



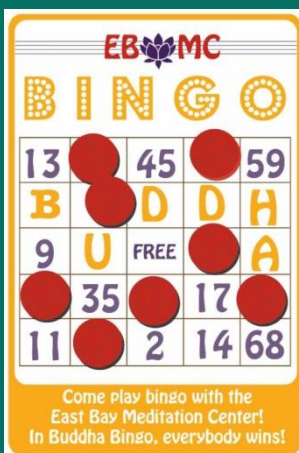
# East Bay Meditation Center Newsletter

AUGUST 2014

## In This Issue

- [Dharma-thon last call](#)
- [EBMC People Portraits](#)
- [Behind the Scenes](#)
- [Babies of EBMC](#)
- [EBMC Path of Service Sangha](#)
- [Noble Silence](#)

## Featured Event



**Save the Date!**



## Last call for 4th annual EBMC Dharma-thon!

*by Cassandra Shaylor, EBMC Development Coordinator*

**EAST BAY** meditation center  
**4th Annual Dharma-thon August 23, 2014 9:00 am - 9:00 pm**  
 12 hours of Dharma and celebration in support of East Bay Meditation Center  
 Sit, Walk, Run, Bike, Move with Us! [www.eastbaymeditation.org](http://www.eastbaymeditation.org)

We

are so close to our goal!  
Total raised so far: **\$14,016**

Please help us get to \$20,000 by this Saturday, August 23rd.  
Giving is easy and any amount helps. Go to [www.firstgiving.com/ebmc](http://www.firstgiving.com/ebmc).

You can also **purchase a sliding scale ticket\*\*** to participate in the morning or afternoon sessions. Come move in the morning with Doug Blanc (Qi-gong), Satya Paz (yoga), and Gabrielle Sims (yoga), and David Wei (Tai-Chi). Hear Dharma talks in the afternoon by Noliwe Alexander, Mushim Ikeda, Donald Rothberg, and Larry Yang.

**And join us for Dharma-tainment from 5:00pm-9:00pm at EBMC. Potluck celebration with fabulous entertainment open to all!**

\*\* To buy sliding scale Dharma-thon tickets:

1. Go to [firstgiving.com/ebmc](http://firstgiving.com/ebmc)
2. Click "Start fundraising" at the top of the Webpage
3. Select "Dharma-thon 2014" from the popup menu
4. Click "Join now" at the top of the next Webpage
5. A "register now" menu will appear with options to purchase Dharma-thon tickets at various prices.

**Buddha Bingo  
is Back!  
Saturday  
November 1, 2014  
at 5:00 – 10:00 PM**

Buddha Bingo is one of the most highly anticipated social events at EBMC each year. We turn the game of bingo on its head and share delicious food, non-stop laughs, and fabulous entertainment. Unlike traditional bingo, everyone will win the opportunity both to give and to receive a prize.

First round: 5-7:30pm  
Second round: 7:30-10pm  
Food served: 7:30pm

Please join your community in this beautiful expression of generosity, loving kindness, and joy.

No charge at the door, but you will be asked to practice generosity to the extent that you are able. We will need volunteers, prizes, and food, so if you are able to help, please contact [Cassandra @eastbaymeditation.org](mailto:Cassandra@eastbaymeditation.org)

Watch your inbox for exciting announcements, including the name of our surprise bingo caller!

**Donate Now**  
Secure donations through  
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**EBMC People Portraits  
Mahogany Moton:**

*For Moton, Dancing is Meditating...in Motion!*

*Interviewed by Audrey Esquivel for EBMC*

Mahogany has been volunteering at the East Bay Meditation Center since 2010, and is currently EBMC's Event Coordinator.



**EBMC:**

What brought you to East Bay Meditation Center and what is your current position or title at EBMC?

**Moton:** I first visited EBMC in 2010 after being laid off from my job and being stressed out with trying to find work. A friend suggested I attend a beginning meditation class that was being led by Mushim. I enjoyed that class so much that I immediately decided to become a volunteer at EBMC. I first started volunteering in the role of back up supplies manager, then began to volunteer as a Teacher Event Assistant or TEA. After approximately a year of volunteering at EBMC, the position of Event Intern was posted, I applied, and the rest is history! I was later promoted to Event Coordinator, the position I currently hold.

*[continue reading... find out where Mahogany's picture was taken!](#)*



**Behind the Scenes: A Report from  
EBMC's POC Coordinating Committee**

*by Lauren Veasey*

## Quick Links

[Calendar](#)

[More About EBMC](#)



The People of Color (POC) Sangha Coordinating Committee is this sitting group's collective leadership body, composed of POC Sangha member volunteers from the East Bay Meditation Center. As one of the most diverse sanghas in the nation, our goal is to support a container of safe space for healing of people of color in the Bay Area, and to strengthen and deepen our collective practices. In early 2013, the Coordinating Committee grew from the efforts

of our first Sangha Coordinator, Shenaaz Janmohamed and founding Guiding Teacher, Spring Washam. Today, the Committee is made up of 11 active sangha members and our current Guiding Teacher, Sage Mahosadha. We meet (over food!) every first Sunday of each month from 4-6pm at EBMC. We recently held our first POC Community Townhall on June 22, 2014 and have grown our social media presence to include over 225 members on our [Facebook group!](#)



*[...Keep reading for more about the committee and how to participate](#)*



## Babies of EBMC



*Aida Fei, Wonder, and Tallulah leading EBMC's first baby meditation.*

→ EBMC Path of Service Sangha

**Save the date!**

***Have you ever volunteered at EBMC?***

If so, you're a member of the

**EBMC Path of Service Sangha**

and we want to thank and honor you  
at a fun potluck brunch/open mic party!

**Sunday, Sept. 21, 2014**

**10 am - 12:30 pm**



Each volunteer who attends will receive a  
Path of Service mug!

We often say this: our multi-talented volunteers are the heart and soul of East Bay Meditation Center. And it's true! EBMC staff will be on hand to do setup and cleanup so that you can relax, be appreciated, eat yummy potluck brunch food, meet other volunteers, and, if you like, read a poem, share a song or tune, or show off some of your artwork.

This is also a great time to share your favorite vegetarian brunch dish or beverage, making sure, as we always do at EBMC, that our vegan and gluten-free Sangha members are well fed and happy.

**So mark your calendars now please.** More information and RSVP link to come at the beginning of September via a Constant Contact email blast. If you miss that mailing, just contact EBMC at [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) and we'll give you all the details.

→ Noble Silence



If you'd like to practice in silence at EBMC, you are welcome to wear one of these necktags, available in the kitchen and modeled here by volunteer Judy Hatcher.


### 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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