

# **Facing Life's Challenges**

## *Practical advice and Buddhist wisdom*



In celebration of 90 years of sharing the Dharma in the Santa Barbara community, the Buddhist Church of Santa Barbara welcomes you to join us for an eight-part seminar series exploring life's challenges through the First Noble Truth taught by the Buddha: all human beings face difficulties and dissatisfaction in our lives. We will examine the eight difficulties identified by the Buddha, drawing on practical advice from experienced professionals and the enduring wisdom of the Buddhist tradition.

### *(Tentative Schedule)*

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*All seminars will be held at the Buddhist Church of Santa Barbara and will conclude with a discussion of Buddhist perspectives led by Rev. Henry Adams, Supervising Minister.*

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#### ***Birth: Choices for Childbirth***

Saturday, October, 20, 2012 at 2:00 p.m.

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#### ***Aging: Elder care***

Saturday, November 17, 2012 at 2:00 p.m.

#### ***Illness:***

#### ***Home health care, chronic illness, advance directives, and hospice***

Saturday, December 15, 2012 at 2:00 p.m.

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#### ***Death: Pre-planning for funerals***

Saturday, January 19, 2013 at 2:00 p.m.

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#### ***Separation from loved ones: Grief and Mourning***

Saturday, February 23, 2013 at 2:00 p.m.

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#### ***Dealing with difficult people: Bullying and Abuse in Schools***

Saturday, March 16, 2013 at 2:00 p.m.

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#### ***Unsatisfied desires: Debt management***

Saturday, April 27, 2013 at 2:00 p.m.

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#### ***The existence of continual suffering: Living with mental illness***

Saturday, May 18, 2013 at 2:00 p.m.

### ***\*All seminars free of charge\****

For more information, please contact Rev. Adams at Buddhist Church of Santa Barbara  
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