal.net		(203) 615-3894
Willimantic Sangha	Willimantic	CT		Jean Jakoboski	jjakoboski@hotmail.com		860-423-3859
<b>DISTRICT OF COLUMBIA</b>							

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Washington Mindfulness Community FLORIDA	Washington	DC		Susan Hadler and Mary Hillebrand	info@mindfulnessdc.org	http://www.mindfulnessdc.org	
Azalea Sangha	Gainesville	FL	32605	Marty Clark	RMKC@cox.net		(352) 215-3962
The Live Oak Sangha	Gainesville	FL	32606	Mark Burlingame	mbburl@yahoo.com		(352) 377-7079
Indian River Mindfulness Group	Grant	FL	32949	Kathy Doner			(407) 725-3691
Key West Mindfulness Sangha	Key West	FL	33041	Roberta Marks	robmarks@aol.com		(305) 296-4427
Marco Island Community of Mindfulness	Marco Island	FL	34145	martina mcnaoe	mmcnaoe@gmail.com	http://www.meetup.com/Meditation-on-Marco	
Blue Ocean Sangha	Miami Beach	FL	33139	Antonio Brunner	info@blueoceansangha.org	http://www.blueoceansangha.org/	305-215-8110
Miami Beach Sangha	Miami Beach	FL	33140	David or Jill	taromuse@gmail.com miamibeachsangha@gmail.com m_dmc@mcburnett.com	http://www.miamibeachsangha.org	(305) 733-6234
Naples Community of Mindfulness	Naples	FL	34108	Fred Eppsteiner	naples-updates@floridamindfulness.org	http://www.floridamindfulness.org	
Fish Lake Sangha	Orlando	FL	32836	Bob Allen	pbroo2727@aol.com	www.fishlakesangha.org	407-257-2244
Broward Lotus Sangha	Pembroke Pines	FL	33024	Dr. Martha Martinez	info@BrowardLotusSangha.org	http://www.browardlotussangha.org/	(954) 665-4325
Lido Beach Mindfulness Group	Sarasota	FL	34236-2116	Bill Menza	wmenza@capaccess.org		(941) 929-1650
St. Petersburg Community of Mindfulness	St. Petersburg	FL	33705	Fred Eppsteiner	stpete-updates@floridamindfulness.org	http://www.floridamindfulness.org	
Tallahassee Community of Mindfulness	Tallahassee	FL	32312-2814	Ralph Dougherty	ralphd@chem.fsu.edu		850) 385-8358

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Tampa Community of Mindfulness	Tampa	FL	33606	Fred Eppsteiner		<a href="http://www.floridamindfulness.org">http://www.floridamindfulness.org</a>	
<b>GEORGIA</b>							
Breathing Heart Sangha	Atlanta	GA			Sangharus@yahoo.com	<a href="http://groups.yahoo.com/group/sangharus/">http://groups.yahoo.com/group/sangharus/</a>	
Live Oak Sangha	Savannah	GA		Jeremy Williams	Jeremyow@msn.com		912-604-4262
Heartpine Sangha	Statesboro	GA	30458	Virginia and Steve Black	heartpinesangha@gmail.com		912-764-3205
<b>HAWAII</b>							
Mindfulness Meditation Sangha	Hilo	HI	96721	Michael Donenfeld			(808) 933-9696
Honolulu Mindfulness Community	Honolulu	HI	96817	Ernestine Enomoto	enomotoe@hawaii.edu		(808) 521-9012
Wild Ginger Sangha	Kamuela	HI	96743	John Balaam	jbhi@aloha.net		(808) 885-5585
Dharma Friends	Kapaëau, HI	HI	96755	Arnie Kotler and Therese Fitzgerald	DharmaFriends@aol.com		(808) 889-6123
Still Life Sangha	Keaau	HI					(808) 966-5057
<b>IOWA</b>							
Des Moines Meditation and Mindfulness Group	Des Moines	IA		Charlie Day	charlesday1@mchsi.com		(515) 255-8398
<b>IDAHO</b>							
Beginner's Mind Sangha	Boise	ID	83705	Bill Woodall	nanaclaus@mac.com	<a href="http://www.beginnersmindsangha.org">www.beginnersmindsangha.org</a>	208-365-8393
Looking Deeply Mindfulness Group	Idaho Falls	ID	83401-2714	Jeffrey Trunzer	trunzida@yahoo.com		208-542-5131
<b>ILLINOIS</b>							
Mindfulness on the	Bloomington	IL		Marion C.	mcwillets2001@yahoo.com		309-820-1137

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Prairie Sangha				Willets			
Accidental Buddhist Sangha	Downers Grove	IL		Jack Hatfield	jackhat1@aol.com		(630) 375-0881
Lakeside Buddha Sangha	Evanston	IL	60201	Jack Lawlor			(847) 475-0080
INDIANA							
Blooming Lotus Sangha	Evansville	IN	47715	Jay and Holly Ziemer	holly@bloominglotussangha.org	http://www.bloomingtonlotussangha.org	812.774.7910
Mindful Heart Buddha Sangha	Evansville	IN	47708		mindfulheart@gmail.com	http://mindfulheartbuddhasangha.com	
Indiana Lotus Sangha	Terre Haute	IN	47802	Maxine N. Carter	foxridge@gte.net		(812) 299-2926
KANSAS							
Peace Sangha	Lawrence	KS	66046	Sven Erik Alstrom	alstrom@sbcglobal.net		(785) 749-1018
Mindfulness Practice Group of Kansas	Wichita	KS	67219	Thanh Duong	thanhvandung@hotmail.com	http://www.MindfulnessKS.org/	(316) 208-3565
KENTUCKY							
Louisville Community of Mindful Living	Louisville	KY	40206		tonyglare@insightbb.com	http://www.sanghalou.org	(502) 259-5373
LOUISIANA							
Shunyata Sangha/David Waite	Baton Rouge	LA		David Waite			(225) 763-9389
Blue Iris Sangha	New Orleans	LA	70117-8606	Charlie Bishop	chezbish@cox.net	http://BlueIrisSangha.org 7 PM every Monday 5212 South Claiborne Avenue (First Unitarian Universalist)	

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Church)							
MASSACHUSETTS							
Hopping Tree Sangha	Amherst	MA	01002	Wendy Germain		<a href="http://groups.yahoo.com/group/Hoppin_gtreesangha">http://groups.yahoo.com/group/Hoppin_gtreesangha</a>	
Mountain Bell Sangha	Belmont	MA		John Bell	<a href="mailto:jbelle@youthbuild.org">jbelle@youthbuild.org</a>		
Old Path Sangha	Boston	MA		Joan Schwartz	<a href="mailto:joanspider@gmail.com">joanspider@gmail.com</a>	<a href="http://bostonoldpath.org">http://bostonoldpath.org</a>	617-277-3424
Western Massachusetts Sangha	Conway	MA		Ann Gibson.			(413) 625-1094
Berkshire Mountain Sangha	Great Barrington	MA	01230	Sharon Coleman			(518) 325-6974
Path of Peace Sangha	Franklin	MA	02038	Susan Emmer Schmidt	<a href="mailto:emmerschmidt@verizon.net">emmerschmidt@verizon.net</a>		781-985-4911
The Joyful Heart Sangha	Duxbury	MA	02332	Rev. Catherine Cullen	<a href="mailto:joyfulheart@comcast.net">joyfulheart@comcast.net</a>	<a href="http://www.joyfulheartsangha.org">www.joyfulheartsangha.org</a>	(781) 934-6532
Cape Sangha	Hyannis	MA	02601	Jim Kershner	<a href="mailto:jkershner@capecod.edu">jkershner@capecod.edu</a>	<a href="http://www.capesangha.org">http://www.capesangha.org</a>	508-776-3606
Clock Tower Sangha of Magical Maynard	Maynard	MA	01754	Andrew Weiss	<a href="mailto:shakti@galaxy.net">shakti@galaxy.net</a>	<a href="http://members.aol.com/ctsangha">http://members.aol.com/ctsangha</a>	(978) 897-0796
Tufts University Sangha	Medford	MA		David Arond	<a href="mailto:darond@tufts.edu">darond@tufts.edu</a>	Meetings on Sunday evenings and Wednesday mornings. Days of Mindfulness each semester as well as university-wide mindfulness meals.	617 448 9909
Earth and Sky Sangha	North Adams	MA	01247	Ann Leonesio	<a href="mailto:gassho48@hotmail.com">gassho48@hotmail.com</a>		(413) 663-5205
The House Sangha of Salem and Marblehead	Salem	MA	01970	Robert Wall	<a href="mailto:wall.r@comcast.net">wall.r@comcast.net</a>		978-745-3806

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
West County Sangha MARYLAND	Shelburne Falls	MA	01370	Pru Grand	pru@wilderwindy.com		413 625 9495
Mindfulness Practice Group of Annapolis	Annapolis	MD	21401	Phyllis Culham	mpg@uuca-md.org	<a href="http://www.mpg-annapolis.org/">http://www.mpg-annapolis.org/</a>	(410) 266-8044
The Lotus Heart Mindfulness Community	Baltimore	MD	21211	Michael Goodman	m_goodman33@hotmail.com	<a href="http://www.lotusheartsangha.com">http://www.lotusheartsangha.com</a>	(410) 833-6685
Fresh Breeze Mindfulness Sangha	Baltimore	MD		Carol Fegan	freshbreeze@earthlink.net		(410) 323-2180
True Names Sangha	Baltimore	MD		Lee Stierhoff	leestierhoff@gmail.com	Monday evening @ Breath Books 811 W. 36th st. Baltimore Md 21211	443-610- 0518
Lotus Moon Mindfulness Sangha	Berlin	MD	21811	Chantal Wilkins	Namaste8341@aol.com		(410-) 251- 9982
Still Water Mindfulness Practice Center	Takoma Park	MD	20913	Mitchell Ratner	info@stillwaterMPC.org	<a href="http://www.StillWaterMPC.org">http://www.StillWaterMPC.org</a>	301 270 8353
Christ Church Mindful Meditation Group MAINE	West River	MD	20764	Richard Crenshaw	richard@maggiesmusic.com		443-223--0234
Peaceful Heart Sangha	Augusta	ME	04355	Marty Soule	martysoule@gmail.com	Every Mon. & Wed. 6:30 - 8 PM at the UU Community Church in Augusta, ME.	207-685-9270
Still Water Sangha	Bangor	ME	04401	Theodate Lawlor	Theodate52@gmail.com	sws.norumbega.net	207-866-3244
Mountain Heart Sangha	Bethel	ME	04217	Cynthia Handlen	cynthia.handlen@gmail.com		207-671-1532
True Heart Sangha	Lincolntonville	ME	04849	Peggy Smith	psmith@tidewater.net		207-789-5299
Peaceful Action Sangha	Milbridge	ME	04658	Judith Toland			(207) 546-4244

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
Portland Zen Meditation Center	Portland	ME	04102	Keith Walker	walkerpottery@yahoo.com		(207) 773-8480
Open Heart Sangha	Yarmouth	ME		Tania Jo Hathaway Dave Trafton	taniajo@maine.rr.com	www.openheartsangha.org	Tania: 207-846-0484 or 207-749-3022 Dave: 207-774-1599
Open Heart Sangha North	Bath	ME	04530	Eric Winne		www.openheartsangha.org	207-371-2037
<b>MICHIGAN</b>							
Huron River Sangha	Ann Arbor	MI		Mary Tillinghast	marytillinghast@gmail.com		248-761-4456 or 734-645-1395
Chua Tam Quang/Clear Mind Temple	Bradley	MI	49311	Ian Speed	ian_speed@hotmail.com		(616) 983-4585
Dancing Rabbit Sangha	Elk Rapids	MI	49629	Trisha Perlman			(213) 264-8813
The Lansing Area Mindfulness Community	Lansing	MI	48910-2956	Tara Scott	email: dharma_yoga@hotmail.com	www.lamc.info	
Serene Jewel Sangha	Petoskey	MI	49770	Michael Winnell	serene.jewel@gmail.com		231-347-5557
<b>MINNESOTA</b>							
Blooming Heart Sangha	Minneapolis	MN	55406	Judith Lies		http://www.bloomingheart.org	(612) 724-8168
Compassionate Ocean Dharma Center	Minneapolis	MN	55408	Joel Snyder O'Neal and Michael O'Neal	meditate@oceandharma.org	http://www.oceandharma.org	(612) 825-7658
Awaken to Life	Plymouth	MN		Eric Putkonen	eputkonen@gmail.com		763-383-6040
<b>MISSOURI</b>							
Heartland Community of Mindful Living	Kansas City	MO	64112-1806	David or Bethany	info@mindfulnesskc.org	mindfulnesskc.org	(816) 333-3043

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
<b>MONTANA</b>							
Flowing Mountains Sangha	Helena	MT	59601	Zan Murray	mtmurrays@earthlink.net		(406) 495-0290
Open Way Sangha	Missoula	MT	59801	Rowan Conrad or Greg Grallo	Conradrw@aol.com or ggrallo@gmail.com	Www.openway.org	(406) 549-9005
Open Sky Sangha	Kalispell	MT	59901	Gina Garlie	openskysangha@gmail.com	810 3rd Ave. E. Kalispell, MT 59901	406-871-3237
<b>NORTH CAROLINA</b>							
Mountain Mindfulness	Asheville	NC	28801	Anna or Mary Ann	mountainmindfulness@gmail.com		828: 684-7359 or 299-9382
Cloud Cottage Sangha	Black Mountain	NC	28711-0652	Judith and Philip Toy	cloudcottage@bellsouth.net	http://www.cloudcottage.org	(828) 669-0920
Falling Water Sangha / UU of Transylvania County	Brevard	NC	28712	Leslie Henry	leslieph@citcom.net		828-862-6828
Charlotte Community of Mindfulness	Charlotte	NC	28278	Leslie Rawls	sangha@charlottemindfulness.org	http://www.charlottemindfulness.org	(704) 583-1279
Mindfulness Practice Center of Durham	Durham	NC	27701-1260	Bud Reiter-Lavery	budrl@earthlink.net	http://www.meditation-durham.org	(919) 667-0965
Deep River Sangha	Jamestown	NC	27282	Bill Patterson	bill@deepriversangha.org	http://deepriversangha.org	(336) 218-0810
Community of Mindful Living-UUFR	Raleigh	NC	27607	Gail O'Brien	Gail_O'Brien@ncsu.edu	http://uufr.org/community/fellowship/community-of-mindful-living	(919) 833-4027
Healing Springs Community of Mindful	Red Springs	NC	28377	Emily Whittle	emilywhittle@nc.rr.com		(910) 843-2427

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<b>Living</b>							
Joyful Mountain Sangha	Waynesville	NC	28786	Steve. Betsy. or Kristen Wall			(828) 452-7171
<b>NEBRASKA</b>							
Honey Locust Sangha	Omaha	NE	68131	Mike McMahon			(402) 558-3112
<b>NEW HAMPSHIRE</b>							
Peaceful Pathways Sangha	Stoddard	NH	03464	Barbara Cleland	barbaracleland@ymail.com		603-446-3414
Monadnock Mindfulness Practice Center	Keene	NH	03431	Tom Bassarear		<a href="http://www.mindfulness.us">http://www.mindfulness.us</a>	(603) 357-8325
Seacoast Wellness Center	Portsmouth	NH	03801	Avi Magidoff	info@seacoastwellnesscenter.com	<a href="http://www.seacoastwellnesscenter.com">www.seacoastwellnesscenter.com</a> A Mindfulness Practice Centre and community clinic 135 McDonough Street	603-531-3130
Portsmouth Mindfulness Community	Portsmouth	NH	03801	Avi Magidoff	avim@acupuncturemedical.org		603-501-0707
Peaceful Pathways Sangha	Stoddard	NH		Barbara Cleland	barbaracleland@Ymail.com		
MorningSun	Temple	NH		Micael and Fern	hienji@yahoo.com	<a href="http://morningsuncommunity.org">http://morningsuncommunity.org</a>	
Mindfulness Practice Center of the Upper Valley	White River	NH	05001		bineke@vermontel.net	<a href="http://www.mpcenter.org">http://www.mpcenter.org</a>	802-436-1136
Southern New Hampshire Sangha	Windham	NH	03087	Robert Pollina	inquiry@nhsangha.org	<a href="http://www.nhsangha.org">http://www.nhsangha.org</a>	(603) 898-8719
<b>NEW JERSEY</b>							
Hunterdon Meditation	Annandale	NJ	08801	Deedee	newmoves@mindspring.com		(908) 832-7044

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Circle Mindfulness by the Shore	Colts Neck	NJ	07722	Eisenberg Judy Weaver	jsweave9@aol.com		(732) 946-9125
Practice Community at Franklin Lakes	Franklin Lakes	NJ	07417	Janice Rubin	grimalkinj@verizon.net	<a href="http://www.tnhsangha.org">http://www.tnhsangha.org</a>	201 337-6478
Sun of Awareness Sangha	Jersey City	NJ	07302	Tiina Medel Brian Gill	ajmedel@earthlink.net inthemask@aol.com		
Buddhist Sangha of South Jersey	Medford Lakes	NJ	08055	Walt Lyons	buddhistsangha@earthlink.net	<a href="http://buddhistsangha.tripod.com/">http://buddhistsangha.tripod.com/</a>	Tel: (609) 953-921
Melissa Bailey	Princeton	NJ	08540		mgbnemesi@aol.com		Tel: (609) 924-8128
Heart of the Lotus Sangha	Princeton	NJ		Pat Morris	pmorrisb@gmail.com	<a href="http://www.cmlofp-rinceton.org">http://www.cmlofp-rinceton.org</a>	Tel: (732) 777-0686
Orange Maple Sangha	South Orange	NJ	07079	Mollie O'Brien, Jean Vitrano	mollieobrien@yahoo.com		Tel: (973) 762-3356
<b>NEW MEXICO</b>							
Turtleback Mountain Sangha	Truth or Consequences	NM		Rick Fendrick	lotus2b@yahoo.com		
Lotus in the Desert Zen Center	Belen	NM	87002	Ted Hodoba	thodoba@hotmail.com		Tel: (505)864-0614
Rainbow Sangha	Albuquerque	NM		David Percival	dperciva@unm.edu		Tel: (505) 266-9042
Las Cruces Sangha	Las Cruces	NM	88011	Reba Smith	reba@zianet.com		Tel: (505) 522-0691
Mindful Heart Sangha	Placitas	NM	87043	Lorena Monda	lorenamon@aol.com		Tel: (505) 867-8623
Desert Rain Sangha	Santa Fe	NM	87501	Mary Keough	mary@marikio.com		
Blooming Lotus Sangha	Silver City	NM		George Farmer	geofarm_78729@yahoo.com	<a href="http://groups.yahoo.com/group/Bloomi">http://groups.yahoo.com/group/Bloomi</a>	575-313-7417

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
ngLotusSangha/							
Open Heart Sangha	Taos	NM	87571	Stephen Rose	roselaw@laplaza.org		Tel: (505) 758-1290
NEVADA							
Dharma Zephyr Sangha	Carson City	NV	89704	Kathy Schwerin			(775) 882-4980
Desert Blossom/Tuesday Night Mindfulness Group	Las Vegas	NV	89128	Brian Kimmel	brian@briankimmel.com	www.voicefromthesource.com	702-461-8422
Craig Merrill	Sparks	NV			scc@sdi.net		(775) 720-6277
NEW YORK							
Village Moon Sangha	Albany	NY		Dan Sedia & Lori Leonard	mjscottny@verizon.net		(518) 475-9468
Rock Blossom Sangha	Brooklyn	NY	11215	Claire	rockblossomsangha@gmail.com	http://www.rockblossom.org	718-857-8665
Buffalo Peaceful Heart Mindfulness Community	Buffalo	NY		Marguerite Battaglia-Evans, Azara Turaki	mbattagliaevans@hotmail.com	http://groups.yahoo.com/group/Buffalopeacefulheartssangha	716-877-5716, 585-802-3833
Chua Tu Hieu Buddhist Cultural Center	Cheektowaga	NY	14225	Tam Hoa Ai	ReverendKoshu@aol.com		(716) 891-4594
Cedar Cabin Sangha	Ithaca	NY	14850	Pamela Goddard	pamela@tedcrane.com		(60) 273-8678
Green Island Sangha	Manhasset	NY	11030		grnislansangha@aol.com	ttp://greenislansangha.blogspot.com	
Gentle Mountain Sangha	Nanuet	NY	10954	Ivette Lenard, Judy Myerson	ivettelenard@gmail.com		(845)627-1575; (845)358-4094

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Community of Mindfulness/ New York Metro	New York City	NY		David	davidrflint@gmail.com	<a href="http://www.communityofmindfulnessnewyorkmetro.blogspot.com">http://www.communityofmindfulnessnewyorkmetro.blogspot.com</a> --for all New York City area sanghas; <a href="http://www.rockblossom.org">www.rockblossom.org</a> for Brooklyn only; <a href="http://www.buddingflower.org">www.buddingflower.org</a> for mid-Hudson valley	917-543-6485
Joyful Sounding Sangha	New York	NY	10003	Lois Penn	juliar@pipeline.com	First Saturday of every month, 10 am to 12:30 pm	
Budding Flower Sangha	Newburgh, New Paltz, Poughkeepsie	NY		Edward, Jamie, Linda	edwardpierce@lycos.com, jamierusek@aol.com, revlin23@aol.com	<a href="http://buddingflowersangha.org">http://buddingflowersangha.org</a>	845.496.8309, 845.462.0916, 845.706.7944
Sangha on the Hudson	Piermont	NY		Heidi Spitzer	heidi85@mac.com		845-365-3778
Many Branches Sangha	Pleasantville	NY		Victor B. Fama Rita Nickle	vb fama@yahoo.com mynickle@aol.com		914-433-8176 914-923-0140
Morning Star Sangha	Queens	NY		Tasha Chuang or Walter Lyons	sukhadesign@hotmail.com or wllfh@aol.com		718.440.9764
Rhinebeck Zen Center	Rhinebeck	NY	12572	Bill Del Conte	billdelconte@yahoo.com		(914) 757-3211
Blooming Lilac Sangha	Rochester	NY	14543	Janet Chaize	jchaize@rochester.rr.com		(585) 533-1461
Quiet Harbor Sangha	Rye	NY	10580	Diane Negvesky	greggststephenhill@yahoo.com	<a href="http://www.wainwright.org/meditationgroups.htm">http://www.wainwright.org/meditationgroups.htm</a>	914-967-6080 ext. 102
Living Waters Sangha	Saratoga Springs	NY	12866	Aaron Broadwell	g.broadwell@gmail.com	<a href="http://www.livingwaterssangha.org">http://www.livingwaterssangha.org</a>	(518)-306-4239
Jeddah Vailakis	Saugerties	NY	12477	Jeddah Vailakis	jeddah7@earthlink.net		(845) 246-9102

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
Kingfisher Sangha	Schenectady	NY	12309	Starr DiCiurcio	StarrRegan@aol.com	www.kingfishersangha.com	518-793-7501
Sunshine Sangha	Smithtown	NY	11787	Ron	ronlandsel@hotmail.com	Sunday morning at 9-00 AM to 11:00 AM	
Jayne Demakos	Valois	NY	12888	Jayne Demakos	HJS@lightlink.com		(607) 277-5685
Catskill Mountain Sangha	Woodstock	NY	12498	Vita Brigitte, Roth D'Orsay and Roberta Wall	artdivin@yahoo.com		(845) 684-5022
Blue Sky Sangha	Woodstock	NY		Patricia Brescia	patriciabrescia74@yahoo.com		
Quiet Mountain Sangha	Yonkers	NY		Meryl Bovard	Merylbovard@aol.com		(914) 967-1219
Cedar Knolls Sangha	Yonkers	NY		George Chen			914 337-6388
OHIO							
Eastside Sangha	Cincinnati	OH	45245	Paul Davis (513) 943-9230	quest4pce@yahoo.com	http://groups.yahoo.com/group/Eastsidesangha/	Paul Davis
Bliss Run Sangha	Columbus	OH	43209	Diane Strausser	diane@successfulrelationships.com		614 238-3915
Blue Heron Sangha	Columbus	OH	43219	Sandy Coen	scoen@columbus.rr.com		614-268-0838
Flowing Waters Sangha	Toledo	OH	43615	Lynn Lyle	lynnlyle@bex.net		(419) 534-3063
OKLAHOMA							
One Heart Sangha	Cushing	OK	74023-5876	Ken Crockett	kencrockett@hotmail.com		(918) 225-4508
Red Earth Sangha	Edmond	OK	73034	Laura and Bruce Lochner	laura_lochner127@hotmail.com		(405) 323-6784
Norman Sangha	Norman	OK	73069	Jessica Vanlandingham or Susan Cogan	rubyaquastars@gmail.com or sbcogan@cox.net	Meets every Saturday, 11am-noon ish.	405-919-9774
Prairie Wind Sangha	Oklahoma City	OK	73112	Patricia Webb & David McCleskey	prairiewindsangha@cox.net		405-602-5283
Singing Stones Sangha	Sapulpa	OK		Rev. Anne			918-227-4716

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Clement							
OREGON							
Peaceful Refuge Sangha	Ashland	OR		Rachelle Schaaf	info@peacefulrefugesangha.com	peacefulrefugesangha.org	541. 778-1637
Hummingbird Sangha	Ashland	OR	97520	Cheryl Beth Diamond	cbsdiamond@aol.com		520-490-9497
Ashland Mindfulness Sangha	Ashland	OR		Sheila Canal	mimesh@jeffnet.org	www.cmloregon.org	(541) 482-8467
Five Stones Sangha	Corvallis	OR	97330	Ken Oefelein		fivestonessangha.org	541-760-9760
Community of Mindful Living/ The Cedar Sangha	Eugene	OR	97405	Nancy Nina	nanagaia@efn.org		(541) 343-5528
Pear Blossom Sangha	Jacksonville	OR	97530	Bob Naymik	bobsue@jeffnet.org		(541) 779-5810
Portland Community of Mindful Living	Portland	OR	97203	Margaret Kirschner	kirschie83@gmail.com		(503) 285-8897
Joyful Refuge Sangha	Portland	OR	97213	Kri Schlafer	cricketsong@hevanet.com		(503) 236-2872
Miracle of Mindfulness Practice Sangha	Portland	OR		Denise Segor	miracleofmindfulness@gmail.com		(503) 939-6346
Umpqua Area Mindfulness Sangha	Roseburg	OR	97470	Hope Lindsay or Beth Brown	holivaca@cmspan.net		(541) 673-5172
River Sangha	Salem	OR	97304	Jerry Braza	jfbraza@comcast.net		(503) 391-1284
PENNSYLVANIA							
Willow Branch Sangha	Chadds Ford	PA	19317-9732	Dat Nguyen	dn@willowbranch.org	www.willowbranch.org	(610) 388-1257
Inner Harmony Sangha	Clarks Summit	PA	18411	Peter Amato	peteramato@aol.com		(570) 585-4040
Dharma Moon Sangha	Lehigh Valley	PA	18049	Michael Gill	emmaussangha@gmail.com		

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Friends in the Dharma	Erie	PA	16510	Russell Piechotka	rpiechotka@yahoo.com	<a href="https://sites.google.com/site/friendsinthedharma/">https://sites.google.com/site/friendsinthedharma/</a>	(814) 898-3862
Open Hearth Sangha	Fort Washington	PA	19034	David Dimmack			(215) 283-8787
Hawk Mountain Sangha	Kempton	PA	19529	Lee Simpson	fluttering2@yahoo.com		
Mt. Equity Sangha	Muncy	PA	17756	P. Dai-En Bennage		<a href="http://www.mtequity.org">http://www.mtequity.org</a>	Tel & Fax: (717) 546-2784
Old Path Sangha	New Hope	PA	18938	Denise Glover	info@oldpathsangha.org	<a href="http://www.oldpathsangha.org">www.oldpathsangha.org</a>	215 230 4838
Lilac Breeze Sangha	Philadelphia	PA	10192	Sylvia Brown	bpu30973@gmail.com		484-574-6819
Peaceful City Sangha	Philadelphia	PA	19103	Sara Becker	info@peacefulcity.org	<a href="http://peacefulcity.org/">http://peacefulcity.org/</a>	215-852-4375
Laughing Rivers Sangha	Pittsburgh	PA	15206	Deborah Brooks	dleebrooks@gmail.com	<a href="http://www.laughingrivers.org">http://www.laughingrivers.org</a>	(412) 241-1649
University of Scranton Sangha	Scranton	PA	18510	Cathy Mascelli	mascellic2@scranton.edu		
Tree of Life Healing Associates	York	PA	17402	Bob Hayes	yogawithbob@yahoo.com		(717) 741-2119
RHODE ISLAND							
Mind Tamers	Barrington	RI	02886	Don Meegan	meeg13@gmail.com		401 253-4624
Clear Heart Sangha	Matunuck	RI	02879	Joanne and Richard Friday	ItsFriday@aol.com	<a href="http://www.clearheartartsangha.org/">http://www.clearheartartsangha.org/</a>	(401) 789-8158
Radiant Bell Sangha	Providence	RI		Robert Rosa		robert_rosa@brown.edu	
SOUTH CAROLINA							
Sea Island Sangha	Beaufort	SC	29907	Frances Kuzinski	kuzkats@embarqmail.com		(843) 597-4418
Palmetto Sangha	Bluffton/Hilton Head	SC		Jeremy Williams		Jeremyow@msn.com	912-701-5771
Spartanburg Community	Spartanburg	SC		John Neel	sptgmindfulness@chesnet.net		(864) 680-4378

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of Mindfulness							
TENNESSEE							
Sangha of Clarksville	Clarksville	TN			Pondapple@Aol.Com		
Knoxville Mindfulness Meditation	Knoxville	TN			info@knoxmindful.org	http://knoxmindful.org/	
Magnolia Village Sangha	Memphis Area	TN		Barrett & Elizabeth Owens	magnoliavillage123@yahoo.com	http://www.magnoliavillagesangha.org	
Magnolia Village Sangha	Memphis Area	TN			magnoliavillage123@yahoo.com	www.magnoliavillagesangha.org	
Nashville Mindfulness Center	Nashville	TN	37221	Skip Ewing Ordained OI Member	Compassion@NashvilleMindfulness.org	www.NashvilleMindfulness.org	(615) 673-3366
Circle of Friends Sangha	Nashville	TN		Tanya Touchstone	starseeker37215@yahoo.com	http://groups.yahoo.com/group/CircleOfFriendsMeditation/	(615) 298-1511
TEXAS							
Plum Blossom Sangha	Austin	TX	78704	Terry Cortés-Vega	terrycortes@sbcglobal.net	http://plumblossomsangha.org EastSide Yoga, 6-8 p.m. on Sundays	512 272 9910
Trinity River Sangha (Community of Mindful Living)	Dallas	TX	75231	Br. Chi Sing, Order of Interbeing	ChiSing@aol.com	intermindful.com	(214) 929-8889 cell
Sangha of the Rio Grande Valley	Harlingen	TX	78552	Mark Matthews	legomattthews@msn.com		(956) 412-8483
Mindfulness Practice Community of Houston	Houston	TX	77006	Kevin York	mindfulness_houston@yahoo.com	http://www.mpchoouston.org	(832) - 620 - 3424
The Wholeness Center	San Antonio	TX	78212	Sid Kemp and Kris Lindbeck	sid@qualitytechnology.com		(210) 820-0551

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
<b>UTAH</b>							
Barb Eastman 1566	Salt Lake City	UT	84105		tombarpaul@hotmail.com		(801)466-0542
<b>VIRGINIA</b>							
Cloud Floating Free Sangha	Charlottesville	VA	22901	Pam Perugi Marraccini	pam.perugi@gmail.com	http://www.cloudfloatingfree.org	434-825-0145
Lotus River Sangha	Danville	VA	24541	Eric Petry		www.yoga-wellness.com	(434) 822-0007
Mindfulness Community of Hampton Roads	Norfolk	VA	23507	Allen Sandler	ASandler@odu.edu	http://www.mindfulnesscommunityofhr.com	(757) 625-6367
Mindfulness Practice Center of Fairfax	Oakton	VA	22124	Anh-Huong Nguyen and Thu Nguyen	chantri@crpcv.org	http://mpcf.org	(703) 938-1377
Heart of the Blue Ridge	Roanoke	VA		Laurie Seidel	blueridgesangha@yahoo.com	http://heartoftheblueridgesangha.wordpress.com	540-309-8664
True Home Sangha	Virginia Beach	VA		Steven Emmanuel	semmanuel@vwc.edu	www.truehomesangha.com	(757) 455-3405
<b>VERMONT</b>							
Mountains and Rivers Mindfulness Community	Brattleboro	VT	05301	El Dearborn	mountainsandriversmc@myfairpoint.net		802-387-2382
Gentle Heart Sangha	Burlington	VT	05401	Paul Caron	pauljosephc@myfairpoint.net	http://groups.yahoo.com/group/gentleheartsangha/	802 870 1042
Charlotte Sangha	Charlotte	VT	05445	Holly Sullivan	hollysull@earthlink.net		802-425 3092
Two Rivers	Johnson	VT		Zelda	zelda_g27@hotmail.com		802 635-2955
Mountains and Rivers Mindfulness Community	Putney	VT	05346	El Dearborn	mountainsandriversmc@myfairpoint.net		802-387-2382
Wonderful Moment	Putney	VT					

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NAME	CITY	ST	ZIP	CONTACT NAME	CONTACT EMAIL (may be multiple listed)	WEB SITE and other details	TELEPHONE
Sangha Evergreen Sangha	So. Burlington	VT	05403	Mary Alice Schatzle			(802) 985-3177
Mindfulness Practice Center of the Upper Valley	White River	VT	05001			<a href="http://www.mpcenter.org">http://www.mpcenter.org</a>	(802) 280-9903
WASHINGTON							
The Braided Way Sangha	Battle Ground	WA	98604	Rev. Jayna Gieber	Heartpeople@aol.com		(360) 666-4942
Breath of the Heart Sangha	Belfair	WA	98528	Katie Kendrick	katiwalt@earthlink.net		(360) 275-5088
Bellingham Mindfulness Community	Bellingham	WA	98225	Eileen Kiera	ml-info@mountainlamp.org	<a href="http://BellinghamMindfulness.org">http://Bellingham Mindfulness.org</a>	(360)592-0600
Mountain Lamp Community	Deming	WA	98244	Eileen Kiera	ml-info@mountainlamp.org	<a href="http://www.mountainlamp.org">www.mountainlamp.org</a>	(360) 592-0600
Island Sangha	Guemes Island	WA	98221	Jon Prescott, True Recollection of Radiance			360-929-6996
Friends In Mindfulness	Langley	WA	98260-0299	Sal Barba			(360) 579-2008
Morning Light Sangha	Lopez Island	WA	98261	Lorrie Harrison	lorrie_harrison@yahoo.com	<a href="http://www.morninglightsangha.org">www.morninglight sangha.org</a>	360-468-2213
Ocean of Compassion	Olympia	WA	98508	Heinz & Bridgette Becker			
Laughing Frog Sangha	Poulsbo	WA	98370	Carol Ann Stockton and Ed Brown			(360) 598-4247
Peach Tea Sangha	Seattle	WA	98115	Laura-Mae Baldwin	lmb@u.washington.edu		(206) 527-0797
Mindfulness Community of Puget Sound	Seattle	WA	98144		michael_melancon@yahoo.com	<a href="http://www.mindfulnesspugetsound.org">http://www.mindfu lnesspugetsound.or g</a>	(206) 419-8358
Hopping Frog Sangha	Vashon Island	WA	98070	Beverly Naidus	bnaidus@u.washington.edu		206-463-4223

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and Bob Spivey							
<b>WISCONSIN</b>							
True North Mindfulness Community	Luck	WI		Onnie Thatcher Jen Stewart	Truenorthmindfulnesscommunity@gmail.com	Meet Thursday evenings @ 6pm	715-472-4000; 651-491-4366
SnowFlower Sangha	Madison	WI	53711	Jane Peckham	jmpeckham@charter.net	http://www.snowflower.org	(608)829-2466
Order of Rag Tag Buddhists	Menomonie	WI	54751	Marion and Warren Lang	marionlang@charter.net		(715) 235-5686
Mindfulness Practice Center of Milwaukee	Milwaukee	WI	53211	Paul Norton	Milwmindful@hotmail.com	www.milwaukeeimindfulness.com	
Smiling Dandelion Sangha	Appleton	WI	54912	Margaret Alexander, Jenny Straight, Nell Govek		smilingdandelion@gmail.com	920-915-7837, 920-729-4981, and 920-836-3000
<b>WEST VIRGINIA</b>							
Huntington Sangha	Huntington	WV		Soujourner	MindfulnessMeditation@hotmail.com	http://groups.yahoo.com/group/HuntingtonSangha	
<b>WYOMING</b>							
Laramie Buddhist Meditation at the Yoga Center	Laramie	WY	82070	Connie Brizuela	hanuman@uwoyo.edu		307-742-0205
Snowflake Sangha	Jackson	WY		Kristine Dyke or Sam Singer			307-699-3407 or 307-413-4779