Welcome to the September SenGen Newsletter. Your editor has returned from an August break and is looking forward to fall and a season of fruitful SenGen sessions. The SenGen theme for the remainder of the year will be “Finding Joy Right Where You Are”. Please plan to join us on Tuesdays Sept 12 and Sept 26 from 3 – 4:30 at the Durango Dharma Center. (and bring your JOY)

Upcoming DDC events...

Monday evening speaker schedule 5:30 – 7pm

9/4 SIT ONLY with Erin Treat, Resident Teacher
9/11 Maureen Fallon-Cyr, Senior Dharma Leader
9/18 Yong Oh, Community Dharma Leader
9/25 Erin Treat, Resident Teacher

Thursday Evening Sitting Group
Each Thursday of the month 5:30-6:15 p.m.

Sati Sunday Sitting Group
9:00 - 10:15 am., every 2nd and 4th Sunday

Extended Practice Sitting Group
First Sunday of the month, 4-6 p.m., third Wednesday of the month, 7-9 a.m.
INTRODUCTION TO MINDFULNESS MEDITATION  
WITH BILL BALL

WEDNESDAYS STARTING SEPT. 27, 6:00 – 7:30 PM

Practicing meditation brings a new sense of calm into our lives, creating greater ease and less reactivity in the face of life's stresses and challenges. Learn the basics of mindfulness meditation in this five-week introductory class series, which will include talks, discussions, guided meditations, and homework. The class, led by Bill Ball, is open to new as well as experienced meditators who may be looking for a refresher.

LEARN MORE & REGISTER >>

LOVING & LETTING GO  
A Non-Residential Retreat  
With MATTHEW BRENSILVER  
SEPTEMBER 22-24

Like a tapestry is composed of thread, our suffering is composed of clinging. We cling to views and conventions, to sense pleasure and to the sense of self. Ultimately, the strategies of clinging are attempts to create happiness and safety. But we can’t hold a river in our hands—the world will not stay still. In letting go, we are not released into a turbulent and destabilizing world but instead into a heart full of confidence and a mind full of peace. When we practice mindfulness, we practice letting go.

This weekend retreat will be an exploration of how we cling and what it means to let go. There will be time for dharma talks, meditation practice, and group engagement. All are welcome.

LEARN MORE & REGISTER >>
ESSENTIAL DHARMA CLASS SERIES

Uncovering the roots of identity,
Waking up to whiteness
Lead by Erin Treat

Select Wednesdays this Fall
from 6:00 - 8:00 pm
Sept. 20, Sept. 27, Nov. 8, Nov. 29, Dec. 6, Dec. 13

Who are we behind the identities we wear from day to day, the identities we take ourselves to be? Race is one aspect of our identity that profoundly impacts how we meet—and are met by—this world. And yet, it is a social, historical, and cultural construct.

This Essential Dharma class series is a special opportunity for a small group of seasoned meditators to examine the roots of identity through the lens of race, a practice that is at the very heart of the Buddha’s path of liberation.

LEARN MORE & REGISTER >>

The Art Of Intention
A Non-Residential New Year's Retreat
with Erin Treat & Brian Lesage

Friday, December 29, 5-8 pm
Saturday, December 30, from 9-5
Sunday, December 31, from 9-3
REGISTER NOW & SAVE

The arrival of a new year beckons us to turn inward, to reflect upon our deepest intentions and motivations. Through the art of skillfully embodying our heart's intentions, we support the unfolding of love, wisdom, and freedom in our lives and the lives of others.

This non-residential weekend retreat, taught by longtime Durango Dharma Center teachers Erin Treat and Brian Lesage, will explore the art of intention through meditation, wise reflection, and inquiry. The weekend will also include ceremonies that invite us to honor the old and welcome the new. Join us for a unique one-time offering to usher in 2017 with presence, clarity, and compassion.
And now, let’s search for a little JOY RIGHT HERE... First, two reads which we SenGens may be referencing in the coming months:

**HOW DO WE LIVE A LIFE OF JOY IN THE FACE OF ADVERSITY?**
Spend a breathtaking week in deep dialogue and playful laughter with His Holiness the Dalai Lama and the Archbishop Desmond Tutu.

Join two of the most joyful people on the planet—who are also beloved friends—and share their hard-won wisdom of finding enduring happiness and joy in the face of life’s challenges.

In the landmark new work *No Time Like the Present: Finding Freedom, Love, and Joy Right Where You Are*, Jack presents a timely—and timeless—message: we can be happy and free at any moment, no matter what our circumstances, even in periods of great change, whether chaotic or peaceful. In fact, when times are difficult, full of upheaval, it is the perfect moment to open your mind and heart and to draw upon the inner power of courage, mindfulness and compassion. And there is no time like the present.

Note: there is no obligation for SenGeners to purchase these books but if you decide to do so, Maria’s offers a 15% discount to you. Just mention the DDC.
We might also try “listening for JOY... this is one of my favorites this month

2017-08-19 Skillful development of pleasure in practice and life (Retreat at Spirit Rock) 58:07

Though the teachings on dukkha (suffering) are an important part of the Buddhist path, a skillful relationship to sukha (pleasure) actually played a significant part in the Buddha's awakening. This talk explores the wise use of pleasure and the cultivation of beautiful qualities of mind, especially in concentration practice.

Spirit Rock Meditation Center : Concentration Retreat

And from my own experiences this month, the JOY of HEARING ANEW...

The mission of the Fondation Groupe Forget: the gift of hearing

The Fondation Groupe Forget is a non-profit organization with a mission to improve life for people with hearing problems by collecting donations and educating the public.

Since it was founded in 2008, the Fondation Groupe Forget has provided $1 000,000 in hearing aids, hearing tests and accessories.
And finally, for your listening pleasure, an ODE to JOY...

"Ode to Joy" is an ode written in the summer of 1785 by German poet, playwright, and historian Friedrich Schiller and published the following year in Thalia. "Ode to Joy" is best known for its use by Ludwig van Beethoven in the final (fourth) movement of his Ninth Symphony, completed in 1824.

Joy, beautiful spark of the gods,
Daughter from Elysium,
We enter, drunk with fire,
Heavenly One, thy sanctuary!
Your magic binds again
What convention strictly divides;
All people become brothers,
Where your gentle wing abides.

(Click here to read the original ode)

Click here to listen to Beethoven’s rendition or play it for your own joy as written below...

Ode to Joy

(Ludwig van Beethoven (Schiller))

www.abcnotation.com/tunes
THANKS SO MUCH FOR SENDING me future events, readings, videos and audios. Keep them coming to eandrpark@gmail.com. If you would rather not be included on future Event Calendar mailings, please let me know by return email. Ross P.

And don’t forget to check out our senior generation website at DURSENGENS