



4 FRIDAYS

OCTOBER 2, 9, 16, 23

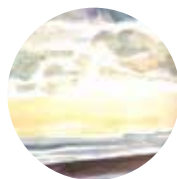
11:00AM – 12:30PM

## Meditation Training: Establishing a Meditation Practice in Four Weeks

A CLASS SERIES LED BY REV. KEIRYU LIÊN SHUTT

Want to learn how to meditate? Or, have you tried at different times but just can't quite figure how to make it work for you? In this series, specific and easy-to-follow instructions will be given in three areas – body, heart/emotions and mind/mental states – to practice with one area per week. Then, in each class, you will have an opportunity to have your specific needs and questions addressed.

Come see how the two factors of practiced-guidance and cohort-support can help you to establish a sustainable practice in just four weeks!



SUNDAY, OCTOBER 4

10:00AM – 4:30PM

## Facing Death Compassionately

DAYLONG RETREAT WITH MUSHIM & REV. TOVA GREEN

Based in Buddhist teachings and practices, this daylong is for people facing their own death and/or the death of loved ones, including both sudden and gradual deaths. How to be present and more comfortable with death and dying; understanding the difference between grief and depression; acknowledging different cultural attitudes toward death and terminal illness; and other topics will be covered in a gentle, interactive, and exploratory way. A resource list will be provided. Open to beginners in meditation.



4 MONDAYS

OCTOBER 5, 12, 19, 26

7:00PM – 8:30PM

## Chanting Practice: Dharma In Our Own Voices

CLASS SERIES WITH DEVIN BERRY AND KATHERINE ROUBOS

This course will support community members to learn chants from the Theravadan tradition. No prior experience necessary! Students will learn several English and Pali chants over the course of the class series. We will offer some historical and cultural context and cover basic instruction in Pali pronunciation.

The teachings were passed down through collective chanting. This tradition of oral transmission was an expression of faith and reliance in sangha, and an embodiment of the teachings in the voice of lay and monastic practitioners.



SATURDAY, OCTOBER 10

10:00AM – 3:00PM

## Making Your Health Care Wishes Known: Scripting a Better Exit

EBMC AND COMFORT HOMESAKE  
IN COLLABORATION WITH ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY "GETTING THE MOST OUT OF LIFE" PROGRAM

Don't leave your health choices to someone else: Make your wishes known.

In this daylong workshop, we will:

- Complete an Advance Directive
- Understand the Physician's Order for Life Sustaining Treatment (POLST)
- Write a letter to your doctor

EBMC Core Teacher Mushim will lead Dharma practice throughout the day.





**4 WEDNESDAYS: OCTOBER 7, 14, 21, 28**

7:00PM – 9:00PM

**HALF-DAY RETREAT: OCTOBER 24**

9:00AM – 12:30PM

## Buddhist Ethics Amidst Colonization, Police Brutality, and Media Lies: Right Speech, Right Action, Right Livelihood for Collective Liberation

CLASS SERIES AND HALF-DAY RETREAT LED BY DAWN HANEY AND KATIE LONCKE, CO-DIRECTORS OF  
THE BUDDHIST PEACE FELLOWSHIP

Buddhist ethics often speak to personal conduct, but what about the ethics of our social institutions? What is Right Livelihood amidst systemic theft — colonization, overwork, and profit-driven economies? What is Right Action in the face of normalized war, police brutality, poverty, and environmental destruction? Can Right Speech hold a candle to lies, manipulations, and historical inaccuracies in advertising and corporate media?

Together we'll explore ethical living in the Eightfold Path using social justice perspectives. As we awaken ever more deeply to systemic injustice, we also discover the

exciting ways — large and small — people are aligning speech, action, and livelihood for collective liberation.

Part of EBMC's Social Justice & the Buddha's Middle Way 4-Month Curriculum



**SUNDAY, OCTOBER 11**

10:00AM – 12:30PM

## Opening the Heart through the Buddha's Teachings

OCTOBER FAMILY PRACTICE CLASS LED BY BARUCH GOLDEN, MICHAEL KATZ AND MICHELE KU

We invite you to come and help create the diverse family sangha at EBMC. We welcome families with babies, toddlers and children up to age 12. The teachers will offer the Buddha's teachings and mindful practices that can be practiced at home. Parents/ caregivers and young people will meet together and separately during the class.

Children under 5 will need to have a parent/caregiver stay with them. We will explore bringing the Dharma to our daily lives through song, story, sharing, art and mindfulness practices. We are committed to creating a diverse family sangha. No prior experience is necessary.



**SUNDAY, OCTOBER 18**

10:00AM – 5:00PM

## Compassionately Awaken to the Demon of Oppression

DAYLONG RETREAT LED BY KARLA JACKSON-BREWER AND THE REV. M. JAMIL SCOTT

As a response to racism in America, this retreat for people of color will be utilizing practices inspired by the Tibetan Buddhist Chöd lineage to heal the trauma of American racism and oppression.

Feeding Your Demons (FYD)<sup>TM</sup>, a five-step process developed by Lama Tsultrim Allione, based on the Tibetan Buddhist practice of Chöd (Cutting Through), reveals how to transform our emotions into enlightened activity and effective action. In this context, "demons" are the internalized projections of hate and racism that block our experience of freedom.





**EAST BAY  
MEDITATION  
CENTER**

# Events: October 2015

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)



**SATURDAY, OCTOBER 31**

9:00AM – 2:00PM

## The Vast Radiant Mind

DAYLONG RETREAT LED BY VENERABLES PANNAVATI  
AND PANNADIPA

The meditation Buddha employed that led to his enlightenment was concentration. Jhana was the fruit of concentration. Vipassana was the fruit of jhana. It led to such freedom and illumination—a supra-consciousness beyond this world—that he called it nibana. The natural state of mind, with absolute stilling of thought, appears luminous and vast; and it is only THIS mind that can be equanimous in the face of life's vicissitudes and completely unbound in death. Grasping at the intellect or anything else, in any way in meditation, is like standing in a doorway, yet never passing through to the other side. So, this retreat, we will meditate according to the suttas to see what happens. Perfect practice makes perfect!

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.

EAST BAY MEDITATION CENTER / 285 17TH STREET, OAKLAND, CA 94612

EBMC IS  
WHEELCHAIR  
ACCESSIBLE





Devin Berry is a co-founder of Deeper Still, the teen sangha at EBMC. He has been practicing meditation since 1999, both in the Plum Village tradition of

Thich Nhat Hanh and in the Vipassana practice of Spirit Rock and IMS. Devin completed the first Commit2Dharma program at EBMC and is a graduate of Mindfulness Based Stress Reduction teacher training practicum.



Rev. Jisan Tova Green lives, works and teaches at San Francisco Zen Center. She was ordained in 2003 by Eijun Linda Cutts in the lineage of

Shunryu Suzuki Roshi. Tova co-founded and leads the Queer Dharma group at SFZC. She has sat with people who are dying and their families and friends as a hospice social worker.



Baruch Golden is a long-time practitioner, hospice RN and mindfulness teacher. He taught mindfulness practices to children in elementary, middle and high

school for the non-profit Mindful Schools for many years and offers dharma talks at many Bay Area sanghas. He is a graduate of Community Dharma Leader's Program in 2012 at Spirit Rock and the Buddhist Chaplaincy Training program at the Sati Center of Buddhist Studies in Redwood City.



Dawn Haney brings Buddhist-informed activism to movements from climate justice to white anti-racist organizing. She has been teaching and training for

close to 20 years, on feminism, anti-racism, violence prevention, and more. A dharma student for the past 12 years in the Theravada tradition, she is currently in Spirit Rock's Community Dharma Leaders training program. Center of Buddhist Studies in Redwood City.



Dr. Mushim Ikeda is a core teacher at EBMC. Her Buddhist training has included both monastic and lay experience in North America and Asia since

1982. She has served on the interfaith panel of UC Berkeley-Extension's symposium on Grief and Loss for several years, and has been exploring death and dying through publishing a series of memoir pieces for a book-in-progress titled *Elegy with Blue Shirt, Tie and Gun*. See [www.mushimikeda.com](http://www.mushimikeda.com)



Karla Jackson-Brewer, MS has been a student of Lama Tsultrim Allione for 27 years. She is a Tara Mandala Authorized Teacher, and has traveled with

Lama Tsultrim on Pilgrimage to Tibet and Bali. Karla has been practicing Chöd for 26 years and she has assisted Lama Tsultrim on many Chöd Retreats. For the past 3 years she has co-taught Chöd at Tara Mandala. In October 2012, she received the Chöd Empowerment from His Holiness the 17th Karmapa, Orgyen Trinley Dorje. She is an adjunct Professor in the Women's & Gender Studies Department and the Africana Studies Department at Rutgers, The State University.



Michael Katz has been a professional storyteller for over 30 years and has been featured at such illustrious locations as the openings of both the Los

Angeles Getty Center and the Disney Concert Hall. Michael will be telling at the California Academy of Sciences and the Walt Disney Museum in the Fall. Michael hosts the radio storytelling program Katz Pajamas on NPR station KCBX FM. Michael weaves together both the comic and the profound with a highly animated and interactive style. Michael has been trained by Mindful Schools to teach mindfulness in elementary schools, and has done so throughout California.



Michelle Ku is a long-term Vipassana practitioner and a parent. She teaches Mindfulness Based Stress Reduction to adults at Kaiser Oakland. She also has

taught mindfulness to children in elementary schools through Mindful Schools. She is co-founder and peer leader of a small family sangha for families of color and multi-racial families in the east bay facilitated by parents. She is a graduate of Spirit Rock

Meditation Center's Community Dharma Leaders Program in 2012. Her main spiritual practice is bringing mindfulness to everyday life and within the family.



Perhaps you, like Katie Loncke, seek a practice that rigorously combines wisdom, political education, revolutionary social justice, spiritual awakening, and creative FUN. Katie brings a background in Black feminist anti-capitalist organizing, Venn- diagrammed with 8 years of deep practice in the Theravada / Insight / Vipassana Buddhist tradition. Let's build.



Ven. Dr. Pannavati is an international teacher and co-Abbot of Embracing Simplicity Hermitage & Meditation Center in the US.

Pannavati is a founding circle director of Sisters of Compassionate Wisdom, a 21st century lineage. Ordained in both Theravada and Ch'an traditions, Pannavati is also a Zen Peacemaker Dharma holder and she has had many Vajrayana empowerments. Known for wit and humor, she engages in compassionate action globally, advocating an egalitarian way of life for all. To find out more about her, visit [www.pannavati.org](http://www.pannavati.org).



Bhikkhu Pannadipa is an international teacher and co-Abbot of Embracing Simplicity. He practiced Taoism for 40 years and was a Taoist

priest before becoming a Buddhist monk. As a shifu, he excelled in the Chinese internal and external arts, medical qigong and ch'an meditation. Known for his clarity in instruction and deep stillness, Pannadipa is loved and respected the world over. To find out more about him, visit [www.pannavati.org](http://www.pannavati.org).



Katherine Roubos loves chanting because it is the quality of the intention (not the sound!) that counts. Kat is committed to expressing the dharma through

examining privilege and power and taking action to dismantle systems of racism and



other oppressions, internally and externally. Kat also teaches MBSR, supports the Teen Sangha at EBMC, is in grad school for social work at Smith College, and studies in the current Dedicated Practitioners Program at Spirit Rock.



Rev. M. Jamil Scott serves as the Director of Religious Exploration at the First Unitarian Society of Denver and served as the 2014 Fahs Collaborative

contemplative education research fellow in collaboration with Meadville Lombard Theological Seminary. As a Fahs Fellow, Rev. Jamil, created a platform for a youth solidarity response to the Black Lives Matter movement entitled Mutuality Movement ([mutualitymovement.org](http://mutualitymovement.org)). He is completing his Master of Divinity at Naropa University and is an ordained Buddhist minister by the International Order of Buddhist Ministers. Rev. Jamil is Buddhist practitioner in the Dzogchen tradition and has been active in faith based social justice work with the organizing group PICO and very recently participated in the Buddhist Peace Fellowship's National Gathering.



Keiryu Lien Shutt is Dharma transmitted by Zenkei Blanche Hartman. Drawing from her monastic practices in the U.S. and overseas, she endeavors to

share ways in which the deep settledness of traditional practices can be brought into everyday life. She's based at San Francisco Zen Center but also teaches at other Bay Area groups. To access talks, schedule a practice discussion (PD), and info on other retreat and sitting group information, please go to [AccessToZen.org](http://AccessToZen.org)

## EBMC REGULAR GROUPS

All regular groups except for the Teen Sangha are drop-in groups. No registration is required. Beginners are always welcome and meditation instruction is provided.

## QI GONG FOR PEOPLE

Tuesdays, 5:30pm–6:30pm

## ALPHABET SANGHA SITTING GROUP

For LGBTQI/SGL practitioners. Tuesdays, 7:00pm–8:30pm

## ABC (ALL BODIES CENTERING) YOGA

A mindful movement class. Wednesdays, 5:15pm–6:30pm.

## PEOPLE OF COLOR (POC) YOGA GROUP

Build strength and flexibility while cultivating mindfulness. Thursdays, 6:00pm–7:00pm

## PEOPLE OF COLOR (POC) SITTING GROUP

For practitioners of color. Thursdays, 7:00pm–9:00pm

## OPEN SITTING GROUP

Open to all. Fridays, 6:30pm–8:30pm

## RECOVERY AND THE DHARMA

Currently on hiatus  
For those in recovery from addiction of all kinds. 3rd Saturdays, 1:30pm–5:00pm.

## EVERY BODY EVERY MIND SANGHA

For people living with disabilities, limitations, differences and chronic illnesses. Sundays, 6:00pm–7:30pm

## EBMC TEEN SANGHA

Open to teens ages 14–19. Wednesdays, 7:00–8:30pm. Registration required.

