

My Home Is Here: Refugees and Immigrants of Color

A one-day retreat for refugees and immigrants of color
with Wildecy de Fatima Jury and Bang Nguyen

This daylong meditation retreat for refugees and immigrants of color includes sitting, walking, and eating meditation; dharma talks; and exercises in small and large groups. To honor our cultures, languages, and heritage there will be opportunities to share our journeys to our current home and to practice meal contemplation in many languages. Bring your lunch or something to share if you wish. Beginners in meditation are welcome; instruction is provided.

Registration is required & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for My Home Is Here."

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.

**Saturday,
October 23, 2010**

9:30 am - 5 pm

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



Wildecy de Fatima Jury is a Brazilian lesbian immigrant and a community leader in the Bay Area since 1980. She has been studying Spirituality and different religions including Yoruba and Native American ones since 1985. She has been a Vipassana meditator since 2000 and has attended many daylongs at Spirit Rock and at EBMC. Wildecy is a member of the EBMC's Dharma Study Group and is a participant in the Community Dharma Leader Program at Spirit Rock. She believes in joy, gentleness and gratitude and that refugees and immigrants belong everywhere.



Bang Nguyen is a refugee from Vietnam. He first practiced meditation in 1968 during the war in Vietnam. Since 1998, he has been practicing meditation in the traditions of Plum Village (Thich Nhat Hanh), Soto Zen, and insight meditation. He has taught meditation to people of color, LGBTIQ, multi-cultural, and multi-lingual communities. Bang is a member of the East Bay Meditation Center's Dharma Study Group and works as a researcher in cancer prevention and control to address health disparities in medically underserved communities.



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.