



April 30, 2009  
Vol. 13, #15

## April

### Thursday, April 30, 2009

The Way of the Bodhisattva  
12:00–1:30 p.m.; Arapahoe Meditation Hall

Don't just do something, sit there! Don't just sit there, do something! How do the Buddhist teachings integrate the path of service and contemplation? Join Prescott Knock, co-founder of the Buddhist Coalition for Bodhisattva Activity to explore this topic.

## May

### Friday, May 1, 2009

Planetize the Movement: New Possibilities for Ecological Healing and Social Justice  
Free public lecture and poetry reading with Drew Dellinger  
Sponsored by the Environmental Studies  
7 p.m.; Nalanda Events Center

In this talk and poetry performance, Drew Dellinger will identify some core values common to ecology, social justice and cosmology, such as “personhood,” which acknowledges the sacredness of every individual being, and community, which emphasizes the primacy of relationship. He will also describe strategies for change common to ecology, social justice and cosmology, such as utilizing the power of story, the power of dream and the power of action.

### Friday, May 1, 2009

BFA 2nd Year Final Performance  
Directed by Onye Ozuzu  
8:00 p.m.; Performing Arts Center

An improvisationally developed exploration into the workings of circularity in human community and its potential to hone both singular and group identity. Artistic Director, Onye Ozuzu will be working with the BFA students in movement techniques, and improvisational composition and performance practices to create their version of a work focused on these ideas. \$5 general admission; free for seniors, students and Naropa community w/ ID.

**Saturday, May 2, 2009**

BFA 2nd Year Final Performance

Directed by Onye Ozuzu

8:00 p.m.; Performing Arts Center

An improvisationally developed exploration into the workings of circularity in human community and its potential to hone both singular and group identity. Artistic Director, Onye Ozuzu will be working with the BFA students in movement techniques, and improvisational composition and performance practices to create their version of a work focused on these ideas.

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

**Sunday, May 3, 2009**

Student Arts Concert

7 p.m.; Performing Arts Center

Featuring performances by the Naropa Chorus, Afro-Pop Ensemble, Musicianship students, Music of India students and original works by Music majors. Please join us for our Spring Music Student Arts Concert, where we will be bidding farewell to our Graduating Seniors! It will also mark Robert Sussuma's final appearance as Leader of the lively Naropa Chorus, as he soon leaves us for New York to further pursue his career. It's sure to be a terrific show and you don't get much cheaper than FREE! You really have no good excuse for missing it. We sincerely hope to see you there.

**Thursday, May 7, 2009**

Senior Music Recital, performed by Aaron Davis

7:30 p.m.; Shambhala Hall

An evening of sound and stillness. An oral recitation of part of Sri Aurobindo's Savitri, a great epic poem and mantra foretelling humanity's spiritual awakening, and a recital of Indian classical music.

**Friday, May 8, 2009**

Naropa visual arts show

6–8 p.m.; Nalanda campus

featuring new work by: Jessica Evans, Aya Tanaka, Jedediah Logsdon, Sofia Stearn, Jessica Bynum, Lauren Lucas, Annie Walter and Blaise Turner

**Friday, May 8, 2009**

Writing and Poetics: BA Graduation Reading

12 p.m.; Shambhala Hall

**Friday, May 8, 2009**

Writing and Poetics: MFA Graduation Student Reading

8 p.m.; Performing Arts Center

**Saturday, May 9, 2009**

Spring Graduation

3 p.m.; Macky Auditorium, University of Colorado

Commencement Speaker: William Ury

Naropa University President Thomas B. Coburn will host a luncheon outside the Macky Auditorium, beginning at 1 p.m. This event is open to all graduating students and their guests. A reception with light refreshments will follow the commencement ceremony.

**Saturday, May 9, 2009**

President Thomas B. Coburn and Leigh Berry Scholarship Dinner

6:30 p.m.; Spice of Life Events Center at Flatirons Golf Course - 5706 Arapahoe Ave

Cocktails - 6:30, Program Begins - 7:00 p.m., Dinner - 7:30 p.m.

The cost is \$50/plate. Seating is limited, so reservations are required. All proceeds to benefit the Coburn/Berry Scholarship. Reservations can be made at

[www.naropa.edu/coburnberryevent](http://www.naropa.edu/coburnberryevent) Parties interested in attending, but unable to do so on financial grounds can call 303-245-4751 to obtain reduced cost seats, which will be made available on a first-come, first-serve basis.

## June

### Summer Writing Program News

aka The Return of Camp Kerouac

The Summer Writing Program is coming up soon. We have an exciting program planned, and you're all invited to be a part of it. The program runs June 15–July 12, and courses are available for graduate and undergraduate credit, as well as non-credit. Each week is offered as a separate course, so if four weeks of non-stop writing, reading, and performance is more summer fun than you can handle, join us for a week or two. We also have a fantastic reading series that runs for the whole month, and is open to the public.

Come visit us in the Arapahoe House for more information, or visit us online at

<http://www.naropa.edu/swp/>

## Ongoing Events

### Monday–Friday

Fresh Start Morning Sitting Group

Arapahoe Campus - 8:15–8:45 a.m.

Nalanda Campus - 8:15–9:00 a.m.

Many of you have requested more opportunities to practice together as a community on a regular basis, not just on Community Practice Day or in particular classes. These

opportunities are core to the embodiment of contemplative education at Naropa. Paramita Campus is in the process of determining the availability of staff and faculty to umdze for group morning sitting. If you are interested, please contact Jackie Ashley at [jackie@naropa.edu](mailto:jackie@naropa.edu). Group sitting means there will be a time- keeper (umdze) that will begin and end the session; however, you are always welcome to come earlier and stay later.

**Mondays 12:00–1:20 p.m.**

Community Yoga  
Shambhala Hall

The students in the Yoga Teacher Training concentration will be offering free yoga classes for the Naropa community on the Arapahoe campus. Please bring a yoga mat (some are available for use in the closet).

**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](mailto: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 1:30–2:50**

Community Yoga  
Shambhala Hall

The students in the Yoga Teacher Training concentration will be offering free yoga classes for the Naropa community on the Arapahoe campus. Please bring a yoga mat (some are available for use in the closet).

**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)

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. Free (donations appreciated, but not expected).

**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](mailto: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

[www.insightcolorado.org](http://www.insightcolorado.org)

**Wednesdays 9:00–10:20 a.m.**

Community Yoga

Shambhala Hall

The students in the Yoga Teacher Training concentration will be offering free yoga classes for the Naropa community on the Arapahoe campus. Please bring a yoga mat (some are available for use in the closet).

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.