Tassajara, one of three practice communities belonging to the San Francisco Zen Center (SFZC) has faced four life-threatening fires in its five decades of operation. "Preparing to meet a fire is to experience the truth of impermanence in an incredibly profound and direct way. Like birth, or death, fire has its own timeline…Entering deeply into the fire's time, it became possible to meet the multiple changes of direction or plan with curiosity, inquiry, and patience," says Linda Galijan, President of the San Francisco Zen Center. (From Lion's Roar, October 13, 2016)

COVID19 and our current fire dangers are just one more experience to add to our stressed lives. Can Meditation help us control or tame the fire of anger and fear within? Come explore coping with stress and other strategies surrounding meditation and Buddhism.