



February 26, 2009

Vol. 13, #7

February

Thursday, February 26th, 2009

"Why I Am Opposed to the War in Vietnam?" forum

3–5 p.m., El Centro

Please join El Centro as we review Martin Luther King's transformative speech, "Why I Am Opposed to the War in Vietnam?" We will reflect on some of our contemporary American politics as we discuss topics from Black History Month. We will also critique how America does or does not talk about race and when America does or does not accept Black leadership.

Thursday, February 26, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action

5:30–7:00 p.m., El Centro

This research-based training indicates that when people practice thinking through situations they may find that they can see opportunities to help, think of more strategies, feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

Friday, February 27th, 2009

Naropa Indoor Soccer

Come out and support your Naropa athletes! The Bodhi Squirrels play at 7:30 p.m.; the Bodhi Cheetahs play at 8:20 p.m.; and the Bodhi Fire play at 9:10 p.m. Boulder Indoor Futsal, 2775 Valmont Rd., Boulder. Organized by Naropa Sports. Contact Phil Battos for more info: philbattos@gmail.com or call 860-462-8785.

March

Tuesday, March 3, 2009

Community Practice Day

Please see website version of the *Weekly* for link to activities.

It is Naropa's tradition in the middle of each semester to suspend classes and business for a day to engage as a community in individual and group contemplative practices and activities. Contemplative education becomes more than a noble idea when we gather in this way. Even if you do not have a contemplative discipline, when you stop your normal routine and create a gap in your schedule, space occurs that can allow you to be more present and to appreciate the subtleties of your life and your surroundings. In the morning, there is a group sitting meditation with a featured speaker.

Wednesday, March 4, 2009

Summer Writing Program LIT @ LUNCH presents: Marilyn Krysl
12:00–1:30 p.m.; Upaya Cottage North
Cookies & tea provided

Wednesday, March 4, 2009

Making Friends with Time: Creating a Realistic Schedule
12:00–1:00 p.m.; Lincoln Lecture Hall

This is an informative workshop meant to assist all students in becoming aware of how they currently use time and to provide them with the ability to successfully prioritize obligations. Workshops Presented by the Academic Support Program. Open to the Naropa undergraduate community! For more information, please contact Matt Spurlin by email at mspurlin@students.naropa.edu or call 720-233-4561.

Thursday, March 5, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action
5:30–7:00 p.m., El Centro

This research-based training indicates that when people practice thinking through situations they may find that they can see opportunities to help, think of more strategies, feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

Friday, March 6, 2009

Transpersonal Psychology Film Series: The Matrix
6:30 p.m.–9:00 p.m., Virya Hall, Paramita Campus

The Matrix trilogy (1999-2003) stunned audiences with its fast action and sci-fi effects. But the overall story draws widely from the realms of philosophy, psychology and religion, creating complex metaphors of science and spirituality. Transpersonal psychologist Ken Wilber and American philosopher Cornell West offer insights in a

commentary on a special edition version of the DVD. Pizza and movie provided free by Naropa Student Government. Screenings of Matrix Reloaded and Matrix Revolutions to be scheduled.

Friday & Saturday, March 6–7, 2009

Undergraduate Preview Weekend

The Office of Admissions is hosting a Preview Weekend for prospective undergraduate students in early March. If you see prospective students milling about, please greet them. Please help them find their way, and show them how welcoming Naropa is! Thank you. If you have any questions, please email or call Admissions at admissionsevents@naropa.edu or ext 3548 or 4696.

Saturday & Sunday, March 7–8, 2009

Weekend Workshop for NAROPA STUDENTS with Dr. Reginald Ray, University Professor, Religious Studies
sponsored by Academic Affairs
free of charge; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180
RSVP: jlowry@naropa.edu

Reggie Ray envisions that participants will examine the potential role of the body in deepening and enhancing our work as contemplative educators. Through engaging in a series of practices derived from Tibetan yoga, participants will see what it might mean to be more somatically present to ourselves and our community; and we will explore the kinds of resources that become available when we tap in more fully to the body's own knowledge and approach our challenges from the depth and darkness of the body itself.

Monday, March 9, 2009

Black Maria Film Festival
Time TBA, Performing Arts Center

Since 1981, the annual Black Maria Film and Video Festival, an international juried competition and award tour, has been fulfilling its mission to advocate, exhibit and reward cutting edge works from independent film and videomakers. The festival is known for its national public exhibition program, which features a variety of bold contemporary works drawn from the annual collection of 50 award winning films and videos. In conjunction with the University of Colorado at Boulder, Film Studies Department, Naropa University will be hosting this renowned festival.

Tuesday, March 10, 2009

Creating Sustainable Change: Brown Bag Dialogues
Facilitated by Lee Scriggins
12:00–1:30 p.m., El Centro

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

Wednesday, March 11, 2009

Issues in Education: The Mary Culkin Lecture Series: "A Portable Joy: Discovering Your Practice in Your Work" with Michele Blumberg, MA, Global Village School and Flying High Tutoring

6:30–8:30 p.m., Shambhala Hall

Suggested donation: \$8 (\$5 for Naropa students).

The lecture and discussion series is made possible through community collaboration with the Early Childhood Council of Boulder County—Professional Pathways, Naropa University, Boulder County Association for the Education of Young Children and City of Boulder—Children, Youth and Families Division. The series was developed in memory of the late Mary Louise Culkin, who taught in the Early Childhood Education program for many years and helped develop the MA in Contemplative Education. For more information, contact Michael Girodo at 303-546-5288. Preregistration is not necessary. Donations support the Contemplative Education Scholarship Fund.

Thursday, March 12, 2009

Bystander Intervention Training: Being a Strong Ally—Getting to Action

5:30–7:00 p.m., El Centro

This research-based training indicates that when people practice thinking through situations they may find that they can see opportunities to help, think of more strategies, feel more confident in attempting to intervene and more comfortable with the outcome, whatever it is. Practicing these skills in training can lead to increased awareness and action in real situations. This session will take participants through a cognitive developmental model of bystander intervention that takes into account social and cultural factors that inhibit people from intervening. Participants will have an opportunity to work through situations and determine the best course of action. It is our hope that people will leave this session with new skills for becoming an active ally.

Friday, March 13, 2009

Faculty Out Front

8 p.m.; Performing Arts Center

Hosted by Naropa University's BFA Performance and featuring Performing Arts and Music Faculty

\$5 general admission; Free for seniors, students and Naropa community w/ ID. Join us for a lively, diverse evening of performance offered by Naropa University's Performing Arts and Music Faculty. From contemporary dance to experimental music and theater, Performing Arts and Music Faculty will take the stage for one evening only.

Friday, March 13, 2009

El Centro Film Series: Shut Up & Sing

12–2 p.m., El Centro

This film features country music's The Dixie Chicks and their nationwide vilification over critical statements they made about President Bush in 2003. Over a three-year period, the singers went from darlings of the industry to political targets, receiving constant death threats and being demonized by the national media.

Saturday & Sunday, March 14–15, 2009

Weekend Workshop for NAROPA STAFF & FACULTY

with Dr. Reginald Ray, University Professor, Religious Studies

sponsored by Academic Affairs

free of charge; Saturday: 10 a.m.–5 p.m.; Sunday 10 a.m.–1 p.m., Nalanda 9180

RSVP: jlowry@naropa.edu

Reggie Ray envisions that participants will examine the potential role of the body in deepening and enhancing our work as contemplative educators. Through engaging in a series of practices derived from Tibetan yoga, participants will see what it might mean to be more somatically present to ourselves, our students and our community; and we will explore the kinds of resources that become available when we tap in more fully to the body's own knowledge and approach our challenges from the depth and darkness of the body itself. See March 7–8 for a similar free program for Naropa students.

Tuesday, March 17, 2009

Students of Color Support Group

12 p.m., El Centro

Thursday, March 19, 2009

Diversity Dialogue with Suzanne Benally, Senior Diversity Officer

4–5:30 p.m., El Centro

Thursday, March 19, 2009

we're trying to Do Something

Created by Mary Kelly and Lily Brown

8 p.m.; Performing Arts Center, Naropa University

\$5 general admission; Free for seniors, students and Naropa community w/ ID

you wake up you go grocery shopping you go to bed. in the morning you go to sleep you rip yourself from sleep and vaguely remember your mother. you think, slowly, cooking should be calmer for me. or, i should be calmer while cooking. then you go to bed. then, exhausted from it all, you go to bed.

Friday, March 20, 2009

we're trying to Do Something

Created by Mary Kelly and Lily Brown

8 p.m.; Performing Arts Center, Naropa University

\$5 general admission; Free for seniors, students and Naropa community w/ ID

See above for information.

Thursday, March 19, 2009

Flashes of Light

created by Narahari Bauer

8 p.m.; Performing Arts Center

An exploration of longing through the manipulation of time and space. Featuring shadows, superheroes and surprises.

Friday, March 20, 2009

Flashes of Light

created by Narahari Bauer

8 p.m.; Performing Arts Center

See above information.

Thursday, March 19, 2009

others in all

Created by Charlie Kilgore

Time TBA; Location TBA in Boulder

a site specific interactive performance installation conjuring the uncanny strangeness of us all.

Friday, March 20, 2009

others in all

Created by Charlie Kilgore

Time TBA; Location TBA in Boulder

See above information.

Tuesday, March 31, 2009

Creating Sustainable Change: Brown Bag Dialogues

Facilitated by Lee Scriggins

12:00–1:30 p.m., El Centro

A discussion and open dialogue on collaboration, ally building and strategies for effective action in a holistic and inclusive manner. Open to everyone. Bring your lunch.

Ongoing Events

Mondays 3–4 p.m.

LGBTQIA sitting group

Shrine Room, Lincoln Building

Come, get in touch with your buddha nature! Interested --- but not a good time for you?
Email sluther@naropa.edu to suggest alternative time, or to volunteer to be an umdze.

Mondays, 3– 6 p.m.

Japanese Tea, “Open hearth” Tea Ceremony
Led by Michael Ricci
Teahouse, 2130 Arapahoe Ave.

Mondays, 5:15–6:30 p.m.

Zen Group
Led by the Great Mountain Zen Group and Gerry Wick Sensei
Arapahoe Campus Meditation Hall

Zazen sitting and instruction: 5:15–5:50 p.m.

Walking meditation: 5:50–6:00 p.m.

Zazen sitting and Chant of Four Vows: 6–6:30 p.m.

Tuesdays, 12–1:00 p.m.

Community Qigong Classes
Offered by Maureen O’Connor

Lincoln Lecture Hall (Once the weather is WARM, we will be directly south of the Café,
past the parking lot, on the grassy area of the CU Campus)

Free (donations appreciated, but not expected)

Please join us for free practice sessions of Qigong (pronounced Chi Gong) and related energy work. Anyone is welcome to join at any time, no experience necessary. This is strictly for fun and exercise. Qigong is an ancient Chinese healing movement art related to acupuncture, acupressure, and the Taoist philosophy. It’s best to wear loose fitting clothing and flat-soled shoes or plan to go barefoot. (When inside you may want thick cotton or wool socks—outside you will need flat-soled shoes.) Please eat a small amount of food prior to coming to class—energy work on an empty stomach is not recommended.

Tuesdays, January 20–April 28, 2009, 5:00–6:30 p.m.

Naropa Counseling Center Presents a Weekly Group Workshop
"Explore Psychological Balance through Yoga"

With Louis Carlino, RYT, third-year Somatic Counseling Psychology student
Dojo Room (Room 9180), Nalanda Campus

Forty-five minutes of Yoga followed by group sharing/discussion. For more information,
email Louis at existentia@msn.com or call him at 303-815-0898.

Tuesdays, 7–9 p.m.

Insight Meditation- Vipassana, A Buddhist Meditation tradition of Southeast Asia
Led by David Chernikoff, a faculty member of Naropa University

Unitarian Universalist Church, 5001 Pennsylvania. For more information, please see <http://www.insightcolorado.org>

Wednesdays, 1:30-5:30 p.m.

Naropa Healing Group

On the Sycamore green if it is nice, Goldfarb or in the Student Lounge in inclement weather

The Healing Group and all interested, certified healers will gather to offer healings to the community. Light and local refreshments will be offered. Modalities one might expect are reiki, spiritual healings, massage, zero-balancing, and whatever else our healing community brings to the table. Contact jurchek@students.naropa.edu for more information.

Wednesdays, 6–7:30 p.m.

Zen Peace-Makers Meditation Group, samatha-vipashyana, pranayama, metta and tonglen meditation practices

Led by Sensei Fleet Maull

Paramita Meditation Hall

Thursdays, 1–2 p.m.

Riding the Energy of Emotions

With Acharya Dale Asrael

Paramita Meditation Hall

Thursdays, 6–7:30 p.m.

Paramita Community Yoga Class

Virya classroom

Taught by Thiago Leao, one of Naropa's stellar yoga teacher training grads.

Suggested Donation: \$3.

Saturdays, 10 a.m.–1 p.m.

Nyinthun, Sitting and Walking Meditation and Guided Bodywork Practice and/or Dharma Talk

Led by the members of Dhyanasangha and the Dharma Ocean Foundation

Sitting and Walking Meditation Saturdays 10 a.m.–12 p.m.

Guided Bodywork Practice and/or Dharma Talk Saturdays 12 p.m.–1 p.m.

Arapahoe Campus Meditation Hall

First Sunday of the Month, 10:00 a.m.–12:00 p.m.

Group Sitting and Walking Meditation

Led by Phil Karl

Arapahoe Campus Meditation Hall

Every other Friday, 5–7 p.m.

Vimalakirti Cult, A full group reading of the Second Turning popular text

Arapahoe Meditation Hall

Resources

Drop-in Counseling Center

Tuesdays through Thursdays, 11:30 a.m.–2 p.m.
Snow Lion Building (entrance on the East side)

Need some support? Having a hard time adjusting? Wondering about community resources? Just want to talk? Drop by the Naropa Counseling Center. For more information or to set up an appointment, call 303-245-4697.

Career Services

Monday–Friday 9 a.m.–5 p.m. and by appointment

Career Services is a free service for Naropa students and alumni and can assist you in making meaningful and positive academic and career decisions. The process of career development and planning can be difficult, and they are here to help you:

- Explore your interests, values, skills, and talents
- Identify potential academic and career paths
- Develop internship and job search strategies
- Plan your graduate school or other educational application process
- Learn how to write effective cover letters and resumes
- Prepare for the interview process

Assist you if you have any other concerns, questions or need information about your career

If you would like to schedule an appointment, please call 303-245-4863 or email steward@naropa.edu.

Naropa Writing Center

Sycamore Hall across from the student lounge
Monday–Thursday 10 a.m.–6 p.m.; Friday: 10 a.m.–2 p.m.
303-245-4606; nwc@naropa.edu

The NWC is open for the spring semester. The NWC offers a respectful, collaborative environment for all writers. We can assist you with essays, scholarship applications, cover letters, creative work, theses and more. Come in at any stage of the writing process from brainstorming and organization to revising and documenting sources. Appointments are available on the hour and half-hour, for 25 or 50 minutes. Citation workshops will be offered this semester. Location, dates and times will be announced as soon as they are available.

Volunteer Opportunities

Volunteer work with Moving to End Sexual Assault

Rape Crisis Hotline

For more information, or a volunteer application, please check out our website, call 303/443-0400 x102 or email Julie Washnock at julie@movingtoendsexualassault.org. Training dates are listed below.

Men's Prevention Education Program

For more information, a training schedule and a volunteer application, please check out our website, call 303-443-0400 x103 and ask for Marti Hopper or email her at marti@movingtoendsexualassault.org.

Visit MESA for more information on required training dates, job descriptions and application forms.

Service-Learning Opportunities with Prison Dharma Network

Prison Dharma Network (PDN), an international interfaith network founded by Naropa adjunct faculty member Fleet Maull is always in need of service-learning participants for its various programs working with prisoners and youth at risk in the Boulder area. PDN is also in need of people to respond to prisoner's book and information requests, as well as teach yoga and meditation at the Boulder County Jail. We support thousands of prisoners in the practice of all forms of the contemplative path: meditation, yoga, centering prayer, chi kung, etc. Please contact Sarah Gurganus at pdn2@indra.com or visit Prison Dharma Network for more information.

Volunteer Work with Shambhala Prison Community

The Shambhala Prison Community works in about sixty prisons nationwide and is looking for dedicated practitioners of meditation to work with prisoners who are themselves practicing meditation and studying the Dharma. Current need also involves volunteers who can assist with shipping literature from our libraries to prisoners. If you are interested in this extraordinarily rewarding work, we would be delighted to discuss with you the possibilities of your becoming a volunteer.

To find out more about how you can help ease the suffering of the incarcerated, email the Shambhala Prison Community at prison@indra.com, or call 303-544-5923. Please identify your interest in volunteering in the subject line.

Student Discounts

Denver Center for the Performing Arts (DCPA) Student Discount

An hour before any performance, students can purchase tickets at DCPA for only \$10.

Eco Pass Xtra

Use your Eco Pass and receive discounts at restaurants, stores and more.