

# You Don't Have To Go It Alone!

## Practicing to Build Diverse Sangha



### Half-day workshop with Crystal Johnson & Lisa Moore

Saturday, August 24, 2014. 1:00 PM – 5:00 PM

A key aspect of the mission of EBMC is to build a truly inclusive and accessible sangha, to realize the dharma and foster personal and interpersonal healing. This is both a beautiful and a daunting undertaking. In this half-day workshop, we will explore the Buddhist understanding of suffering using the example of race and racism, which define and pervade much of the daily experience in contemporary American culture, and form the roots of alienation from ourselves and each other. We will then offer a variety of practices that seek to heal the harm and enable us to take true refuge in our diverse sangha. This event is open to all members of the EBMC community.



#### Registration

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

#### Dana

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.

#### Fragrance-Free Policy

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 wheelchair accessible



**Crystal Johnson** has been part of the EBMC community almost since it opened its doors, first as a sitting group volunteer coordinator and currently as a member of the Program Committee. She participated in the first year of EBMC's Commit2Dharma study program and has completed Spirit Rock's 2 year Dedicated Practitioner's

Program, along with a number of residential retreats. She is a clinical psychologist with a particular interest in clinical work with marginalized communities as a social justice practice. She is particularly interested in applying her developing understanding of the dharma to EBMC's efforts to build a truly diverse community of practitioners.



**Lisa Moore** began practicing in 1998, with the teachings of Thich Nhat Hanh. She joined the EBMC community by participating in the first Commit2Dharma study series where she began to deepen her practice of sangha. She is currently working with the programming committee of the Center and in Dharmacharya training with the Ven.

Pannavati. She teaches at San Francisco State University where she supports the next generation of public health, harm reduction and social justice advocates

**EAST BAY**  
meditation center

285 17th Street  
Oakland, CA  
[eastbaymeditation.org](http://eastbaymeditation.org)

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.