



Upcoming events and topics of interest for SENGENers - May 2018



First, an apology from your editor for the long lapse in newsletters. Moving to town is complete and a normal life can resume (I hope). As always, we welcome your comments and suggestions for the coming issues.

[Upcoming DDC events...](#)

[Monday evening sitting meditation and dharma talk](#)

speaker schedule 5:30 – 7pm

Monday, May 7 Maureen Fallon-Cyr

Monday, May 14 Bill Ball

Monday, May 21 Tempel Smith, Visiting Teacher

Monday, May 28 Sit Only

[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

[HAPPIER HOUR for PEOPLE in their 20s and 30s](#), Tuesday, January 16 from 5:30-7:00 pm, Hosted by the next generation mindfulness group

[SenGen Sessions](#), 2nd and 4th Tuesdays of each month, 3-4:30 pm, Hosted by the Senior Generation KM group



[new events...](#)

FRIDAY AFTERNOON DHARMA

a NEW bimonthly offering AT THE DHARMA
CENTER

Second and Third Fridays from noon-1 PM



SPRING RESIDENTIAL RETREAT

May 11 beginning at 3 PM through May 16 at 11 AM

Kelly Place Bed & Breakfast, McElmo Canyon, Colorado

quieting the mind, freeing the heart

five-night retreat with Erin Treat & Tempel Smith

Assisted by Yong Oh

Friday, May 11 - Wednesday, May 16

THIS RETREAT IS CURRENTLY FULL

During this five-night retreat, we will engage in Buddhist practices of lovingkindness, mindfulness, and insight meditation, developing an embodied awareness of our present moment experience....

[Click here for more info](#)

[Click here to join the wait list](#)



MINDFUL HIKING & happier hour for people in their 20s and 30s

Silent Hiking meditation, libations and conversation
Hosted by the next generation mindfulness group

Tuesday, May 15 from 6:00-7:30 pm

Animas Mountain 32nd Street Trailhead

Join us for an opportunity to take your meditation practice outside!

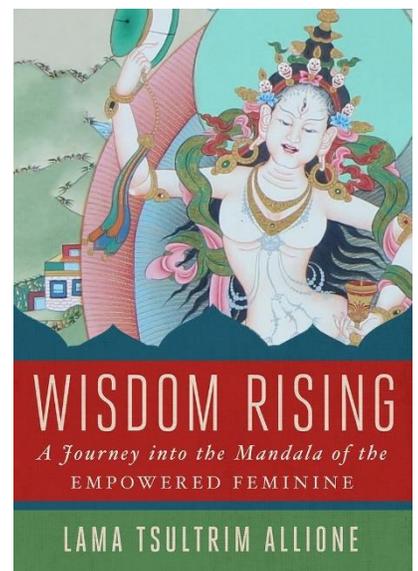
[Show details](#)

WISDOM RISING: JOURNEY INTO THE MANDALA OF THE EMPOWERED FEMININE

a MONDAY NIGHT TALK WITH LAMA TSULTRIM ALLIONE

Monday, June 11 from 5:30-7:00 pm

[Show details](#)



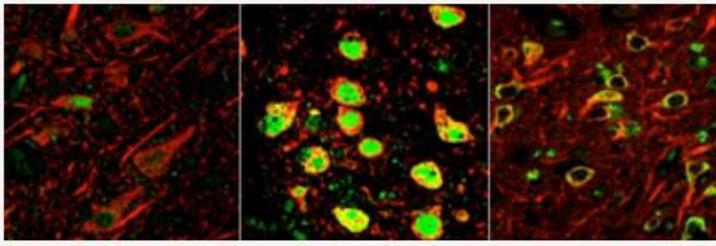
After months of moving all I can think about is REST, so let's spend a few clicks checking out the importance of REST as we age...

America is obsessed with the virtue of work. What about the virtue of rest? By [Elizabeth Bruenig](#) Opinion columnist April 25, Washington Post



...There's a balance to be struck where it comes to work and rest, but in the United States, values and laws are already slanted drastically in favor of work. I would advise those concerned about Americans' dignity, freedom and independence to not focus on compelling work for benefits or otherwise trying to marshal people into jobs when what they really need are health care, housing assistance, unemployment benefits and so forth. Instead, we should focus more of our political energies on making sure that American workers have the dignity of rest, the freedom to enjoy their lives outside of labor and independence from the whims of their employers... (thanks to Ellen P for the ref)

[The Aging Brain Needs REST, By STEPHANIE DUTCHEN](#)



March 19, 2014, Harvard Medical School

*Research implicates new player in Alzheimer's and other dementias
A new study shows that a gene regulator called REST, dormant in the brains of young people (left), switches on in normal aging brains (center) to protect against various stresses, including abnormal proteins associated with neurodegenerative diseases. REST is lost in critical brain regions of people with Alzheimer's (right).
Image: Yankner Lab*

[Aging Athlete: Get Older... Rest More!](#)

How do you know you are resting enough? For an aging athlete, it's not exactly a science., [Nicole DeBoom](#) Thursday, May 28, 2015, 8:34 am

When you're young, you can abuse your body and get away with it more often. Youngsters recover quickly. But as you age, the golden ticket to athletic success is the opposite of what we consider hard work – it's about getting enough rest and recovery. The problem is that there is no standard for how and when to increase your recovery. Wouldn't it be great if someone said, "Now that you turned 37, you need to add four more hours of rest per week into your routine?" But life isn't textbook.



Memento Mori

Notes on Buddhism and AIDS By Dean Rolston

FALL 1991, Tricycle

Three years ago, just as winter as turning into spring, I stood with my friend Cookie Mueller on an elevated companion above the main reception room of a glittery New York nightclub. Cookie, who had been ill with AIDS for some time, and in fact had only six months to live, turned to me and said: "You know, getting this disease is the best thing that ever happened to me."...

(thanks to Vic L for the ref)



Dean Rolston Photographed by Matthew Rolston, 1991.

And from our resident poet –

AN ENIGMA

If we're lucky we can see ourselves through the lens of a farsighted artist
We sit still for hours then years
not aware of shadows cast from distorted angles
of our slow jerky movements made heavy from disuse
Lurching out a crippled arm this hand stretches crinkled fingers grasping
dried grasses laid stiff through late summer's heat
Clouds darken bright blooms still lifting their heads amid a tangle of weeds
Parched color fades
My world is getting old, colors dim
What seems to be my creations are soon crushed by lack of care
Next year will be another betrayal
People will see only themselves not me for I am seeing only me

Buddie Bertrand 3/18

And finally, a last laugh from Martha -



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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