

MEDITATION RETREAT WITH REV. ANGEL KYODO WILLIAMS

It was in that vast stillness that I found my sense of freedom, an inspiration to live, to love with all my might...it looks like, just sitting. It seems too simple to be of value. Don't be fooled, what happens over time in [meditation] can be so deep, so profound and yet so subtle, that it changes the way you see everything.

- Rev. angel kyodo williams, [Being Black: Zen and the Art of Living with Fearlessness and Grace](#)



Rev. angel kyodo williams is a maverick spiritual teacher bridging the worlds of personal transformation and social justice, and the second of only four black women recognized as teachers in the Japanese Zen lineage. In October 2017, Rev. angel led a transformative workshop at Clouds in Water Zen Center. Rev. angel will return this July to lead a sesshin. Sesshin is a meditation retreat, literally meaning “collecting the heart/mind.”

Clouds in Water Zen Center and **Common Ground Meditation Center** together invite you to engage in the deep and powerful silence of sitting and walking in meditation with Rev. angel, and receiving her dharma talks. The sesshin will also include embodied practice with **Don't You Feel It Too?** and light service work.

The sesshin will be open to both people of color (POC) and white people. We will give preference to POC and include white allies who are active in racial justice work. At least 70% of the participants will be POC. Space is limited to 60 participants. **We expect the retreat to fill; your early response is recommended.**

The sesshin is open to people of all levels of experience with meditation. Both chairs and floor cushions will be available for sitting.

Schedule for Sesshin:

Friday, July 13, 6:00 - 9:00 PM,

Saturday, July 14, 8:00 AM - 9:00 PM

Location: Clouds in Water Zen Center.

Vegetarian lunch and supper will be served on Saturday.

Commitment to the full retreat is required.

Fee for Sesshin: Includes tea, snacks and Saturday meals.

- Early bird, before June 11 \$75
- June 11 or later \$100
- Donor-level registration \$125
(\$25 goes to support of the retreat)

To Register for Sesshin:

Some scholarships will be available to POC and white allies.

The form includes a scholarship application.

POC only → [Fill out this form.](#)

White allies → [Fill out this form.](#)

You will be notified by email when to register.

Public Dharma Talk

Rev. angel will also give a dharma talk, **open to all by donation.**

Sunday, July 15, 10:30-11:45 AM.

Location: Common Ground Meditation Center.

Contact Information

Clouds in Water Zen Center: 445 Farrington Street, St. Paul, MN 55103.

Phone (651) 651-222-6968 info@cloudsinwater.org

Common Ground Meditation Center: 2700 East 26th Street, Minneapolis, Minnesota 55406.

Phone (612) 722-8260 info@commongroundmeditation.org

For more information on Rev. angel kyodo williams, link to her [website](#) and an interview [with On Being](#).

We welcome tax-deductible donations to support this racial equity retreat, including supporting scholarships, please click [here](#)

CO-SPONSORS FOR THE WEEKEND RETREAT ARE

Clouds in Water Zen Center, Common Ground Meditation Center and Don't You Feel It Too?
