

Rector's Study Group
Fall 2017 Schedule
Wednesdays, 10-11am
Thursdays, 7-8pm

The Book of Joy:
Lasting Happiness in a Changing World
 by the Dalai Lama, Archbishop Desmond Tutu, with Douglas Abrams

Wednesdays 10-11am	Chapters	Thursdays 7-8pm
September 13, 2017	The Invitation to Joy (pp. IX, X) Introduction (pp. 1-8) Arrival: We are fragile creatures (pp. 11-24)	September 14, 2017
September 20, 2017	Why are you not morose (pp. 30-41) Nothing beautiful comes without some suffering (pp. 43-49) Have you renounced pleasure (pp. 51-57) Our greatest joy (pp. 59-64)	September 21, 2017
September 27, 2017	Lunch: The mtg. of two mischievous people is wonderful (pp. 67-78) You are a masterpiece in the making (pp. 83-92) Fear, stress, and anxiety: I would be very nervous (pp. 93-100) Frustration and Anger: I would shout (pp. 101-108)	September 28, 2017
October 4, 2017	Sadness and Grief: The hard times knit us more closely (pp. 109-113) Despair: The world is in such turmoil (pp. 115-123) Loneliness: No need for introduction (pp. 125-133) Envy: That guy goes past yet again in his Mercedes-Benz (pp. 135-144) Suffering & Adversity: Passing through difficulties (pp. 145-157)	October 5, 2017
October 11, 2017	Illness & Fear of death: I prefer to go to hell (pp. 159-168) Meditation: Now I'll tell you a secret thing (pp. 171-188) Perspective: There are many different angles (pp. 193-201) Humility: I tried to look humble and modest (pp. 203-213)	October 12, 2017
October 18, 2017	Humor: Laughter, joking is much better (pp. 215-222) Acceptance: The only place where change can begin (pp. 223-228) Forgiveness: Freeing ourselves from the past (pp. 229-239) Gratitude: I am fortunate to be alive (pp. 241-249) Compassion: Something we want to become (pp. 251-262)	October 19, 2017
October 25, 2017	Generosity: We are filled with Joy (pp. 263-275) Celebration: Dancing in the streets of Tibet (pp. 277-289) Departure: A final goodbye (pp. 291-305)	October 26, 2017
November 1, 2017	Joy practices (pp. 309-348)	November 2, 2017