



# East Bay Meditation Center Newsletter

March | 2021



Photo by Candi Martinez Carthen

## State of the Center Report

### *Did You Know That*

- Leadership Sangha (LSangha/ board of directors) is looking for new members?
- EBMC had a great year financially in 2020?
- EBMC's first capital campaign is heating up as we search for a sustainable home?

Read all about it in the EBMC State of the Center Report's March 2021 edition! To browse the Report, click [here](#).



## People of EBMC: Raúl Coronado

*"I practiced wise effort --  
I had to learn to let go."*

Raúl Coronado reflects on his years of Buddhist practice and his time as EBMC board chair, as well as his plans for the next period of his life. For the full interview, click [here](#).



## Announcing Our First Two Year Teacher Training Program!

We're so excited to introduce you to EBMC's very first two year spiritual teacher and leader (STL) training program participants!

For photos and bios of these wonderful spiritual teachers and leaders in training, click [here](#).

## Mindfulness of Money Tip: It's Tax Time!!! Are You Ready?

by Ramona Lisa Ortiz-Smith

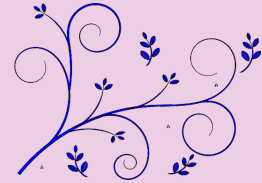
In my experience, Tax Season can bring up a lot of fear and anxiety. It used to be that way for me. Not only was I scared and anxious, I was unorganized and I always waited until the last minute. I would literally run around after work from place to place on April 15th, the usual national tax deadline, trying to get my personal income taxes filed! I did this for years! Eventually, I overcame my fear and changed my habits. Here are a few tips that helped me to get a grip on my fear and tax filing habits:



Photo Credit: Stacy Miller Spirit Rock Meditation Center

EBMC Sangha member **Ramona Lisa Ortiz-Smith, MBA (she)**, is a Dharma and mindfulness practitioner with over eight years of experience working with Community Economic Development organizations as a Financial Coach and Certified Tax Preparer ([www.FreeSpiritOfferings.com](http://www.FreeSpiritOfferings.com)).

1. Get Organized Now
2. Decide on a Tax Professional or a Do-It-Yourself software.
3. Set a Date and Schedule an Appointment before the (new) National Tax Deadline: May 17, 2021. See the Note below!
4. Get the support you need; ask questions. You can do it!



[Note: The U.S. federal government announced that it will extend the 2020 **tax filing due date from April 15 to May 17, 2021. California did the same** for state income tax filing. Check for the state taxes deadline in the state where you live. Both the Internal Revenue Service and the California state tax agency said the extension will not apply to those making quarterly estimated tax payments on 2021 income that isn't subject to tax withholding. First-quarter payments will still be due April 15, 2021.]

## EBMC Board Members Needed

I really do hope that people consider applying to be on the EBMC board / LSangha. It's wonderful to give back to EBMC in this way. We need people to help hold EBMC's practice groups and everything else that we do. Our treasurer and secretary's terms are ending this year in 2021, also. Please apply! If you're interested, please email LSangha (board) members Tania or Drew: [tania@eastbaymeditation.org](mailto:tania@eastbaymeditation.org) or [drew@eastbaymeditation.org](mailto:drew@eastbaymeditation.org)

-- Raúl Coronado, outgoing EBMC board chair



See what's happening on our social media sites:



### 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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