

Coming Home to the Alphabet Sangha

With Larry Yang, Shahara Godfrey, Joan Doyle, Phyllis Oscar



When:

Saturday, January 25, 2009
9:30 am to 4:30 pm

Where:

East Bay Meditation Center
2147 Broadway @22nd St., Oakland
(parking meters operate on Saturdays).

Cost: *The teachings are regarded as priceless. They are offered without charge. You are invited to support the teaching and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.*

Registration: Space is limited. Registration is required. To request a registration form, please send an e-mail indicating your interest in registering for "Coming Home" daylong retreat, with your full name, to admin@eastbaymeditation.org or leave a message at (510) 268-0696.

EBMC is wheelchair accessible.



Out of respect for people with environmental illnesses, *please do not wear fragrance or scented products.*

You are invited to join us in the
Lesbian, Gay, Bisexual, Transgender, Queer, Intersex & Same-Gender Loving
communities, a.k.a. LGBTQI/SGL, a.k.a. "the Alphabet Sangha,"
for a day of sitting and walking meditation practice,
dharma teachings, and friendly, supportive community.

Let us explore together mindfulness and
awareness for cultivating
an open heart in our everyday lives.