



East Bay Meditation

Center

NOVEMBER 2018 NEWSLETTER

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State of the Center Report



How're we doing? Read the latest EBMC State of the Center Report [here](#)!

All the latest news about EBMC's finances, fundraising, programs, what our board of directors (Leadership Sangha) co-chairs have to say, and more! Click [here](#) for the November 2018 EBMC State of the Center Report!



A tender moment between Spring Washam, one of EBMC's founding teachers, and beloved mindfulness teacher and author Sharon Salzberg at EBMC's Sept. 28, 2018 fundraising event.



EBMC Dharma Talks on YouTube!

Check out our offerings of audio recorded EBMC Dharma talks on our East Bay Meditation Center [YouTube channel](#)!. We'll keep on adding new selected recorded talks, so you may wish to subscribe



to this channel. And please share these Dharma gems with your friends!

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People of EBMC: Lisa Moore


EBMC: Lisa, you've been a part of the EBMC Sangha (community) for a long time. What brought you to EBMC, and can you please tell us a little more about yourself?

Lisa: What brought me to EBMC? Larry Yang! About twenty years ago, I started practicing/ studying Buddhism. I'd gone to a few daylongs at Spirit Rock. I learned a lot, but wasn't getting that sangha feeling. In fact, I pretty much convinced myself that the three jewels were actually just two, the Buddha and the Dharma. I thought that Sangha was kind of optional or extra credit. I went to a People of Color (POC) daylong with Marlene Jones and Larry that rocked my world. This was back when Larry had long hair. It completely rocked me. Then Larry inconveniently disappeared. I kept puttering with the dharma and my practice. I needed guidance but wasn't sure how to get it. Some years later, I went to the POC retreat, mainly because that mystery guy, Larry, was teaching. Not only was he teaching, but he announced the first iteration of the EBMC Commit to Dharma program. Of course, I had to do it. I found studying the dharma in the context of sangha to be a life-changing joy. So many people in this community have become my chosen family. It has been such a privilege to support our community,



through working with EBMC's programming until recently and with the Friday evening meditation group, Maha Sangha. Volunteering has been such a rich, joyful practice. Sangha is not optional. One thought I had some years ago is that if dharma is the theory, sangha is the practice. There's no praxis without sangha.

What else? I grew up in East Oakland. I've lived in the East Bay my entire life. I teach at San Francisco State University and my day jobs have been in public health. My focus has been on harm reduction and on social inequities and health. I was one of a bunch of co-founders of the Harm Reduction Coalition, which has its Oakland office blocks from EBMC. I also obsess about the impacts of neoliberalism on the health of people



and the planet and how we can build something better than this. While my training in public health gives me skills to assess the problem, I have learned so much from the buddha-dharma-sangha at EBMC about building solutions.

Oh... and I am owned by three black cats.

EBMC: You've taught a class on how Dharma (Buddhist-based teachings and practices of wisdom and compassion) can be applied to dismantling the capitalist, military-industrial complex in the U.S. right now. We'd love it if you shared an important takeaway that you wanted the students from that class to consider and to put into action.

Lisa: I think the most important takeaway is that we live in a society that is designed to make us suffer. Capitalism is built on craving and on reinforcing the feeling that enough does not exist. We can never have enough and we can never be enough. That feeling keeps us striving for things that only reduce the craving momentarily. The rabid individualism inculcated by neoliberalism makes us think that separation is possible and desirable. So much emotional and social distress is produced by a system that is also killing the planet. Our practice is a proven antidote to this poison. Individual and collective practice that addresses craving and interdependence is deeply anti-capitalist and produces sustainable joy and resilience. It is part of that (r)evolution that Grace Lee Boggs taught about.

EBMC: Disability justice and radical inclusivity are a big part of what makes EBMC important to so many people who come to our center. (And, we're certainly not perfect and always striving to improve.) Can you share with us ways in which you feel EBMC brings these concepts to life, especially as they intersect with one of your areas of interest and expertise, which is harm reduction?

Lisa: I have learned so much about disability justice and radical inclusivity from being part of this community. I feel like such a beginner, but I will try to answer this question. The first is a broad observation. Radical inclusivity is a practice and a process, not an outcome. When I first came to this, I thought it was an outcome and that I just needed to learn the right stuff so that I could "get it right." No. Our communities are living, changing, growing organisms. Communities will emerge as we grow in kindness. That's a beautiful thing. So, I have had to get ok with "getting it wrong" but with taking responsibility and growing from my getting it wrong. Getting it wrong goes against too many years of socialization but it is part of learning. I tell my students to dare to get it wrong. Now the shoe is on the other foot. Damn, I hate that!

Specifically, about harm reduction and drug use, I could go on for days. But I won't. Drug users face so much stigma and hate. The first part of healing, for all of us, is to show up as we are and to have our lives valued and respected. I learned that from years of doing needle exchange. People were so grateful for so little. They were grateful because they had become used to people with more privilege judging them. There is so much deep dharma in our streets, with our buddhas in tents who look out for each other and who practice the tender kindnesses that I have only seen with poor people. Yes, there is a lot of pain and ugliness but beauty as well. EBMC offers a space and the practices to hold the pain and to see the beauty. That is an incredible gift. My Harm Reduction community invited me to hold a meditation space at our conference in NOLA (New Orleans, Louisiana) next month. So, I am going to do my best to bring some EBMC

to NOLA.

EBMC: Thank you for sharing with us, Lisa.

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mindfulness

mindfulness is a flower
a series moment of moments
strung together
at the end of a long day
so it becomes
a garland
a lei
a mindful way

- shah noor (2018)



Photo by Hans Vivek on Unsplash

♥ [Become a Friend of EBMC >](#)

New! Fragrance Free Products Shop at EBMC

Do you want to [take the next step in being fragrance free](#) but don't know how?



EBMC staff member Irene Ross has created a beautiful fragrance free personal products shop offering sample size body and hair products, on a gift economics (donation) basis! There are products for every type of hair, jojoba oil and more, and everything is labelled by Irene so you know exactly

what you're getting.

The little shop is located in the main temple

space near the greeter's table, and we know you'll enjoy stopping by it the next time you're at East Bay Meditation Center.

[photos show EBMC staff (l to r: Irene, Candi and Xiaojing) examining the products; and LSangha/board members Crosby (r) and Jenn Biehn (l) showing off the neatly-stocked shelves]



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**EAST BAY
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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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See what's happening on our social sites:

