

# An afternoon for **People of Color** **Listening to the Moment**

with Dr. Marlene Jones

Sunday | April 25, 2010

1:00pm – 5:00 pm

## **A message from Marlene Jones:**

Please join me for a time of sacred noble silence, a time of listening instead of talking. We will share a time of listening through the heart, and through the body. You will enjoy moments of relaxation, and the ease of stillness. This is an invitation to practice clearing the chatter of the mind and the world around us. This half day retreat is for people of color to experience setting aside a time for being and resting in a space of inner quiet. There will be times of silent meditation, sharing of the experience and a Dharma talk.

**All levels of meditation, including beginners, are welcome.**



**Dr. Marlene Jones** holds professorial appointments in the Social and Cultural Studies Program in the Humanities Department at Dominican University. Her doctorate is in International Multicultural Education. A social and community activist, she has worked in multicultural education and cultural inclusion efforts in communities and at Spirit Rock Meditation Center as one of the pioneers dating back to the early 1990s, which includes starting the People of Color Residential Retreats and teaching the POC Daylongs. She was the Co-Founder of the Spirit Rock Diversity Council where she served as chair. She has also served on the Spirit Rock Board of Directors. Dr. Jones was introduced to meditation in 1970.

## **Registration is required and space is limited:**

E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify “register for Listening to the Moment.”

**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.

## **East Bay Meditation Center**

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

2147 Broadway Street,  
Oakland, CA 94612

(near 19th Street BART station in Downtown Oakland)

\*In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.

