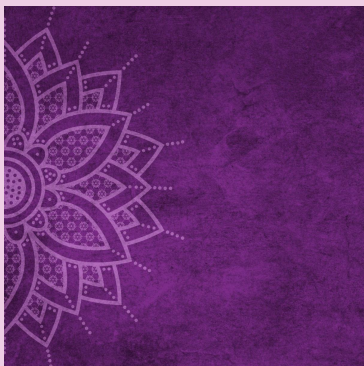




# East Bay Meditation Center Newsletter

July 22 | 2022



## Are We Reopening Our Doors? Has EBMC Purchased a Building?

Read all the latest EBMC administrative and financial news in our State of the Center

Report by clicking [HERE](#).

For an accessible copy of this report, black Arial typeface on white background, please email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org)



## Got Questions about EBMC?

Names and contact information for EBMC leadership groups can be found by clicking [HERE](#). If in doubt, you can always use "contact us" on our [website](#), or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org)

## Future of American Buddhism Conference



photo credit: Rev. Blayne Higa, minister, Kona Hongwangji Buddhist Temple, a Shin Buddhist Sangha located on the Big Island of Hawai'i.

The photo shows Renato Almanzor sitting on a stage with a projector, laptop computer and vase of spring flowers and ferns. Projected on the screen in back of Renato is a slide with a painterly blue, orange and white face of a Buddha figure and the words: Shared Leadership:

How can we co-create Buddhist organizations of shared power, creativity and co-responsibility in the U.S.? East Bay Meditation Center has been widely regarded as a thought leader in Shared Leadership and Radical Inclusivity, and at the recent Future of American Buddhism conference at Garrison Institute in upstate New York, we were ably represented by Leadership Sangha / board member and EBMC teacher Renato Almanzor. Amidst the diversity of Buddhist traditions and organizational structures in the U.S., EBMC continues to learn, to grow, and to share our learnings with others. As the Korean Buddhists say, "songbul hashipshio" -- Let's all become buddhas together!

For more information about the June 2-5, 2022 conference, go to <https://pages.futureofamericanbuddhism.com/invitation-video>

## Announcing Yearlong Training for Mindful Justice Activists

Now in its TENTH year! We're pleased to announce that EBMC is once again offering our award-winning yearlong program of secular mindfulness training for justice activists and agents of change, Practice in Transformative Action (PiTA). Special invitation to Black, Indigenous and People of Color. For more information about how to apply for the tenth cohort of PiTA, click [HERE](#).



Photo by [Olia Nayda](#) on [Unsplash](#)

## People of EBMC

Butterfly (Tony Pham),  
on Socially-Engaged Buddhism

"Buddhist Peace Fellowship believes that those who are the most oppressed have the most to teach all of us about the freedom that comes from self-love even when suffocated by the delusions of hate." – Butterfly (Tony Pham), President, [Buddhist Peace Fellowship](#), Board of Directors, he/they.

To read the interview with Butterfly on Socially-Engaged Buddhism, click [HERE](#).

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## EBMC Teachers Are Awesome! Highlighting Carol Cano, Noliwe Alexander and Devin Berry

As of July 2022, EBMC's core teachers are Carol Cano, Arisika Razak, Melvin Escobar, Amana Brembry-Johnson, Debra Kerr, Mushim Ikeda, and René Rivera. And, [all of EBMC's teachers](#)

are awesome. Here we're highlighting two notable nonprofits founded by three of our East Bay Meditation Center teachers.



### **Braided Wisdom, founded by EBMC Core Teacher Carol Cano**

Braided Wisdom is a BIPOC led cross-cultural mindfulness organization. We are individuals who act responsibly, for ourselves as well as the benefit of all beings, understanding the interconnectedness of all life, both within the internal and the external world.

As an organization, we braid Indigenous wisdom, earth-based practices, and psycho-spiritual approaches to healing the whole self while preserving the integrity of our unique cultures as we journey along a spiritual path. We interweave and share these different approaches through our leadership training, community healing circles, earth based ceremonies and land retreats, and shapeshifting workshops with restorative justice leaders.

Learn more at [www.braidedwisdom.org](http://www.braidedwisdom.org) and @BraidedWisdom.



### **Deep Time Liberation, co-founded by EBMC teachers Noliwe Alexander and Devin Berry**

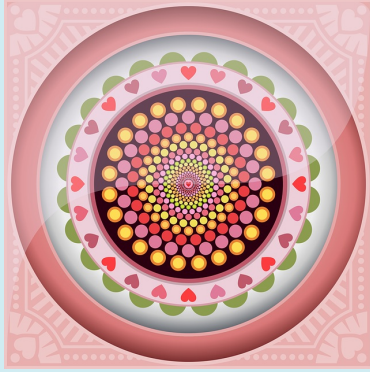
Peace At Any Pace (PAAP) offers healing opportunities through culturally specific journeys, genealogical mapping, storytelling, drumming and mindful awareness to multigenerational people of the African diaspora who suffer from the impact of intergenerational and ancestral traumas.

PAAP with its flagship program, Deep Time Liberation (DTL) is a groundbreaking retreat blending Buddhist teachings and African indigenous practices, taking participants into the heart of slavery's past so they can free themselves from its legacy of trauma. DTL bridges ancestral histories to present day experiences, transforming wounds to wisdom, leading to deep time liberation.

For more information, see [www.peaceatanypace.org](http://www.peaceatanypace.org) and [www.deeptimelib.org](http://www.deeptimelib.org)

photo from the [Whitney Plantation](#), Louisiana





**BECOME A MONTHLY DONOR  
OR  
MAKE A ONE TIME DONATION**



## When EBMC Staff Are Doing Other Things:



### First Yemeni Music Concert in the U.S.!

From Layle Omeran, musician, and EBMC's Fundraising and Development Coordinator

I was fortunate to work with **Aswat, the Arabic Music Ensemble of the Bay Area**, this year to present a full-length concert celebrating Yemeni music and culture at

Foster City on June 5, 2022. This concert was a special moment for Yemeni music and for the Aswat music community, as it is the first time Yemeni music is presented in choir ensemble form at concert length in the US. This concert comes at a time when Yemen is entering its seventh year of armed conflict, highlighting the need to preserve music and culture where conflict persists. It was a special moment for me, as a Yemeni musician and educator who connects with music as a container of my immigrant identity, and with sound as a vessel for healing from the violence that comes with the process of immigrating. My focus on studying, teaching and innovating my heritage music is a way for me to resist colonial pressures to assimilate, and to be reminded of the simple, anti-capitalist ways of living that are rooted in my own indigenous culture.

The enthusiastic audience danced along to the tunes of the songs in a lively demonstration of embodied joy, as we sang gleefully in community. You can find pictures and some clips from the concert on Aswat's photography folder on Facebook [here](#). You can listen to some of my music [here](#).

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.

newsletter editor: Mushim \* newsletter designer: Grace Gilliam

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