



Upcoming events and topics of interest for SENGENers - June 2018



last
peace of
the
puzzle

As June arrives in our town our thoughts turn to resiliency to an unexpected threat that responds to preparedness, to mitigation, to recovery. May we be safe from inner and outer harm....

Upcoming DDC events...

Monday evening sitting meditation and dharma talk

speaker schedule 5:30 – 7pm

Monday, June 18 Erin Treat

Monday, June 25 Karlene Stange

Monday, July 9 Noliwe Alexander

Monday, July 23 TBA

Monday, July 2 Maureen Fallon-Cyr

Monday, July 16 Dave Smith

Monday, July 30 Steve Self



Thursday Evening Sitting Meditation & Short Reading Each Thursday of the month 5:30 - 6:15 pm

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

Extended Practice Meetings 1st Sunday 9-11 am, 3rd Wednesday 7-9 am

Friday afternoon Dharma, 12:00pm - 1:00pm , 2nd and 3rd Fridays of the month

Next Generation Mindfulness Group for people in their 20s and 30s, Schedule and activities to be announced. Hosted by the next generation mindfulness group.

[Mindfulness 12-Step Group](#) 12:00 noon - 1:00 p.m. on Wednesdays AND 4:30 - 5:30 pm on Sundays. An open gathering blending Mindfulness and The 12 Steps as resource tools for developing healthy relationships with ourselves and all other people, places, and things.

[SenGen Sessions](#), 2nd and 4th Tuesdays of each month, 3-4:30 pm, Hosted by the Senior Generation KM group. Open to all spiritual friends, 60 years or older, with an interest in learning and contributing to discussions about the Three Heavenly Messengers of aging, illness and death and other useful age-related topics.

[Mindful Parenting Group](#) 2nd Tuesdays 12 - 1 PM & 4th Tuesdays 6 – 7 PM, open to all who care for children – Grandparents, Teachers, Camp Counselors, etc.

[new DDC events ...](#)

decolonizing your mind: waking up to whiteness on your
dharma path

an essential dharma class series with erin treat

June 20, July 5 & 18, August 1, 22 & 29

6:00pm - 8:00pm



In a kind and supportive environment of no more than 35 committed practitioners, we will explore our personal experience of race through meditation, inquiry, and small-group engagement.

[LEARN MORE & REGISTER >>](#)

MEETING THE VICISSITUDES OF
LIFE WITH GRACE
A DAYLONG RETREAT WITH NOLIWE
ALEXANDER
SUNDAY, JULY 8 FROM 9AM - 4PM



During this daylong meditation retreat, we will explore how to gather the grace, ease and harmony to live in these turbulent and uncertain times.

[LEARN MORE & REGISTER >>](#)

And now to our monthly topic of preparedness, mitigation and recovery as we age...

Watch a free preview of a new online course based on her new

book: [COMPASSION AT THE EDGE](#)

A revolutionary method for benefitting others without burning out – taught by Roshi Joan Halifax



Even if serving others is the root of our work in the world, we might be surprised to find that we don't understand compassion as well as we thought we did. [In this clip](#), Roshi Joan Halifax introduces us to the G.R.A.C.E. practice that she developed and describes the **non-compassion elements** that are essential for the true expression of compassion.

WATCH NOW

Thanks to Tom F for the post

Let Dying People End Their Suffering



**By Diane Rehm, NY Times
Opinion June 7, 2018**

Ms. Rehm's husband died four years ago.

California's Right to Die law was modeled after the one enacted in 1997 in Oregon, as were [similar laws](#) in Washington, Vermont,

Colorado and, most recently, the District of Columbia and Hawaii; Montana also permits this end-of-life option as a result of a judicial decision rather than legislation.

But this source of comfort was ripped away last month when a judge in Riverside County [overturned the law](#) on a technicality.

Thanks to Ellen P. for this post

[How to Age Well in Your Home](#) By JANE E. BRODY, NY Times WELL,
Wednesday, May 23, 2018



Don't wait for a crisis like a broken hip to modify your home.

It's easy to see why some elderly people might resist giving up their longtime homes and prefer to age in place.

This week Jane Brody's column is about steps older people who want to stay in their homes can take to make them safer. Don't wait for a crisis like a broken hip to figure out ways to adapt a home to meet an older person's changing needs.

[We've lived at the perfect time in history, Martha McClellan,](#)
[Durango Herald, Thursday, May 31, 2018 11:20 PM](#)



...Too many people, too much violence, dissolution of morals and ethics and civility, emotional disconnection, erosion of wilderness and quiet and clean air and water ...

It's easy to carry a sense of despair about how the world has changed from what we've lived though...We had the best years, and I'm sorry to see them end.

I wonder if every generation thinks they lived at the best time.

[Disaster Planning Tips for](#)
[Older Adults and their Families CDC](#)

Healthy Aging Program, Health Benefits ABCs;
William F. Benson, b.benson@hbabcs.com

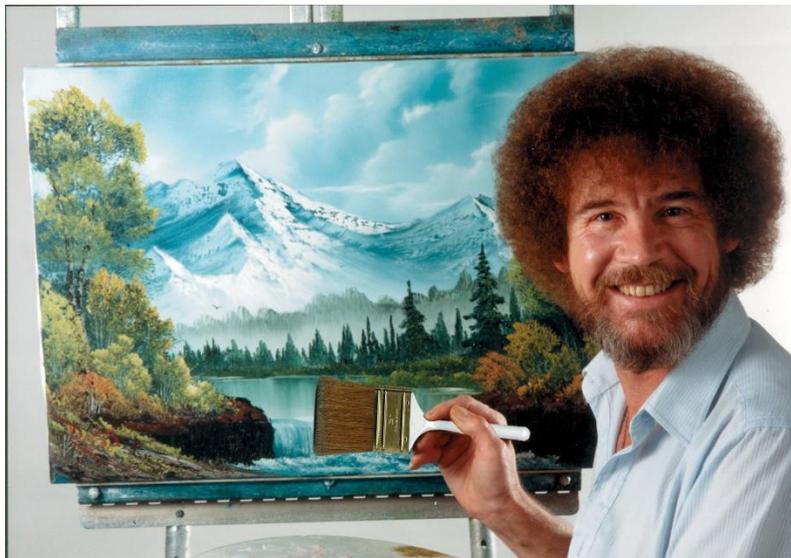


- *No one who sees a disaster is untouched by it.*
- *It is normal to feel anxious about you and your family's safety.*
- *Profound sadness, grief, and anger are normal reactions to an abnormal event.*

By the time adults have lived through six or more decades, they have probably experienced more than one disaster. Many older adults can be an asset during a disaster, calling upon their prior experience, wisdom and mental resilience to survive, help others, and provide reassurance to those who are frightened or depressed by the events.

However, certain aspects of the aging process can make many older adults particularly vulnerable during a disaster, especially if they have one or more chronic illnesses, functional limitations, or dementia. Emergency preparedness experts have begun to recognize the special needs of older adults with chronic conditions following a disaster and are planning to assist this population...

And finally, a memory jogger from Ellen P. –



[Can't Sleep? Let Bob Ross Help You Find Some Happy Little Zzzs](#)

By [Laura M. Holson](#), June 12, 2018, NY Times

For years, insomniacs have been lulled to sleep by the dulcet voice of Bob Ross, the bushy-haired painter whose PBS show, “The Joy

of Painting,” rose to popularity in the 1990s and has lately enjoyed a second life on YouTube. Now, the maker of a popular meditation app hopes Mr. Ross will put everyone else to sleep, too.

[Calm.com](#), [which produces meditation products](#), is recasting classic episodes of “The Joy of Painting” into “Sleep Stories,” an [audio series](#) designed for restless adults to ease the burden of slumber



In closing our readings from Frank Ostaseski, please take a moment to repeat the Five Remembrances.

Five Remembrances

*I am of the nature to grow old.
There is no way to escape growing old.*

*I am of the nature to have ill health.
There is no way to escape ill health.*

*I am of the nature to die.
There is no way to escape death.*

*All that is dear to me and everyone I love are of the nature to change.
There is no way to escape being separated from them.*

*My actions are my only true belongings.
I cannot escape the consequences of my actions.
My actions are the ground upon which I stand.*

- Anguttara Nikaya 5.57,

Metta Institute PO Box 2710, Sausalito, CA. 94966 (415).331.9600
www.mettainstitute.org

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](#)