



Equanimity in Our Relationships

Saturday, Aug. 18, 2012
10:00 am to 4:00 pm

Unitarian Universalist Fellowship
of Stanislaus County
2172 Kiernan Ave.
Modesto, CA

Is it possible to discover deep acceptance in your life, even in the midst of the ups and downs of human relationships? The Buddha taught our lives are filled with 10,000 joys and 10,000 sorrows. Nowhere is this more evident than in our relationships with our parents or children, our friends or coworkers, our lovers or spouse.

Relationships are rich opportunities to navigate the beauty and inevitable storms of our loving connections. How do we meet them with increased acceptance and calm?

Through sitting, walking, writing, small and large group discussions, we will spend a day deepening our capacity to see that regardless of the circumstances and arising emotions, we actually can accept the truth of impermanence and further internalize that separation is a myth even though it often rules our lives and those we love and care for.

Our day of meditative practices is open to all ages, all levels of practice, all ethnicities and identities. Please come and bring your honesty and experience. Together, let's learn more about how to love and be loved. Equally important, let's learn to love ourselves even more. This day is freely offered to all. Donations are gladly accepted to support the teachers.



Joan Doyle founded the East Bay LGBT Vipassana group that has grown into East Bay Meditation Center (EBMC)'s Alphabet Sangha for LGBTQI and same-gender loving practitioners. In addition to co-teaching the Wednesday group at EBMC, she is active with the family programs at both EBMC and Spirit Rock, where she teaches meditation classes for young people. Joan has been meditating and practicing Dharma for over a decade, has sat many retreats and has completed Spirit Rock's Dedicated Practitioner Program and is in the Community Dharma Leaders Training Program at Spirit Rock.



John Mifsud is in the Community Dharma Leaders Training Program at Spirit Rock. Larry Yang is his mentor teacher. John is a leader of EBMC's Deep Refuge Group for Alphabet Brothers of Color. He also studied with Rodney Smith at Seattle Insight Meditation, coordinated the Seattle Multicultural Sangha and Seattle Dharma Buddies. His current practicum includes teaching at the San Francisco Gay Buddhist Sangha, the SF Gay Buddhist Fellowship, San Francisco Insight and EBMC.

Please bring a vegetarian potluck dish to share for lunch, if you would like. For the sake of those who may have sensitivities or allergies, please do not wear scented or perfumed products. If you have a meditation cushion, please bring it. A very limited number of mats and cushions will be available. Chairs will be available. For additional information, please contact Lori Wong at 209-343-2748 or visit <http://insightmeditationmodesto.wordpress.com/>