

# BUDDHIST CHURCH OF OAKLAND (BCO)

*presents*



## ***Spring Ohigan Services***

Sunday, March 17, 2019

10:00am: Family Dharma Service

10:45am: Adult Service

Spring Ohigan (Equinox) is a time to reflect and renew our efforts toward the Six Paramitas (Perfections): Generosity (Dana), Moral Conduct (Sila), Patience (Kshanti), Perseverance (Virya), Meditation (Dhyana) and Wisdom (Prajna).

Join us for this special event on March 17<sup>th</sup>.

### **Speaker:**

Cyndi Yasaki

Masters Student

Institute of Buddhist Studies



Cyndi Yasaki was born and raised in Torrance, CA and grew up attending and volunteering at the Gardena Buddhist Church. In 2009 she became a Youth Minister's Assistant (YMA) and received her Minister's Assistant (MA) Certification in 2013. She graduated from San Jose State University in 2015 with a Bachelor's of Science in Health Science with a minor in Japanese. She attended the Institute of Buddhist Studies (IBS) as a part-time student from the LA area in the Certificate of Shin Buddhist Studies Program. She's relocated here and currently studying full-time in the Masters of Buddhist Studies Program at IBS.

*This event is free and open to the public - Limited free parking is available  
Coffee, juice and breakfast treats available from 9:15am  
Light refreshments served following services*

### **Buddhist Church of Oakland**

825 Jackson Street (at 9<sup>th</sup> St.), Oakland CA 94607

Phone: 510-832-5988 – e-mail: officebco@gmail.com