



East Bay Meditation Center Newsletter

November 05 | 2021

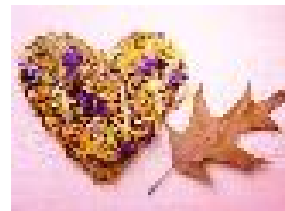


State of the Center Report

Did you know that....

(Read full information in the [State of the Center Report](#))

- We're currently hiring for a [Development and Fundraising Coordinator](#), and [Finance and HR Director](#). Please spread the word!
- EBMC Programs offered several class series in summer and fall of 2021 as a part of our continued commitment to responsive programming that reflects the needs of our sangha. Topics included: "Liberation from Suffering: Buddha's Four Noble Truths for BIPOC," "Transforming Anxiety and Depression Using the Four Foundations of Mindfulness," and "Finding Liberation in Relationship: Accountability, Conflict, Boundaries and Feedback."
- The EBMC LSangha (board of directors) is looking for new members.
- EBMC is looking for an accessible building in Oakland to purchase so that we have a more permanent home. (And we're raising funds for this exciting



EBMC staff on weekend work retreat at end of September 2021. Staff had valuable time to relax, play together and with our children, swim, cook and eat together, work, and

project!)

- We now have well over 300 Friends of EBMC monthly donors who collectively provide more than 25% of our annual income.

Read the complete information in the November 5, 2021 EBMC State of the Center Report by clicking [HERE](#)

walk in nature near the Pt. Reyes National Seashore area in Northern California.

L to R top row: Jen Woodfork, Candi Martinez Carthen holding Lyric, Cassandra Shaylor with Tallulah, Xiaojing Wang with Aida Fei.

L to R kneeling: shah noor hussein, Mushim Ikeda

“Five phase mindfulness approach”: From a Frontline COVID-19 Physician in the EBMC Sangha



Dr. Suresh Rangarajan says, “For busy primary care providers, the psychological burden of the pandemic on our patients is truly the iceberg under the water line. Never have we been asked to deliver more mental health support to these patients. In medical training, most physicians are taught to fix physical problems and to a more limited extent mental health issues. We were not trained to be therapists or life coaches. ...Based on my personal experience, I started to advocate a five phase mindfulness approach to my patients to help them 'get their feet underneath them again' and to start to build the foundation for a post-pandemic life. The vast majority of my patients have found these practices very helpful.”

To see the entire interview with Dr. Suresh in our “People of EBMC”



[Photo by [Jon Tyson](#) on [Unsplash](#)]

EBMC Sangha / Spiritual Community Is Based in Spiritual Friendship

In the Pali Canon's *Upaddha Sutta* ([SN 45.2](#)), there is a conversation between Lord Buddha and his disciple Ananda in which Ananda enthusiastically declares,

“This is half of the holy life, lord: admirable friendship, admirable companionship, admirable camaraderie.” The Buddha replies: “Don't say that, Ananda. Don't say that. Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life.” -- From [Wikipedia](#)

Xiaojing: The Next Chapter! -- and More EBMC Staff Transitions (Anchal, shah & Tina)

Xiaojing Wang has been on staff with East Bay Meditation Center since September 2011 and transitioned from her job as Program and Finance Director at the end of October 2021. She is also an acupuncturist, an avid sports fan, and a parent. We asked her, could you please share with us what you're looking forward to in this next chapter of your life?

Xiaojing replied: “It may seem trite but I'm looking forward to spending more focused time with my kids, and generally having a less packed schedule. No more working in the evenings and on weekends! I'll be devoting more time to continuing my study of Chinese Medicine, and to my fantasy basketball league. As much as I've loved working at EBMC and with all the exceptionally wonderful people here, it's time for me to return to my former volunteer and sangha member role.”

This seems to be a season of change for EBMC staff. For other staff transitions, please see the Human Resources section of the EBMC State of the Center Report by clicking [HERE](#).





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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