



# East Bay Meditation Center Newsletter

July 23 | 2021

**Save the Date for Lama Rod!**  
**Oct. 23, 2021**



EBMC is thrilled to ask you to **Save the Date** for a very special fundraising event with one of the leaders of the next generation of Dharma teachers, Lama Rod Owens. Lama Rod is author of *Love and Rage: The Path of Liberation Through Anger*. Please mark your calendars for October 23, 2021. Details to come.



## State of the Center Report

### What's Happening at Our Meditation Center?

Read all about East Bay Meditation Center's fundraising, finances, board of directors (Leadership Sangha or LSangha), our exciting programming and more in the July 2021 EBMC State of the Center Report. Do you know who our new board member is? New staff positions we'll be advertising soon? EBMC's first ever capital campaign's progress? Click [HERE](#) for the answers.

## Safety Squad Needs Your Input

Over the past year, some members of the EBMC staff and LSangha (board) have been meeting as the Safety Squad to monitor the pandemic, consider the safety of our Sangha, and handle the logistics of temporarily closing our physical space. **We'd like to invite you to take a short survey to help us inform our decisions as we consider our next steps.** Please take a moment to fill out this community survey:



<https://www.surveymonkey.com/r/C7FHZKJ>

Thanks in advance!

## People of EBMC:



### Pandemic First Responder James Javier Long (excerpts)

*"I see the woman and begin going down a mental checklist of the COVID-19 symptoms she had: shortness of breath, fever, chills, cough, fatigue, congestion, headache -- CHECK. I climbed alone in the back of the 6 x 14-foot ambulance with her. Everything speeds up becoming very real and my only protection is a reused N-95 mask and a pair of gloves."*

*"I've seen the delicate and tragic dance between life and death and understand how much life is predictably, unpredictable. Practicing mindfulness has allowed me to show up as the best version of myself."*

For the powerful full interview with EBMC Sangha member James Javier Long, click [HERE](#).

**Applications Open!**

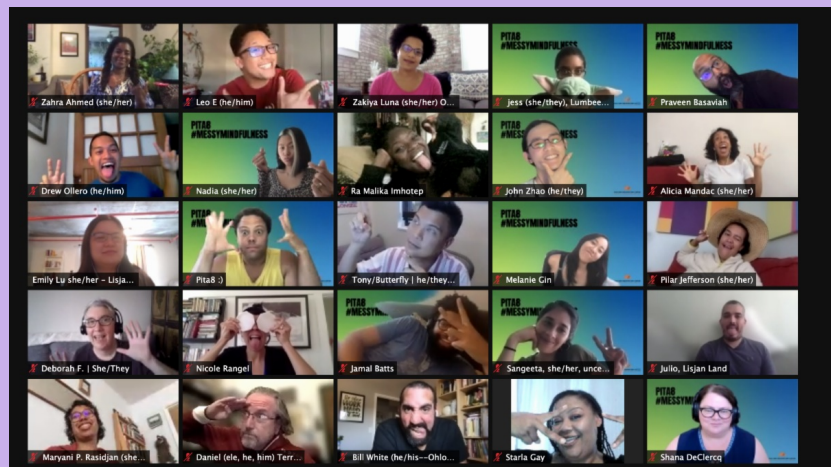
# Mindfulness for Justice Activists Yearlong Online Program:

## Practice in Transformative Action Cohort 9 Deadline August 16, 2021

Award-winning EBMC yearlong program of training in trauma-informed secular mindfulness practices for justice activists and agents of change -- with a special invitation to Black, Indigenous & People of Color (BIPOC) to apply. The Practice in Transformative Action (PiTA) program, now in its ninth year, has graduated hundreds of people, helping to create social transformation in their diverse communities and in professional fields ranging from social work to medical to education to organizational development consulting to construction to art for social change and more. For more information, click [HERE](#).



*[Screenshots show the jubilant outgoing cohort 8 of Practice in Transformative Action at their final meeting on July 11, 2021.]*



### RADICAL RE-ORIENTATION

THE 2021 BUDDHISM AND RACE SPEAKER SERIES

JANUARY - AUGUST 2021

LARRY YANG / RHONDA MAGEE/ DUNCAN RYÜKEN  
WILLIAMS/ CHENXING HAN/ ANN GLEIG/ SHANTÉ SMALLS/  
AND OTHERS

EBMC Chosen for Closing Session  
of “Radical Re-Orientation,”  
Harvard’s 2021 Buddhism & Race  
Speaker Series



For information on how to register for and attend this free August 9, 2021 online event, click [HERE](#).

EBMC founding teacher Larry Yang will facilitate the final session of Harvard's 2021 Buddhism and Race Speaker Series, entitled "Centering Our Communities in Our Awareness," with a panel discussion involving three BIPOC (Black, Indigenous, and People of Color) led and BIPOC focused practice and healing communities. Three different centers in different parts of the U.S. will be represented by speakers who will share their center's journey through the successes, the difficulties, the ongoing complexities, and emerging surprises as each center is continuing to develop. The three centers are:

- **East Bay Meditation Center, Oakland CA:** an effort for the past 16 years in creating inclusive and diverse communities within contemplative spiritual practice and social justice. With Mushim Ikeda and Raúl Coronado.
- **Gathering Roots Retreat and Wellness Center**, Washington state: an effort for the past 2-3 years to create a BIPOC center wellness and retreat center that BIPOC communities have full access to. They have accomplished "the largest land purchase by Black people in Washington State history" to create their vision. With Tracy Stewart and Nikki Ngoc Trân Châu.
- **Southside Liberation Center**, Chicago IL: a new and first of its kind effort in the South Side of Chicago to be rooted in BIPOC communities. With joshua bee alafia.

To watch videos from this speaker series, click [HERE](#).

## Gratitude to Friends of EBMC!

by Anchal Bibra, EBMC Engagement Director

Friends of EBMC, our monthly donors, have provided a sense of security for the center in a year that has been full of many shifts and changes. We've called up on our Sangha to become monthly donors and saw an increase of 22% from May of 2020 to 2021. Friends of EBMC are crucial to our financial wellbeing and we appreciate and welcome our new Friends! Click [HERE](#) to become a Friend of EBMC!

Thank you, Friends of EBMC!



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.

BECOME A MONTHLY DONOR  
OR  
MAKE A ONE TIME DONATION

**DONATE**

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