

urbanRETREATS w/ Angel Kyodo Williams

New vision, ancient practice: join Angel Kyodo Williams for the first New Dharma Summer Solstice Vision Retreat.

Sat, June 21 Visioning Community

Integrating being still with vision, a daylong retreat of both sitting meditation and collective dialog on seeing manifest the vision for an inclusive meditation-based center to be located in the East Bay. This center would have at its very heart, an abiding interest and attention to the needs of dharma practitioners of color and, by extension, the needs of all of our relations.

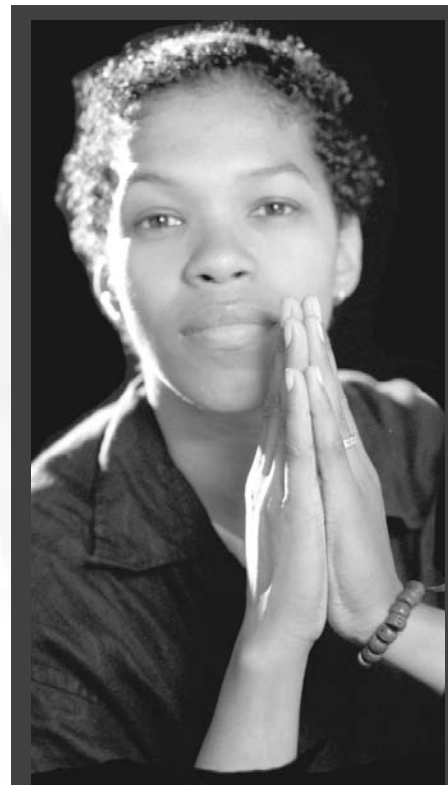
Taken as a potential beginning to many future conversations, the day will allow space for letting questions arise that need to be brought to the table. Various council circle practices from full group to individuals pairs will be used to encourage deep listening, authentic speech and lively discourse.

Sun, June 22 Finding Refuge, Finding Home

Taking refuge is finding shelter. It is a foundational component of deepening spiritual practice. The language is considered buddhist, but the practice is universal, indigenous to the human spirit's pursuit of Truth. Taking refuge in community is committing to walking alone in the company others.

Expanding upon Saturday's retreat, we explore the larger question of "sangha" the community of spiritual practitioners. In particular, how our urban, diverse practice may be served by deepening our commitment to practicing within the liberating structure of TRUE community.

Angel Kyodo Williams is a spiritual teacher, artist, activist and founder of urbanPEACE. Trained in Zen tradition, she is also an ordained interfaith minister with a passion for freedom for people of all colors, cultures and status. She is guiding teacher of New Dharma Meditation Groups and author of the critically acclaimed *Being Black: Zen and the Art of Living With Fearlessness and Grace*. www.beingblack.com



"New Dharma is old and new, pervasive and dynamic. It's the breath of spirit meeting the action of body. And whether that body is you, your community or the Earth you live on, there must be integration. This is where real peace begins: you take responsibility for your freedom else's...and you DO something about it."

Start a practice or deepen one. Be a warrior.



new dharma
way of the authentic warrior
meditation · warrior-spirit · truth

Saturday & Sunday, June 21-22

Daylong Retreats: 9:30am-4pm

San Francisco Zen Center Conference Hall

308 Page Street (next to the Zen Center)

\$25-45 sliding scale. no one turned away for lack of funds.

You may register for one or both. People of color, LGBT and those of limited financial means are especially encouraged to attend.

Register online: <http://www.urbanpeace.org/events/june21.html>

Register by phone: 877-527-8936

