



Our speaker for March 24<sup>th</sup>, 2010 was Jennifer Block, a Chaplain at the Zen Hospice Project, and one of the teachers with the Chaplaincy Training Program at the Sati Center for Buddhist Studies in Redwood City. She has a passion for spirit, the arts, adventure travel, and a deep abiding love for dogs. Jennifer is rumored to be from New Jersey.

It's okay for things to be difficult. You don't have to believe, swim, or marinate in the bad feeling. Just wait and trust -- it will either become clear or go away. When there is difficulty, just accept that it's like this.

# Dukkha Happens

Suggested reading: *When Things Fall Apart: Heart Advice for Difficult Times*  
(<http://www.amazon.com/When-Things-Fall-Apart-Difficult/dp/1570629692/>)