

Saturday, July 31, 2010; 10am-5pm

# Be Still and Know: BUDDHIST- CHRISTIAN DIALOGUE

A one day retreat w/ Mushim &  
Rev. Tommy Smith

Open to all.

Beginners in mindfulness meditation and  
those new to Christian prayer are welcome.

## East Bay Meditation Center

www.eastbaymeditation.org  
2147 Broadway, Oakland, CA 94612  
(near the 19th Street BART station in  
downtown Oakland)



**Fragrance-Free:** In order to protect the  
health of community members with  
environmental illness, please do not wear  
fragrated products (including "natural"  
fragrances) or clothes laundered in  
fragrated products.

**Registration** is required & space is  
limited. E-mail your full name to  
admin@eastbaymeditation.org or call (510)  
268-0696 & specify "register for  
Be Still and Know."

**Cost:** The teachings are regarded as  
priceless. So they are offered without a fee.  
You are invited to support the teachings and  
our efforts by contributing voluntary  
donations (the practice of "Dana") for the  
expenses of the meditation center and the  
support of the teachers.

Through meditation and prayer we tap  
into sources of **spiritual strength and nourishment**  
amidst the global financial crisis, global climate  
change, and the profoundly stressful conditions that  
challenge most of us living here and now in  
California. Although **religious differences** have  
often been the cause of deep-seated enmity and  
wars, we believe that through **mutual respect and  
appreciation**, they can be a source of **harmony and  
strength**. In this one-day retreat led by a former  
Buddhist nun and a minister of a predominantly  
African American Baptist church, we will come  
together to share our common desire for a peaceful  
and just society, as well as to **pray, meditate, and  
learn from one another as a community**.

**Tommy Smith** was born in Memphis  
Tennessee, and grew up in Oakland. His  
professional life reflects his varied interests. He is  
an ordained minister, and currently serves as the  
interim pastor at Palma Ceia Baptist Church in  
Hayward, California. Tommy has also written a  
book, *In Spirit and in Truth: Rediscovering the  
Message of Jesus*. Tommy began working at the  
Lawrence Livermore National Laboratory in 1979.  
He is a mechanical engineer and also holds a U.S.  
patent. Since 1994, Tommy has been the  
Laboratory's director of Diversity and Affirmative  
Action. Tommy, his wife Sandra, and two of their  
four children reside in Fremont.

**Mushim** grew up near Akron, Ohio and  
attended Baptist Sunday school when she was a  
child. As a Buddhist teacher and practitioner she  
has been called on to present at national interfaith  
conferences and services, and she is one of three  
subjects in the documentary *Acting on Faith:  
Women's New Religious Activism in America*, from  
the Pluralism Project at Harvard University.  
Mushim has practiced Buddhism both monastically  
and as a layperson and mother for almost 30 years.  
She is a core teacher at EBMC.  
www.mushim.wordpress.com

