

Interconnected for the LGBTQI Community

Being Mindful and White in a Multicultural World

with Arinna Weisman & Kitsy Schoen

/in·ter·con·nect·ed/

1. to be joined, linked, or united together

2. a Buddhist understanding of all beings as mutually dependant upon each other in an inherently meaningful way

3. a group for white lgbtqi people to explore identity, diversity and racism, and privilege through mindfulness. Using practices from various teachings and traditions, we will examine lessons learned about race, how they have limited and harmed others and ourselves, and what we can do to bring greater compassion, understanding, and justice to ourselves and our communities.



Mondays, August 4, 11, 18, 2008

6:30 - 9pm

& a one-day retreat on Sunday, August 17

We ask participants to commit to and attend all sessions.

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway at 22nd Street, Oakland
(near 19th Street BART station)

ARINNA WEISMAN has studied Insight Meditation since 1979. She teaches in the lineage of the Great Burmese teacher U Bha Khin and was empowered to teach by Ruth Denison and has been teaching since 1988. Arinna is the founding teacher of *Insight Meditation Center of the Pioneer Valley in Easthampton, MA*, and co-author of *A Beginner's Guide to Insight Meditation*. She has spent the last two years living in Thai Forest monasteries. She is interested in how to build healthy communities and so her dharma practice has been infused with political, anti-racist and multicultural perspectives.

KITSY SCHOEN has been practicing Vipassana meditation for 30 years. She is a graduate of the Community Dharma Leader program of Spirit Rock Meditation Center. Kitsy is a psychotherapist with many years of experience in HIV/AIDs, hospice, bereavement and she currently runs a mind/body mental health education program at Oakland Kaiser. Kitsy is passionate about exploring the intersection of mindfulness and multi-culturalism.

Registration: Space is limited. Please e-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696

The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.

*Out of respect for people with environmental illnesses, please do not wear fragranced products or clothes laundered in fragranced products to this event.
EBMC is wheelchair accessible.*