

Being Peace

A day for activists and all those engaged in changing the world



Whether we are on the front lines of a war zone or on the front lines in our community, maintaining inner peace in the face of suffering is our biggest challenge. Many of us have answered the call to serve and are working on meaningful issues with a strong desire to help. But exactly how are we helping? Are we meeting rage and hopelessness with more rage and hopelessness? Or have we become burned out or numb in the face of overwhelming need.

In this day long we will explore ways to keep the Buddha's teaching alive in our pursuit to create positive change in the world. The day will include meditation, music, group discussion and relevant talks on the theme of the day.

Dates: Jan 10, 2009

Time: Saturday 10:00 am - 5:30 pm

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

Registration is required and space is limited. Send an email with your full name and "Being Peace" in the subject line to: admin@eastbaymeditation.org or call (510) 268-0696. Please bring your lunch.

Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She has been a socially engaged Buddhist activist for over 10 years and has worked in the area of juvenile justice, universal healthcare, child abuse and anti-poverty issues. She currently teaches classes, workshops, and retreats throughout the U.S.

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.

www.eastbaymeditation.org



EBMC is wheelchair accessible.

Out of respect for people with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC.