

## Upcoming events and topics of interest for SENGENers

Nov 2017



*Welcome to the November SenGen Newsletter. WINTER is on its way and your editor is weathering the season in Durango proper this year. Have to admit a certain degree of joy in this. The SenGen theme for the remainder of the year will be "Finding Joy Right Where You Are". Please plan to join us on Tuesdays Nov 14 and Nov 28 from 3 – 4:30 at the Durango Dharma Center.*

### Upcoming DDC events...

Monday evening speaker schedule 5:30 – 7pm

- 11/13 Yong Oh, Community Dharma Leader
- 11/20 Erin Treat, Resident Teacher
- 11/27 Maureen Fallon-Cyr, Senior Dharma Leader
- 12/4 Yong Oh, Community Dharma Leader
- 12/11 Erin Treat, Resident Teacher
- 12/18 Maureen Fallon-Cyr, Senior Dharma Leader
- 12/25 Sit Only



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

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

Extended Practice Sitting Group 1<sup>st</sup> Sunday 4-6 pm, 3<sup>rd</sup> Wednesday 7-9am

*May I suggest finding joy in the remainder of the year  
with the gift of a retreat ...*



The Gift of Attention

A DAYLONG Retreat  
With Erin Treat

Saturday, November 11, 9am-4pm

According to Buddhist wisdom, the dharma -- the natural truth that holds each of our lives is visible here and now, timeless, and to be realized by the wise. The truth is not something magical or remote. It is accessible through our direct experience, and mindfulness is what helps us see what is true in each moment with clarity and focus. [LEARN MORE & REGISTER >>](#)

**Awareness is Your Refuge**

A DAYLONG Retreat  
With Katherine Barr

Saturday, December 9, 9am-4pm

Please join us on this daylong retreat as we gently explore and cultivate the courage to be open and present. In a moment of presence, there is freedom. Away from our usual busyness and obligations, there is an invitation “to put down all you know, to set aside your story and live from what remains,” says Rabbi Rami Shapiro.

Through sitting and walking meditation, short Dharma talks and the preciousness of silence, we will have the opportunity to relax, observe and allow with beginner’s mind. [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 for our November thoughts and references...*

*Your editor was intrigued by Katherine's recent Dharma talk on the subject of "othering". This started me thinking about this term which is fairly new to me. Am I an "other"? Do I regard myself as an "other". Do I treat non-seniors as "others"? Do "others" regard me as an "other"? What better theme for a November Newsletter...*



*For a start, what does the term “OTHERING” mean?*



By “othering”, we mean any action by which an individual or group becomes mentally classified in somebody’s mind as “not one of us”. Rather than always remembering that every person is a complex bundle of emotions, ideas, motivations, reflexes, priorities, and many other subtle aspects, it’s sometimes easier to dismiss them as being in some way

less human, and less worthy of respect and dignity, than we are.

*[\(definition from Othering 101\)](#)*

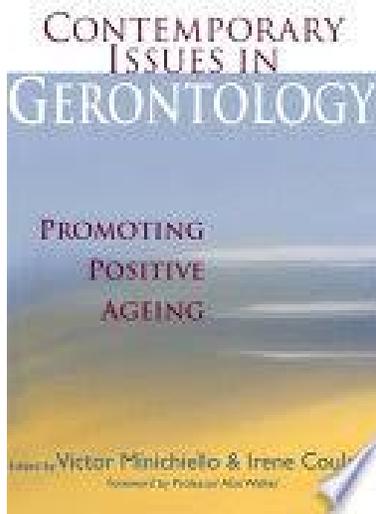
*As Katherine reported, in her new book, [The Origin of Others](#), Toni Morrison states, “The history of racism and exclusion in the United States is the history of whiteness”.*

Morrison extends and sharpens these themes as she traces through American literature patterns of thought and behavior that subtly code who belongs and who doesn’t, who is accepted in and who is cast out as “Other.”

*[New Republic](#) by Nell Irvin Painter  
[October 11, 2017](#)*



*And focusing in a bit on Seniors...*



[Contemporary Issues in Gerontology: Promoting Positive Ageing By Irene Coulson](#)

**says the following about othering as it relates to seniors...**

...If I am young and vibrant and active, my older others are the opposite of this. If I perceive myself as central to the social world, I will consider older people as marginal to it. Othering has the effect of distancing...

*Maybe “othering” is just skin deep??*

Anti-ageing skin care advertising encourages the belief that ‘the face is the principal determinant in the perception of individual beauty’ (Synnott 1988: 607).



Repeatedly, physical, visible youth is equated with the ideal in this industry, through the use of ‘young, slim and beautiful’ models (Chambers 2012: 161).

L’Oréal Paris, in an attempt to combat the prejudice produced by these images, released a televised advert for its [‘Age Perfect’](#) range in 2015, using the face of actress Helen Mirren to front the campaign.

By employing a noticeably older model, L’Oréal Paris subvert several of the expectations attached to anti-ageing advertising. This essay will demonstrate how their methods serve only to strengthen the ‘discursive “Othering”’ of the elderly in cosmetic advertisements... [University of Nottingham, Volume 8: 2016-16](#)

*But then again, “othering” may hit those with growing aging and illness challenges extra hard...*

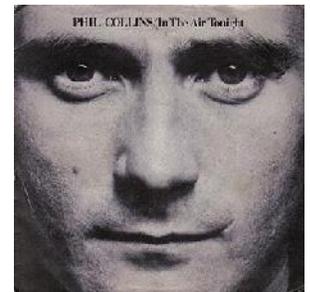
[Corey M. Abramson in his book THE END GAME](#)

reminds us ...Although many seniors contested or strategically used the “sick role” in interactions with people and organizations, the classical sociological insight that certain social roles become less viable when the body breaks down was visible among and acknowledged by the seniors in my study. Consequently seniors who faced social adaptation changes as a result of illness experienced a shared sense of loss in losing their identities as “well” individuals...



*Can we find freedom from “othering” in our music?*

[Phil Collins - In The Air Tonight \(Official Music Video\) - YouTube](#) (released 1981) [Click here to listen](#)



I can feel it coming in the air tonight, oh Lord  
And I've been waiting for this moment for all my life, oh Lord  
Can you feel it coming in the air tonight, oh Lord, oh Lord

Well if you told me you were drowning, I would not lend a hand  
I've seen your face before my friend, but I don't know if you know who I am  
Well I was there and I saw what you did, I saw it with my own two eyes  
So you can wipe off that grin, I know where you've been  
It's all been a pack of lies

And I can feel it coming in the air tonight, oh Lord  
Well I've been waiting for this moment for all my life, oh Lord  
I can feel it coming in the air tonight, oh Lord  
Well I've been waiting for this moment for all my life, oh Lord, oh Lord

Well I remember, I remember, don't worry, how could I ever forget  
It's the first time, the last time we ever met  
But I know the reason why you keep your silence up, oh no you don't fool me  
Well the hurt doesn't show, but the pain still grows  
It's no stranger to you and me...



*Or maybe freedom through our poetry?*

**Othering** by Eric Metaxas, Oct 23, 2017

If the sky were orange  
and the sun were blue;  
If swallows swam  
and flounder flew;  
If the stars shone dark  
and the ebony moon  
slept through the night  
and rose at noon;  
If you were me  
and I were you,  
this poem were written  
by whom or who?

*Finally, my only suggestion on “othering” is to live in a*



*Such as SENGENS.*

*Thanks so much for sending me future events, readings, videos and audios. Keep them coming to [eandrpark@gmail.com](mailto: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***

