

Greetings, !

We hope you enjoy this end-of-year issue. We are thrilled to report on the extraordinary good fortune we had in the latter part of November to host Khenpo Lodro Donyo Rinpoche for a series of teachings, including the weeklong Mahamudra seminar. In addition, we have important announcements about year-end events and an update on the Windhorse Fundraising Campaign and the opportunity of three-year retreat at SCOL.

With this issue, we are using a new format that is linked to our website. Please let us know (at [rosemarie@sabingreen.net](mailto:rosemarie@sabingreen.net)) if you have any difficulty bringing up or reading your newsletter this month. May your new year be filled with inspiration and connection.

## A Visit From Venerable Khenpo Rinpoche

By Abby Krajewski

Last month, KCC hosted the visit of Khenpo Lodro Donyo Rinpoche, abbot of Bokar Monastery in Mirik, India. Accompanying him from Mirik were Umze Chopel, Lama Karma Tashi, and Lama Ozer.

Khenpo Rinpoche gave the gift of his teachings over two weeks in the Northwest, beginning with the Mahamudra seminar

November 17-24 at Seabeck Conference Center in Seabeck, Washington.

Dharma practitioners came from Oregon, Washington, Canada, and elsewhere to receive Khenpo Rinpoche's teachings against the backdrop of the Olympic Mountains and Hood Canal. At the weeklong seminar, Khenpo Rinpoche guided the 108 attendees and Lamas through practices of the Mahamudra program—clearly, warmly, and with many stories and practical advice. Through translators Ngodup Burkhar and Eric Triebelhorn, he emphasized that we can make good use of the dharma by learning how to engage it in our everyday lives, and that practitioners should feel “very lucky and very fortunate” to have discovered it in this lifetime.

Between sessions, practitioners took walks around the Seabeck campus, chatted over mugs of tea in the pop-up KCC bookstore, and established new connections over lunch and dinner in the



## News and Events

### Upcoming Events

- Bodhisattva Night, 12/21
- New Year's Retreat and Refuge Ceremony, 12/31 - 1/1

### News

- Khenpo Rinpoche's Visit
- Three-Year Retreat
- Bodhisattva Inspirations
- Windhorse Campaign

**DONATE**

Barbara Bell,  
Jessica Dennison,  
Abby Krajewski,  
Barbara Miller,  
Rosemarie Sweet, and  
Julia King Tamang  
contributed to the production  
of this newsletter.

dining hall. Through his joyful demeanor, Khenpo Rinpoche related the culture and traditions of Tibetan Buddhism in an accessible manner. Over the week, Khenpo Rinpoche performed the refuge ceremony for seven individuals, offered the Chenrezig empowerment and led the Milarepa tsok.

After the seminar, Khenpo Rinpoche gave teachings at the Eliot Center in the First Unitarian Church of Portland, as his entourage grew by one with the presence of Lama Tashi from Toronto. Rinpoche's teachings included advice for beginning dharma practitioners, the two Bodhicittas, and the practice of Chenrezig in life and death. All teachings were full of inspirational and practical reminders. Relating the importance of loving kindness and compassion to newcomers, Khenpo Rinpoche extended the encouragement: "One enemy is too many, and 100 friends is too few." Before Khenpo Rinpoche's teaching about Chenrezig, Lama Michael Conklin addressed the audience with this insight to remember when studying Buddhism: "We're talking about death, but don't forget—it's really about life."



The day before Thanksgiving, Rinpoche and his entourage travelled to Goldendale, WA, to spend two days at Ser Chö Ösel Ling. Lama Michael Conklin, Lama Tara, Julia King Tamang, Eric Triebelhorn, and a small crew of sangha volunteers accompanied them. Stopping at blustery Multnomah Falls on the way, Rinpoche briskly walked up the path to the falls, commenting on the beautiful scenery. On arrival at the retreat center, Khenpo Rinpoche said it felt like home, as Umze Chopel, Lama Tashi, Lama Karma Tashi, and Lama Ozer expressed appreciation for the natural setting. On Thanksgiving, he enjoyed a vegetarian feast with SCOL staff and volunteers. Passing a bounty of pumpkin and apple pies around the table to share, all enjoyed the treats provided by KCC sangha members.

At SCOL, Khenpo Rinpoche entered the cloisters to give teachings to one-year retreatants and visited North and South sides to bless the cabins. Walking around the land, he admired the scenery and asked questions about the center's future plans. He blessed the Buddha statue near Old NW Road and walked through the sagebrush and rocks to the Tara statue offering a blessing, tossing rice, and touching his head to her feet. Back at the center after the walk, Rinpoche was shown the future site for SCOL staff quarters, and blessed it as well.

The last day of his visit in Portland, Khenpo Rinpoche performed the Chenrezig empowerment again and offered refuge to thirteen refuge seekers. At the small KCC send-off later that

evening, Rinpoche beamed to sangha members from the throne which normally holds the photo of Very Venerable Kalu Rinpoche. Khenpo Rinpoche spoke for a few moments, reiterating his encouragement for the work KCC does to facilitate practice of the dharma. Walking out of the room to a sea of white katas, he smiled and waved goodbye. Sangha members stayed for a time to celebrate the gift of Khenpo Rinpoche's teachings.

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## Three-Year Retreats with KCC

By Julia King Tamang

In March 2015, KCC will seal its first three-year retreat. Lamas Michael Conklin and Tara Goforth will teach. In a best-case scenario, eight men and eight women will enter the Ser Chö Ösel Ling retreat cloister, and will not exit the retreat for three full years. Each participant will do more than 12,000 hours of practice.

What does this have to do with you?

How did you learn to practice? Most of us can point to a teacher or other spiritual friend—or a book or two that guides our practice. We may have met great practitioners like the Karmapa or the Dalai Lama. We may have been deeply inspired by a practicing community member with no title who nonetheless embodies the dharma in a way that is accessible and instructive. Most of these people are inspiring because they are living, breathing examples of some level of spiritual accomplishment. Through our connection with these people, we experience the fruition of the dharma firsthand.

To accomplish and embody the dharma takes consistent practice. With sufficient discipline and motivation, such practice can be done outside of retreat. Our tradition and many others are filled with examples of practitioners leading lay or ordained lives outside retreat who have become realized beings, and an inspiration to others. But there have also been many examples of those who have relied on the support of long retreat to engage in deep and continuous practice.

For more than thirty years, KCC has supported the practice of those not doing long retreat, almost exclusively. Nearly 100 percent of our teaching resources have been spent on Sunday services and short retreats. In 2013, for the first time, KCC directed a significant amount of teaching hours to a small group of people inside an extended long retreat. In 2015, it will direct even more resources towards this same practice modality.

At this time, we will take another step towards fulfilling our mission and vision to support all practitioners at all stages of life and spiritual development. It is my hope that practitioners from the long retreats will inspire others as they progress on the path during and after the long retreat—fueling the likelihood that more and more KCC members will find the inspiration and support they need to create and maintain a stable and fruitful practice outside long retreat, in the context of a busy life that includes family, friends and work.

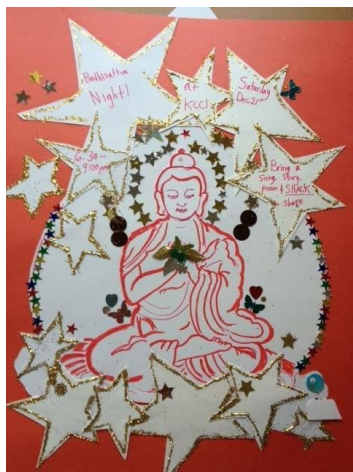
It will be easiest for this to happen if the KCC community understands the interconnected web of benefit that comes from hosting a long retreat. Our first few retreats are important

experiments for this very reason. If the community focuses on the benefit of the long retreats, and if those in long retreat stay focused on the benefit of the community, I think we will succeed.

If you would like to learn more about the KCC three-year retreat, e-mail me at [kingtamang@kcc.org](mailto:kingtamang@kcc.org). I'll put you on a list of those receiving more news and information as our recruitment for the retreat progresses. You can also ask in Sunday question-and-answer sessions how you can be a part of the three-year retreat as a community member not intending to sit the retreat. Just as we need practitioners to sit the retreat, we also need community members who experience firsthand what it means to be part of a community that nurtures long retreats and benefits from hosting them.

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## KCC's Annual Bodhisattva Night



Date: Saturday, December 21

Time: 6:30-9:00 pm

Place: KCC Urban Center

Please bring a SNACK to share!

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## Inspiration From Bodhisattvas Among Us

By Barbara Bell

The annual KCC Bodhisattva celebration is a joyous holiday gathering for adults and children alike, with stories, music, good food. As we enjoy the occasion, we might also consider its Bodhisattva theme by asking ourselves how to best respond to the difficulties of others as Bodhisattvas in training. Two KCC members—Hanna Karlin and Bob Harr—have found very personal and practical answers to this question.

After closing her Portland dental practice and spending most of the year raising funds and collecting donated equipment and supplies, Hanna Karlin prepares to leave December 25 to spend a year in Northern India and Tibet. Part of that time will be spent practicing dentistry. “I’m excited and a little bit overwhelmed. It’s important to me to expand the circle of giving beyond my immediate community and give to people who may never see me again,” she explains.

This is the longest and most extensive project she has undertaken



since 2008, when she spent her vacation at the Kagyu Monlam prayer gathering and began doing extractions at nearby monasteries. “Over the years, I added a couple of weeks of work in monasteries before or after the Monlam to do teeth cleaning, filling and root canals. I am training monks, nuns and lay people so they can continue the work.” While at the monasteries, she worked eight to ten-hour days. “Due to lack of money and dentists in the area, I try to see as many people as I can. The patients move through as if on a conveyer belt and communication is through a translator whose job is also to sterilize the instruments.”

Hanna’s 2014 project brings her to live by the Gyuto Monastery. From there, she will travel to remote monasteries and nunneries to provide dental services. In Yushu, a city struck by a major earthquake a few years ago, she’ll help establish a medical/dental clinic where Thrangu Rinpoche nuns will be trained to clean and fill teeth. One of her key goals is to teach prevention—rarely promoted in the third world.

She also plans to return to Tibet, to the Nangchen area where she was part of a medical team that started a medical/dental clinic in a nunnery in 2011, and to villages in Kham, although bringing supplies into Tibet is a logistical challenge.

While Hanna tackles pain and ignorance through dentistry, Bob Harr tackles hunger in Uganda through a unique property investment project.

Back in 2009, Bob Harr accepted a three-month volunteer assignment to teach English at a private high school in Nkokonjeru, Uganda, Africa. “With no materials and no teaching experience, I could barely work with my students. I was happy to leave this assignment when the term ended.” But he was not ready to leave Uganda. Living there opened his eyes to the needs of the people of the communities surrounding the school. He had shared meals with them, played with their children. Many did not have sufficient food, simply because they had no place to grow it. Now that was something he could do something about!

Why couldn’t he buy some land, set up some way to ensure that the poorest people had a plot to grow food, provide good seed and fertilizer and see what happened?

Bob formed an advisory team of trusted men from the school. They helped identify and purchase property, interfaced with tribal chiefs to identify qualified families, and agreed to administer operations during Bob’s time in Oregon. Over the years Bob has faced both successes and failures with equanimity. “At times, cultural differences surface when advisors make decisions that seem strange to me. On the positive side seventy-five families are growing their food on twenty acres we’ve purchased over time. We even built an office for the project.” After tending his garden in Portland through spring and summer, Bob returned to Uganda for the second time this year to solve logistical problems and work to secure the future of the project.

As KCC celebrates Bodhisattva Night, let us take inspiration from Hanna and Bob and look for opportunities for service and generosity throughout the year to come.

Registration is open for the 2013/2014 New Year Retreat on:

Tuesday, December 31, from 9 am to 4 pm, and  
Wednesday, January 1, from 9 am to 3:30 pm,  
followed by the Refuge Ceremony from 4:30 pm to 6:00 pm  
KCC Urban Center  
Led by Lama Michael Conklin

Zhinay, or Calm Abiding, will be taught during the New Year Retreat. The practice is the essential underpinning of all other meditation practices. While our minds are busy and distracted by a myriad of disconnected thoughts, feelings, and emotions, it is not possible to deeply engage the meditation methods that could lead us to the intended result of directly recognizing the nature of mind. Zhinay is a direct method for learning to let the mind rest naturally, free of our commitment to the tyranny of these distractions. This short, two-day retreat will provide participants an opportunity to learn how to meditate using a few of the many methods available. We will explore in open discussion how we can carry this meditation into our daily affairs and, vice versa, our daily affairs into our meditation. In short, we will take this opportunity to consider how we can integrate our spiritual path into the rest of our life, laying the ground for them to become completely inseparable.

Everyone is invited to attend and witness the Refuge Ceremony—you may attend or participate in the refuge ceremony without having attended the retreat. If you are planning on participating in the ceremony, taking the step of formally entering the path, then we encourage you to invite friends and family according to what you feel is appropriate.

In addition, it is helpful for Lama Michael to know about your intention in advance, though not absolutely necessary.

Registration: There is a \$120 suggested donation to cover the cost of offering this retreat. However, a donation of any amount is appreciated, and no one will be turned away for lack of funds. There is no charge for attending or participating in the Refuge Vow Ceremony.

This is KCC's most popular retreat, so registering early is highly recommended. Visit KCC's web site for more information.

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## Inspired Giving for the Windhorse Campaign

Capping an inspiring Mahamudra Seminar, Linda Besant, KCC Board member, announced a plethora of gifts toward the construction of staff residences at SCOL as well as several other Windhorse Comprehensive Campaign objectives. Taken together with previous gifts and pledges, the SCOL fund now stands at \$79,442. The Urban Center Seed Fund stands at \$130,000. During the seminar, word reached KCC that the Brill Foundation has released a gift of approximately \$30,000 for construction of the Staff Residence Meditation Room, which brings SCOL funding to \$108,443.

Founding KCC member, Sanje Elliott gave \$20,000 toward SCOL and another \$30,000 toward the future Urban Center, gifts honoring the memory of his sister and brother-in-law Pat and Jack Wood.

Janet McAlpin, a major contributor to SCOL, announced a \$5,000 challenge gift that was swiftly met by Graciela Montani of Dallas, Texas, in memory of her father, William Watson. Announcing this challenge gift, Janet noted that supporting KCC and the SCOL project was her way of ensuring that the dharma is available for her son and others of future generations.

Another \$3000 came from retreat participants, who received CD's of teachings from the Venerable Kalu Rinpoche in gratitude for their gifts.

In its December report to the Board of Directors, the Development Committee indicated that KCC has received gifts of nearly \$82,117 applicable to the 2013 General Fund goal of \$90,000. End-of-year giving is always an important way of meeting KCC's annual operations expenses. Every new and increased gift is being encouraged by a \$10,000 challenge grant. In recent communications with KCC's constituency, Lama Michael reminded all that "every donor benefits from being a part of something good!"

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Greetings, !

Happy New Year! This month, we showcase many opportunities to deepen your practice, including new teacher supported practice sessions that will take place monthly through mid-summer. We share KCC's fundraising tallies for 2013, and we invite you to take inspiration from reflections on the life of lineage master, Kalu Rinpoche.

Enjoy this issue and let us know how it can be improved to be of more benefit to you, our reader.

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### **Kalu Rinpoche's Life and the Lineage**

By Rosemarie Sweet



What is a lineage and how might an understanding of it inspire our practice? Lama Michael Conklin states that “a lineage is a thread that holds things together: humans, teachers and students, teachings. When we connect dots, we draw a line or a thread between them. Each one of us at KCC is a thread. I like to think of the new people, the

### News and Events

#### **Fundraising Tallies 2013**

Donations to General Fund:  
over \$90,000,  
our goal!

Donations to SCOL Building Fund:  
over \$110,000  
towards our goal of \$400,000

Donations to Urban Center Seed Fund:  
\$130,000 towards our goal of \$350,000

#### **Upcoming Events**

- Teacher supported practice sessions,  
January 18, 7-10 am  
February 15, 7-10 am
- Ngondro Quarterly Sessions,  
Spring, March 1
- Seven Points of Mind Training,  
Friday, February 21 -  
Saturday, February 22



young people who have no clue about what role they play in establishing the Dharma in the country, this culture. I wish I could be here in three decades to ask some of them what kept them going and if they're aware of their value in connecting the dots.”

If we follow this thread not so far back in time, we can take great inspiration from the life of Kalu Rinpoche. One obstacle we may have to experiencing this inspiration is our difficulty bridging cultures. But, as Lama Michael’s story below demonstrates, cultural differences do not stand in the way of learning from one who is truly realized.

“Like most historically established religious traditions, Buddhism in Tibet was thoroughly dominated by men. When Khyabje Kalu Rinpoche came to San Francisco in 1974, he was a man thoroughly rooted in the Tibetan culture. In contrast, San Francisco was kind of the de facto headquarters for the counter culture movement—hippies, drugs, you could say, the full catastrophe.

“But when the elderly Kalu Rinpoche presided over the on-site design of the first Western three-year retreat facility, he shocked his own Tibetan monks by saying that both women's quarters and men's quarters should be built. Brooking no opposition, he said, 'things will be different here. Men and women will practice equally.'”

“Knowing how difficult it is for us to see our own prejudices, cultural patterns, and superstitions, I experienced Rinpoche's actions as miraculous. Most of the people I knew in the counter culture movement believed in equality and freedom but actually felt themselves to be superior to most other people. While they had high aspirations, they lacked the methods and tools to manifest them. Kalu Rinpoche's words told me that he understood our innate qualities and potential and from that place of accurate seeing, he just effortlessly spoke the truth. This was the likely, even normal outcome of the deep spiritual work and inquiry he pursued. And from my perspective in early 2014, just three months from finishing a cloistered one-year retreat with nine women and three men, and the three-year retreat looking like it will have more women than men, I'd say that he saw things very clearly indeed.”

Part of Kalu Rinpoche’s life was spent in sustained meditation in the wilderness. For those of us who live in the bustle of the modern world, his life may seem to have little to do with ours. But a closer examination illuminates our connections with this extraordinary being.

## DONATE

Jessica Dennison,  
Abby Krajewski,  
Barbara Miller,  
Bill Spangle,  
Rosemarie Sweet, and  
Julia King Tamang  
contributed to the  
production of this  
newsletter.

With auspicious signs surrounding his arrival, Kalu Rinpoche was born in 1905 in eastern Tibet to a mother and father who had both just recently completed several years of retreat. Even at a young age he exhibited deep concern for the well-being of others and enthusiasm for study and meditation. He received monastic vows from the eleventh Situ Rinpoche at the age of thirteen, and, at sixteen, he went on to begin three-year retreat where he had the opportunity to receive the teachings of the Shangpa Kagyu lineage.

At the age of twenty-five, Kalu Rinpoche began a period of austere and intensive retreat in the mountains of Tibet in order to go deeply into the heart of the teachings and practices he had received. During this time his nephew, Gyaltzen, briefly visited him and found his uncle contentedly living on a rocky ledge that he described as barely sheltered enough to merit classification as a cave, with the front wide open to a constant north wind.

After twelve years of retreat, Kalu Rinpoche acceded to repeated requests by his own retreat master to return to Palpung monastery and take responsibility for the retreat center there. While he also taught, caring for retreats was a central activity of his life until the mid-1950's when he left Tibet for Bhutan, and later, India.

In India, he accepted the offering of a small monastery in Sonada, near Darjeeling, where he built a retreat center and began to train monks and lamas again. In the 1960's, he began to encounter travelers from the West who were struck by his presence and wisdom. In 1971, these individuals invited him to teach in Europe and North America, beginning yet another phase of his activity.

Through the 1970's and 1980's, he made a number of trips, first establishing Dharma centers and sending lamas he had trained and then opening centers for the traditional three-year retreat, first in France and then in Canada and the United States. One of the retreats he helped supervise was the three-year retreat in Oregon that Lama Michael attended. There is a direct connection between this retreat and the eventual development of KCC's long retreat center. When Lama Michael arrived at KCC, it was clear to those in leadership that he embodied the great potential that long retreats hold to create transformative teachers. From then on, KCC leaders held the aspiration to develop a long-term retreat center, which of course came to fruition with SCOL.

Kalu Rinpoche's story exemplifies a way of life that is now largely an anachronism in the tide of modernity, both east and west. If we focus on what is remote and exotic in his life, we may be inclined to think that the opportunity to practice and realize the meaning of the Buddha's teachings has passed, along with that way of life. Yet it is also clear that this great being had a deep confidence that the profound meaning of the Dharma could be absorbed by those whom many Tibetans thought of as barbarians from distant lands (like us!). Our retreat lands and our individual and collective efforts to follow the path of the dharma are testimony to the strength of his vision.

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## Upcoming Events

### Teacher Supported Practice Sessions

Saturdays, starting January 18, 2014, 7:00 am-10:00 am

Event Leader: Julia King Tamang

Location: KCC Urban Center

In an effort to help us all keep practice commitments in 2014, we are offering a simple “extra” practice time at KCC for the next several months. There is no fee and no registration is required to engage in this—just show up! Offerings to Julia and/or to KCC will be gratefully accepted.

You may do any practice taught at KCC. This means that there will be more noise than usual as people softly recite mantras or do prostrations, mandala or other practices. We'll work with this expectation and hopefully, in harmony. Those of you who have no practice commitments are also welcome—just come and sit as we do on Sundays. There will be a ten-minute practice break each hour and, though there is no question and answer session, Julia is happy to privately answer questions during the short breaks.

We will meet on Saturday mornings from 7:00 am-10:00 am on the following dates at KCC Urban Center:

January 18

February 15

March 15

April 19

May 17

June 21

July 19

Out of respect for the KCC residents, please come and go quietly, use the restroom downstairs only, leave on time and clean up after your self. There is no childcare available.

Come and practice together on these special Saturdays at KCC!

### **Ngondro Quarterly Sessions**

The Ngondro practices are frequently referred to as the preliminaries for the Vajrayana. At KCC, Ngondro is mainly taught and supported as a component of the Mahamudra Program designed by Kyabje Bokar Rinpoche, although it is not required as part of the Mahamudra retreat.

January 11 – Refuge and Prostrations

March 1 – Vajrasattva

June 7 – Mandala

August 23 – Guru Yoga

The schedule on these days will be as follows:

9am - 12 noon, Instruction and Q&A

12 Noon - 1pm, Brown Bag Lunch

1pm - 3pm, Practice Session

Please come for all or part. For questions, [contact Bill Spangle](#). No registration is required.

**Seven Points of Mind Training**

The Seven Points system is a complete path emphasizing both relative and ultimate bodhicitta. The system includes tonglen or ‘taking and sending,’ about which much has been written in contemporary Buddhist press. The system also includes more than fifty slogans to guide daily practice. Though many of the mind training slogans are transparent, a few are somewhat cryptic; so many people find it helpful to have a formal introduction.

This seminar will focus primarily on the aphorisms (tonglen is the focus of a retreat offered later in the year). The Seven Points of Mind Training system is known for being excellent for busy householders, who can use the aphorisms as focal points for carrying practice throughout the day, thereby increasing practice without necessarily increasing time on the cushion. For questions on the content of this seminar, [contact Julia King Tamang](#).

Friday, February 21, 6:30 PM - 8:30 PM<sup>[[SEP]]</sup> through

Saturday, February 22, 9:00 AM - 3:00 PM<sup>[[SEP]]</sup>

Event Leader: Julia King Tamang

Location: KCC Urban Center (non-residential retreat)

Practical application and practice sessions, with brown bag lunch break and tea breaks.

The suggested donation for this event is \$20 for Friday evening only / \$80 for Friday and Saturday.

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United States

Greetings, !

Welcome to our February issue of KCC's e-newsletter. This month, we share a precious encounter with Khenpo Rinpoche during his visit in November. We invite you to remember KCC at this time of year, when we celebrate what we love. We also have special practice opportunities to announce.

We value your comments and suggestions for improving this newsletter. Please be in touch!

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### **An Ecstatic Welcome for Khenpo Rinpoche: A Moment of Cross-Cultural Generosity in the Gorge**

In November, KCC brought Khenpo Lodro Donyo Rinpoche to the Northwest for two weeks of formal teaching. In the middle of his visit, this spontaneous blessing occurred:

The caravan of cars was just outside of Lyle on the Washington side of the Gorge, driving Khenpo Rinpoche and his entourage back to KCC from their Thanksgiving visit to SCOL. The bare hills and basalt cliffs reminded Rinpoche of Tibet, and he asked the driver to pull over for a photo of the monks in a place that looked like home. All three cars stopped in a gravel turnout, and maroon-robed monks piled out to pose.

Suddenly, a big white truck heading east on Highway 14 made an abrupt u-turn and pulled up behind the KCC party. "A big, burly fellow jumped out of the truck," says Jikan Quintoro, cook at SCOL who was with the group.

"I know who that is," the man shouted happily, "I've seen him on TV! What's he doing in Lyle?! Oh, this is so great!"

"I did inform the man that the monk was Khenpo Rinpoche from Bokar Monastery in Mirik, India, that the others were his entourage," Jikan recalls, "and that we were on our way to Portland where Rinpoche would be offering Dharma teachings—I'm not sure if this was understood. But seeing that the gentleman had a mobile phone, I asked if he would like to take a photograph of

#### News and Events

##### **News**

Windhorse Campaign Update

KCC Volunteering Opportunities

##### **Upcoming Events**

- Teacher Supported Practice Session, February 15
- Seven Points of Mind Training, February 21 & 22

#### DONATE

Jessica Dennison, Abby Krajewski, Rosemarie Sweet, Linda Besant, Melinda Bell, Barbara Bell, and Julia King Tamang contributed to the production of this newsletter.



Khenpo Rinpoche. The next thing I know he was standing next to Rinpoche with his arm around his shoulder.”

For the others from KCC, this was an uncertain moment. They had been so careful to show respectful etiquette throughout the visit of this revered teacher, including not to touch him; but Rinpoche seemed delighted.

“This was such a precious moment to witness,” says Jikan. “Everyone was laughing and smiling. The man was so elated, and couldn’t wait to share his tale with friends. He kept saying ‘No one is going to believe this—what is he doing in Lyle?! Thank you! Thank you.’ I pressed my hands palm to palm in farewell to him—the joys of dharma.”



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## Windhorse Campaign Update

“How do I love thee? Let me count the ways.

I love thee to the depth and breadth and height

My soul can reach, when feeling out of sight

For the ends of Being and ideal Grace.”

–Elizabeth Barrett Browning

Elizabeth Barrett Browning’s marvelous expression of love might just as appropriately express love for the three Jewels—the Buddha, Dharma and Sangha. Her sonnet is most often called to mind in February when Valentines, chocolates, and roses seem insufficient expressions of love and affection for friends, family, and the loves of our lives. How do we who benefit from KCC programs and the sangha family express devotion and gratitude for the opportunities we enjoy at KCC?

Some of us have discovered that becoming a Supporting Member is a perfect solution. Becoming a Supporting Member is as easy as mailing a Valentine. By becoming a Supporting Member of KCC at any level, you are in effect sending a Valentine. Its message:

“Because KCC is important to my life or to the life of someone I care about, and to the many beings beyond my ability to comprehend, I offer this expression of love.”

While many of us wait until the end of the year to give, consider the alternative of giving early in the year. To send the best KCC Valentine possible—complete a **gift/pledge form** indicating that you will contribute a certain amount on a regular basis over the remaining months of 2014.

Such commitments are not binding. If circumstances change, just say so and your pledge will be canceled. Pledges allow KCC to plan with confidence. The gift of confidence is far more valuable than chocolates and roses and great poetry.



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## Upcoming Events in February

### Seven Points of Mind Training

Event Leader: Julia King Tamang

Location: KCC Urban Center

Friday, February 21: 6:30pm - 8:30pm and Saturday,  
February 22: 9:00am - 3:00pm.

**Register now here**

Since 200-300 CE, there have been many Mahayana 'mind training' traditions in Indian Buddhism. Each included concepts, views, and practices to transform relationships through awakening loving-kindness and compassion. About 900 years ago, Serlingpa, an Indonesian spiritual master, taught mind training to the great Dharma master, Atisha, and Atisha brought the training to Tibet, where it flourishes and is revered by all the Tibetan Buddhist schools, even today.

Originally mind training methods were taught secretly, reserved for students whose capacity and sincere intention indicated a readiness to receive the teachings. But Chekawa Yeshe Dorje (1102-1176) organized the training into Seven Points, and taught them widely.

The Seven Points system is a complete path, emphasizing both relative and ultimate bodhicitta. The system includes tonglen or 'taking and sending,' about which much has been written in contemporary Buddhist press. The system also includes more than fifty slogans to guide daily practice. Though many of the mind training slogans are transparent, a few are somewhat cryptic. Many people find it helpful to have a formal introduction.

This seminar will focus primarily on the aphorisms (tonglen is the focus of a retreat offered later in the year). The Seven Points of Mind Training system is known for being excellent for busy householders, who can use the aphorisms as focal points for carrying practice throughout the day, thereby increasing practice without necessarily increasing time on the cushion. For questions on the content of this seminar, contact Julia King Tamang at [\*\*kingtamang@kcc.org\*\*](mailto:kingtamang@kcc.org).

Seminar Schedule:

This is a non-residential seminar.

Friday, February 21: 6:30 PM - 8:30 PM

Overview of The Seven Points of Mind Training

Saturday, February 22: 9:00 AM - 3:00 PM

Practical application and practice sessions, with brown bag lunch break and tea breaks.

The suggested donation for this event is \$20 for Friday evening only / \$80 for Friday and Saturday. Your donation of any amount is appreciated. No one will be turned away for lack of funds. For information regarding registration and other practical questions, please contact David McWherter at [\*\*mcwherterdb@gmail.com\*\*](mailto:mcwherterdb@gmail.com).

## Teacher Supported Practice Session

Event Leader: Julia King Tamang.

Location: KCC Urban Center.

Saturday, February 15: 7:00am - 10:00am.

No registration is necessary.

In an effort to help us all keep practice commitments in 2014, we are offering a simple "extra" practice time at KCC for the next several months. There is no fee and no registration required to engage in this—just show up! Offerings to Julia and/or to KCC will be gratefully accepted.

You may do any practice taught at KCC. This means that there will be more noise than usual as people softly recite mantra or do prostrations, mandala or other practices. We'll work with this expectation and hopefully, in harmony. Those of you who have no practice commitments are also welcome—just come and sit as we do on Sundays. There will be a ten-minute practice break each hour and, though there is no question and answer session, Julia is happy to privately answer questions during the short breaks.

Out of respect for the KCC residents, please come and go quietly, use the downstairs restroom only, leave on time and, clean up after yourself. There is no childcare available.

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## Volunteering at KCC

Over fifty people volunteer regularly at KCC these days. They serve as chant leaders and cooks, gardeners and book sellers, photographers and data base whizzes, video streamers, board members, pecha organizers, legal advisors, class coordinators, check signers, teachers in the children's program, fund raisers, editors, graphic artists—you name it. In fact, virtually everything that happens at KCC depends on volunteers, and the community owes them deep gratitude.

Their work is organized by committee, and all of those committees could use another few people. If you've come to depend on dharma practice and study at KCC; if you draw strength from the support of the sangha and want to be part of the work that keeps it whole, there is a place for you.

The Volunteer Support Committee is newly constituted and eager to help everyone find a job that fits her or his desires and available time. Please contact us through Linda Besant at [dancebuzz@soapstone.org](mailto:dancebuzz@soapstone.org).



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United States



Greetings, !

This month, KCC prepares to open the gates to its one-year retreat. At the same time, preparations continue for the first three-year retreat in our history. In this issue, we update you on these important junctures in KCC's evolution. Our own Bill Spangle wrote an article for the Northwest Dharma Association newsletter that we publish in excerpt here. But we hope you will go to the link to read the entire story. We also present opportunities for your own personalized retreat and to share a special evening with Lama Michael Conklin on the occasion of his birthday.

Please enjoy this issue and, as always, provide us with feedback so we can improve this offering.

### Three-Year Retreat Article Published

The Northwest Dharma Association is running an article about our upcoming three-year retreat. I hope that everyone in our Dharma community will take the time to read it. The article conveys a clear sense of why our community has created this opportunity for long retreats.

Bill Spangle makes a clear case for what these retreats mean for the long term spiritual vitality of KCC in particular and the value of the opportunity we can make available to Buddhist communities in general. Through sharing some of his own experience, he also explores the unique opportunities for spiritual development that these retreats offer to those who participate. Even those who are merely curious will find this article at least interesting. For those of you contemplating the possibility of doing a long retreat, this article could be a compelling factor.

-Lama Michael Conklin

### Kagyü Center Prepares for First Three-Year Retreat Based on Many Years of Experience & Preparations

By Bill Spangle

In early spring of 2015 a group of men and women will file into their respective cloisters to begin the first traditional three-year retreat at Ser Chö Ösel Ling (SCOL) retreat center—The Land of the Clear Light Golden Dharma.

#### News and Events

##### In This Issue

— Three-Year Retreat Article & Preparation

##### Upcoming Events

— One-Year Retreat Opening Ceremony, March 29

— Spring Personal Retreat, May 3 - 31

— "Raise the Roof" Fundraiser, June 13

**DONATE**

Jessica Dennison, Abby Krajewski, Barbara Bell, Barbara Miller, Bill Spangle, Lama Michael Conklin, Rosemarie Sweet, and Julia King Tamang contributed to the production of this newsletter.

This center for long retreats, nestled among the pine and oaks along a ridge in the hills above Goldendale, Wash., will be their home for the next three years.

Living as monks and nuns for the duration of the retreat, they will remain in solitude, engaging in the contemplations and meditation practices handed down through the Shangpa Kagyu lineage of Tibetan Buddhism.

The beginning of this retreat will be a major milestone in the realization of a vision set in motion more than 15 years ago by Lama Michael Conklin and the members of Kagyu Changchub Chuling (KCC), a Buddhist center in Portland, Ore., founded in 1976 by the late Kalu Rinpoche.

In the 1990s, shortly after Lama Michael joined the center, the community began to set a course for the future. Taking a longer view, we concluded that if the dharma was going to have a chance to take root here, we would not only have to make the dharma accessible to those fresh to the path in our already crowded urban center, we would also need to ensure that there would be teachers available in the future.

Without some people going deeper into the practice, and teaching from that experience, it was clear that over time, the dharma would lose depth and vitality, moving from lived experience toward a tradition resting only on intellectual understanding and the reputation of previous generations.

The confidence in this vision came from a growing appreciation of the benefits of having access to a teacher who had the chance to do three-year retreat himself. While we were inspired by remarkable teachers like Kalu Rinpoche and his successor Bokar Rinpoche, who had dedicated in excess of a decade each to intensive retreat, it was easy to fall under the spell of the idea that that kind of practice was something done only by adepts from exotic Asian locales, many of whom had passed away.

The presence of Lama Michael and his ability to provide clear advice based on experience gained in three-year retreat made it feel like this kind of practice was in fact something that normal people could do. And not only was it something we could do, it was something that we must do if future generations would have the benefit of the same precious opportunity we were experiencing.

Thus we decided that building a place for long retreat was our priority even though the center in Portland was (and still is!) regularly at capacity. Our conviction that it would only take a few years was humorously optimistic, but it did provide the bravado needed to get started.

From the time of the initial purchase of the 240 acres in 2001, KCC has made use of the land for retreats, initially camping out while using the small farm house as a kitchen and meeting in a large tent.

Over the years, as we gradually raised nearly \$3 million, we have built roughly 9,500 square feet of facilities, permitting us to move indoors and to begin more regular group and personal retreats. These include the annual North American

Mahamudra Seminar initiated by Bokar Rinpoche, and an annual two-month winter season retreat.

This activity has culminated in a one-year group retreat at the SCOL retreat center, which is following the curriculum of the KCC Mahamudra seminar. The one-year retreat will conclude this March 29. The three-year retreat is to begin one year later.

## **Life on retreat**

During the three years, retreatants will remain in their cloister, only leaving in case of emergency. This discipline both requires and supports great clarity of purpose.

The cloister provides protection as well, freeing retreatants from the need to invest energy maintaining a public face for chance encounters. There are two nearly identical cloisters for women and men, connected by a central building with the kitchen, pantry and staff work spaces, allowing staff to serve both cloisters.

Each cloister has eight cabins where retreatants practice and sleep, as well as a dining hall, bath house, a meditation hall for group practice, and a yoga hall for the specialized yogas that are done in the last year of the retreat. Each cloister also contains a 200 yard walking path inside the fenced area, to permit exercise during the breaks between sessions.

While silence is a common discipline on retreats, three-year retreats are rarely done entirely in silence. On long retreat some discussion and interaction with fellow retreatants can be helpful for mutual support, and can also help to diffuse preoccupations that can become exaggerated in extended silence.

Depending on the particular group on retreat, the retreat master may adjust the discipline of silence accordingly. But in general most of each day will be spent in silence, and there will also be periods of complete silence as well.

Within the retreat itself, the rhythm of life will be governed by the bell that marks the beginning and end of the meditation sessions.

Each day on retreat will include roughly twelve hours in formal meditation sessions, which will be spread over a day that will begin at 3 am and come to a close at 9 pm. Though there will be two group practice sessions each day and simple meals taken together, the retreatants will spend most of their time in individual practice in their own room.

The retreat teachers will visit every few weeks to provide instructions for new meditation methods, and to meet individually with the retreatants.

The retreat will be led primarily by Lama Michael Conklin, and by Lama Tara Goforth from British Columbia. Both of them did three-year retreats led by lamas appointed by the late Kalu Rinpoche, and both have collaborated for many years leading retreats including the current one-year retreat at SCOL.

Lama Tara has also assisted in teaching on two other three-year retreats. Lama Tsang Tsing, who was retreat master for Lama Michael's retreat, will also provide teaching and guidance.

To continue reading the article, [click here](#).

For those interested in participating in the retreat, or who wish to help support the retreat, please contact Julia King Tamang at [jtamang@easystreet.net](mailto:jtamang@easystreet.net).

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## Invitation to One-Year Retreat Opening

Dear Sangha and Friends of KCC,

On Saturday, March 29th, KCC's first One-Year Retreat is complete and we will be opening the gates. You are cordially invited to join us at the KCC retreat center at Ser Chö Ösel Ling, in Goldendale, Washington, for the opening ceremony. The address is 96 Horse Ranch Road just five miles north of the town of Goldendale on HWY 97. Please check [our website](#) for complete directions. Car pooling is much more than a virtue for this event. There is very limited parking space at SCOL, so if at all practical, please car pool. Jeannie Mooneyham is the maven of car pooling for many of our events, and she has again volunteered to organize transportation for this event. You can contact her at [manydawas@gmail.com](mailto:manydawas@gmail.com) , if you need a ride or can provide a ride.

Please arrive at the land no later than 9:30 AM PST. Assuming the weather is good (not raining), you'll park in the meadow near the gate and will be driven to the retreat cloister. Please eat breakfast before arriving and feel free to bring snacks for yourself or to share. You might want to bring a water bottle and an umbrella if it looks like rain. (Check [www.accuweather.com](http://www.accuweather.com) a day or two before for Goldendale, Washington.) We will send any necessary alternative instructions in the event of inclement weather. Make sure to check your email on March 27th and 28th just in case.

The start time of the opening ceremony will be around 10 AM (be there by 9:30). Lama Tsang Tsing, Lama Michael Conklin and Lama Tara Goforth will be there, along with a number of guest lamas, sangha members, as well as family and close friends of retreatants. The actual ceremony will begin at about 10 AM, outside the cloister near our loading dock. It will take 2-3 hours and will finish inside the cloister in the South meditation hall.

Important note: During the formal ceremony, there will be a point where the retreatants will exit the gates and walk in single file around the entire cloister. During this and the events that follow this part of the ceremony, up until we break for lunch, it is critical that neither the retreatants nor the guests exchange verbal greetings or comments, and definitely no physical contact or embrace.

After the ceremony, we'll sit with the retreatants and share a simple vegetarian meal. When the meal is done, the retreatants will return to their respective rooms and you will be able to meet them there and say hello. There will be more details at the actual ceremony and any changes will be posted to [our website](#). The entire event should end not later than 3 PM. Generally, it will be better for the retreatants to remain at SCOL and spend at least Saturday night in their rooms alone. We understand that this will not always be possible. That said, in all cases, a gradual reintegration will work best for all. Guests cannot stay in the cloister overnight. Some retreatants are staying at Ser Chö Ösel Ling for a week or more in order to end their retreat gradually. Others will be leaving sooner.

There were thirteen participants in this retreat, in case you were thinking to bring cards, etc. In addition to the retreatants themselves, there were four staff members who provided extraordinary support. We hope you have a chance to meet them on Saturday the 29th.

We'll send more details the week before the event. If you have questions, please email us at [info@kcc.org](mailto:info@kcc.org)

Sincerely,

Lama Michael Conklin

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## **Spring Personal Retreat at Ser Chö Ösel Ling**



Saturday, May 3, 2014 - 4:00pm to Saturday, May 31, 2014 - 10:00am

Event Leader: Bill Spangle

Location: Ser Chö Ösel Ling

The Spring Season Personal Retreat was born from the wish to create an opportunity for practitioners to do extended personal retreat in a supportive group environment. Registration for the Spring Season Retreat is now open!

This personal retreat season (there is another personal retreat season in winter 2014) is designed for individuals with prior retreat experience who can practice independently. Individuals who wish to take part will need to have approval from their primary mentor and have a specific plan for retreat worked out in conjunction with their mentor.

Both the length of retreat and the specific program of practice should be agreed to in advance. As a rule of thumb, we recommend that people who have not done individual retreat before limit their first personal retreat to five days. Individuals who have done personal retreat before should consider a gradual increase in the length of retreats if they are inclined to do longer retreat. Personal retreats range in length from five nights to the entire season. Please go to: <http://www.kcc.org/event/spring-personal-retreat-season> for information and registration.



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## Prepare to "Raise the Roof"

The fearless leadership and vision of Michael Conklin and KCC will be celebrated on Friday June 13, 2014 at 'Raise the Roof', an evening of fun and fundraising to be held at the Laurelhurst Club, near Laurelhurst Park in Northeast Portland.

How appropriate to recognize Lama Michael's seventieth birthday with a most meaningful gift! Let's raise the \$200,000 necessary to build essential housing for the staff supporting long retreats at Ser Chö Ösel Ling. Let's bring more than a dozen years of effort to a successful conclusion!

Michael's unswerving determination has inspired incredibly generous philanthropic and volunteer support. Countless hours of volunteer leadership and labor and over \$3 million dollars have been contributed to ensure that the precious meditative practices of the Kagyu Shangpa lineage of Tibetan Buddhism are accessible to the West and will sustain KCC into the future.

If there were an English mantra that supports KCC's aspirations it might be "Never give up". This last stretch will call upon discipline and practice honed over the years to inspire giving and ensure that construction begins in June, the roof is raised by summer's end and the Staff Residence completed by March 2015 as the long awaited three-year retreat begins.

Coming soon: Save the Date messages and opportunities to participate.

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## One Year Retreat Comes to a Close

March 29th marked the end of the One Year Retreat, KCC's first long retreat at SCOL. This joyful and momentous occasion is a major milestone in the fruition of the vision of KCC.



After a brief ceremony led by Lama Tsang Tsing from KDC in Eugene, the thirteen retreatants emerged from their cloisters for the first time in a year and

circumambulated the retreat center as dozens of friends, family and sangha members stood silently to bear witness to this final act of the retreat.

Then the entire group entered the south cloister for a Green Tara Puja led by Lama Tsang Tsing. Afterwards, retreatants stood in the south meditation hall to receive friends and family who lined up to greet each retreatant with katas and embraces.



"After a year in retreat, some of us thought that the retreatants might be overwhelmed to be greeted by a crowd of visitors," KCC's president Kathleen Benz reflected. "What I witnessed was that, actually, they were just so present and welcoming. They expressed so much gratitude to the community near and far, the staff, the teachers, and even the trees and birds."

It has been an interesting and special year not just for retreatants, but for their families as well. "My look back on this past year is really quite positive," said Michael Hilsen, husband of retreatant Adele Hilsen. "I faced some medical challenges early on. When that happened, it felt positive to support Adele and encourage her to continue on." Aside from the challenges, Michael

### In This Issue

#### **One Year Retreat Comes to a Close**

#### **Coming Up at SCOL**

#### **Raise the Roof**

[DONATE](#)

Barbara Bell,  
Jessica Dennison,  
Susan Gladstone,  
Barbara Miller,  
Bill Spangle,  
Rosemarie Sweet, and  
Julia King Tamang  
contributed to the  
production of  
this newsletter.

said, “the year was really an opportunity to have my direction and goals and exploration as well.” Indeed he traveled to places like Yellowstone and Bordeaux, France, saw many family members and hosted his daughter and her boyfriend at his house for an extended visit. In all of his busyness, he says he often thought of Adele and pictured her in her environment. “I told her I’d think of her every time I saw the moon. There were many nights when I looked up and did just that.”

Retreatant Kay Hartsock’s husband, Don, said that upon leaving retreat, he imagines she will be so happy to reconnect with people. “She’s a pretty social person and she is probably going to want to go see her mom and her kids. Kay and our daughter used to talk every day. I wouldn’t be surprised if she starts calling people immediately!”

Now retreatants will be undergoing a transition period as they begin their lives and reengage with the world outside the cloister, hopefully sharing some of the positive energy generated from this past year of practice.



## Coming Up at SCOL

The end of the One Year Retreat means that the facilities at Ser Chö Ösel Ling are open again. There are opportunities for personal retreat in the spring and again in the winter—from May 3-31 and from January 17-February 14—as well as the Annual North American Mahamudra Seminar and a variety of short retreats, all of which are listed at [www.kcc.org/retreat](http://www.kcc.org/retreat)

SCOL will also be gearing up for what is to be a huge milestone—the first Three Year Retreat, scheduled to begin in spring of 2015. There is still another big push that must happen in preparation for this retreat.



“The last building essential to the support of long retreats at SCOL is a staff residence building. It is urgent that construction begins this summer in order to have the building ready as the Three Year Retreat begins in March 2015. KCC as a sangha is debt averse, so we want to have sufficient gifts or pledges in hand to cover the cost of \$400,000. After raising \$3.1 million, KCC

is only \$221,000 away from closing this thirteen year effort,” states Barbara Bell, KCC’s volunteer development coordinator. “**Raise the Roof for KCC**,’ a fundraising event scheduled for June 13th, will give us a great opportunity to meet our goal of breaking ground on schedule this summer.”

The three apartments, common room, office and shrine room of the Staff Residence will be built for the long haul. “The design provides energy efficiency and will be low maintenance,” says Galen Doucette, SCOL’s Rural Operations Manager. Supporting long retreats is demanding work in an isolated environment—good reasons why those who carry the responsibility need privacy and a pleasant home when they are off duty.

KCC is also continuing to recruit for remaining openings in the Three Year Retreat. Please visit [www.kcc.org](http://www.kcc.org) for more details.

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You’re invited...



Join us the evening of June 13 to help celebrate Lama Michael Conklin’s 70th birthday and complete fund raising for KCC’s Ser Chö Ösel Ling long retreat center. **Click here to learn more and RSVP** or visit <http://www.kcc.org/raisetherooft>.

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Greetings, !

This month, we introduce our new board leaders. We also have two singular events to let you know about—Lama Michael's birthday party and fundraiser and a Tibetan Language Class with a world-class teacher. We hope you enjoy this issue. As always, let us know if you have story ideas or suggestions for improvement.

### Meet the New KCC Board Leaders



KCC will experience a leadership transition in June when Kathleen Benz completes her term as President of the Board of Directors and Tim Campbell becomes KCC's next President. Tim has asked Board member Linda Besant to serve as Assistant President. Kathleen has been working carefully with Tim and Linda for several months. As June approaches, they wanted to let the community know how delighted they are to be honored with this opportunity to serve KCC.

#### **Tim:**

KCC's future is nurtured and supported by its past; by the wealth of volunteers and their countless hours of effort. Its future also rests on the past in terms of lineage. The masters of the past perceived that the teachings of this lineage would matter not only to future generations of

#### News and Events

##### **In This Issue**

Meet the New KCC  
Board Leaders

Raise the Roof—  
June 13, 2014

Tibetan Language  
Seminar—  
June 20 - 22 and  
June 27 - 29

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Jessica Dennison,  
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Barbara Bell,  
Rosemarie Sweet, and  
Julia King Tamang  
contributed to the  
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newsletter.



Tibetans, but that they would matter—as in a matter of life and death—to us here and now in this time and place. Just as they took care of future generations with their actions of body, speech and mind, so it is now our duty to preserve, nurture and support these teachings not only for ourselves and immediate generations ahead, but for all future generations to come. Just as the dharma was transplanted from the land of its birth to Tibet, so now is it being transmitted to the West, and we are all participating in this great stream of transmission.

**Linda:**

As Tim and I learn more and more about how KCC actually works, our awe at the fortitude and integrity of this sangha increases. We had no idea how many people, behind the scenes and without fanfare, were supporting the great stream of the transmission of dharma with practical effort. We all feast on the fruit of this effort—weekly meditation and teaching, classes, retreats, bookstore, children’s program, dharma friends, debt-free urban center, nearly-complete rural retreat center—not to mention our dear Resident Lama and Associate Teachers.

**Tim:**

In fact, some folks may harbor the notion that the golden era of KCC has passed—understandable but incorrect. We have a tendency to think like that—we often look back at the past and think things were better. But folks will look back and think the very same about the time we are in now. Any era is golden to the degree that we invest our mindful practice in it. The future of KCC is being fostered right now as much as it ever has been, with the recent completion of the one-year retreat, the upcoming three-year retreat, efforts to support completion of staff housing at SCOL and the beginning phase of developing plans to purchase a new urban center. There is as much vitality and energy in and around KCC as there ever has been.

**Linda:**

Truly, KCC is ripe with opportunities for a new wave of service. Tim and I are eager to lead the way and invite you to join us in nurturing KCC’s next phase. One’s motivation might come from gratitude to the dharma and the lineage of teachers. It might come from one’s stage of life—those in retirement might want to contribute skills acquired over a lifetime, while younger people might want to offer some of their vitality to insure the health of something they value, or to gain a new skill. Motivation might come from wanting to practice the paramita of patience or of joyful diligence alongside others whose desire is to further the welfare of beings. Whatever might move you, there is a perfect niche for your offering in the great coming together of causes and conditions that is this beautiful sangha.

**Tim:**

Come to KCC and explore the refuge of the Buddha, the Dharma, and the

Sangha. Please contact either one of us to talk about helping you find your KCC calling.

**Tim Campbell**—503-442.2393. [tcampbell@amberlotus.com](mailto:tcampbell@amberlotus.com)

**Linda Besant**—503-975-0869. [dancebuzz@soapstone.org](mailto:dancebuzz@soapstone.org)

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## **Raise the Roof this June 13th with KCC**

*Music, dance, and games too—Join the Party*



Friday the Thirteenth of June is indeed an auspicious date for a Raise the Roof celebration! Friends of KCC are coming to town to celebrate all that has been achieved at our rural retreat center, SCOL. A retrospective slide show will recall years of construction, environmental restoration and retreat. Can we identify our younger selves in these photos?

PIE. Does anyone like PIE? Thanks to some fabulous KCC bakers, there will be pies a-plenty served along with traditional birthday cake as guests join in celebrating Michael Conklin's 70th birthday. And tasty hors d'oeuvres will be served during the opening reception.

A Silent Auction will inspire competitive bidding. Generous KCCers are offering vacation homes, garden tours, tea ceremonies, baby sitting, classes on plant based nutrition, yoga instruction, massage, acupuncture, and even a meditation session among resonating singing bowls. Enjoy an exhibit of art objects and bid on one or more for home or office.

The final moment of the Raise the Roof event will be the raffle drawing. Who would not enjoy a week in Sayulita, Mexico, near Puerto Vallarta? Photos of the donated vacation home, Casa Mariposa, show an infinity pool, fabulous beach views, and colorfully decorated indoor and patio space. Buy your raffle tickets for \$50 through **Barbara Bell**, or on June 13th. With only 250 raffle tickets, your chance of traveling to Mexico increases.

**Reserve space for yourselves and friends now, on line** or by mail. Seating is limited to 150.

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## Beginning Tibetan Language Class for Dharma Students in Portland



Here's a chance to learn to read the Tibetan script and to use a Tibetan/English dictionary this summer in Portland! Learning just this much Tibetan will unlock a deeper level of practice, as you probe the meaning of words and phrases in your texts. You'll be surprised that by the end of day three, you can read every word in your dharma texts!

KCC has endeavored to bring a world-class teacher, Lama David Curtis, for a class in an intensive format of two consecutive weekends to Portland, and to keep it at a reasonable price. To make it even easier, we're offering scholarships for those who need them.

Course dates are:

Friday, June 20th, to Sunday, June 22nd

Friday, June 27th, to Sunday, June 29th

You'll have two weekends with a joyful group of friends, and David will work his magic—and before you know it, you'll be reading Tibetan and understanding your texts and teachings at a whole new level. There are no pre-requisites—this class starts from the very beginning.

The course is \$399 for both weekends or \$350 for one. The materials are \$85. You can send a simple email requesting a scholarship on the registration page. For more information, email Ryan Fitz at [\*\*fitzful@gmail.com\*\*](mailto:fitzful@gmail.com).

**[Click here to learn more and register online.](#)**

Lama David Curtis is the Executive Director and Co-Founder of the well-respected Tibetan Language Institute. He trained for five years at Kagyu Ling Monastic College in France (founded by Kyabje Kalu Rinpoche) and also completed the three-year retreat there in 1992. David has a background in Classical Languages and has been teaching Tibetan extensively since 1993. In July of 2007, Gochen Tulku Rinpohce and Namchak Khenpo Ngwang Gelek declared David an *acharya*, or Master

Teacher. David is well known to both teachers and students at Kagyu Changchub Chuling.

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Greetings, !

As you see from this issue, KCC has large and exciting transitions underway. Share our excitement at the near completion of SCOL, our long-retreat facility. Also please consider coming to our Annual Meeting on September 27, where we will launch our plans for a new urban center. In addition, we have a full slate of workshops and changes in our childrens program to report.

Enjoy this issue and let us know if you have ideas for articles or other ways we can improve this offering.

### **Final SCOL Building to Go Up**

Within the next few weeks, KCC will break ground for the final building of Ser Chö Ösel Ling's long-retreat facilities—the staff residence. What a time for our community to celebrate the culmination of fourteen years of effort by sangha members and other generous supporters of the Dharma!

Contractor Mike Herin of Goldendale is in charge of the construction, with SCOL Rural Operations Manager Galen Doucette as KCC's liaison, and Architect Kiyani Mizani watching closely. Construction is targeted for completion in time for the stipended volunteers who care for SCOL and support retreatants to settle in before KCC's first Three Year Shangpa Kagyu Retreat begins in March of 2015.

### News and Events

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Final SCOL Building to Go Up

Annual Sangha Meeting

Children's Program Changes

Upcoming Retreats and Seminars

#### **Upcoming Events**

Tibetan Language Seminar III

Tonglen Retreat

Lama Drupgyu Teaching

2014 Sangha Meeting

North American Mahamudra Seminar

Combined Mahamudra and Yidam Seminar in India

**DONATE**

Jessica Dennison,  
Barbara Miller,  
Linda Besant,  
Carolyn Peck,  
Deborah Brink Wohrmann,





and  
Rosemarie Sweet  
contributed to the  
production of this  
newsletter.

Artchitectural Rendering of Staff Residence  
Kiyan Mizani, Partner with eMZed Architectural

The site was blessed by Venerable Khenpo Lodro Donyo Rinpoche over Thanksgiving weekend in 2013, when he and his entourage visited SCOL during his trip to the Pacific Northwest to conduct the Mahamudra Seminar and other classes for KCC. He was moved by the beauty of the land at SCOL, saying that it felt like home. He tossed rice to the four corners of the building, and encouraged KCC for all the work that it does to make possible the practice of the Dharma.



As we wait with baited breath for Mike Herin's bid to be finalized, it appears that it will be close to the \$352,000 that KCC has raised for the staff residence, prompting a sigh of relief and a whoop of joy that the capital campaign for the long-retreat center is nearing completion. The long effort to establish SCOL raised slightly over \$3 million from 1999 through 2014.

For a fascinating window into the perseverance and generosity involved in purchasing the land and building the long retreat facilities at SCOL, go to

**[www.kcc.org/about-kcc/archives/scol-updates](http://www.kcc.org/about-kcc/archives/scol-updates)** and tap into some of the SCOL Updates. They are full of awe-inspiring photographs and insights into the relentless march of construction work and fundraising effort that led, inch by inch, to:

- Two cloisters that each have eight retreat cabins, a meditation hall, dining room, bath house and exercise room, surrounded by a cloister fence
- A central kitchen and administrative space
- Two teacher's cabins
- And finally, a staff residence

Ser Chö Ösel Ling is the manifestation of KCC's devotion to the Dharma, and to Venerable Bokar Rinpoche, who asked the community to create a facility for long retreat. Bokar Rinpoche gave SCOL's 240 acres the sacred name "Land of the Clear Light Golden Dharma."

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Come and be heard at:

### **KCC's Annual Sangha Meeting**

September 27th, 2014, 11 am to 3:00 pm

Central Lutheran Church  
1820 NE 21st Avenue, Portland

This is a red-letter, bells-and-whistles, major-event annual meeting.

In this meeting we will (drum roll, please) launch our efforts towards a new urban center for KCC after at least fifteen years of discussion.

You will not want to miss this chance to weigh in with your priorities and hopes for our new dream home.

You will not want to miss hearing about the actions planned for the first year of work on the new urban center.

You will not want to miss the cake that will be there to celebrate this long-awaited milestone.

The meeting will also include

- An update from Lama Michael and Bill Spangle about the planning underway for classes, retreats and teaching for next year.
- A report from this year's leadership retreat, held August 21–25, with maybe even a hit act or two from the “Golden Light Medicine Show” that was part of the retreat.
- What is going on with construction of the staff residence at SCOL.
- And, as always, an unsurpassable KCC potluck.

If you consider KCC your spiritual home, if your heart has chosen this community as your Buddhist family, please make every possible effort to attend this annual meeting. We need to hear what you want.

But we will not be starting from scratch. KCC has been talking for years about what a new urban center needs to encompass, through three major planning processes and many smaller discussions. The list we have generated each time has been remarkably similar. Below is a merging of those lists from three major documents:

- An aesthetically pleasing foyer/entry
- Sitting space/shrine room for between 100 and 200 people for Sunday puja and Q and A, and special events
- A foyer for shoes and coats
- A separate shrine room for Vajrayana practices
- A big space for meetings, events, and informal gatherings, suitable for pot lucks or eating, with a commercial grade kitchen or the capacity to create such a kitchen
- Three classrooms for programs for toddlers, young children and teens; for adult classes and study groups; and for board and committee meetings
- Office spaces for operations, bookkeeping and other management activities
- Two interview rooms for personal interviews with teachers
- Space for a substantial bookstore
- Ample storage for tables, chairs, etc; and for equipment for special Dharma events
- Two to four living spaces (rooms or simple apartments) for resident caretakers/trainees, and to host visiting lamas or dignitaries
- Adequate parking on site or at least no legal hassle about on-street parking
- Handicapped accessibility or ready adaptability
- Adequate restrooms including handicapped accessibility or adaptability
- Reasonable energy efficiency
- Seismic retrofitting (or be aware of costs involved because we will have to do this)
- An agreeable location that would not seriously dislocate our existing community
- Everything street legal as far as zoning and codes
- The intangibles like look and feel have to be right as well

(This list is compiled from KCC documents that span from 1999 to 2013.)

During the meeting, we will delve into this list to answer two questions: Is there anything missing? If we cannot afford it all, where do our priorities lie? We hope you will think carefully ahead of time and come help make sure we are clear about what we want, because this is the year we are going to start making it happen. We promise. And we'll tell you why at the meeting...

SEE YOU September 27th!

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## **KCC's New and Improved Kids Program**

The KCC Kids Program is pleased to announce that this year, the Upstairs Children's program will be meeting at KCC every Sunday, 9 am to 11 am, beginning September 7, 2014.

The first hour of the Upstairs Program will consist of meditation-oriented activities, a lesson from the curriculum developed by Julia King Tamang (found online at [Poogoo.wordpress.com](http://Poogoo.wordpress.com)) and a participatory activity. The second hour will consist of outings to the newly revamped Dawson Park on Williams Avenue, weather permitting, or games and art projects.

The Kids Program also hosts the Bodhisattva Night held the third Saturday in December. In the fall, they begin preparations by making a poster and preparing a play or a musical number to perform that evening.

Childcare for babies and toddlers will be offered downstairs from 9 am to 10 am on the first Sunday of every month. We would like to offer this service every Sunday, but need volunteers to staff it. We also need people willing to be on standby in case there are more babies than expected or a range of ages requiring additional help. Please contact Carolyn Peck at 503-334-9802 if you would like to join in offering this service for our sangha.

This September, there will be personnel changes in the kids program. Joe Bertagnolli, who has been teaching the kids program for more than three years, will be phasing out his service. He will continue to offer assistance to the three new teachers by co-teaching during the month of September. Great thanks go to Joe for his years of inspired teaching.

We welcome Patrice Morris and Susan Giese as new teachers in the Upstairs Children's program. Susan has provided childcare for the very young downstairs for seven years. Patrice has experience with children and ready skills activated by the thought of working with children. In the coming months, Usha Noble will also be part of the program. Her daughter Samaya is a regular participant. In addition, Mary Woods brings her musical and mala-making abilities to the classroom, where she has already brightened the children's lives.

Cindy Irvine is providing continuity by continuing to teach one Sunday a month in the Upstairs Program. Cindy's son Leo has been in the program since he was an infant. Sonia Arion will remain a support for teachers and the program. She created a format for teaching four to six year olds that has made it easy for all the teachers to reach that age group effectively.

Carolyn Peck will move from three years of teaching in the Upstairs Program to the basement where she will offer the first hour of First Sunday for baby and toddler care, and the first hour on one additional Sunday.

If anyone else is interested in assisting, we can use substitutes and regular staffing. **E-mail Cynthia Irvine** or phone her at 503-284-1757.

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## **Upcoming Retreats and Seminars**

Summer has been a busy time at Ser Chö Ösel Ling (SCOL), KCC's retreat land. More retreats and summer events are scheduled, with some taking place in Portland. Below is a rundown of what is to come.

We also want to let you know that the Retreat Committee is researching possible locations for KCC retreats once the Three-Year Retreat begins at SCOL in the spring of 2015. To learn more about that retreat, go to **<http://www.kcc.org/retreat/three-year-retreat>**, and contact Julia King Tamang.

## **Tibetan Language Seminar Level III**

KCC Urban Center

Friday, August 29, to Sunday, August 31, 2014

Event Leader: Lama David Curtis

This class is a dharma-centered Tibetan language intensive, with a goal to empower students to do all of their meditation practices in classical Tibetan, led by Lama David Curtis of the Tibetan Language Institute.

## **Tonglen Retreat at SCOL**

Friday, September 19, to Sunday, September 21, 2014

Event Leader: Julia King Tamang

As you turn the mind from personal benefit toward the welfare of others, compassion beyond ordinary sentimentality develops. As you let go of personal projections and territory, insight into the true nature of phenomena becomes possible.

This retreat includes formal instruction in meditation and contemplation practices specific to the "Mind Training" tradition. The emphasis in this tradition is the application of dharma to everyday life. Personal interviews will be available on this retreat.

Pre-requisites: This retreat is suitable for beginning and experienced practitioners, regardless of background. If you have not been to this retreat before, it is necessary to contact Julia King Tamang before registering.

**Register Now**

**Teaching by Lama Drupgyu,  
*Embracing Reality : A Vajrayana Approach***

KCC Urban Center

Saturday, September 20, 2014 - 7:00pm

Event Leader: Lama Drupgyu of Tsadra Foundation

Join us for a very special opportunity to hear teaching from Lama Drupgyu speak about the challenge of waking up to the reality and responsibility of our inherent Buddha nature - and the view and methods that vajrayana offers those willing to accept this challenge.

**Register Now**

**2014 North American Mahamudra Seminar in October at SCOL**

Tuesday, October 7, to Saturday, October 18, 2014

Event Leaders: Lama Michael Conklin and Lama Tara

This retreat provides the essential teachings for the Mahamudra Program established by Venerable Bokar Rinpoche. The program is based on the idea that in the midst of daily life it is necessary to have a coherent approach that presents the essential elements of practice in a clear and concise progression.

**Retreat Requirements**

Already practicing Buddhism, or ready to commit to the Buddhist path.

Attending the full retreat, starting with the orientation session on the evening of Tuesday, October 7th, through the closing session on the morning of Saturday, October 18th

Willing to make a commitment to a program of daily meditation practice for one year. First timers may choose from several levels of practice commitment.



Registration for this event will close September 22 at midnight or when retreat is full.

**Register Now**

## **Combined Mahamudra and Yidam Seminar in India**

Friday, December 12, to Tuesday, December 23, 2014

Event Leader: Khenpo Lodro Donyo Rinpoche

Location: Bodhgaya, India

For the 2014 International Seminar, Khenpo Lodro Donyo Rinpoche will offer a special program in Bodhgaya, India which will include teachings for all practitioners as well as instructions specific to the different levels of the Mahamudra and the Yidam programs. As part of this special occasion, His Eminence Gyaltsab Rinpoche, one of the most senior teachers of the Kagyu lineage, will offer teachings and the blessing of empowerments.

**Register Now**

As always, please **find more info on the KCC website**. Please do not hesitate to ask questions of event leaders or the Retreat Committee chair, David McWherter.

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United States

Greetings, !

In this issue, we are thrilled to report extraordinary news of the next step in KCC's evolution. Read on to learn more. We also report on a full slate of workshops and retreats.

In coming months, we will closely follow KCC's progress on its next large endeavor, giving you updates as we receive them. We also plan to add more contemplative articles from sangha members to help inspire our practices. Please consider contributing an essay of your own on what moves you about practicing the dharma.

### **KCC's Historic News!**

At this year's annual meeting held on September 27, KCC representatives had historic news to share. To the astonished delight of everyone present, sangha member Barbara Bell announced that KCC has received a \$1,000,000 (yes, one million dollar) anonymous donation for the new urban center. \$500,000 will be an outright gift, and \$500,000 will be a matching gift. The donor's extraordinary generosity means that KCC can at long last begin to search for appropriate property and plan for its renovation into an ideal new home for the sangha. After fifteen years of planning and visioning, the dream for a new urban center can become a reality.

Along with the unprecedented gift, two additional important elements have come together to make this the moment to act:

- Ser Cho Osel Ling is mostly completed and is serving its intended purpose as a long-term retreat center.
- KCC's goal is to complete a new urban center in time for the return of the three-year retreatants. This one million dollar gift suddenly places that goal within reach.

### News and Events

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#### **Upcoming Events**

Ngondro Class—  
Guru Yoga

North American  
Mahamudra Seminar

Combined  
Mahamudra and  
Yidam Seminar in  
India

New Year's Retreat

Winter Personal  
Retreat

**DONATE**

Jessica Dennison,  
Barbara Miller,  
Linda Besant,  
Deborah Brink Wöhrmann,  
Dean Conklin,  
and Rosemarie Sweet  
contributed to the  
production of this  
newsletter.



Lama Michael Conklin had this to say about this momentous time: “fasten your seat belts. Here we go again!” Teacher Bill Spangle added: “we are at an inflection point. We have accomplished so much in the last years with the construction of SCOL and the completion of the first One Year Retreat, but the energy of the moment is not restful. We have both the Three Year Retreat coming up with key volunteers and one teacher going on retreat and now we also need to prepare to serve a growing community at our new urban center. Our hand is being forced. But fortunately along with all the work invested in SCOL, we have also quietly invested in our practices. So we can now harvest the fruits of this practice to nourish the sangha as we grow in our new urban center.”

The selection criteria for a new urban center have been honed over many years of discussion, although there will be opportunities for additional input. To evaluate and recommend potential sites, the Urban Center Planning Team has been formed. The team is co-chaired by John Jennings and Sandy Pollock, both current board members. Also serving on the team are Linda Logan, Chuck Kangas, Suvansh Kapur, Bill Spangle and Dora DeCoursey. The Planning Team will communicate regularly with the sangha to keep everyone engaged in the search and development process.

While the news of a new urban center received the most acclaim, sangha members also discussed other important goals. KCC is also at an inflection point with respect to its human resources. It is with great celebration that the sangha prepares for a number of its key volunteers and one of its teachers to depart in March for three-year retreat. This is the culmination of one of KCC’s major goals—to support deep practice of the dharma.

Board president, Tim Campbell, reminded the sangha that it is full of people with extraordinary talent and commitment. He exhorted everyone to “offer what they could to support KCC,” particularly as long-time

volunteers leave for retreat. Linda Besant, board member and chair of the Volunteer Support Committee (VSC), explained that the VSC was working to make it easier and more efficient to volunteer. For example, volunteers are gathering together important resources, such as texts, graphics and processes, so they can be found in one place. They are also developing job descriptions and a volunteer handbook so that potential volunteers will have a clear understanding of what is expected in their volunteer roles.

Linda also provided a list of volunteer opportunities. One key role that needs to be filled is for a communications coordinator. This person will coordinate among all of the volunteers who produce KCC's many communications, such as the website, Facebook and e-newsletter, to help them function in concert with each other.

Another of KCC's primary goals is to strengthen the financial base so it can support the entire scope of operations. Barbara Bell explained that it is essential not to lose sight of the fact that KCC has not yet fully funded the 2014 operating budget, also known as the general fund. Approximately \$30,000 more needs to come in during the next three months. Many sangha supporters make their contribution at year end, and it is important that this continue; but whenever it is possible for a sangha member to make monthly pledges, it is extremely helpful to ensure sustainable funding. In this way, KCC knows what funds are available to pay bills on a monthly basis. Eighteen people are now making three-year pledges.

Barbara also said that the development committee and board of directors are hopeful that the funds raised to build the staff housing at SCOL will be adequate, but do not consider SCOL capital fundraising complete until the last nail has been pounded and all the building are in good shape. Additional fundraising for the new urban center beyond the marvelous \$1,000,000 seed gift will not begin immediately.

While important news was shared, the annual meeting was also a time for eating delicious food and catching up with other sangha members. As a special treat, sangha members sang along with a new KCC singing group. John Prine's hilarious "Dear Abby" song was augmented with Buddhist aspirations. All in all, this annual meeting will be long remembered by those in attendance.

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## **Upcoming Retreats and Seminars**

The KCC community offers plenty of opportunity for study and retreat in the coming months—in Portland, at Ser Chö Ösel Ling, KCC's retreat-land in eastern Washington—and in India.

Before listing it all, we want to offer a huge thank you to Galen Doucette for his four years of service and onsite management of SCOL. He is stepping down in order to, hopefully, participate in the upcoming Three Year Retreat. He is currently in the process of securing the funds through

scholarship, donation and support from friends and the community. We appreciate all he has done and his deep commitment to the KCC community. Without him, this retreat land would not be what it is today.

Teri Duffy, an active KCC member since 2010, will take the helm. She will overlap Galen's service and has already begun some of her duties. With her years of experience in non-profit management in Portland and abroad, Teri will bring new ideas and ways of seeing to KCC—at a time of great change.

"I appreciate the opportunity of service to integrate my daily work with my meditation practice," Teri says of her decision to apply for this position. She also looks forward to strengthening connections with KCC sangha members; deepening the practice of her Refuge and Bodhisattva vows; beginning the Mahamudra program; and furthering her study of Buddhism and the Tibetan language.

The Mahamudra Seminar, a ten-day retreat from October 7-18, will be the final *formal* retreat of the season at SCOL.

The Seminar was developed several years ago by Kyabje Bokar Rinpoche and Khenpo Lodro Donyo Rinpoche to allow lay Westerners to remain involved with family and community while nourishing Dharma practice. Participants commit to formal practice of an hour or more each day (some first-timers may arrange for a lesser daily commitment).

Bokar Rinpoche offered the first Mahamudra seminar in Portland, Oregon in 1996. It has been an annual event ever since. In 2001, he asked Lama Michael and Lama Tara of Victoria, BC, to co-host the seminar for practitioners in North America.

The deadline has passed to register for this retreat. However anyone interested in participating may **contact retreat registrar David McWherter** to inquire of possible openings. For questions regarding content, please **contact Bill Spangle**.

**The 2014 International Combined Mahamudra and Yidam Seminar in Bodhgaya, India**, happens from December 12-23. Khenpo Lodro Donyo Rinpoche will also offer Empowerment for the Three Year Retreat. According to Lama Michael, this empowerment is open to anyone who is considering the possibility of someday taking a Three Year Retreat—and not only those who will begin their retreat in 2015.

For questions regarding the seminar content, please contact **Bill Spangle and Dora DeCoursey**; for questions about registration, contact **Liza Baer and Ryan Fitz**.

**Register Now**

A final SCOL opportunity you might want to put on your 2015 calendar is a Personal Retreat: It is not too early to begin planning for days, weeks or even an entire month of personal retreat between January 17 and February 14. Although some previous retreat experience is preferred and beneficial, all students are welcome. Before acceptance, participants are asked to work with a KCC teacher or another teacher to develop a plan for how to make the most of retreat time. To learn more, please **contact Bill Spangle**.

At KCC's Urban Center, the Ngondro Quarterly Session - Guru Yoga happens on Saturday, October 4, 9:00am-3:00pm. Bill Spangle will lead this class and welcomes all students interested in furthering this practice. More information is available on KCC's website, or **contact Bill Spangle**. He asks that you bring your Ngondro text—or borrow one.

As always, please **find more info on the KCC website**. Please do not hesitate to ask questions of event leaders or **the Retreat Committee chair, David McWherter**.

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## **KCC Breaks Ground on New Residence at SCOL**

A major focus for the KCC community over the last fourteen years has been the completion of a long term retreat facility at SCOL. In the last couple of years, we have enjoyed having most of the pieces in place—cabins, a main building with two wings, etc. However, there was still the looming project of planning and fundraising for the construction of a separate residence for stipend volunteers. It is therefore both exciting and relieving that, on September 24th, KCC broke ground on this final building of the retreat cloister and construction is now underway.



*An early stage of construction on the new residence*

### **In This Issue**

**KCC Breaks Ground on New Residence at SCOL**

**SCOL Prepares for First Three Year Retreat**

**A Big Change for SCOL Financing**

**Winter Personal Retreat Season**

**DONATE**

Barbara Bell, Linda Besant, Dean Conklin, Jessica Dennison, Barbara Miller, Marci Roth, Bill Spangle, and Rosemarie Sweet contributed to the production of this update.

Rural Operations Manager, Galen Doucette, commented on the decision-making process followed in developing the project. “Planning for the quarters began by identifying principles that KCC leadership agreed to about what would support stipend volunteers during the hard work of long retreats—principles like privacy, meditation, community, etc. We then worked on a design that was affordable and feasible that would support these principles. It is, more than anything, an investment in the stability of the lives of those who serve at SCOL and the hope that that will transfer into stability in the support of the retreat.”

The innovative design of the residence fits many uses into a very small footprint. In addition to three apartments, the quarters will include a meditation room and an office space, which can also be used to accommodate visitors. Although laid out as a triplex, it is the same size as an average single-family home.

Thanks to the great efforts and generosity of volunteers and donors, sufficient funds are now in hand to meet the projected costs of the project. However, the remaining \$35,000 of the original \$400,000 campaign goal may yet be needed should unforeseen circumstances arise during construction.

It is projected that the exterior envelope of the building will be completed by winter so that the interior work can be carried out in the spring and finished in time for the Three Year Retreat. As time for occupancy nears, opportunities to donate furnishings, supplies and financial support will be communicated through the KCC e-newsletter and on KCC's website, [www.kcc.org](http://www.kcc.org).

Congratulations and thank you to all who have generously supported this effort.

## **SCOL Prepares for First Three Year Retreat**

It is a vibrant time at Ser Chö Ösel Ling. The community has been making the most of this period between the end of the One Year Retreat and the start of the Three Year Retreat in April 2015. In the last months, there have been retreats on the practices of Chenrezig, Tonglen, the Four Foundations of Mindfulness, as well as the annual North American Mahamudra Seminar led by Lama Michael Conklin and Lama Tara Goforth. There will also be an







opportunity for up to a month of personal practice during the **Winter Retreat Season**, January 17th to February 14—click the link to learn more.



Transitions are in the works as current Rural Operations Manager, Galen Doucette, prepares to step out of his role and enter the Three Year Retreat. Galen has invested his skills and energy as ROM for the last 4 years and his passionate involvement has been no small part of moving the project forward to where it is today.

KCC is now building a small community of stipend volunteers to support SCOL. Jikan Quitariorio, who cooked steadfastly for the recent One Year Retreat, continues her work as retreat cook at SCOL. An exciting recent addition is Peg Swift, who not only had the unique experience of participating as a retreatant in SCOL's One Year Retreat, but has also been involved with construction and

maintenance projects at SCOL for many years and knows the facilities well. Also new is Chuck Murray, who brings many skills, not least of which is familiarity with vehicles and maintenance—a necessity on a rural property with tractor, snow plow and trucks.

In this period before Ser Chö Ösel Ling's first Three Year Retreat begins, it would be a perfect time to connect with the retreat center and land, whether through participating in the **Winter Retreat Season**, volunteering at a work party, or simply sending an email of good wishes to the stipend volunteers who serve SCOL or those preparing to do long retreat. Thank you, community, for making this such an exciting, fruitful time.



## A Big Change for SCOL Financing

For fourteen years, gifts to the SCOL CAPITAL CAMPAIGN have been used to develop the land, repair buildings and roads, pay for construction of the cloister, offer stipends to live-in volunteers, buy and repair equipment, perform land stewardship and dig ditches. The long and wildly successful CAPITAL CAMPAIGN is nearing completion, but anyone wishing to make gifts for SCOL specifically to cover any remaining construction and equipment costs for the Staff Residence will be deeply appreciated. Please direct those gifts to the Windhorse Campaign.

KCC's Board of Directors has agreed that, beginning in 2015, it is appropriate to include SCOL as a component of KCC's ongoing services. This means that, if necessary funds are needed beyond revenue from retreats, a portion of the KCC GENERAL FUND will be used to cover expenses for maintenance and operations at SCOL to ensure adequate and timely upkeep, stipend support for volunteers, and flexibility for new programs. If needed, gifts to the GENERAL FUND may also be applied to construction.

KCC is only months away from a major milestone for any organization—accomplishing a CAPITAL CAMPAIGN and incorporating the completed facility into ongoing operations. Thank you to everyone who has been part of this remarkable achievement.

Checks can be sent to:

KCC  
73 NE Monroe Street  
Portland, OR, 97212  
USA

Or you may donate online by clicking on the DONATE button in this e-mail or on our web site at **[www.kcc.org](http://www.kcc.org)**.

# Winter Personal Retreat Season

January 17 to February 15, 2015

The Winter Season Retreat provides an opportunity for individuals with prior retreat experience who can practice independently to do extended personal retreat in a supportive group environment. Individuals who wish to take part



will need to have approval from their primary mentor and have a specific plan for retreat worked out in conjunction with their mentor. Both the length of retreat, and the specific program of practice should be agreed to in advance. As a rule of thumb we recommend that people who have not done individual retreat before limit their first personal retreat to a few days. Individuals who have done personal retreat before should consider a gradual increase to the length of retreats if they are inclined to do longer retreat.

Click to [\*\*learn more about Winter Retreat Season at SCOL.\*\*](#)

For general questions about the retreat, [\*\*email Bill Spangle\*\*](#), or phone 503-282-2809.

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