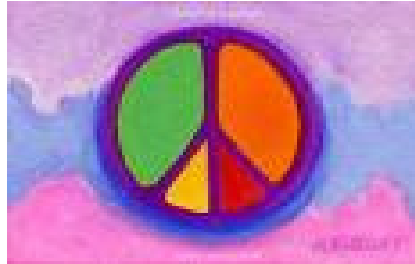


Being Peace

A day for activists and all those engaged in changing the world



Whether we are on the front lines of a war zone or on the front lines in our community, maintaining inner peace in the face of suffering is our biggest challenge. Many of us have answered the call to serve and are working on meaningful issues with a strong desire to help. But exactly how are we helping? Are we meeting rage and hopelessness with more rage and hopelessness? Or have we become burned out or numb in the face of overwhelming need? In this daylong we will explore ways to keep the Buddha's teaching alive in our pursuit to create positive change in the world. The day will include meditation, music, group discussion and relevant talks on the theme of the day.

Dates: March 28, 2010

Time: Sunday 10:00 am - 5:30 pm

East Bay Meditation Center- www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and specify "Being Peace, March 28."

Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She has been a socially engaged Buddhist activist for over 10 years and has worked in the area of juvenile justice, universal healthcare, child abuse and anti-poverty issues. She currently teaches classes, workshops, and retreats throughout the U.S. Her Website is www.springwasham.com

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

~ EBMC is wheelchair accessible. ~