



EBMC Newsletter

April 2015

In This Issue

Director's Report

Brunch with Soul
Benefit

Dharma Buddies

New EBMC Website &
Logo & Mothership

Path of Service Sangha
News

Featured Event

Spring & Summer
"Funraising"
at EBMC
by Cassandra Shaylor,
Development
Coordinator

This spring we are inviting Sangha members who want to help EBMC raise much-needed funds - and have fun doing it - to throw a house party!

A house party is an opportunity to gather friends and family and have a great time, tell them about EBMC, and ask for their financial support. A house party could be as simple as a few friends around a kitchen table, or as

"State of the Center"

Interview with Center Director Brenda Salgado
April 2, 2015



Photo by Xiomara Castro

Brenda, the Angela Davis and Jon Kabat-Zinn dialogue fundraiser on January 15, 2015 sold out quickly, and was also Livestreamed. How much did we make from it?

We're incredibly pleased to report that EBMC made around \$50,000 net. And, an edited video of Angela Davis and Jon

Kabat-Zinn in dialogue is now available to purchase! For more information, email admin@eastbaymeditation.org.

Could you please share with us the highlights of 2014, your first year as EBMC's first executive director?

There are lots of highlights for me, including the perhaps hundreds of conversations that I had with members of our incredible Sangha, or spiritual community — volunteers, board members, teachers, donors, people who came to EBMC events and folks who knocked on our front doors and asked to be given a tour. I was especially nourished by so many heartfelt stories of what EBMC has meant to people, and the positive difference it has made in their lives! As a new Center Director, I devoted 2014 to building relationships and strengthening community ties within EBMC as well as with other organizations. A few highlights I'd like to mention here are:

- Beginning 2014 by honoring Ven. Bhante Suhita Dharma, who died on Dec. 28, 2013.

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elaborate as a large backyard barbeque with a band. You could even co-host with a friend and bring all your people together! House parties are a proven grassroots fundraising strategy, easy to organize, and a great way to build community. If you are interested, contact **Cassandra@eastbaymeditation.org**. We can provide a toolkit for organizing a house party and all the support you need.

**Please also
Save the Date
for the
5th Annual Dharma-thon!**

This year the Dharma-thon will be on **Saturday, July 18** and will include 12 hours of meditation, mindful movement, Dharma talks and entertainment. Look out for information about how you can become a Dharma-thoner coming soon!

Benefit for East Bay Meditation Center!

A delicious Vegan Brunch with Soul

April 19, 2015

10 am - noon

At Humanist Hall in Oakland, featuring EBMC director, Brenda Salgado, as the keynote speaker.



Purchase of a brunch ticket allows you free entrance to Vegan Soul Sunday remix event that follows, noon to 5 pm, with keynote speaker Bryant Terry, activist and author of the award-winning cookbook, AfroVegan: FarmFresh African, Caribbean, & Southern Flavors Remixed, a \$10 - \$20 value!

For more info and to purchase tickets, go to bit.ly/brunchwithsoul.

Dharma Buddies

Through getting to know those who delight in the Buddha's teaching we create a connection with them; we establish a support system. This is kalyanamitta, the network of spiritual friendship.

~ Ajahn Amaro, *Spiritual Friendship*.



We (in the photo, Mariana at left and Manish at right) are Dharma Buddies who met through EBMC. We get together once a month or so to check-in and discuss

EBMC's Wish List

EBMC is a spiritual home to many — 14,000 people came through our Center doors in 2014!

To make our home even more warm, efficient and accommodating, there are a number of items we're wishing for.

To see the Wish List and how to donate, please [click here](#).

EBMC Fun Fact

In 2014, there were 14,000 individual visits to EBMC. We're joyful to be serving so many folks in the Bay Area and beyond.

[Quick Links](#)
[Calendar](#)
[More About EBMC](#)

practice — sharing challenges, questions, thoughts, and insights; communicating with compassion and mindfulness; meditating together; and ultimately supporting one another on our respective paths. This opportunity to cultivate a spiritual friendship is yet another way in which we are so very grateful for EBMC.

New EBMC Website and Logo

& a Note about Our Mothership (Database)

by Xiaojing Wang, EBMC Assistant Director

A collective of talented volunteers has come together to create a new logo, graphic design guidelines, and website for EBMC. This yearlong process began within the Techie Sangha of volunteers, and was kicked off when we consulted the community through an EBMC Sangha-wide survey in September 2014. After six months of gathering input, weighing the pros and cons of various web platforms, and laying out the new website's navigation flow, the volunteer team along with EBMC staff are moving forward into the actual website development. We are also quite far along with the creation of updated EBMC logos, including main and alternative designs.

We expect to unveil the new designs, and start testing of the new website in summer 2015. Many thanks and deep appreciations to the Techie Sangha, members of the website team, and graphic designer volunteers!

Involved in website/logo development: Casey Denis, Ana Douek-Tomfohr, Kevin Durkin-Ortiz, Mushim Ikeda, Lisa Jervis, Jason Kim, Amanda Navarro, Ching Wang, Xiaojing Wang, Ann Win, Brenda Salgado

Other current Techie Sangha members: Alfonso Hooker, Ana Plasencia, Jeff Pollet, Dexter Roberson, Michael Silk, Jen-Mei Wu, Mike DeVito

The volunteer leadership team of Lisa Jervis and Jeff Pollet created the EBMC database (i.e., The Mothership) in 2011-2012. Techie Sangha members have continued to update the database structure, and Dexter Roberson recently came on board to set up better donation record keeping functions. A big THANK YOU to all past and current stewards of the Mothership!





Path of Service Sangha News

Two of EBMC’s “super volunteers” have recently stepped down from their positions. As volunteer supplies manager for 3.5 years, Kam Karunananda McCallum capably and quietly purchased everything from tea to toilet paper and printer ink cartridges for the meditation center, delivered and shelved the supplies, year after year. The temple space was cleaned with joyful devotion by Temple Keeper Doe Restrepo-Macias, also, for 4 years. Doe was part of the dynamic Temple Keeping Team, whose combined volunteer efforts keep EBMC sparkling clean.

“Super volunteers” are EBMC Sangha members who take on a high level of responsibility in keeping EBMC running smoothly, working invisibly behind the scenes. And, we celebrate and thank all of our wonderful volunteers as often as we can. Once you’ve volunteered once at EBMC in any capacity, including helping with setup or cleanup or greeting for any of our events, you are part of the EBMC Path of Service Sangha. Thank you, Path of Service Sangha folks! If you’d like to volunteer at EBMC, please take a look at our volunteer webpage and email admin@eastbay-meditation.org.

EBMC’s Mission Statement

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.

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