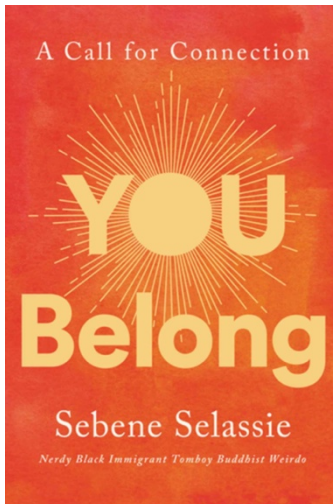




Tucson Community MEDITATION CENTER

Desert Insight Meditation invites you to join our virtual Buddhist Book Study Group for meditation, reading, study, and discussion of our new book. This book is so ripe for our times that guide us into cultivating relationships in this day. It reveals to us how to create interconnectedness among people of all races, ethnicities, divergent opinions, and backgrounds.

You Belong: A Call for Connection **by Sebene Selassie**



Sebene Selassie studied and practiced Buddhism for over 30 years. In her new, first book, we focus on learning how belonging together has always been possible by recognizing the field of awareness and love we share that is our true home.

We are not separate from each other. But we don't always believe it,

and we certainly don't always practice it. In fact, we often do the opposite—disconnect and dominate. In *You Belong*, Sebene shows us that when we accept our belonging, we find the key to facing many challenges impacting our world. She uses ancient philosophy, myriad research, and beautiful story-telling with sharp wit in exploring the ways we disconnect and a path back to belonging.

Sebene Selassie received a BA from McGill university in religious and woman's studies and an MA from the New School, where she majored in cultural studies and race. For over 20 years, she worked with both international and national children, youth and families in non-profits. Her work has taken her from San Francisco's

Tenderloin district to refugee camps in Guinea, West Africa. She has been teaching meditation workshops, courses and retreats for over 10 years.

ABOUT THE DIM BOOK STUDY GROUP

This book study group is a commitment to participate in weekly meetings and readings until the book is completed.

INFORMATION

When: Begins Monday, Monday February 1, 2021, from 10:00-11:30 am weekly.

Location: Zoom, in your own home.

Fee: \$5 weekly fee for TCMC plus *Dana* — a Pali word meaning generosity — for the teacher. The suggested donation is \$10/class. Please continue to support Lhasha in continuing to offer these 2,600-year-old priceless teachings of the Buddha. Payments can be made monthly to cover the TCMC fee and Dana for the teacher.

Registration: Please contact Lhasha to let her know that you will be joining or for information about the group and the readings.

Contact: Lhasha Tizer, lhasha9@gmail.com, 520-321-3670

ABOUT THE TEACHER

Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for 43 years. She began practicing Insight Meditation 25 years ago with Spirit Rock teachers and has taught at TCMC since 2000. She is a certified Community Dharma Leader from the Spirit Rock program and teaches for DIM.