

Wise Effort and Social Justice Leadership

with Toni Lester**

- Do you often feel that no matter how hard you try to effect change in your justice work you are constantly engaging in an uphill battle that leaves you stressed out and feeling demoralized?
- Would you like to explore how to develop a more balanced approach to the level of effort and struggle you bring to your justice work?
- Would you like to experience a sense of centeredness and connection with a community of diverse social justice leaders interested in addressing these issues?

Then please consider participating in this four week workshop that invites you to explore the Buddhist principle of wise (right) effort and our own best practices. This workshop is part of a continuing series at the East Bay Meditation Center on mindfulness for social justice leaders. When our efforts are focused on more wholesome attitudes and behaviors, we develop a heightened level of effectiveness and a greater sense of ease about the vision of justice we hope to achieve. **All levels of experience in meditation are welcome!**

When? Mondays from 6:30 - 8:30 pm on June 30, and July 7, 14, 21, 2008. We ask that you commit to all four classes.

Who? People who are currently (suggested at least the last two years) engaged in a meaningful level of anti-racism/anti-sexism/anti-LGBTQI and disability prejudice/or economic injustice work either in organizations or at the grass roots activist level. **Beginning and experienced meditators are welcome!**

Where? East Bay Meditation Center - 2147 Broadway at 22nd St., Oakland. For more information, go to www.eastbaymeditation.org.

How? Send an email to admin@eastbaymeditation.org noting you would like to register for the Wise Speech Retreat, and provide your **full name**. **Space is limited and registration is required, no later than June 26 2008.**

FOR MORE DETAILS ON THE RETREAT AND TEACHER BIO, SEE BELOW

How much? The teachings are offered without charge. You are invited to support our efforts by choosing your own level of voluntary donations (the practice of “Dana”) to support the expenses of the space and the teacher.

What to bring? A journal and a pen. Wear comfortable clothes. Out of respect for people with environmental illnesses, please do not wear scented products or clothing laundered in fragranced products to these classes.

Some comments from participants in the Summer 2007 Mindfulness and Social Justice Workshop offered at EBMC by Toni Lester

“Great way to organize things by bringing social justice folks in particular together.” “It was calming, sweet, nurturing, insightful and inspiring.” “Support for cultivating our dreams, expressing our visions.” “Supportiveness for people of all levels of experience with meditation.”

****Teacher Bio**

In the tradition of African American intellectual thought and spirituality, *Toni Lester* is an activist, scholar, teacher, consultant, writer and musician. She has been meditating for 35 years. Lester is a practice leader at the Cambridge Insight Meditation Center in Massachusetts, and has conducted meditation workshops on mindfulness and stress reduction for such organizations as the Unitarian Church, “Spirit in Action,” “GLSEN” (the gay and lesbian student educator network), and the East Bay Meditation Center. Lester’s work explores issues of inclusion and exclusion relating to race, sexuality, class and gender. Some of her publications include the book, Gender Nonconformity, Race and Sexuality – Charting the Connections (University of Wisconsin Press); and the articles: “At Least Not this One Big Thing” in the Turning Wheel – Journal of Socially Engaged Buddhism 2007 special issue on race and racism, and “Black Writing on Aids (Black Issues Book Review). She currently serves on the board of the Astraea Foundation for Justice, one of the oldest LGBT funding and advocacy organizations in the world.

~ East Bay Meditation Center is wheelchair accessible. ~