

Greetings, !

Welcome to KCC's second summer issue. Our focus this month is on updating you on the children's program and the search for a new urban center. In addition, KCC's new administrative coordinator, Jennifer Cox, reflects on her first few months on the job.

We hope you enjoy this issue and that you will let us know how it can be improved to best serve the KCC community.

Children's Program Seeks Help

By Deborah Brink Wohrmann

Since the 1990's when Julia King Tamang created a children's program at KCC, it has served many families well. As KCC has grown, the program has taken on different forms—and the room upstairs is often more crowded than in the early days. Parents and their children are nourished.

On summer break until September, the program is in flux. Two key people who teach and organize the program are stepping away due to other commitments. To invite new ideas and people, Zopa Heron will host a conversation about the Children's Program on August 13, 6:30 pm, at KCC.

"Here is a good, fun, profound opportunity to stretch your own practice and support the KCC community, in particular our parent members and their children," she writes. "If you have most of the following qualities," consider attending:

- Have fairly calm, positive energy and experience guiding children as a teacher, aide, assistant or parent
- Attend practice at KCC fairly regularly
- Keep a steady practice of your own

In This Issue

Children's Program
Seeks Help

Parent Spotlight

Update on New
Urban Center

Reflections from
KCC's New
Administrative
Coordinator

Upcoming Events

[DONATE](#)

Jennifer Cox,
John Jennings,
Barbara Miller,
Rosemarie Sweet, and
Deborah Brink
Wohrmann
contributed to the

- Have interest in helping to coordinate, teaching occasionally or being a lead teacher
- OR if you are wondering creatively about all this and how you might fit in

production of this newsletter.

If you wish to attend the meeting or volunteer, please **send an email to Zopa**, including your skills.

Parent Spotlight

One parent, Usha Noble, and her daughter, Samaya, began attending KCC in 2013. We recently asked her to tell us something about her experience.

Q. What has it meant to you to have a Kids' program at KCC?

Samaya and I first came to KCC around November of 2013. Sonya was teaching upstairs and Samaya loved the Sunday morning class right from the beginning. Going to KCC together was a lovely thing to share with each other and my favorite part of the morning was just walking together, feeling her little hand slip into mine and hearing her chattering all the way there, and then listening to her share what she did and learned on the way home.

Q. How has your daughter benefited?

Samaya consistently loved the kids program and always looked forward to going, making space for it in her busy social life. She has had issues with fear in her life and her teacher at school recommended that she participate in a spiritual community, just to fill her heart and mind with peace, love, and beauty. She instinctively gravitates towards the dharma teachings, the environment and community at KCC.

Q. How have you been involved?

Parents participate in any and all capacities, and after a very brief attempt at holding a class of students, I realized that I did not have the skills of a teacher and so am very content to clean the classrooms at the end of the mornings, help bring snacks and occasionally take children to the park for the second hour.

If the children's program can continue in the future, I can be counted on to support teachers by cleaning up the classroom, picking up supplies, bringing snacks, and assisting in other ways if needed.

Q. How have you benefited? Can you share other observations or thoughts about having a kids' program at KCC?

When parents can share a place with their children, their hearts are more invested in that place. It fulfills a need for families by nourishing both parent and child. A sustainable vibrant all-ages children's program will answer a huge need for our growing community, making it possible for families to make KCC a part of their lives.

Update on New Urban Center

By John Jennings

The New Urban Center Committee is still actively looking for buildings and has found several possibilities that are not yet listed for sale. We are keeping tabs on those projects and looking for others. We have recently created a task force to focus on funding and financing the new center. The mission of this group is to lead, plan and execute the effort to raise funds.

At Lama Michael's request, Dora DeCoursey will head the task force because of her long history with KCC. Task Force members include Sandy Pollock, Mark Eichstadt, Mary Linda Eichstadt, Phil Wallin, and John Jennings. Aside from major donations, the group is looking at pledges, seller financing, bridge loans from Sangha members and grants. The task force is also charged with coordinating with other KCC fundraising efforts such as the Capacity Building initiative.

Reflections from KCC's New Administrative Coordinator, Jennifer Cox

I took this position because I did not want just any kind of part-time job. I felt that this was an opportunity for me to grow closer to KCC, bring practice into the "work" environment, and understand the dharma center on a different level.

So far, I am really enjoying getting to know the Sangha on this level. I have to say, I didn't expect that I would feel such fulfillment from it. It has been a very creative process. In my view, organizations are ever-changing forces and it takes a whole lot of creativity and unconventional thinking to keep them strong. Having the time to wrap my brain around KCC in this way has been a fun challenge. It has also been wonderful to work with people from KCC who I have known only casually. Linda Besant, Tim Campbell, and Sally Mead have been great to work with and I am looking forward to getting to know all of the volunteers and committees as time goes by.

Since the administrative coordinator is a brand new role, I have started by navigating through the organization to find out what makes sense for the coordinator to do. It has been important for me to get a clear understanding of what each committee does, how the volunteers feel and how that fits into KCC as a whole. To do this in a timely manner, I sent out a questionnaire last month to each volunteer. I appreciate everyone

who was able to respond. The information was eye opening and quite wonderful. It has given me so much information to guide me in this work.

Here are some interesting results from the questionnaire:

- 48 people were invited to take the survey, and we received 29 results (including multiple surveys from a single invitee).
- All committees meet once a month or as needed.
- 38% spend 2 hours or less a week volunteering. 33% spend between 5-10 hours a week.
- 83% feel their committee meets the perfect amount. 16% feel their committee doesn't meet enough.
- 100% of people prefer email over any other form of communication.
- 52% would like to get scheduled tasks and notifications sent to them. 47% would not.
- The majority feel that they are using their talents well. These talents include: sewing, organizing, editing, writing, community-building, relationship-building, group organizing, providing historical knowledge of KCC, facilitating groups to support spiritual health, demonstrating empathy and compassion, retail management, conflict resolution, knowledge of plants, detail orientation, problem solving, graphic design, counseling, applying spiritual practice to the work, and human resource management.

I have such excitement for KCC's future and I am so happy to be part of it!

Upcoming Events

For more information about any of the events listed below, please see the KCC website, <http://www.kcc.org>.

Young Adult Group

Friday, August 7, 2015 - 7:00pm to 9:00pm

Leadership Retreat

Friday, August 7, 2015 - 6:30pm to Sunday, August 9, 2015 - 5:00pm

Board of Directors Meeting

Sunday, August 16, 2015 - 1:30pm to 4:30pm

Newcomer's Night

Thursday, August 20, 2015 - 7:30pm to 9:30pm

The Bodhisattva Vow

Saturday, August 29, 2015 - 9:00am to 5:30pm

Young Adult Group

Friday, September 4, 2015 - 7:00pm to 9:00pm

All-Day Sit: Zhinay
Sunday, September 6, 2015 - 9:00am to 4:00pm

[View this message in your web browser.](#)

[Click here](#) to unsubscribe from KCC's e-newsletter.

Our mailing address is:
73 NE Monroe Street
Portland, OR 97212
United States

Greetings, !

Welcome to this month's issue. As you will see, things are hopping at KCC. Please consider participating in KCC's yard sale, which is coming right up. In October, the annual meeting will take the form of a celebration to appreciate our successes and enjoy each other's company. Also featured in this issue is a report on the SCOL three-year retreat and changes in the Program Council. In addition, we have an update on the book store, which is undergoing transformation to better serve the community.

We hope you find this newsletter valuable. Please let us know if you have a story idea or suggestions for how we can improve it.

KCC Yard Sale— Saturday, September 19th

By Ryan Fitz

Please spread the word about our multi-family KCC Yard Sale: inform your friends, share within social networks and neighborhood groups, and send everyone you know to buy stuff and support KCC!



KCC Yard Sale

September 19, 2015, 9:00am - 4:00pm
3569 NE Hollyrood Court, Portland

Kids' clothes and toys, collectibles, books, kitchen appliances, warm winter wear, costume jewelry, pictures and frames, candles, linens, luggage, lamps and light fixtures, portable heaters, dishes, glassware, holiday decorations, costumes, and free stuff! Check out these special items: vintage

News and Events

In This Issue

KCC Yard Sale—
September 19th

Annual Sanga
Celebration—
October 17th

SCOL and Program
Council Updates

Bookstore Changes
Name

Shop Online?
Support KCC!

Upcoming Events

DONATE

Ryan Fitz,
Sally Mead,
Jennifer Cox,
Linda Logan,
Barbara Miller,
Rosemarie Sweet, and
Deborah Brink Wöhrmann
contributed to the
production of this
newsletter.

Herman Miller chairs, a bicycle trainer, a bicycle rack, a Kalkhoff E-Bike, and original artwork.



Help is still desperately needed in the following areas:

- a. Organizing and transporting sale items to Tim's house on Friday, September 18. We'll be working all day. PLEASE do not deliver donations to Tim's house until Friday unless otherwise announced. If you intend to donate, please contact me to ensure that someone is present to receive your donation.
- b. Staffing the sale on Saturday between 9:00am and 4:00pm.
- c. Transporting unsold items from Tim's house on Saturday after 4:00pm.

Please contact me at **rfitz@kcc.org** or at (503) 830-6245 with questions or to contribute to the Yard Sale effort.

Thank you!

Annual Sangha Celebration—October 17th

By Jennifer Cox

Calling all pie makers and tasters, savory and sweet! Join us at our Annual Sangha Celebration!

This October we are transforming our annual sangha meeting into an ANNUAL SANGHA CELEBRATION! KCC's president, Tim Campbell, has some fun surprises up his sleeve. We are making it sweet, making it fun, and celebrating all of you with toasts, roasts, and Golden Walnut Awards for helping KCC accomplish so much this past year. And. . . back by popular demand, there will be a sing-along too!

This will be an afternoon you won't want to miss! So bring your family, friends, and a pie to share (with ice cream if you like). This will certainly be a special day to delight in, talk, eat, share, and celebrate our sangha.

If you plan to bring a pie, please send your name and the kind of pie to **[Jennifer Cox, jcox@kcc.org](mailto:jcox@kcc.org)**

WHEN: Saturday, October 17th from 1 to 3pm; you are welcome to arrive at 12:30 for early visits and settling in.

WHERE: Central Lutheran Church, 1820 NE 21st Avenue, Portland

NOTE: There will be no lunch potluck this year... but do save room for pie treats from 2 to 3pm.

Updates from SCOL and the Program Council

By Sally Mead

SCOL Update

The Three Year Retreat at KCC's SCOL retreat land is an advanced, fully-cloistered, intensive Tibetan Buddhist meditation training opportunity focused on Karma Kagyu and Shangpa Kagyu lineages.

Retreats like this are historically an integral part of bringing the authentic Dharma to the USA by putting down deep roots through intensive practice. The Buddha taught that the Dharma spreads its roots when there are sincerely practicing monks, nuns, and lay practitioners. We are so encouraged to take part in this amazing effort and grateful to those who stepped up to the challenge of being in the retreat.

Since the Retreat has just passed the five-month mark, this is a good time to provide the sangha with some stories about this dharma experience.

~Ten retreatants are engaged daily in the extensive creation stage practices of the Vajrayana. Lama Michael Conklin and Lama Tara Goforth, who both completed Three Year Retreats under the inspiration of Kalu Rinpoche and the guidance of Lama Tsang Tsing, carry on the tradition by closely guiding this retreat.

~The Urban Center sangha supports retreatants and staff through practice, gifts like produce from home gardens, donations, and volunteer work like caretaking the environment on the grounds of SCOL and skilled cooking. We also support them by dedicating this merit to the success of the retreatants.

~The staff at SCOL are essential to the success of the Three Year Retreat. Understanding and supporting them in their roles is very important. Their practice is to care for the retreatants, the teachers, and the land and facilities at SCOL. They are interconnected with the retreatants, all in service to the Dharma. In recognition of this, careful attention is being paid to the communication at SCOL between teachers, staff and, as necessary, the retreatants. Key KCC members travel to the retreat land as spiritual friends to offer support to the staff members, for example, by coordinating quarterly SCOL Milarepa Tsoks in the new Staff Shrine Room.

Marie Maretska continues to assure the very best of support to retreatants through thrifty, nutritious, delicious meals. As significantly, Peg Swift continues to care for it all as the SCOL Facilities Operation Manager. We are blessed to have their skills and dedication to the Dharma. Our Dharma friend, Chuck Murray, decided to move on to other work. Chuck was a valued and dedicated member of the team and we are grateful for his service. We have two new hires. Jake Cummings will work with Peg as Facilities Assistant and Abby Cummings will work with Marie as a much-needed second Cook.

The staff residence is a beautiful, quiet place, and everyone appreciates the sangha's support in creating a good living space for the staff to sustain the Three Year Retreat. The staff has expressed tremendous gratitude for the shrine room where they practice together daily.

~Our Dharma friend, Wendy Woods, made a clear and calm decision to leave retreat August 25th. Her departure was on very warm terms, after much discussion with Lama Michael. Wendy will continue her spiritual practice outside of the retreat setting.

Program Council Evolves

KCC's Program Council was created to work with Lama Michael to nurture the authentic lineage, develop overall curriculum including retreats, to guide and train teachers and to oversee programs, teachings, interviews and events. Until recently, Bill Spangle, Dora DeCoursey and Julia King Tamang worked closely with Lama Michael on the Council.

With Julia's departure for Three Year Retreat and Lama Michael's focus on leading the retreat, the time has arrived to add more members to the teaching group and the Program Council. Lama Michael has invited Zopa Herron, Erik Fromme and Julie Hurlocker to begin offering teachings and take on other significant dharma leadership roles in the Sangha. Delightfully they have all agreed to add their care to these activities and to join the evolving Program Council as KCC makes Kagyu Dharma accessible to individuals at all stages of life and at all levels of practice. With the addition of new members, roles are being clarified, including identifying liaisons to various KCC committees and programs. At this time, Lama Michael's assistant, Sally Mead, assists the Council with their meetings. The Council is intent on clear and consistent communication with the growing number of ongoing projects, committees, and programs at KCC, including the dedicated, hard-working KCC Board members.

KCC's Bookstore Changes Its Name

By Linda Logan

The bookstore has changed its name to the **Dharma Store** to reflect its expanded role in the community. We have rearranged the entry so you can see us better. So keep your shoes outside and personal items on the white shelf, then check us out to find new books, recommended reading for current teachings and retreats, a great 2016 calendar created by Sanje Elliot, and our ever-changing array of dharma support items. Don't see something you'd like us to carry? Send an email to one of us — John Cusack, Diane Lucas, or Linda Logan.

Shopping Online? Smile and support KCC while you do...

Did you know that KCC receives a little cash back every time you shop Powell's books or Amazon through our web site? Just go to the KCC web site's *Study* page, **www.kcc.org/study**, and click on one of the banner

ads on the right. Over time, this small percentage adds up to real money for KCC.

You can also sign up at **smile.amazon.com** for a percentage of your purchases to be donated to KCC. To register, sign up under the listing *Kagyü Chang Chub Chuling Church Corporation*. Please note that, for this to benefit us every time you shop, you will need to shop through smile.amazon.com rather than amazon.com. If we all did this every time we made a purchase, we could make a real difference for KCC.

Upcoming Events

By Deborah Brink Wöhrman

Newcomer's Night

Third Thursdays: September 17 & October 15 - 7:30pm to 9:30pm

KCC Yard Sale

Saturday, September 19 - 9:00am to 4:00pm

Board of Directors Meeting

Third Sundays: September 20 & October 18 - 1:30pm to 4:30pm

Seven Point Mind Training Study Group

Second and Fourth Thursdays: September 24, October 8 & October 22 - 7:00pm to 8:30pm

Tonglen Retreat — Taking and Sending

(This event is full with long waiting list, BUT please let us know if you're interested so we know what to plan for the future!)

Friday, September 25 - 4:00pm to Monday, September 28, 2015 - 1:30pm

Young Adult Group

Friday, October 2 - 7:00pm to 9:00pm

All-Day Sit: Chenrezig

Sunday, October 4 - 9:00am to 4:00pm

Annual Sangha Meeting

Saturday, October 17 - 10:00am to 3:00pm

Third Turning / Four Foundations

Saturday, October 24 - 9:00am to 4:00pm

REGISTER

Bokar International Mahamudra Seminar

Wednesday, October 28, 2015 - 6:00am to

Friday, November 6, 2015 - 8:00am

REGISTER |

For more events, view the KCC calendar at **www.kcc.org**.

[View this message in your web browser](#).

[Click here](#) to unsubscribe from KCC's e-newsletter.

Our mailing address is:
73 NE Monroe Street
Portland, OR 97212
United States

Greetings, !

Welcome to the October issue. As you will see, KCC is thriving. We bring you news of our expanded dharma store with ever more items to support practitioners, the new format for our children's program and a recap of KCC's very successful yard sale. Please be sure to also read our events update to stay aware of the many opportunities to learn more about the dharma.

We welcome your story ideas and suggestions, and hope you find this resource useful.

Dharma Store is Books and More

by Linda Logan

Seeing what's new in the Dharma Store is easier than ever. Look on top of the glass display case at KCC and there are three new books.



History of the Karmapas, a fascinating and delightful way to know and explore the lineage of those who wear the black crown—from Dusum Khyenpa to Ogyen Trinley Dorje. This book brings this amazing lineage to life and supports the experience of relationship. Doing Ngondro? This book is a great aid to bringing the refuge tree to life.

Aspirational Prayer for Mahamudra of Rangjung Dorje, dive into this inspiring prayer by the third Karmapa with the benefit of Thrangu Rinpoche's insightful commentary. Put this little book by your bedside.

News and Events

In This Issue

Dharma Store Is
Books and More

Children's Program

Yard Sale Recap

Upcoming Events

**Annual Sangha
Celebration,
Saturday,
October 17!**

DONATE

Linda Besant, Linda Logan,
Barbara Miller,
Rosemarie Sweet, and
Deborah Brink Wöhrmann
contributed to the
production of
this newsletter.

Each night, read a few lines and contemplate the skillful message in each stanza. Sweet dreams.

Buddha at Bedtime, a retelling of the Jataka Tales. This charming book gives parents a wonderful way to introduce their children to the insights and wisdom of the Buddha in a way that is both delightful and a vehicle for further discussion.

There's more...

Most of us use a digital calendar now to track our lives. But, when the old-fashioned kind is a collection of Thangka paintings by our own Sanje Elliott, then a second calendar is in order. Each painting is a work of art that you will gaze upon for a whole month. What a treat and a great idea to give to friends!

Now look inside the glass display case and discover a treasury of practice support items. Buddhas, malas, bells and dorje, candles and offering bowls, as well as shawls and neck warmers, pajamas and slippers. Just kidding, no pajamas and slippers. Look more and see there is something new in this rich display—shrine cloths and pecha covers in wonderful brocades, made by one of our sangha members.

Your Dharma Store is alive and well. Visit it often and support KCC.

KCC's Children's Program

by Deborah Brink Wöhrmann



On Sunday, October 25, from 9 am to 11 am, the Children's Program at KCC will start up again—with a professionally developed curriculum, a dedicated community and an every-other-Sunday schedule.

Mary Woods, long-time sangha member, is the program coordinator and lead teacher. She was a teacher in KCC's program last year, and enjoys this work with children—a change from the nursing she has been doing for decades.

The new Program Council liaison, Zopa Herron, plans to stay actively involved. In addition, all five KCC teachers have

agreed to offer a Dharma lesson to the children during the year. The program is now offered every other week due to lack of involvement. Not enough sangha members have stepped in to help maintain the program.

Zopa explains that more people are needed. For the Children's Program to thrive at KCC, it will need volunteers in addition to the children's parents. Sangha members are encouraged to contribute their gifts and knowledge. Guest presenters are welcome. The program will also need substitute teachers.

"This is a good opportunity to introduce children to Buddhist values within a supportive, sincere Dharma community," says Zopa. The Children's Program also supports parents to take part in KCC's community more fully.

Mary plans to present a lesson from the Dharma curriculum during the first hour of each class. In the second hour, she will invite the kids to make music, play games, and romp informally, indoors and outdoors. The goal is to foster peace, respect, harmony, and other healthy spiritual values. Five to six children between the ages of five and ten will be accepted into the program this year. Parents are asked to bring participating children to both Sunday classes each month—and stay present while their children are in class. They are also asked to help out with the second hour from time to time.

There is some flexibility, so please **contact Mary (woodsmb2@gmail.com)** if interested. She would love to hear from parents and other interested people if you have the time, energy, and inclination. There are many ways to support the program. Teaching is only one way.

Recap on the Big Yard Sale

by Linda Besant

KCC's HUGE yard sale on September 19 was a HUGE success. We made \$2,600, with more coming in, as higher-value items that were donated continue to sell on eBay. Lots of pent up stuff was liberated to new homes, and unsold items were carefully donated to organizations ranging from Friends of the Library to Human Solutions services for low income and homeless families. The sangha really stepped up—thank you to everyone who donated items and who helped with the sale, and especially to Tim Campbell's family for welcoming a bevy of strangers and tons of stuff into their garage and yard for the weekend.



Upcoming Events

Annual Sangha Meeting

Central Lutheran Church, **1820 NE 21st Avenue, Portland**

Saturday, October 17 - 1:00pm to 3:00pm

Board of Directors Meetings

Third Sundays: October 18 & November 15 - 1:30pm to 4:30pm

Seven Point Mind Training Study Group

Second and Fourth Thursdays: October 22 & November 12 - 7:00pm to 8:30pm

Third Turning / Four Foundations

Saturday, October 24 - 9:00am to 4:00pm

[REGISTER](#)

Bokar International Mahamudra Seminar

Wednesday, October 28 - 6:00am to

Friday, November 6 - 8:00am

[REGISTER](#)

All-Day Sit: Zhinay

Sunday, November 1 - 9:00am to 4:00pm

Young Adult Group

Friday, November 6 - 7:00pm to 9:00pm

Creation and Completion

November 14 - 9:00am to 4:30pm

With Lama Michael Conklin, explore the Vajrayana practices for traversing the Buddha's path to enlightenment. This one-day class is for

beginning and intermediate students, though anyone is welcome to attend.

REGISTER

Newcomer's Night

Third Thursdays: November 19 - 7:30pm to 9:30pm

For more events, view the KCC calendar at **www.kcc.org**.

[View this message in your web browser.](#)

[Click here](#) to unsubscribe from KCC's e-newsletter.

Our mailing address is:
73 NE Monroe Street
Portland, OR 97212
United States

Greetings, !

Welcome to the November issue of KCC's e-newsletter. This month, we offer a blend of updates and important news for the community. In keeping with this time of year, we have also devoted space to thanking the many people who help this sangha to thrive. In addition, please be sure to read about the Milarepa Tsoks taking place at SCOL; this too is a form of gratitude and faith-keeping.

We hope you find this issue provides you with renewed appreciation for the vibrancy of the KCC community.

Interviews with KCC Teachers

by Zopa Herron



Erik Fromme, Zopa Herron, Bill Spangle, and Dora Decorsey

Why have an interview?

An interview is an informal conversation about your practice that allows you to raise questions and to get specific advice about your practice. Talking one on one with a teacher, you can discuss ways to address challenges and take advantage of opportunities that are arising. Interviews can also allow you to develop an ongoing relationship with a spiritual mentor, which can become helpful as your practice deepens over time.

Interviews are not always the best way to address questions or concerns. For advice on personal matters, it is sometimes better to turn to close friends or a

News and Events

In This Issue

Interviews with KCC Teachers

Sangha Celebration

Buy Once, Gift Twice

Upcoming Events

Milarepa Tsok

Search for New Urban Center

DONATE

Linda Besant, Zopa Herron, Julie Hurlocker, John Jennings, Linda Logan, Barbara Miller, Rosemarie Sweet, and Deborah Brink Wöhrmann contributed to the production of this newsletter.

counselor. For general information about the Dharma you can rely on teachings, books, and classes. And many questions can be fruitfully and appropriately addressed in a Q&A session at KCC. However, to explore issues more specific to your practice, you may wish to set up a one-on-one meeting with a teacher.

How can I best prepare for an interview so that my practice grows?

Interviews are generally twenty minutes to an hour and are usually centered on your questions, so it is important to spend some time thinking before you come.

Here is a suggestion: Make a list of the two or three things you'd like to cover in the interview and prioritize them. First making an overall list of your current Dharma questions, even though you will not be able to cover all of them, may help you see what is most important.



Julie Hurlocker

What is the charge for an interview?

There is no charge for an interview, as the Dharma is shared freely at KCC. Still, recognizing that the teachers and the Center do need financial support to continue sharing the Dharma, you may wish to consider giving a donation to the teacher or to KCC, according to your capacity, as a practice of generosity. What you give is completely up to you. You do not need to be a member of KCC to request an interview.

How often should I request an interview?

Once or twice a year will be sufficient in many cases. In periods of deep practice or during challenging transitions, you may need more support for a period of time. This can be discussed with the teacher.

Who offers interviews at KCC and how can I contact them?

Lama Michael has authorized the following people to offer interviews: Bill Spangle, Dora DeCoursey, Zopa Herron, Eric Fromme and Julie Hurlocker.

Learn more about KCC's teachers on our website.

Due to the responsibilities for guiding the Three Year Retreat, Resident Lama Michael Conklin is able to schedule interviews only with students who have practiced with KCC for several years and have taken on leadership roles at KCC.

May your interview support and nourish your practice and, in that way, assist all beings, everywhere, without exception!



KCC Gathers to Celebrate Community and Service

by Linda Besant

In a sweet and gratifying Sangha Celebration on October 17, Board President Tim Campbell, Assistant President Linda Besant, and Assistant Teacher Zopa Herron thanked eighty people for their generosity in providing volunteer support to the sangha in 2015.

Tim had planned to give everyone a “golden walnut award” each time a person was thanked, but so many people were to be called out for several types of service that he couldn’t find enough walnuts in the stores, and had to make a spontaneous shift to “golden pecans.” Many people had piles of pecans in front of them by the time the afternoon was over. When it was Lama Michael’s turn to speak, he was visibly moved by the irrefutable evidence of how deeply committed this community is to serving the Dharma and the lineage.

Progress reports on KCC’s goals for 2015 were woven in among the thank-you’s:

—At SCOL, we completed staff quarters, hired qualified staff with deep commitment to caring for the place and the retreatants, and began the long-awaited Three Year Retreat.

—In town, we’re working to advance the “business” side of KCC to be as efficient and effective as possible in preparation for acquiring and running a new urban center, in particular by hiring Jennifer Cox as administrative coordinator.

—As beloved teacher Julia King Tamang went into Three Year Retreat, three senior practitioners in the sangha humbly accepted the invitation from Lama Michael and the Program Council to step into new levels of service—Erik Fromme and Zopa Herron are teaching on Sundays and conducting interviews, and Julia Hurlocker is conducting interviews.

—Financially, we are doing okay, but just barely, and only because of a generous bequest from beloved long-time sangha member Ephraim Miller. Pledges and one-time donations are running far behind the 2015 revenue goal. We must address this challenge as a community. There is no way around the fact that

Thank you to all these people who generously shared their time, energy and skill in service to KCC this year:

Ronda Adkins
Jeff Alworth
Sally Alworth
Linda Angst
Sonia Arion
Barbara Bell
Melinda Bell
Joe Bertagnolli
Linda Besant
Tani Biale
Sherry Bohannon
Deborah Brink
Wöhrmann
Tim Campbell
Jennifer Cox
Abby Cummings
Jake Cummings
John Cusak
Michael Davis
Dora DeCoursey
Sophia Douglas
Don Dyer
Mark Eichstaedt
Marylinda Eichstaedt
Sanje Elliott
Ryan Fitz
Erik Fromme
Peter Frothingham
Susan Giese
Celedra Gildea
Alan Gladstone
Jenn Goff
Jef Gunn
Miriam Hammer
Zopa Herron
Adele Hilsen
Michael Hilsen
Holly Hisamoto
Bruce Howell
Julie Hurlocker
Cynthia Irvine
Margaret Janssen
John Jennings
Phuntsok Johnson
Charlotte Kangas
Betta Ledbetter
Linda Logan

operating a center generates expenses that have to be covered.

—The New Urban Center Team is continuously combing the area for just the right property.

The crew that worked on KCC's yard sale in September saved a few particularly chic items from the donations because they were so perfect for certain KCC community members. During the sangha celebration, we gave Lama Michael an incomparable book about folk sayings called *Hog on Ice*; kid-at-heart Carolyn Peck received a flower pot puppet; and Peter and Elvida Frothingham were gifted a cactus candelabra.

And of course, there was pie. The fifty-two people in attendance could barely make a dent in all the magnificent pie.

Buy Once, Gift Twice

by Linda Logan

The holidays are fast approaching, and even though we may not have a Buddhist holiday to celebrate, most of us find the need to purchase gifts for friends and family. Buy once and gift twice allows us to achieve two goals at the same time—provide a meaningful gift to a loved one and support KCC!

KCC's expanded Dharma Store now offers gift items with just this idea in mind. We have beautiful beeswax candles, hand made in Eugene, in various sizes. For children, we offer Buddha at Bedtime: Tales of Love and Wisdom for you to read with your child. The artistry of KCC's own Sanje Elliott graces our Sacred Images of Tibet wall calendar. For your favorite practitioner, we have a wide assortment of malas and practice items in all price ranges, as well as beautiful warm prayer shawls. If you browse our books, you are sure to find something to inspire.

For stocking stuffers, may we suggest our newly arrived incense, or one of seven varieties of organic, free-trade chocolate. We have beautifully illustrated Kwan Yin travel-size journals and engagement calendars from Tim Campbell's company, Amber Lotus, and unique wrist malas and bracelets. Also, there are one-of-a-kind mani stones lovingly gold-painted by Sanje with the compassion mantra, OM Ma Ni Pe Me Hung.

Gwen LoVetere
Diane Lucas
Marie Maretska
Karen Marks
Barbara Miller
Chuck Murray
Bonnie McLean
Lynn McClenahan
Dave McWherter
Sally Mead
Barbara Miller
Patrice Morris
Cathy Neumann
Pat Parker
Steve Parker
Carolyn Peck
Sandy Pollock
Jikan Qutorio
Marci Roth
Rachel Simons
Jacob Skye
Bill Spangle
Jeanne Strobe
Tara Sullivan
Rosemarie Sweet
Peg Swift
Phil Wallin
Martha West
Devin Wiley
Bob Wilson
Bonnie Wilson
Peter Wood
Mary Woods
Michele Zimmerman
Luisa Zini

A thousand apologies if we inadvertently left your name off of this list. Please know that our gratitude is still boundless.

If you'd like to join in this community of sangha-servers, please contact Jennifer Cox, jcox@kcc.org.



In addition, the Dharma Store's large, high quality prayer flags are marked down 50% through the holidays, as are our beautiful bronze Buddha statues.

Before you shop just anywhere, please take a look at what KCC has to offer. Also, if you shop Amazon or Powell's Books through **our web site Study page**, or you shop through **smile.amazon.com** (sign up to support KCC at **smile.amazon.com/ch/93-0799664**), you can also contribute to KCC. Little by little, it all adds up to real support for our center.

Upcoming Events at KCC

More information about each of the following events can be found on the KCC website. All are welcome.

Young Adult Group

Friday, December 4 - 7:00pm to 9:00pm

All-Day Sit: Chenrezig

Sunday, December 6 - 9:00am to 4:00pm

Seven Point Mind Training Study Group

Second and Fourth Thursdays: December 10 & 24 - 7:00pm to 8:30pm

Milarepa Tsok at SCOL

Saturday, December 11

Newcomer's Night

Third Thursdays: December 17- 7:30pm to 9:30pm

Bodhisattva Night

Saturday, December 19 - 6:00pm to 9:00pm

Board of Directors Meetings

Third Sundays: December 20 - 1:30pm to 4:30pm

New Year's Retreat

Thursday, December 31, 2015 - 9:00am to Friday, January 1, 2016 - 4:30pm

REGISTER

For more events, view the KCC calendar at [**www.kcc.org**](http://www.kcc.org).

Milarepa Tsok at SCOL

by Julie Hurlocker and Deborah Brink Wöhrmann

In the Tibetan tradition, Tsok is a ritual offering expressing gratitude to teachers and the lineage. It is an opportunity to repair and renew our sacred commitments or vows. A Tsok is often offered following a retreat, such as Mahamudra. This has been the tradition for us at KCC, since beginning the annual Mahamudra Retreats in 1997.

While there are other Tsok practices, in our tradition, it is the Milarepa Tsok that is most commonly offered. "Milarepa is a great inspiration and one of my spiritual heroes," says Julie. "He was a real person struggling with his demons. He was an outlaw, murdered members of his family, committed awful actions with black magic. He became powerfully motivated to turn his path around. In the process, he suffered enormously and was suicidal before working his way out of his darkness and eventually becoming a great yogi and renowned teacher...It required the most profound devotion to his teacher and the path. There's a model for me! Besides, he's the subject of so many great stories."

Any meaningful event could be the occasion for this special celebration. Those who completed the One Year Retreat in April 2014 offered a Milarepa Tsok following their emergence from retreat in honor of KCC, the sangha and teachers, who made their retreat possible. They sponsored another Tsok for the Three Year Retreatants, just before they entered their current retreat at SCOL.



The One Year Retreatants are now hosting quarterly Tsoks honoring and supporting of the staff at SCOL, where the Three Year Retreat continues. “These are precious opportunities for interested KCC sangha members to share practice on the land with the staff. They serve to help support our interconnections.” says Julie Hurlocker.

“A Tsok is a way of repairing the sacred bonds between student and teacher and the lineage. When we emerge from the practice, we feel fresh joy and confidence in the path and our commitment to it, and immense gratitude to our teachers and the teachings.”

Before One Year Retreat, she didn't fully appreciate the meaning and importance of this ritual. It seemed too “other-worldly,” esoteric—hard at times to follow the action, which ultimately culminated in feasting on mundane food items, such as candy and cookies. “I wasn’t sure I liked that an otherwise great retreat (Mahamudra) had such an ending. My experience changed during One Year Retreat.”

During retreat, a Tsok was held approximately every two weeks. With more familiarity and understanding, these became highlights; opportunities for experiencing gratitude and refreshing commitments.

“It was about transforming candy and cookies into wisdom nectar,” she says. “We are asked to let go of how we think things are—to turn something very mundane into something profound and sublime.” This ritual is a reminder that

things are what we see them to be: We can change our view and our way of seeing changes everything.

When Julie asked Peg Swift, manager of SCOL and the Three Year Retreat , how best to support the hard working staff there, Peg responded without hesitation that they should hold and share Tsok, in the staff shrine room. Peg also took part in the first One Year Retreat and learned the value of this ritual.

Lama Michael, Lama Tara, and associate teachers Bill and Dora all attended the first Tsok at SCOL with the staff. This was an awesome celebration and “inauguration” of the staff shrine room, where SCOL staff now regularly does daily practice together.

We have since shared a second Tsok there, well-attended and including other KCC sangha members. The staff shrine room fits seventeen people, and anyone who would like to participate in the next Tsok on December 11 should contact Julie Hurlocker at [**jjhurlocker@gmail.com**](mailto:jjhurlocker@gmail.com).

“The Tsok is a joyous way to mark events,” Julie says. In addition to Tsoks at SCOL, we hope to host others in town, at KCC. As always, all are welcome to take part.

The Search for a New Urban Center: One step forward, One step back

by John Jennings

Recent rumors that we may have found a building that would work as a new home, in a good location and actually for sale, are partially true. We found a great church near lower Northeast Alberta Street. The committee, Board and Lama Michael toured the building and all agreed this could work for us with some minor alterations and some not so minor repairs. We were encouraged by our realtor to prepare a letter of intent stating what we proposed to offer and what other conditions we would place on a sale. But, as is often the case in real estate, our letter was rejected because the church group wanted to have their new home in hand first. While this is an understandable goal, the decision will delay our continued negotiations on this property for an unknown period of time.

As a result, the committee has decided to continue the search, keeping the Alberta building on our pending list. There are very few properties on the market in our defined search area and within our price range. We ask the KCC community to let us know of any building, be it a church, a school, a warehouse or any kind of building that could be easily converted to meet our needs. We are expanding the search boundaries to near-in Beaverton on the West and out to I-205 on the East. If you have realtor friends, ask them too. Let us know if you find anything by emailing [**jjennings@igc.org**](mailto:jjennings@igc.org).

[View this message in your web browser.](#)

[Click here](#) to unsubscribe from KCC's e-newsletter.

Our mailing address is:

Kagyü Changchub Chuling

73 NE Monroe Street
Portland, OR 97212
United States

Greetings, !

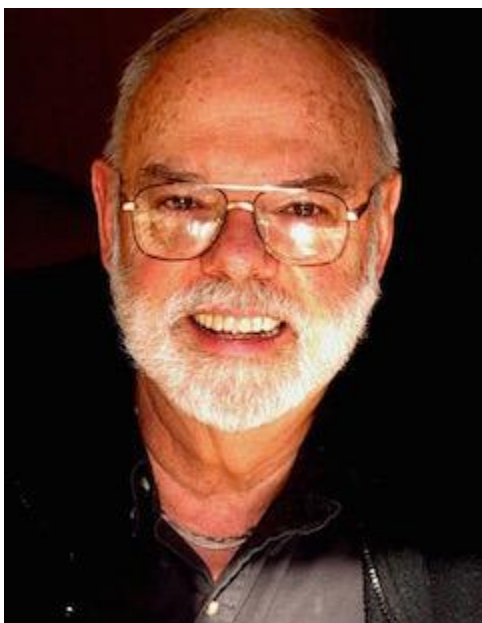
In this issue, we are honored to present a biography of our own Sanje Elliott, an esteemed elder in the KCC sangha. We hope the story of his path inspires you on your own journey. In addition, we have an update on bookstore offerings and articles on the two major upcoming events—Bodhisattva Night and New Year's Retreat and Refuge Ceremony.

Recently, we have received many great suggestions for articles in future issues. Please, keep them coming!

Sanje Elliott

by Rosemarie Sweet

For many KCC sangha members, Sanje Elliott is a kind and gracious presence at our weekly dharma practice. While people may know something about his life, they may only have heard bits and pieces. But, as you will see, the full picture of Sanje's extraordinary life is a source of inspiration for our worldly and spiritual journeys and a way of better understanding KCC's history.



Sanje Elliott, a native Northwesterner, got an early start in his long life of artistic expression. Sanje remembers that his parents bought him and his sister musical instruments when they were in grade school. Following the example of his mother, who was a music and art teacher, Sanje developed both skills while he was at Portland's Grant High School. He played music throughout high school, and in his junior year, formed his own eight-piece band. There, he also learned commercial art, designing and painting posters and flyers. Right out of high school, he got a job doing window displays for a local company.

From as early as Sanje can remember, his most important life experiences have come by way of intuition and synchronicity. In other words, Sanje's next

In This Issue

Sanje Elliott

Buy Once, Gift Twice
Continues...

Bodhisattva Night,
December 19th

New Year's Retreat
and Refuge
Ceremony,
December 31st –
January 1st

DONATE

SUSTAIN

Diane Lucas, Barbara Miller,
Rosemarie Sweet,
Mary Woods and Pat Parker
contributed to the production
of this newsletter.

inspirational steps revealed themselves to him when he was ready to receive them.

Sanje attended Lewis & Clark College, with the plan to learn commercial art in order to go into advertising. But in his senior year, when he studied the History of Religion and learned what popes and other church leaders had done to others, he rejected the Christianity in which he was raised and started seeking other answers. Sanje spent his days walking among the trees on the beautiful college campus, asking himself: “what am I here for?” Perhaps it was for something more than being an advertising executive. One day, as if by magic, he heard clearly the word “give.” But what was he meant to give?

Shortly after Sanje’s graduation, he travelled to Europe. Drawn to extend his stay, Sanje wound up living in Italy and Germany for six years, earning a living through his music. While in Italy, Sanje had another experience that had a long-lasting impact on his spiritual life. While travelling down the road, he had the unbidden and vivid experience of the interconnection of all things. While he understood this insight to be profound, he did not yet know how to connect it to anything else he recognized.



1958, Sanje’s jazz quartet in Munich, Germany

Over time, he put the pieces together that lent meaning to his epiphany in Italy. Some milestones during the 1960’s were his reading of the *Bhagavad Gita* and Evelyn Underhill’s *Mysticism*; his meditation practice at the Vedanta Society, a Hindu Center in Portland; and his participation in an Edgar Cayce study group.

This latter experience exposed him to concepts of karma, cause and effect and reincarnation.

Sanje's first exposure to Buddhism came in 1969 when Rinzai master Sasaki Roshi came to Portland to do a seven day sesshin. After three days of sitting he realized he was "home" and that Buddhism was his path.

At the same time, he and a friend began reading *The Jewel Ornament of Liberation*, by Gampopa. In the 1960's, there were very few books available in the West related to Tibetan Buddhism. Since he could not find another copy, he borrowed the lone book from his friend and copied it in its entirety, completely captivated by it. His next reading was *The Hundred Thousand Songs of Milarepa*. This is when he realized he had to find a guru in the lineage of Milarepa, the Kagyu lineage.

In 1971, Sanje set off for India, though his itinerary covered most of Europe as well as the Middle East. While in Morocco he had a vision of light around England, for reasons he did not understand. After spending a month in London, he felt that something important was about to happen. He sat with a zen group and met some of Trungpa Rinpoche's students, who urged him to go to Samye Ling in Scotland. So he wrote to Samye Ling requesting to come. He was told that they were totally full and had no rooms and that he should not come.

At that time, Sanje was traveling with the *I Ching*, which he consulted for guidance. The text said: "you must meet the great man—you must leave immediately." So he boarded the next train for Scotland and was met at the front door by Akong Rinpoche, who kindly allowed him to sleep in the shrine room. The next morning, a young Canadian nun told him that he was very lucky since a very great Tibetan teacher had just arrived on his way to Canada and he could meet him. The next day they met, and Sanje was given Refuge and the Bodhisattva Vow. The experience of being with Kalu Rinpoche was transformative. He described Kalu Rinpoche as having "empty presence." He also had the ability to see into the future.

Several months later, Sanje arrived in Darjeeling, near Sonada, where Kalu Rinpoche lived. Since Rinpoche was not there at the time, he went to spend a week with the 16th Karmapa and received empowerments and teachings and also viewed the Black Crown ceremony for the first time.

Eventually Kalu Rinpoche returned from North America and both he and Bokar Rinpoche gave many empowerments and teachings. It was not until 1974 that Kalu Rinpoche came to the West for his second tour, and Sanje and Tamara Hill invited Rinpoche to San Francisco to give teachings. After two weeks, Rinpoche left for Hawaii, and promised to return and open a center if they could find a suitable location.



1972, the year Sanje lived in India

The house was found, and Rinpoche started his first U.S. dharma center called KDK (Kagyu Droden Kunchab).

For many years, Sanje lived in San Francisco, devoting most of his time to ensuring KDK's success and acting as omze for the daily practice sessions. It was at Rinpoche's first public refuge ceremony that Sanje met Michael Conklin, who became one of the residents of KDK.

Many of us know Sanje to be an accomplished Thankga painter. He initially learned this art in 1974, at KDK. He was taught by the late Glen Eddy, a world-renowned Thankga painter. Sanje's original inspiration for Thankga painting came while he was living in Germany in his twenties. There, he found himself writing the phrase: "Once upon a time there was a painter who wanted to paint his gods." But at the time, he did not know who his gods were. He knew that it did not feel authentic to paint pictures of Jesus and Mary. Only later did he understand what he was meant to do.

After ten years of painting Thankgas, Sanje began to teach it. To this day, he teaches out of his studio in Northeast Portland. His classes entail a study of the historical iconography of Tibetan Buddhism. He teaches students the history and iconography of Tibetan art, at the same time as they are learning "thigse" (correct proportions) and beginning to draw and ink the Buddha head and body. Sanje has just published a wall calendar composed of his Thankga paintings, which is available in KCC's bookstore. He is also the author of a how-to book on Tibetan calligraphy.

Sanje's connection to KCC goes back to the mid-1970's. At that time, KDK sponsored an all-day meditation retreat at Mt. Tamalpais, in the Bay Area. His good friend from Portland, Tara Franklin, flew down to attend the retreat and take refuge. Tara asked for his help in starting a Kagyu center in Portland. He agreed to come to Portland to do that and invited Lama Tsewang Jurmay to preside. They rented the Old Church downtown. After putting out the word by various means, forty people came to the presentation and many took refuge. Tara Franklin became KCC's first board president.

Until 1991 when Sanje moved back to Portland, he followed KCC's development only from a distance. But when he arrived in Portland, he learned that the Lama who had been sent to KCC by Kalu Rinpoche years earlier, Lama Thinley Drupa, was interested in leaving this post. Bokar Rinpoche permitted him to depart and KCC was in search of a new lama.

Sanje remembered that Lama Michael had just completed three-year retreat. Knowing Michael, he felt confident that he would be a superb choice. So he got in touch with him and, along with a small band of KCC members, set about trying to persuade Michael and his wife, Tara Sullivan, to come to Portland so that Michael could serve as lama. Of course, he eventually agreed.

Sanje's spiritual and artistic paths are intertwined. Only an artist of his caliber could have brought the exquisite art of Thankga painting to this part of the world, providing so much inspiration to dharma practitioners. At the same time,

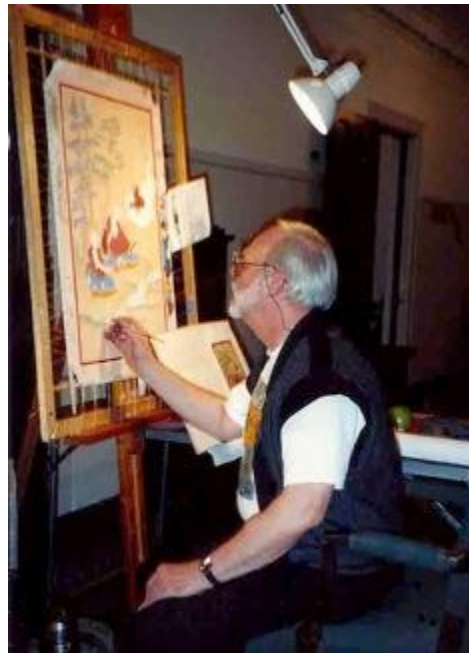
his dharma path animates and lends meaning to all of his artistic expression. Sanje's life, filled with the magic of strong intuition, is clearly a blessing to the KCC community.

Buy Once, Gift Twice Continues...

by Diane Lucas

KCC's Dharma store has been having a banner month, with some \$716 in sales in the first nine days of December. Way to go, Bodhisattvas! In our attempt to contribute to KCC's call for more funds at the end of 2015, we would like to invite you to participate in our Buy Once, Gift Twice event. That is, when you buy a meaningful gift for someone on your shopping list (or for yourself), you are also supporting KCC. What could be better?

For the month of December, we are offering both our high-quality prayer flags and our bronze Buddha statues at half price. Especially for the holidays, we have brought in beeswax candles, handmade in Oregon, and at prices lower than the local stores. At your request, we obtained exquisite wrist malas which have been selling so fast that Mary Woods has jumped to the rescue with another collection of wrist malas. For that precious child, we still have several copies of *Buddha at Bedtime*. And don't forget that our free trade chocolate and one of a kind prayer shawls make wonderful gifts.



1993, Sanje painting a thangka



Did you know that many of the items in our store are handmade by our own sangha members? Sanje Elliott has handpainted the mani stones, as well as the Sacred Images of Tibet wall calendar. The calendar, in turn, was produced by Tim Campbell's company, Amber Lotus, which also produced the Bodhisattva pocket journals. We have Mary Woods to thank again for malas. And if you elect to buy one of the many brocade items made by a sangha member (altar cloths, pecha holders, little "thangkas"), KCC will receive 100% of the purchase price.

Khenchen Thrangu Rinpoche's *Crystal Clear*, which Lama Michael recommended so highly during the discussion session recently, is on the way. And we have been able to commission a special printing of Thrangu Rinpoche's short book, *Guide to Shamatha Meditation*, which is also heading to Portland. Watch for them in our Dharma store soon!

Before you shop anywhere else, please look at what KCC's Dharma store has to offer. And if you shop **[smile.amazon.com](https://smile.amazon.com/ch/93-0799664)**—**sign up to support KCC at smile.amazon.com/ch/93-0799664**—or **Powell's Books online**, you can also contribute to KCC, using the links here, or at **www.kcc.org/study**. Little by little, it all adds up to real support for our center.

Bodhisattva Night
Saturday December 19, 6-8 PM

Join us for an evening of stories and other offerings depicting and celebrating Bodhisattvas in all their incarnations!

We'd love to have your presence and participation. So start thinking of your own story to share as we gather community members families and friends for this annual holiday get together.

Bring a holiday treat to share
(finger food or anything that does not require utensils to eat)



Memories of Bodhisattva Nights Past

by Mary Woods

When I think about KCC's Bodhisattva night, it makes me smile. This gathering was first held in the 1990's to celebrate the holiday season with children in mind. It is a time to gather as friends and family to share love, laughter and

treats. Over the twelve or thirteen years I have been coming and participating, I have seen so many moments that stand out for me. Here are a few:

I will never forget Jeff Alworth dressed up like Milarepa, long-haired black wig and all, in a skit that Char Edwards created for the night. It was both informational and hilarious!

Then there was the time one little girl came with a boom box and played "Bodhisattva" by Steely Dan, all the while dancing exuberantly and chiming in on the chorus "Bodhisattva, Bodhisattva, gonna sell my house in town!"

Or listening to our dear departed Ephraim Miller tell tales of long-ago saints and the kindnesses of strangers in difficult times.

Then last year when Corey Elton's four-year old son, Zach, regaled us with a free-form song about a "cowboy who wouldn't go into the woods.. he had slug that really loved him.." all the while strumming his ukelele with gusto, holding it like a stand-up bass (if you held it waist-high off the ground!).

I especially enjoy the fun and creative presentations by the kids program, sometimes with costumes lovingly made by parents and other adults, with kitties, yeti, pig princesses and other fantastic creatures.

Every year, Bodhisattva Night is a little different and, because the performances are not all known ahead of time, it always surprises. I can hardly wait to see what happens this year! Hope to see you there!

**New Year's Retreat 2016 and Refuge Ceremony
with Lama Michael Conklin
Thursday, December 31, 2015, 9:00am – 4:00pm &
Friday, January 1, 2016, 9:00am – 6:00pm**

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 which 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, to 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 explore how we can integrate our spiritual path into the rest of our life, laying the ground for them to become completely inseparable.

REGISTER

Long-time Sangha member, Pat Parker, was recently asked: Why come to the New Year's Retreat? Pat responded; “When one is in need of extensive teachings on Shinay/Calm Abiding, having two full days of practice with our resident teacher, Lama Michael Conklin, can bring new insight. Traditionally, this is a time to renew one's aspirations for a new year of peace and increased practice in one's life. What better way to do this than to come together with fellow practitioners? If you have been wanting to take refuge and need an incentive, now is the time; Lama Michael is offering this ceremony on New Year's Day. Check in with him in advance. This precious opportunity only comes once or twice a year. Our lives together are short and these moments pass too quickly, let's not waste a single minute.”

[View this message in your web browser.](#)

[Click here](#) to unsubscribe from KCC's e-newsletter.

Our mailing address is:
73 NE Monroe Street
Portland, OR 97212
United States