

Save the Date!

Honoring our Pain, Nourishing our Joy: Coming Home to Peace

A non-residential mindfulness retreat for People of Color

Friday, August 1st 6:30pm to 8:30pm

Saturday, August 2nd 9am to 5pm

Please plan to attend both Friday and Saturday

\$50-\$80 sliding scale

Sacred Activism: Creating Justice through Peace and Understanding

A Day of Mindfulness for Activists

Sunday, August 3rd 9am to 4pm

\$35-\$60 sliding scale

For both events: Sliding scale; please give at the highest level you can afford so others can attend. No one will be turned away for lack of funds.

Please bring a dish (vegetarian preferable) to share for a potluck lunch on Saturday and Sunday.

Location and more details soon to follow. To receive updates or more information contact Marisela Gomez at socialhealthconcepts@gmail.com



Facilitators for both events: Sr. Jewel and Marisela Gomez

Sister Jewel (Chan Chau Nghiem) is of African American and European American heritage. She has ordained with Thich Nhat Hanh as a Buddhist nun 14 years ago and became a Dharma teacher 7 years ago. She has led retreats in the U.S., Europe, Thailand, Brazil, India and Southern Africa. She initiated the first People of Color retreats in the Thich Nhat Hanh community from 2004 to 2007. She is energized by sharing mindfulness and compassion, especially with children and young people, and by bringing mindfulness to teachers and schools. She spent the last 5 years at the European Institute of Applied Buddhism in Germany. She is editor of *Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh, and has articles and chapters published in several books, including *Together we are One*; *Dharma, Color and Culture* and others.



Marisela Gomez is a mindfulness practitioner, public health scholar activist, and physician. Of Afro-Latina ancestry, she has spent more than 20 years in Baltimore involved in social justice activism and social determinants of health research, writing, and practice. Since 2004 she has been studying and practicing mindfulness and other forms of meditation at Buddhist practice centers in US, Nepal, Malaysia, Thailand and France. She has helped to organize retreats for People of Color at Blue Cliff Monastery in New York since 2007, a monastery in the tradition of Thich Nhat Hanh.