

# Taking Refuge: Building the Beloved Community -Mindfulness Retreat for People of Color



We gather together over the Martin Luther King, Jr holiday to take refuge in a community dedicated to peace and healing for ourselves and for the world. We share the inspiration of the peaceful and transformative traditions of Thich Nhat Hanh and Dr. Martin Luther King Jr, and bring that inspiration alive through our practice of meditation and mindful walking, eating and sharing Dharma wisdom in our discussions about waking up as a person of color in the United States.

On retreat we will rest our bodies and our minds through the practice of Total Relaxation. We will apply playful and embodied practices of yoga, creative movement and improvisation to nourish joy, humor and wisdom. Each day we will cultivate our inner wisdom through noble silence and personal time to absorb the beauty of the natural environment at Mountain Lamp.



*"I've been a monk for 65 years, and what I have found is that there is no religion, no philosophy, no ideology higher than brotherhood and sisterhood. Not even buddhism."*

*--Thich Nhat Hanh*



This retreat will be co-led by Sr. Jewel and Dharma Teacher Eileen Kiera in the beauty of foothills of the north Cascades

**Location:** Mountain Lamp Community in Deming, Washinton  
**Dates:** Thursday, January 16<sup>th</sup> 2014 – Monday, January 20<sup>th</sup> 2014  
**Fee:** \$275, 5% early registration discount before December 15<sup>th</sup>  
Partial Scholarships Available

**Register** online at [mountainlamp.org](http://mountainlamp.org) or contact Vanna at [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org)

\* There is also the option to register for a second week of a general mindfulness retreat

### **About Sr. Jewel**

Sister Jewel (Chan Chau Nghiem) was born in Chicago and is of African American and European American heritage. She ordained as a Buddhist nun in 1999. Before ordaining, she graduated from Stanford University with a B.A. And M.A. In Anthropology and Social Sciences. Thich Nhat Hanh ordained her as a Dharma teacher in 2007. She has led retreats in the U.S., Europe, Thailand, Brazil, India and Southern Africa. She initiated and helped organize the first People of Color retreats Thich Nhat Hanh and the monastic sangha offered in Deer Park Monastery from 2004 to 2007. She spends much of her time sharing mindfulness and compassion, especially with children and young people, and bringing mindfulness to teachers and schools through the Wake Up Schools program. She is also passionate about exploring the ways art, play and spiritual practice intersect and sustain each other. She has spent the last 5 years at the European Institute of Applied Buddhism in Waldbroel, 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*; *The Buddha's Apprentices: More Voices of Young Buddhists*; *Dharma, Color and Culture*; and *Friends on the Path*.

### **About Eileen Kiera**

Eileen Kiera is an ecologist by training, vegetable gardener and mother by passion, and the practice and support of the Dharma has been her primary focus for the past 35 years. Eileen, of European American heritage, has lived as a member of an interracial family. She is a student of Thich Nhat Hanh and Robert Aitken, Roshi. Thich Nhat Hahn acknowledged her as a Dharma teacher in 1990, and for the past 23 years has led retreats in the U.S., Canada, Mexico, Europe and Australia. Her primary commitment, however, is to support the maturing of Dharma practice near her home in the Pacific Northwest. She is co-founder of the Mountain Lamp Community, a lay rural practice center, where she lives with husband in the mountains east of Bellingham, Washington.

*"But the end is reconciliation; the end is redemption; the end is the creation of the beloved community. It is this type of spirit and this type of love that can transform opposers into friends."*

*-- Dr. Martin Luther King, Jr.*