



**December 11, 2008**

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**December**

**Thursday, December 11, 2008**

***Our Town***

7:30 p.m. Performing Arts Center, Naropa University

\$15 general admission; \$10 for seniors, students; Free for Naropa community w/ ID

**Friday, December 12, 2008**

**Nalanda Art Gallery Opening**

Matty Miller, graduating Senior Visual Arts Major

5–8 p.m.

Free admission, food will be provided

**Friday, December 12, 2008**

**Naropa Writing and Poetics Department BA and MFA Graduation Reading**

8 p.m. Performing Arts Center, Naropa University

**Tuesday, December 16, 2008**

**Film Series: *Last Chance for Eden***

6 p.m. El Centro

This very enlightening and emotional documentary provides unique insight into ways everyday Americans hold deeply-rooted perspectives about issues like racism, sexism, and multiculturalism. Director Lee Mun Wah facilitates a group of eight diverse men and women through discussions about race, the muse of political correctness, and the inability or unwillingness of dominant groups to understand their position of privilege. Uncomfortable pauses give way to reflection, as people talk openly about various stereotypes and the impacts those different (yet sometimes similar) labels have on relationships at work, home and in the community. For example, a Native American woman explains her frustration of having to bare her soul so that others will finally consider the untold side of American history and the horrible impact of colonization on her people, saying, "it is at the expense of my pain that White people get to say, ah-hah." This movie would be a valuable addition to any environment (work, home, school) where people are willing to explore their own views to better respect and honour others in the pursuit of safer, more inclusive communities...otherwise we may miss our last chance to create our own Eden.

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## January

No events at this time

## Ongoing Events

### **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.**

#### **Qigong Classes**

Offered by Maureen O’Connor

Lincoln 4130

Once the weather is warm, the class will be held directly south of the Café, past the parking lot on the grassy area of the CU Campus.

Anyone is welcome to join at any time, no experience necessary. This is strictly for fun and exercise, and an opportunity to spend time with other members of the Naropa community. It’s best to wear loose fitting clothing and flat-soled shoes or plan to go barefoot. Please eat a small amount of food prior to coming to class; too much energy in an empty stomach is actually not all that healing.

### **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, 7–8:30 p.m.**

#### **Sacred Sanskrit for Spiritual Practice**

With Sreedevi Bringi

October 15–November 12 Nalanda Campus  
Please call 303-245-4800 for more information or to register

This immersion course introduces participants to the oral and written Sanskrit alphabet through the sacred framework of Indian teachings. Pronunciation, reading, writing and the Roman transliteration system are combined with a beginning awareness of Sanskrit grammar.

**Wednesdays 3:30-5:30; Fridays 1:30-3:30**

**Naropa Healing Group**

On the Sycamore green if it is nice, Goldfarb or 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

**Saturdays, 10 a.m.–1 p.m.**

**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

### Ongoing throughout the Fall Semester

#### Registration for Text Messaging

<http://webreg.naropa.edu>

For the safety and well-being of its community, Naropa University will implement numerous tools to alert faculty, staff and students to campus emergencies, as well as keep them informed of snow-day closures and related events. Voicemail, email and an on-campus public address system will be utilized along with the single most critical component, text messaging, which allows you to be instantly notified by cell phone or personal digital assistant (PDA).

Registration for the text messaging service starts now. All Naropa students and faculty are strongly encouraged to log in to Naropa's web registration page, from which you may access a secure site and add your personal information to the text messaging alert system. Staff will receive additional instructions via email.

When registering, it is necessary to have your phone with you and turned on. Please opt in now; it only takes a minute.

### Tuesdays through Thursdays

#### Drop-in Counseling Center

11:30 a.m.–2 p.m.

In the 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

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- Prepare for the interview process
- Or 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 [ssteward@naropa.edu](mailto:ssteward@naropa.edu)

### **Naropa Writing Center Open**

#### **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

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 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) .

Go to 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**

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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**

Naropa University Extended Studies offers increased discounts for Naropa community members.

Alumni: 15%

Students: 30%

Full-time Faculty/Staff: 50%

Adjunct Faculty: 50%

MI & TA: 30%

### **Denver Center for the Performing Arts (DCPA) Student Discount**

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