

My Home Is Here: Immigrants and Refugees of Color

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

This daylong meditation retreat for immigrants and refugees of color and/or their adult children 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.

Space is limited & registration is required.

Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

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,
July 23, 2011**

9:30 am - 5 pm

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway

Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)



Wildecy de Fátima Jury is a Brazilian community leader in the Bay Area since 1980. She is a certified mediator and a meditation practitioner who has been studying different spiritual practices including Yoruba, and Native American, since 1985. She has been a Vipassana meditator since 2000 and has attended daylongs at Spirit Rock and EBMC. Wildecy is a member of EBMC's Dharma Study Group and is a participant in the Community Dharma Leader Program at Spirit Rock (CDL4). As a spiritual activist she has worked with many multicultural communities and groups including LGBT groups, Immigrants and Refugees, women, youth and children.



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.