



**Upcoming events  
and topics of  
interest for SENGENers**  
Oct 2017



*Welcome to the October SenGen Newsletter. It is definitely deep fall up my way. I offer my JOY in the brilliant colors and the changes in the season. The SenGen theme for the remainder of the year will be “Finding Joy Right Where You Are”. Please plan to join us on Tuesdays Oct 10 and Oct 24 from 3 – 4:30 at the Durango Dharma Center.*



*Thanks to Maria’s Bookshop in Durango, we now an additional copy in the DDC library of **The Book of Joy** featuring the Dalai Lama and Archbishop Tutu. Thanks Jeannie and Maria’s!*

**Upcoming DDC events...**

**Monday evening speaker schedule 5:30 – 7pm**

10/9 Carolyn Hobbs, Author and Psychotherapist

10/16 Jiryu Rutshman-Byler, Zen Teacher

10/23 Maureen Fallon-Cyr, Senior Dharma Leader

10/30 Bill Ball, Dharma Elder



**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

## Autumn Gifts

### A DAYLONG Retreat with MAUREEN FALLON-CYR

OCTOBER 14, 9am-4pm

Join us for a day of meditation in the heart of autumn. Through sitting meditation, silence, and the beauty of outdoor walking meditation, we'll open to our own calm abiding nature and relax in the gifts of a precious fall day. This retreat is appropriate for all levels of practice and beginners are especially 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.



*Much as the falling leaves at this time of year, our October Newsletter appears to be a hodge podge of references. Lots of colors to pick and choose from...*

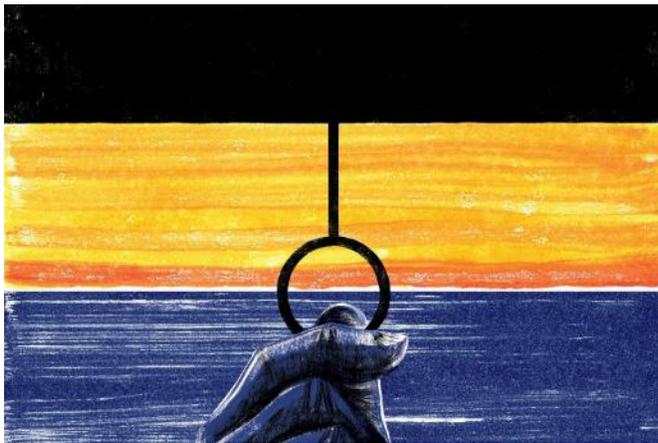
## [The Brain's Empathy Gap](#)



Can mapping neural pathways help us make friends with our enemies?

*By JENEEN INTERLANDI March 19, 2015, New York Times*

*....Why does understanding what someone else feels not always translate to being concerned with their welfare? Why is empathizing across groups so much more difficult? And what, if anything, can be done to change that calculus?....*



[I'm dying of brain cancer. I prepared to end my life. Then I kept living.](#)

I still believe in a person's right to assisted dying. But now my feelings are not so clear-cut.

*By Jeffrey Davitz September 29, 2017, Washington Post*



[One Thing You Can Do Right Now to Boost Happiness – 9 Questions for Gretchen Rubin](#)

Gretchen Rubin is author of New York Times bestsellers [The Happiness Project](#), [Better Than Before](#) and [Happier](#)

[at Home](#) and co-host of the award-winning, chart-topping podcast [Happier with Gretchen Rubin](#) (thanks to Martha)

And now for movie time...

[Our Souls At Night](#) with Jane Fonda and Robert Redford as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

Click [here](#) to view the trailer...

(thanks to Ellen)



And from Dharma Seed...

[Donald Rothberg](#)



[Download Listen](#)  

After a review of last week's overview about the nature of **empathy and empathy practice**, we explore working with some of the challenges of such practice, and what a high level of empathy looks like.

[Spirit Rock Meditation Center](#)



Finally, it is PEAR season around my house, time to try this delicious recipe (or slip it to the baker in your house...)

[Warm Apple-Cornmeal Upside Down Cake Bon Appétit February 2003](#)

*A couple of pointers...YES, I used pears rather than apples, no problems, make sure your pears are ripe, serve with Crème Freche or vanilla ice cream , YUMMEE*

*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](#)***