

Cultivating Compassion in Ourselves and with our Communities

When: Sunday, December 13, 2009
9:30 am to 4:30 pm

Where: East Bay Meditation Center
(EBMC)
2147 Broadway St, Oakland 94612
(near the 19th Street BART station in downtown Oakland)

Cost: *The teachings are regarded as priceless. They are offered without charge. You are invited to support the teaching and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the Meditation Center and the support of the teachers.*

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Alphabet Retreat Dec.13."

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

EBMC is wheel chair accessible.



Joan Doyle started the East Bay LGBTQ Vipassana group that has grown into EBMC's Alphabet Sangha for LGBTQI and same-gender loving practitioners. Joan has been meditating and practicing Dharma for over a decade and has completed Spirit Rock's Dedicated Practitioner's Program.

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.

Bang Nguyen first practiced meditation and chanting in 1968 during the war in Vietnam. Since 1998, he has been practicing meditation with people of color, LGBTQI, and multicultural communities at Deer Park Monastery in the tradition of Thich Nhat Hanh, San Francisco Zen Center, and East Bay Meditation Center.

Phyllis Oscar has been practicing Vipassana meditation since 1989 in Thailand, India, and the U.S. and has completed Spirit Rock's Dedicated Practitioner's Program. She currently serves on the Buddhist Peace Fellowship's Board of Directors.



In this daylong retreat, we will explore heart practices that help us cultivate an understanding of compassion both for ourselves and for our community. We will come together with other members of the Alphabet Sangha (a.k.a. LGBTQI/SGL, the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex & Same-Gender Loving communities) to deepen our practice for ourselves and to strengthen the ties of our diverse community.

