



# The Wisdom of Aging, Illness and Death

*a mini-residency with*  
**Valerie Roth**

December 7 - 10, 2017

Thursday, December 7	Dharma Talk
Friday, December 8	Practice Discussions*
Saturday, December 9	Dharma Practice 9:00 - 3:00 p.m.**
Sunday, December 10	Dharma Practice 9:00 - 1:00 p.m.***

***"The days and nights are relentlessly passing; how well am I spending my time?"  
asks a traditional Buddhist chant.***

You are invited to participate in the contemplation of the "heavenly messengers" - aging, illness, and death - using the guidance of Buddhist teachings as presented in a new book, "Older and Wiser," from Barre Center for Buddhist Studies.

This book offers Buddhist texts and commentaries from Buddhist teachers Mu Soeng, Gloria Taraniya Ambrosia and Andrew Olendzki, along with suggestions for practice and discussion. The possibility of "liberation within conditions" and encouragement to "mindfully sip from the cup of life" are two samples of the ways we may be inspired by these teachings.

Valerie will offer examples from the book as a way of introducing it and encouraging the possible formation of a study/practice group. We'll explore the themes in a number of ways on Thursday evening and in events during the weekend.

All events for **Valerie Roth Mini-Residency** are held at



200 Rosemont NE, 87110

Contact: Tiska 256-3785 or Dianne Moody 344-8930

### **Details:**

*Please bring whatever you may want for your comfort. Chairs and cushions are provided. We will provide tea and snacks for both days.*

\* **Friday** - contact Valerie directly and before Friday at 505-710-9233 to schedule a Practice Discussion on Friday afternoon.

\*\* **Saturday**, please bring your lunch.

\*\*\* **Sunday**, we will visit "Sunset Memorial Park Cemetery" where we will have cemetery contemplations for those who wish to participate. We will carpool from the Center to the cemetery site off Menaul at 12:00 noon.

Following the Sunday dharma practice, anyone who would like to go together to lunch is invited to do so. We are suggesting "The Range" at 2200 Menaul Blvd. NE but a group insurgency could occur.