

Showing Up for the Planet

A Day of Reflection and Action on Climate Change

With James Baraz, Kritee, Thanissara,
Donald Rothberg, Teja Bell, Eve Decker

Join us on **Saturday, August 22**, for this online, daylong retreat and explore how mindfulness and clear intention can provide the foundation we need to actively address the climate crisis. The day will include guided meditation, inspired teachings, discussion, music, and Qigong.

The day will feature presentations by Bay Area organizations on ways we can take specific, tangible actions for the planet no matter where we live. Participants will be encouraged to take, or commit to, at least one action during or after the retreat.

Teachers will also share on themes of climate action and social justice in relation to the Dharma.

This online retreat is open to all on a dana (by donation) basis. There is no fee for the retreat. All teachers and coordinators are donating their time. Dana offered will be passed on to organizations that are working to address climate change.

Hosted by Marin Sangha



Date and Time

Saturday, August 22, 2020
10:00 a.m. – 4:30 p.m.

Location

Online

Cost

Dana-based; no fee

Website

MarinSangha.org

Register Here

Topics and Actions

Energy Conservation
Racial and Environmental Justice
Holistic Living
Make Change at the Ballot Box
Clean Mobility
Healthy Eating for the Planet
Carbon Offsets
Local Climate Advocacy
Renewable Energy
and more



350 Bay Area & 350 Marin – Drive Clean Bay Area – Green Change – MCE Clean Energy
Marin County Energy Watch Partnership – Never Too Late to Go Vegan – One Earth Sangha

About the Teachers

James Baraz is a founding teacher of Spirit Rock Meditation Center. James has been leading the online course *Awakening Joy* since 2003. He serves as an advisor to One Earth Sangha, a website devoted to Buddhist responses to Climate Change. His books include *Awakening Joy* and *Awakening Joy for Kids*. For more information, visit www.awakeningjoy.info.

Teja Bell (Fudo Myoo Roshi) is a lineage Dharma teacher and Rinzai Zen master, the 85th ancestor of the lineage of Lin-Chi I-Chuan. He teaches Dharma and Qigong as embodied mindfulness through integrating somatic skills with meditation practices and has taught over 150 retreats at Spirit Rock since 1999. For more information, please visit <http://www.qigongdharma.com/>

Eve Decker is a graduate of the Path of Engagement and Community Dharma Leader programs at Spirit Rock. Eve is also an accomplished musician, releasing five CDs with her band Rebecca Riots and three CDs of original dharma music. She leads "Sit and Sing Sanghas" and teaches a popular class series in Berkeley on Lovingkindness and Forgiveness. For more on Eve, visit her website at www.evedecker.com.

Kritee Kanko is a climate scientist, Zen priest, educator & founding dharma teacher of Boundless in Motion. She is committed to bringing dharma to young adults, permaculture communities, LGBTQ, black, indigenous and other people of color. She is a sensei in the Rinzai Zen lineage of Cold Mountain, and a co-founder of Rocky Mountain Ecodharma Retreat Center. For more info visit www.boundlessinmotion.org.

Donald Rothberg, PhD is a Spirit Rock teacher who writes and teaches classes, groups and retreats on meditation, daily life practice, spirituality and psychology, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World* For more information visit www.donaldrothberg.com.

Thanissara is an Anglo-Irish teacher from London who spent 12 years as a Buddhist nun. With Kittisaro, she co-founded Dharmagiri Sacred Mountain Retreat in South Africa and Sacred Mountain Sangha, CA. She is the author of *Time To Stand Up, A Buddhist Manifesto for Our Earth*, and is co-author with Kittisaro of *Listening to the Heart, A Contemplative Journey to Engaged Buddhism*

Participating Organizations

[350 Bay Area](#) & [350 Marin](#) – [Drive Clean Bay Area](#) – [Green Change](#) – [Marin County Energy Watch Partnership](#) – [MCE Clean Energy](#) – [Never Too Late to Go Vegan](#) – [One Earth Sangha](#)

About Marin Sangha

Marin Sangha is a mindfulness meditation (*vipassana*) group in Marin County that puts special emphasis on living the dharma in daily life. Regular meeting times are Sundays at 6pm. The evening's agenda typically includes guided meditations, mindful movement or walking meditation, and insightful talks that draw upon various aspects of the Buddha's teachings. Marin Sangha's principal guiding teacher is [Donald Rothberg](#), and the Sangha hosts many other teachers as well from a variety diverse backgrounds and disciplines.