

From Zen Stillness Into Zen Action

A Spring Renewal Retreat

Saturday, May 8, 2010

9:00 am – 1:00 pm

A half-day retreat with Abbot Myogen Steve Stucky and Rev. Zenju Earthlyn Manuel

This half-day of Zen meditation, renewal ritual, and dialogue meets the energy of Spring to ask and examine together how to emerge from silence and stillness into active expressions of our compassionate vows. How do we step forward into wholehearted activity without losing the presence and composure of inward-looking practice? Through zazen, discussion, and a brief Spring ritual we will take stock of the challenges that are arising in ourselves, our communities, and the world. Our intention for the day will be to strengthen our practice and to find our place as fully engaged Bodhisattvas, spiritual warriors in the 21st century.

2147 Broadway Street
Oakland, CA 94612

(Near the 19th Street BART station in downtown Oakland)

www.eastbaymeditation.org

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "Register Zen Stillness May 8, 2010."

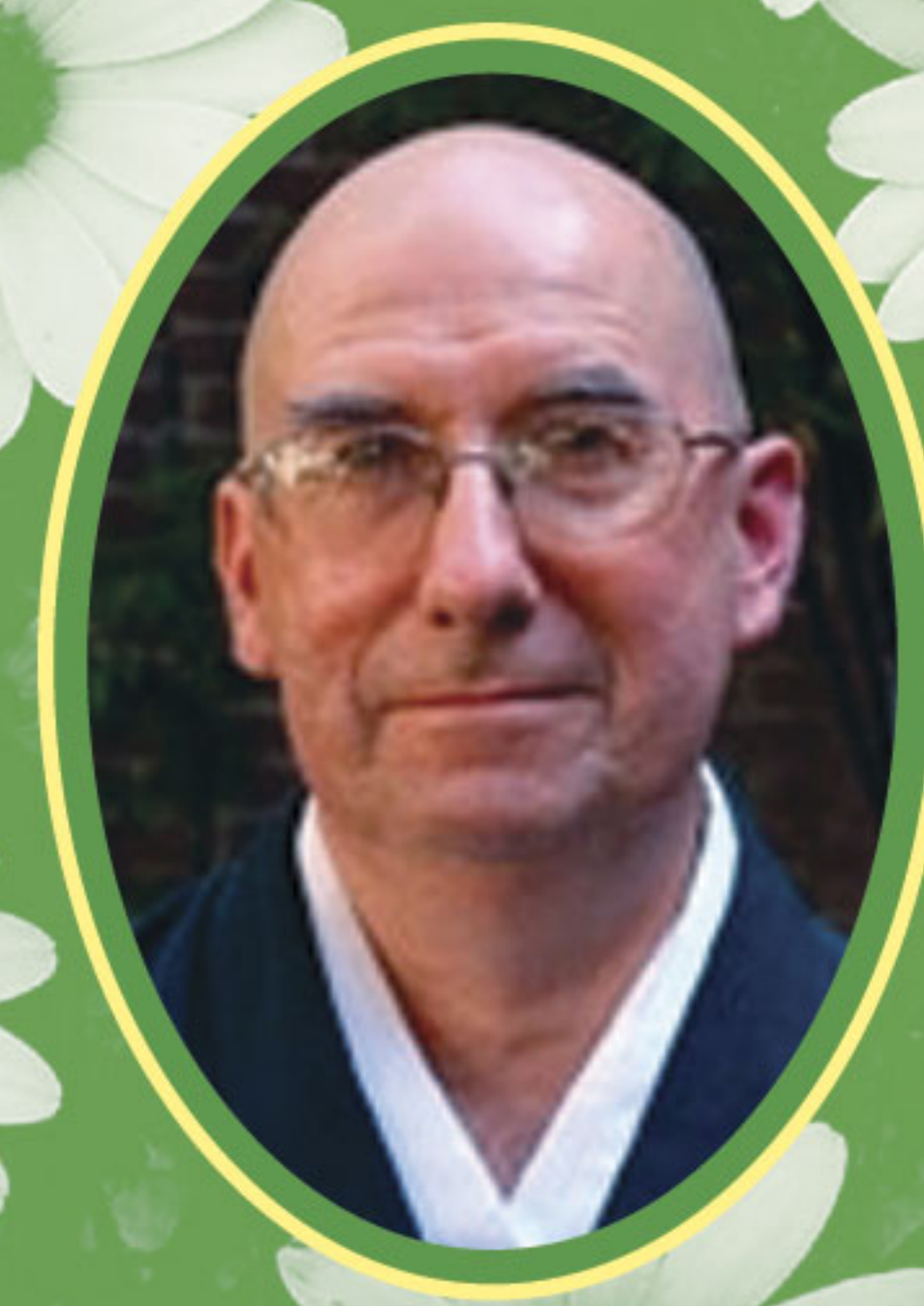


Rev. Zenju Earthlyn Manuel

(Zenju is her dharma name meaning complete tenderness) was ordained by Zenkei Blanche Hartman in the Soto Zen tradition September 2008 and is training as a novice priest. She is a contributing author to *Dharma, Color, and Culture: New Voices in Western Buddhism* (Parallax Press), and "What Unknowing Things Know: The Zen Liberation in the Art of Romare Bearden" in the *International Review of African American Art*. She holds a M.A. degree from U.C.L.A. and a Ph.D. in Transformation and Consciousness from the California Institute of Integral Studies.



Cost: The teachings are regarded as priceless. 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.



Abbot Myōgen Steve Stucky

has been practicing Zen for 35 years and received Dharma Transmission from Sojun Mel Weitsman in 1993. He became co-Abbot of the San Francisco Zen Center in February 2007 and also serves as guiding teacher of Dharma Eye Zen Center in San Rafael (www.dharmaeye.org). For many years he supported a family as a self-employed landscape designer/contractor and was co-leader of the San Quentin Buddhadharma Sangha. He has three adult children and two granddaughters and currently lives with his spouse, Lane Olson, in Rohnert Park. Steve is on the faculty of the Shogaku Zen Institute, is also an Internal Family Systems Therapist and Pastoral Counselor, and was a previous board president of the Soto Zen Buddhist Association.

EBMC is wheelchair accessible.



Flower photo used under creative common licensing:
<http://www.flickr.com/photos/safetylast/4187641076/>

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.