

Greetings, !

We hope you enjoy this first issue of the new year. We begin with the year's first quarterly SCOL update, which includes lovely pictures of the retreat center in winter. Since we will have one update per season, we look forward to showing you how its landscape changes as the seasons progress.

Also in this issue is Bill Spangle's introduction to this year's course offerings and a special thank-you to our volunteers. Please keep your great suggestions for future articles coming. We appreciate them so much.

SCOL Update

by Peg Swift

For those of us who live and work at Ser Chö Ösel Ling, 2015 ended with a deep sense of gratitude and with high hopes for the coming year. This past year brought to fruition a remarkable milestone for KCC, that of putting a dedicated cadre of practitioners into the traditional Kagyu three-year, three-month retreat. Our KCC community—complete with friends, relatives, and acquaintances—celebrated together as those who entered retreat turned their full attention to meditation, contemplation and study.

The community support, so critical to meeting this milestone, has not wavered in the months since. The staff and retreatants continue to receive the blessings of fellowship as goods are donated, services provided and heartfelt wishes received. The gratitude of staff members Jake and Abby Cummings, Marie Maretska, and myself is hard to put in words, but each of us sees



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Jennifer Cox, Barbara Miller,
Rosemarie Sweet, and
Peg Swift contributed to the
production of this newsletter.

how lucky we are to be here at SCOL and to have the encouragement of Dharma friends near and far.



While our primary responsibility is to support a container designed to allow the retreatants to settle into deep practice, the staff is also tasked with caring for SCOL's 240 acres, home to its human population but also to a wide, wondrous variety of plant and animal life. Those who have had the opportunity to visit know of our open skies and rolling hills, have seen blue birds and hawks, and perhaps heard a tale or two of the elk, badgers, and bobcats that move freely about.

While we enjoy the peace and beauty of our country setting, we are also aware that, like much of eastern Washington's landscape, our property is vulnerable to summer wildfires. Our warming planet and current drought cycle have created the conditions conducive for long hot fire seasons. It is with this in mind that we are partnering with the Washington Department of Natural Resources to participate in a fuel reduction "cost share" program.

The program was initiated by the State to inspire property owners to maintain healthy forests, to protect infrastructure and to support wildlife habitat. Creating healthy tree stands through thinning, removing low or dead branches, and spacing out the bitterbrush will reduce the fuel sources that provide avenues for fire to move horizontally and vertically. The State predetermines the financial cost of the reduction work and then reimburses the property owner for

half of that amount once the work is completed. This is why it is called a cost “share” program.

We are not the only property owner in our area to participate in the program. Our neighbors on our east boundary line have also signed up. As more and more land owners reduce fire hazards on individual properties, together we create an environment that is safer for all who call it home.



This is an ambitious project as we have committed to thinning, pruning, and burning slash in a fifteen-acre area. The final result will be a safer egress route along much of our main road. In order to accomplish this work within our two-year deadline, we will need help from community members. For people who like to work outdoors at tasks such as limbing trees, moving slash, and managing burn piles, please consider joining us for work parties in 2016. **Our first work gathering will be on February 13th.** Work parties are a great opportunity to spend a day in the country, among friends, and to feel a connection to the land and to our retreatants. For more information, you can **email Adele Hilsen** or phone her at 503-816-8700.

Thank You, Volunteers!

by Jennifer Cox

In this new year, we want to acknowledge some of our wonderful volunteers for the service they offer to KCC. It takes many hands, hearts and minds to make

KCC function as fully as it does. We are grateful and deeply appreciate what ALL of our sangha volunteers bring to KCC.

AN ESPECIALLY BIG THANK YOU for the time and care these volunteers have given KCC the past couple of months:

The Dharma store committee: Linda Logan, Diane Lucas, and John Cusack.

These three are responsible for breathing new life into our dharma store and bringing us all sorts of wonderful books, jewelry, and other dharma-related goods with which to nourish our practice.

Our one-woman show for all graphic needs: Marci Roth.

Marci put in countless hours and showed remarkable patience in designing our new fancy brochures. If you do not know about them, take a look the next time you are at KCC. We now have an assortment of brochures to take home and give to others!

A Cornucopia of Offerings in the New Year

by Bill Spangle

The programs for 2016 will offer both continuity and new dimensions for study and practice at KCC. Last year we presented an overview of Buddhist practice from the perspective of the progression of Buddhist teachings in the “Three Turnings”. While we will continue to use the Three Turnings as a basic frame of reference, this year the emphasis will be on exploring aspects of each of the Three Turnings in greater depth.

To start the year, Jeff and Sally Alworth will lead a class series on the five lay vows, one of the central elements of practice introduced in the first turning.

This will be a special opportunity to explore the discipline of these precepts in the context of lay life.

Later, Zopa Herron will offer a series of Saturday classes on the Six Paramitas, which illuminate the core teachings and practices of wisdom and compassion in the second turning. If retreat venues can be arranged, we will also have two week-long retreats, one on Insight meditation and another on the practice of Chenrezig. These meditation retreats will be opportunities to engage in practices that embody the view of the third turning—the cultivation of recognition of our fundamental pure nature.

Many of this year’s classes and programs will be led by people new to teaching at KCC. This may appear to be a matter of necessity, filling in for Lama Michael while he attends to the three year retreat. But it also reflects the fact that KCC is maturing as a spiritual community and we now have more individuals whose study and practice have deepened over the years and are now able to assist in ways that were not possible before.

These individuals reflect a variety of experiences with diverse backgrounds and personal paths. Sally and Jeff Alworth have been practicing at KCC since the mid-1990's after studying Buddhism at university. They have also been among the stalwarts keeping KCC alive and well, both serving as president of the Board of Directors.

Zopa Herron brings a different perspective informed by the experience of cloistered meditation practice on the One Year Retreat at SCOL and eight years of formal study and training while a resident at Shravasti Abbey.

Erik Fromme began the Mahamudra Program when Bokar Rinpoche came to Portland in 1996. He also brings a unique perspective from many years of work in palliative care where he has worked with both the outer and inner challenges that arise while assisting others. Erik will present a series of Sunday afternoon classes on the topic of death and dying in collaboration with Chozen Bays of Heart of Wisdom Zen Temple.

The diversity of the backgrounds and experiences of these individuals reflect the growing richness within our community, and we are very fortunate that they are willing to offer the community the benefit of their experience.

Along with these new programs, the ongoing Mind Training study group, the Young Adults Group and the quarterly gatherings for Milarepa Tsok continue under the able stewardship of Tim Campbell, Holly Hisamoto and Julie Hurlocker. For individuals who are ready, winter retreat will offer an opportunity to gain experience of personal retreat in a supportive environment. It is filling up quickly, so register soon!

Though there will not be a formal Mahamudra Seminar this year, there will be a new quarterly program to support those engaged in the program. We are also delighted to announce that this year in September Khenpo Lodro Donyo Rinpoche will offer the Yidam Seminar in Taiwan. This is an excellent opportunity for those who have been part of the Mahamudra Program and are interested in engaging in the Yidam practice associated with the program. As part of the maturing process in our community, the group of people engaged in this practice has grown and there is now an active group that gets together regularly to provide mutual support. We have also had the good fortune to have the support of Lama Eric Triebelhorn.

Please take some time to reflect on these opportunities to plan your year of joy and growth in wisdom and compassion with the support of a reliable, caring Dharma community. Any and all efforts toward the Dharma are certain to positively affect you, your loved ones, this world and all those in it.

January-February Event Update

all events at KCC Urban Center unless otherwise noted

Invigorating Your Practice in the Mahamudra Program - Class One

Anyone who has attended one of Bokar Rinpoche's Mahamudra Program Seminars is encouraged to attend this half-day of practice, teaching, and discussion (Seminar attendance is a prerequisite). Since it is likely that the North American Mahamudra seminar will not be held again until completion of Three Year Retreat at SCOL, the Program Council is seeking to create support for Ngondro and Mahamudra Program practice.

Saturday, January 23, 2016 - 9:00am to 12:00pm

REGISTER

Seven Point Mind Training Study Group

The Seven Point Mind Training Study Group continues! If you can't come to the meetings or aren't inclined, then join us from your home by spending some time with a powerful and transformative aphorism. As usual, I'm using this website: <http://lojongmindtraining.com/default.aspx>, to create a word document that offer multiple versions of the same aphorism.

Thursday, January 28, 2016 - 7:00pm to 8:30pm

Thursday, February 11, 2016 - 7:00pm to 8:30pm

Thursday, February 25, 2016 - 7:00pm to 8:30pm

Working with the Five Lay Vows and Building the Foundation for an Ethical Life

The five lay vows—often referred to as “precepts”—form the foundation of ethical behavior in Buddhism. The practice of ethics complements formal meditation and is especially suited for lay practitioners in their daily life. By behaving ethically, we use our tendency toward habitual behavior to create positive results in our lives. The five precepts are usually described as commitments to abstain from killing, lying, stealing, sexual misconduct, and intoxication, but they can also be invitations to think how actions of body, speech, and mind can be guided to support wholesome, compassionate engagement with the world.

Tuesday, February 2, 2016 - 7:00pm to 9:00pm

Tuesday, February 16, 2016 - 7:00pm to 9:00pm

REGISTER

Young Adult Group

“Ananda... Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life.” - Upaddha Sutta

Join in the camaraderie. This monthly gathering is for a community of practitioners under the age of 35(ish) the first Friday of every month.

Friday, February 5, 2016 - 7:00pm to 9:00pm

All-Day Sit: Chenrezig

Resident Lama Michael Conklin provides detailed instruction concerning the practice of Chenrezig on alternating first Sundays from 9:00am to noon. Following a pot-luck lunch, there is a question and answer session from 1:30pm to 2:45pm, and then a last session of meditation ending at 4:00pm.

Sunday, February 7, 2016 - 9:00am to 4:00pm

Winter Personal Retreat 2016

This year's Winter Personal Retreat will be held at A Quiet Place Molalla, a retreat facility in Molalla, Oregon. Space is very limited, so if you are considering taking advantage of this opportunity, please seek permission and complete your registration early.

REGISTER

A Quiet Place Molalla, Molalla, Oregon

Saturday, February 13, 2016 - 4:00pm to Friday, March 25, 2016 - 10:00am

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

Greetings, !

As you will see in this issue, KCC's vibrant community continues to offer many opportunities for practice, both formal and through service. This month, we report on newly scheduled summer retreats, improved opportunities to participate in KCC teachings online, offerings at our dharma store and more.

We hope you also feel inspired by Deborah Brink Wohrmann's article on this year's refuge ceremony, a wonderful reminder of the dear place the dharma holds in our lives. Please let us know how we can improve this newsletter to make it ever more useful to our readers.

Summer Retreat Schedule Announced — Save the (New) Dates!

by Bill Spangle

Chenrezig Retreat with Bill Spangle
June 18th-25th

Meditation Retreat with Lama Eric Triebelhorn
August 20th-28th

After the juggling of schedules and the earnest search for venues, the dates and location for both the Chenrezig retreat and the retreat with Lama Eric have now been confirmed. Both retreats will take place at the Ananda Center at Laurelwood retreat facility, which is located in a quiet valley southwest of Forest Grove. Registration will open in the very near future.

For most of us, making room for a week of retreat in the midst of the entanglements of our busy lives requires determined effort. But the benefits in doing so are substantial. A week is long enough to become accustomed to the routine of retreat and to begin to settle into and deepen our practice. While a week of retreat is very beneficial in any practice, for practices like Chenrezig, with its rich visualization and multiple stages, it is particularly helpful to have an uninterrupted period of time. It is possible to relax into

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Linda Besant,
Jennifer Cox,
John Cusack,
John Jennings,
Barbara Miller,
Bill Spangle,
Rosemarie Sweet,
Deborah Brink Wöhrmann,
and Peter Wood
contributed to the production
of this newsletter.

new dimensions of the practice with guided meditations and fuller explanations.



We are very pleased that Lama Eric Triebelhorn will guide us in a week of meditation practice (details coming soon!). This retreat is the result of requests from KCC members who have been practicing a number of years and have been hoping for a chance to go into meditation practice in more depth than has been possible in weekend retreats. It has taken several years, but we found a window when this could happen. This is an unusual opportunity, and we hope that you will seriously consider taking part.

For those of you who had marked your calendars according to the tentative schedule for the year, please note that the dates have changed to accommodate the availability of Lama Eric: the Chenrezig retreat will be in June, and the retreat with Lama Eric will be in August.

Finding suitable venues at a reasonable cost to replace the use of Ser Chö Ösel Ling during the three-year retreat has added to the work of the retreat and events committee. If you could offer service to assist Ryan Fitz and the retreats and events committee, it would be greatly appreciated by all those who can take advantage of the many programs of KCC. This all is in fact done by magic—and that magic is the offering of service by the members of the KCC community!

KCC Refuge Ceremony 2016

by Deborah Brink Wöhrmann

Every year, KCC's New Years Retreat ends with a Refuge Ceremony. This year, five people chose to take refuge. Others renewed their vows or sat in support, filling the room with joy. Several of those who took refuge recently reflected on this experience.

Brooke Huffman began attending KCC in 2001. She is one of the twelve founding members of the Young Adult Group, and says that KCC has grown to be a significant part of her life over these past eight or nine years. "More recently I've been wanting to let the dharma take up more space in my life," she says, but she wasn't sure if taking refuge would be "appropriate." Since she doesn't "officially identify as Buddhist," she asked Lama Michael about it. "He encouraged me to take refuge and explained that it more marks my stepping onto the path than proclaiming any sort of identity or allegiance. He also posited, 'why not?'"

Usha Noble was listening that Sunday to Lama Michael's response, and this helped her to make the decision to take refuge. "It had been percolating within me for a year, and the time felt ripe and natural," Usha shares. "I was thankful for Brooke's question, 'Who should take refuge?'"

"Lama Michael answered with the story of the boat, among other things," she recalls: When you come to a body of water and you need to cross it, and there is

a boat, use it. But once across and walking by foot on land, don't continue to carry the boat. Put it down and move on, unattached, he said.

“Yes,” says Usha. “This is my boat, and I am intrigued by its contents and the people in it.” She recalls that Lama Michael also suggests using a tried and true set of instructions—a path. “It doesn't make sense to try to make it all up on your own,” says Usha. “People have accomplished the dharma. They've done it, and there are crumbs left to help us find our way.”

“Just knowing that every day people I know and people I don't know are wishing me well, when you say, ‘for the benefit of all beings’—that I'm included in this, and I include you in this—I find very uplifting and beautiful,” she says. “The effect since taking refuge is really nothing different than before. My journey didn't begin Jan. 1, 2016. It began a very long time ago. I humbly call myself a Buddhist now. I feel more committed to the teachers and the sangha. ”

Brooke says she appreciates ceremony and symbolism. “It felt good to mark my stepping onto the path. I'm sure it is a ceremony I will never forget. In other ways, it felt like nothing had changed for me personally but that now perhaps others in the sangha see me a little differently and reach out to say hello more.”

For Brooke, taking refuge coincided with an intention to carve out more space in her life for the dharma. “I've been sitting at home a lot more, but I would not credit the effect of this to taking refuge. I would say taking refuge and sitting in mindfulness more often are both effects of the ultimate cause which is that I set an intention.”

Usha recalls words spoken by Oliver Wilken, a longtime KCC member who now lives in Gig Harbor, Washington. “It felt almost like nothing, but looking back on it now he sees how it has vastly changed the course of his life. If you can picture walking along in your life, and then just pivoting a fraction to the right or left; after 20 years of walking you find yourself in a very different place.”

Row, row, row your boat, gently down the stream...

by Linda Besant

Sunday Streaming

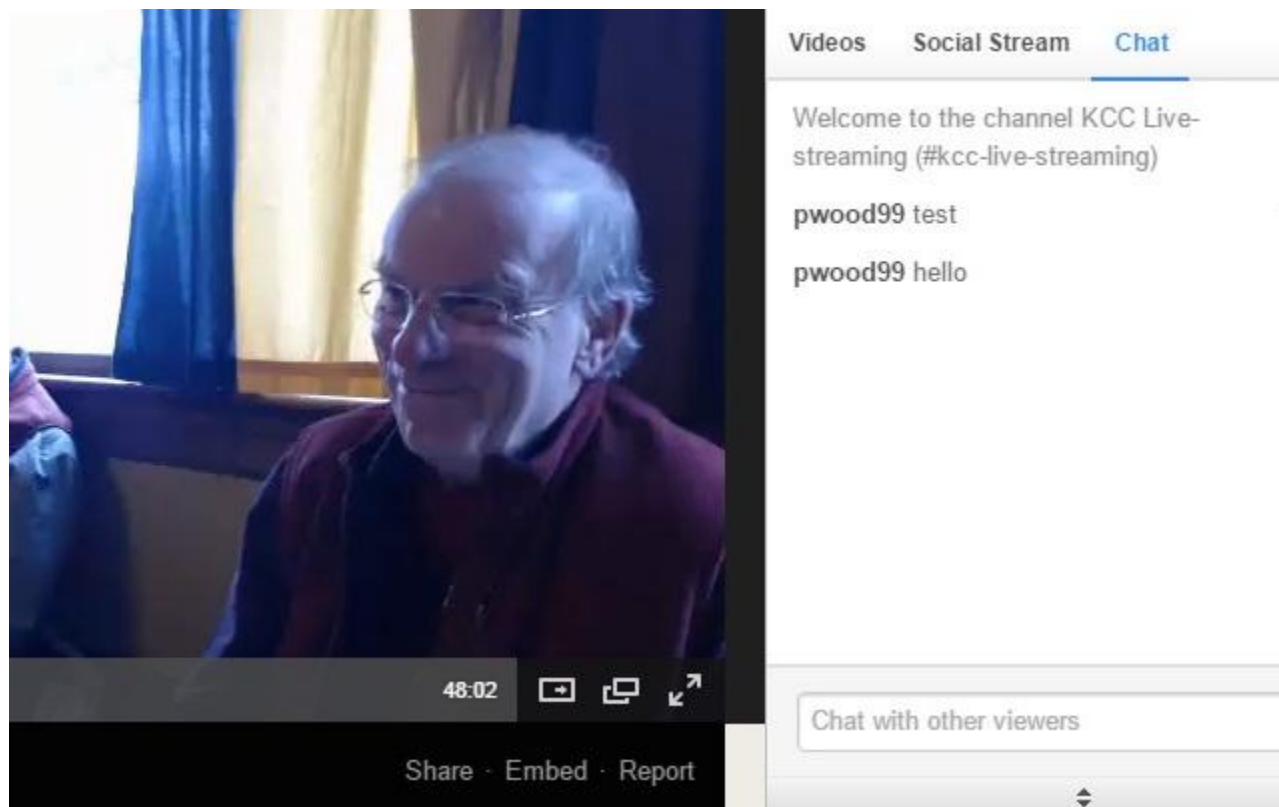
If ever you cannot make it to KCC on Sunday morning—you live too far away, you can't find a ride, you have a cold and do not want to disturb others by coughing all the way through meditation—never fear, you can always stream our weekly practice and Q and A. The link is

<http://www.ustream.tv/channel/kcc-live-streaming>.

But there's more to know about KCC's streaming opportunities.

First, you can participate in the Q and A while streaming. As you see in the photograph, there is a very small “menu” icon to the right of the live-stream screen. Open the drop-down menu and find an equally tiny “chat” option. When

that is open, you can type in your question and send it. The streamer will ask the question on your behalf, and you can hear the answer.



And more—perhaps you can’t attend or stream on a particular Sunday, but you would like to participate on your own at a later date. Go to this same link at any time, and on the right are the recordings from the last several months. You can open whichever one you like.

Another way to use this opportunity is to go back and listen again to a teaching you might have found particularly valuable, or go to a date that you missed but heard from others had an illuminating discussion. We hope soon to begin streaming Sunday evening practice and Q and A.

KCC Classes and Retreats

The team of streaming volunteers is beginning to stream classes and retreats also. Right now we are streaming Jeff and Sally Alworth’s class, “Working with the Five Lay Vows and Laying the Foundation for an Ethical Life,” at 7:00 pm every other Tuesday evening through March 29th.

Gratitude to our current streamers—always seeking more

Many thanks to the five volunteers currently on the streaming team: Steve Parker, Miriam Hammer, Gwen Lovetere, Linda Besant, and Cynthia Irvine. All of us will verify that it is so easy to do that it does not interfere with one’s practice or participation. It is a great way to be of service to the Dharma and to our sangha. If you would like to join this team, please contact Jennifer Cox, at jcox@kcc.org. More streamers=more streaming!

And did you know we have an audio archive of teachings from past KCC events? It’s a gold mine... <http://www.kcc.org/study/audio-teachings>.

Search for Urban Center Continues

by John Jennings

The search for a new home for KCC's Urban Center continues. Our dedicated committee members are regularly scanning the neighborhoods in our defined search zone and even beyond, in case something extraordinary comes up further out. A few properties here and there have been identified since the last newsletter—two of them were from sangha members not on the committee. But so far neither the committee members nor our realtor have had much luck. Maybe it is the time of year. Real estate wisdom says sales are slow in winter. Or maybe it is the economic times we are in.

It is a super-heated real estate market right now. Developers seem able to put cash on the table almost before properties are listed for sale. Nonetheless, we have faith and hope that the right property will arise at the right time. To that end, we continue to ask all sangha members to keep an eye out for “for sale” signs, ask any friends or acquaintances if they know of any buildings for sale, or if they have a building they might consider making available to KCC. Who knows where the angel (or bodhisattva) will appear—and all KCC sangha members will benefit from making this a reality. Please email any information to

jjennings@igc.org.

Dharma Store News

by John Cusack

OUR MALAS—Your KCC Dharma Store carries beautiful malas that open the heart and celebrate the spirit. The word “mala” means garland or necklace in Sanskrit. The traditional long mala of 108 beads is used for prayer or as a sacred necklace, and is often wrapped around the wrist. Our artists use select natural gemstone materials, the sturdiest elastic bead cord, and most have a Guru bead. The Guru bead, along with the smaller beads, symbolize respectively the teacher and the teacher's entourage.

Your mala becomes a daily reminder of your true nature.



SACRED ART like Sanje's calendars, the malas, silk bags, and statues found in our store can become reminders of the dharma every time you gaze upon them. They can serve a great purpose in your practice and, when reminded, it is a moment for connecting with the Buddha, the Dharma, and the Sangha.

Shop at Amazon? Next time you log in, put **smile.amazon.com** in your browser address line and select Kagyu Changchub Chuling as your charity of choice. In the future, when you put the SMILE first, KCC receives a portion of your purchase.



With Gratitude to Our Volunteers

If you see a volunteer, offer them gratitude!
KCC cannot be what it is without each volunteer.
This month, special thanks go to:

Cynthia Irvine and the finance team: Pat Parker, Ryan Fitz, John Cusack, Marylinda Eichstadt, Sandy Pollack

This group put a huge amount of time and detailed work into KCC's finances over the past two months. Thank you for all of your work! You have all practiced an immeasurable amount of patience and humor during this busy financial season. And we just cannot say it enough—thank you, thank you, thank you.

The retreat committee: Ryan Fitz, Linda Logan

Linda Logan has done a fantastic job organizing the personal winter retreat, which can be a daunting task for a first-time retreat registrar. SO thank you Linda for accepting this role and doing it so competently. Ryan Fitz wears many hats at KCC already and, even with our heavy retreat and class schedule this year, he has still managed to keep it all running smoothly. Hats off to you, Ryan!

February-March Event Update

All events are at KCC Urban Center unless otherwise noted

Seven Point Mind Training Study Group

The Seven Point Mind Training Study Group continues. If you cannot come to the meetings or are not inclined, then join us from your home by spending some

time with a powerful and transformative aphorism. As usual, we are using this website: <http://lojongmindtraining.com/default.aspx>, to create a word document that offers multiple versions of the same aphorism.

Thursday, February 25, 2016 - 7:00pm to 8:30pm

Thursday, March 10, 2016 - 7:00pm to 8:30pm

Thursday, March 24, 2016 - 7:00pm to 8:30pm

Working with the Five Lay Vows and Building the Foundation for an Ethical Life

The five lay vows—often referred to as “precepts”—form the foundation of ethical behavior in Buddhism. The practice of ethics complements formal meditation and is especially suited for lay practitioners in their daily life. By behaving ethically, we use our tendency toward habitual behavior to create positive results in our lives. The five precepts are usually described as commitments to abstain from killing, lying, stealing, sexual misconduct, and intoxication, but they can also be invitations to think how actions of body, speech, and mind can be guided to support wholesome, compassionate engagement with the world.

Tuesday, March 1, 2016 - 7:00pm to 9:00pm

Tuesday, March 15, 2016 - 7:00pm to 9:00pm

Tuesday, March 29, 2016 - 7:00pm to 9:00pm

REGISTER

Young Adult Group

“Ananda... Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life.” - Upaddha Sutta

Join in the camaraderie. This monthly gathering is for a community of practitioners under the age of 35(ish) the first Friday of every month.

Friday, March 4, 2016 - 7:00pm to 9:00pm

All-Day Sit: Zhinay

Resident Lama Michael Conklin provides detailed instruction concerning the practice of Zhinay on alternating first Sundays from 9:00am to noon. Following a potluck lunch, there is a question and answer session from 1:30pm to 2:45pm, and then a last session of meditation ending at 4:00pm.

Sunday, March 6, 2016 - 9:00am to 4:00pm

Winter Personal Retreat 2016

This year's Winter Personal Retreat continues at A Quiet Place Molalla, a retreat facility in Molalla, Oregon. Space is very limited, so if you are considering taking advantage of this opportunity, please seek permission and complete your registration as soon as practicable.

REGISTER

A Quiet Place Molalla, Molalla, Oregon

Saturday, February 13, 2016 - 4:00pm to Friday, March 25, 2016 - 10:00am

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

Greetings, !

This month, we are focused on the critical work being done by KCC volunteers, both at the urban center and at SCOL. Volunteers make KCC the vibrant sangha that it is. And, with the start of spring, it seems appropriate to share the story of the bluebirds at SCOL.

Our thanks go to everyone who has shared a story idea or written an article for the e-newsletter. We cannot do it without you!

Bluebird Conservation at Ser Chö Ösel Ling

by John Jennings

When KCC purchased the SCOL land, it inherited the care of around 100 **western bluebird** boxes that were put up by prior owners. The boxes are part of a regional conservation effort to restore the bluebird population impacted by forestry and agriculture. Bickleton, a nearby town east of Goldendale, calls itself the Bluebird Capital of the World.



Since the land was first purchased, KCC members have volunteered their time to clean the boxes. Dora DeCoursey and Adele Hilsen oversaw this effort for many years. Most of the boxes that came with the property were rustic handmade

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Deborah Brink Wöhrmann
contributed to the production
of this newsletter.

affairs. They were placed mainly on oak trees, following recommendations to face south or east and be placed high enough to keep ground predators away but not too high to be a challenge for young birds learning to fly.

I got involved in this effort about six years ago, inspired by the sight of the birds while walking the land during a Mahamudra retreat. The following year, I began a project to locate and map all the bird boxes. They are scattered in clusters all over the property. We also had ambitious goals to track and record what we found in each box at the end of the nesting season or into the winter when we went around to clean the boxes so they would be free of bacteria, germs, parasites and wasps for the next nesting season. But after a few years of tracking, I stopped recording the contents, given how laborious the task was.



Over the years, we have found nests made of twigs, some of grass, some of moss. Some had wasp nests inside and a few had unhatched eggs. A number have been chewed up by rodents trying to make a bigger hole for their own use. I even found a small flying squirrel sleeping in one. The tracking evidence showed that bluebirds were using some of the nests. The most common areas for bluebirds are the edges of meadows. Many of the bluebirds use boxes around the barn and pond area.

The biggest chore is repairing or replacing broken boxes. Every year, the weather and critters take their toll. Ones beyond repair are replaced with new boxes. We found a bird box maker in Bickleton and have procured close to twenty new ones over the years. Eventually, we will replace all of the older boxes. With the retirement of our box maker, SCOL staffer, Abby Cummings, has offered to make boxes, possibly as part of a Children's program being planned by Adele Hilsen.

It takes about two full days for one person working diligently all day to clean and repair most of the boxes. There is a lot of walking over rough, uneven, often muddy or snowy terrain. The boxes are not always near a trail. I have enjoyed doing it as a kind of personal retreat, communing with the land. I know others, Adele and Dora in particular, have spent time on this work. We would like to know of others who have participated, and new people who might like to help out. This is a lower priority than the fire protection work underway, but it does need to be done once a year.

The work can be stretched over time, over a number of weeks or weekends. The ideal time is late fall or early winter. But even late winter is possible. In any case, the boxes must be cleaned by no later than early March when the male birds begin coming north looking for nest sites. Serious nest building begins in May after the females arrive and the cycle begins anew.



If you are interested in this project, contact John Jennings at jjennings@igc.org.

Volunteering as Practice

by Zopa Herron

“We are grateful for the opportunity to offer service to the Buddha, to the Dharma and to the Sangha.

While working with others differences in ideas and ways of doing things may arise.

These are natural and are a source of creative exchange, our minds don’t need to make them into conflicts.

We will endeavor to listen deeply and communicate wisely and kindly as we work together for our common goals.

By using our bodies and speech to support the values we deeply believe in: generosity, kindness, ethical discipline, love and compassion, we will create great merit, which we dedicate for the awakening of all beings.”

This prayer was composed by Venerable Thubten Chodron of Sravasti Abbey. The monastic and lay community there says it each day together before setting out to serve in the kitchen, offices, gardens, and forests. Some committees at KCC have adopted the prayer also. It seems to get us on the right track for difficult discussions.

The other day, I was sweeping the floor in the kitchen at KCC. I was feeling pretty grumpy when I remembered this prayer. I noticed as I said it, a shift occurred in my mind as I worked. It had to do with the concept Lama Michael talks about frequently—interdependence. As I recited the prayer, I felt more connected not only to what I was doing, but to why I was doing it; the simple act of sweeping became service to others, to KCC, Dharma practice. I understood it as an opportunity to be grateful to have the chance to serve and to help the Dharma grow in Portland.

Living at the KCC Center, I see so many volunteers quietly come and go throughout the week: Cynthia and Pat in the basement office; Rhonda,

Susan G. and Adele in the yard, Steven putting up fire alarms, donated by the Red Cross; Julie H. going out to SCOL to help; Linda L, Diane and John Cusak setting up the bookstore displays, Bonnie McLean coming by to work on Dharma texts; Peter Wood working on the computers; Diane picking up worn cushions to repair, Phuntsok, cleaning the center day after day; Don stopping by to repair a leaking faucet; the KCC Board, Program Committee and other groups meeting regularly to keep KCC healthy and happy, Sally Mead tirelessly assisting Lama Michael, all the omzes who set up and lead the practices, the streamers who make them available to so many, Jeff and Sally volunteering to teach about ethics, Mary Woods leading the Childrens' program, Linda Grove heading up the Harmony Committee and organizing the Winter Retreat. And there are so many others constantly and reliably working behind the scenes here and at SCOL. Writing this brings happiness to the mind and heart! And I hope that reading it inspires you too.

Each volunteer, through helping, strengthens their Bodhisattva intention, understanding that service is Dharma practice and Dharma practice is service and each takes it upon her or himself to ensure that the Dharma continues in this world. Offering like this engages one in the Six Paramitas. It is generosity and can lead to patience and increased joyous effort. Then, we can dedicate it all, sending that positive potential we have created out to turn the world around us toward more peace and happiness.

His Holiness the Dalai Lama said: "We are visitors on this planet. We are here for ninety or one hundred years at the very most. During that period, we must try to do something good, something useful with our lives. If you contribute to other peoples' happiness, you will find the true goal, the true meaning of life."

If you want to join in amazing, fun, world-changing activities with like-minded people, contact Jennifer Cox at jcox@kcc.org. Thank you.

March-April Event Update

All events are at KCC Urban Center unless otherwise noted.

Working with the Five Lay Vows and Building the Foundation for an Ethical Life

Tuesday, March 29, 2016 - 7:00pm to 9:00pm

[REGISTER](#)

Young Adult Group

Friday, April 1, 2016 - 7:00pm to 9:00pm

The Six Far-Reaching Practices: Taking the Six Paramitas off the Cushion and into Your Life

Saturday, April 2, 2016 - 9:00am to 12:00noon

Saturday, April 16, 2016 - 9:00am to 12:00noon

Saturday, April 30, 2016 - 9:00am to 12:00noon

REGISTER

All-Day Sit: Chenrezig

Resident Lama Michael Conklin provides detailed instruction on the practice of Chenrezig on alternating first Sundays from 9:00am to noon. Following a potluck lunch, there is a question-and-answer session from 1:30pm to 2:45pm, and then a last session of meditation ending at 4:00pm.

Sunday, April 3, 2016 - 9:00am to 4:00pm

Seven Point Mind Training Study Group

Thursday, April 14, 2016 - 7:00pm to 8:30pm

Thursday, April 28, 2016 - 7:00pm to 8:30pm

Newcomers' Night

Friday, April 21, 2016 - 7:00pm to 9:00pm

Invigorating Your Practice in the Mahamudra Program

Saturday, April 23, 2016 - 9:00am to 12:00noon

REGISTER

[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, !

We begin this issue with a report on springtime at SCOL. In addition, we are excited to let you know about an intriguing painting series that KCC is offering there as a way of reaching a wider audience.

This is also the right time to reflect on the value of this year's winter personal retreats and invite you to consider including this in your schedule next winter. And as you will see, we have many people to thank for KCC's continuing success in bringing the dharma to so many.

Enjoy this newsletter and let us know if there are ways we can improve it to better serve the community.

Ser Chö Ösel Ling in Spring

by Peg Swift

While spring is in full swing in Portland, it comes more slowly to SCOL. The alders that line Carroll creek are just budding out, their branches dotted with tinges of green. Hummingbirds are drinking again at our feeders, and with the warmer weather, our human residents are more apt to linger outside late into the evening beneath the sky's bright stars.

As we feel the shift of season and the changes it brings, staff and volunteers continue to create a caring environment for our resident yogis, and to implement the plans we have for our wonderful retreat land.

The kitchen thrives on thoughtful nutritious fare even though our lead cook, Marie, is away for a two-month meditation retreat. Abby Cummings has willingly and easily stepped into Marie's very large shoes. In addition to meal planning, cooking, and cleaning, Abby has been organizing and

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VOLUNTEER

Jennifer Cox,
John Cusack
Linda Grove,
Barbara Miller,
Peg Swift,
Rosemarie Sweet, and
Deborah Brink Wöhrmann
contributed to the
production of this
newsletter.

welcoming the volunteers who are here helping in Marie's absence.

We are so grateful to Karen Marks, Deborah Brink Wöhrmann, Charlotte Kangas, and Linda Logan, who have already worked their magic in the kitchen. In advance, we offer our gratitude to Karen Wallace, Carolyn Peck, Linda Logan, and Karen Marks, who are scheduled to help in the coming weeks. While we miss our Marie, her absence created an opening for us to rekindle old friendships and embrace new ones.

Outside the kitchen, we continue to work on land stewardship projects. We have been carefully thinning the pines and oaks along our access road, and soon will turn our attention to reducing the bitter brush which can burn especially hot in a wildfire. This project is being managed by Jake Cummings with the support of a number of intrepid volunteers. Michael Hilsen, Greg Kust, Harlen Barcas, Robbie Wiley, and Peter Frothingham all continue to assist in these efforts.



While some volunteers reduced selected trees along our egress road, other volunteers planted shrubs, flowers and saplings. Adele Hilsen, who helps organize and lead our work parties, oversaw the crew that dug, planted and watered around the staff quarters, the creek house and along the road. Cynthia Irving, Usha Noble, & Bob Harr all pitched in and sixty new plants went into the ground. While this can be a tough environment with its dry rocky soil, we optimistically cheer for these new residents each time we walk past.

April 4th marked the one-year anniversary of the sealing-in ceremony. Linda Logan, pie maker and baker extraordinaire, produced three beautiful and delicious apple pies—one for each of the wings and yes, one for the staff—yumm!! They were made and received with much joy and love. The South wing returned their clean empty pie dish with a small note in it that simply read, “please refill.”

Consider joining us for upcoming events at SCOL including work parties, painting classes, and a children's day.

A New Kind of Fundraiser

by Jennifer Cox

There is so much value in what KCC offers to the Dharma community. It is beyond words really... from a beautiful array of study groups, day-long teachings, long retreats (seven days)... and even longer retreats (three

years), to personal interviews and the amazing body of people who make up our ever-growing sangha.

Naturally, our focal point is the Dharma. But we are also a nonprofit organization and, when it comes to fundraising events and outreach, it is hard to know how to extend our value to a wider audience. To that end, KCC is going to try something different this summer.

To kick off this new effort, KCC is hosting a summer painting series out at its beautiful retreat land, Ser Chö Ösel Ling (SCOL). This series will bring the remarkable talents of three Portland artists—Kat Sowa, Jef Gunn, and Phillis Trowbridge—to SCOL. Each will lead a day or two of painting instruction on the land (far from the cloister where our Three Year Retreatants are in practice).



Each artist is known for her or his personal representation of en plein air painting. This is a French term created in the mid-19th century, meaning “open (in full) air”, in which a painter reproduces the actual visual conditions seen at the time of painting in an outdoor environment.

Starting off the series in June, Kat Sowa will lead a day-long class on Saturday, June 18th. Kat finds that working with all levels of painters makes for a much richer class, so the class is open to everyone. “I am enthusiastic to lead painters through this process and share this joy with anyone willing to pick up the brush,” she says. Kat spends her time on her farm on Sauvie Island, where she farms, paints what is around her, and holds en plein air workshops. “The sense of adventure that comes with en plein air painting, reminds me that I’m not in control of anything... but possibly my gear and my brush.” You can see more of Kat’s landscapes here:



Kat Sowa

<http://www.katsowa.com/landscapes.html>

Registration is currently open for any or all of the four days of the painting series. The series will run from June through September. All proceeds will go to KCC’s general fund. To find out more and to register, please go to

<http://www.kcc.org/event/pleinair>

The summer painting series is just one of the ways we are reaching larger audiences. Keep your eye out for other fundraisers KCC is doing to broaden our outreach.

Winter Retreat 2016

by Linda Grove, Events Committee

This year's annual KCC Winter Personal Retreat was held at A Quiet Place Molalla, a remodeled farmhouse surrounded by farmland near Molalla, Oregon...a very peaceful setting in the midst of towering trees and a yard full of camellias, tulips, and songbirds. In all, there were fifteen retreatants. Some came for a month, others for weeks, and still others for days. In addition, there were seven cooks who prepared three delicious meals a day and found time to practice as well.

The Winter Personal Retreat has a different format than teacher-led retreats. While a common schedule is followed, practice is done in private rooms since individual practice programs vary. The only group activity is the evening Aspiration Prayers. Silence is maintained during shared meals, breaks, and chores.

This was my first personal retreat. For me it was a warm feeling to hear people in their individual rooms chanting, reciting, experiencing the silence of the dharma practice under one roof. It is wonderful to have the support of others' practice. I found it extremely productive to have extended, continuous practice time without the distraction of everyday life, to have time to memorize what I've "been meaning to" memorize, to have time to read what I've "been meaning to" read. To borrow Ken McLeod's words, I transitioned from "questing" to "resting" in my practice. (Please see comments from other retreatants below.)

I hold deep gratitude for those who conceived the Winter Retreat long ago and for those whose heads and hearts provided the impetus to continue the tradition. I encourage those who have never been on the KCC Winter Personal Retreat to consider doing so next year... you could even put it on your calendar now!

Comments from the retreatants:

Julie: "...it has been amazing how quiet this little oasis has been..."

Sonia: "thank you all for holding this precious mandala of practice for me to step into albeit briefly."

Dora: "Thank you all for the harmony and good-natured teamwork, for the quiet companionship, the prayers, and the practice, practice, practice! It's been a wonderfully supportive environment...displaying...a beautiful facet of the jewel of the sangha. How precious in this world!"

Carolyn: “I cooked for eight days... and I myself was so well fed by the silence and discipline of everyone. My own practice deepened and a sense of cherishing of all of us, and a hope for that to extend to others arose in me.” “...[I] had the experience of being able to read and comprehend texts and commentaries so much better than on [my] own before the retreat.”

With Gratitude to Our Volunteers

If you see a volunteer, offer them gratitude!
KCC cannot be what it is without each volunteer.
This month, special thanks go to:

Peter Wood: for putting time and detail into getting our technology working and setting up streaming.

The Fabulous Five: Barbara Miller, Peter Wood, Sandy Pollock, Margaret Janssen, and Luisa Zini, for taking the time and effort to problem solve our IT issues.

SCOL staff: Peg, Marie, Abby, and Jake. Thank you for doing such a wonderful job taking care of the land, the retreatants and each other.

Bookstore News

by John Cusack

We will soon be receiving Ken McLeod’s newest book, *A Trackless Path*. Ken is one of Buddhism’s more innovative teachers, known for his ability to explain deep and subtle teachings in clear and simple language. The 18th century Tibetan mystic, Jigmé Lingpa, wrote many poems about the practice of Dzogchen, one of the great wisdom traditions of Tibetan Buddhism. One such poem is *Revelations of Ever-present Good* from his Great Vastness Heart Drop cycle.

In *A Trackless Path*, Ken McLeod presents a fluid contemporary translation of this poem, accompanied by a deeply moving and insightful commentary. The combination makes Jigmé Lingpa’s mystical poem relevant and accessible to today’s seeker.

“A work of exceptional beauty, elegance, and spiritual depth.”
– Reggie Ray, author, *Touching Enlightenment*

Streaming News

Look for up-to-date streaming links on the **Video Teachings** page at KCC’s website: **www.kcc.org/study/video-teachings**, or on the site’s CONNECT menu, **Watch our Sunday live stream**.

New this month, KCC has begun streaming on YouTube, at this URL:

<http://www.youtube.com/user/kccmedia>

Some events may continue to be streamed on Ustream:

<http://www.ustream.tv/channel/kcc-live-streaming>

April-May Events

Upcoming events at KCC include some new and some continuing opportunities, but please note the Thursday evening Mind-Training Study Group is taking a break. Keep a watch on the website, www.kcc.org, for updates. For now, here is what is happening:

All events are at KCC Urban Center unless otherwise noted.

Newcomers' Night

This is a great opportunity to stop by KCC, ask questions, and get acquainted with the community, as well as the ways of Tibetan Buddhism as practiced at KCC. If you are new or sort of new or just want the chance to be reintroduced to KCC, please stop by.

Thursday, April 21, 2016 - 7:30pm to 9:30pm

Invigorating Your Practice in the Mahamudra Program

This program welcomes practitioners already involved in the Mahamudra Program. It is meant as an opportunity to deepen practice, interact with others practicing, and work with assistant teachers Bill Spangle and Erik Fromme.

Saturday, April 23, 2016 - 9:00am to 12:00noon

REGISTER

The Six Far-Reaching Practices: Taking the Six Paramitas off the Cushion and into Your Life

All are welcome, and no need to attend the entire series. Assistant teacher Zopa Herron will host the morning.

Saturday, April 30, 2016 - 9:00am to 12:00noon

REGISTER

All-Day Sit: Zhinay

Resident Lama Michael Conklin provides detailed instruction on the practice of Zhinay on alternating first Sundays from 9:00am to noon. Following a potluck lunch, there is a question-and-answer session from 1:30pm to 2:45pm, and then a last session of meditation ending at 4:00pm.

Sunday, May 1, 2016 - 9:00am to 4:00pm

Young Adult Group

This monthly meeting welcomes the under-40 set to gather and talk about the dharma as it relates to daily life.

Friday, May 6, 2016 - 7:00pm to 9:00pm

Newcomers' Night

Thursday, May 19, 2016 - 7:30pm to 9:30pm

A Key to the Mahamudra Aspiration Prayer

Here is another chance for those in the Mahamudra Program to deepen practice with assistant teachers Bill Spangle and Erik Fromme.

Saturday, May 28, 2016 - 9:00am to 4:00pm

REGISTER

For more events, **[view the KCC calendar.](#)**

[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, !

In this issue, we are delighted to report on KCC's creative and inclusive fundraising meditation event. We also take this opportunity to thank Barbara Miller for her years of technical support to KCC. We are particularly grateful for Barbara's production of this monthly newsletter. It could not have happened without her. We welcome Ryan Fitz as our new production manager.

Also included are short updates on SCOL, KCC's painting series and the events for June. We look forward to hearing your suggestions for future articles.

With Gratitude

This month we want to give a very big hug and pat on the back to **Barbara Miller**. She has been our main tech-of-all-trades support for several years. She is now off to use her wonderful talents in a new job.

Barbara, we wish you all the light from boundless lifetimes and thank you for helping a myriad of volunteers over the years with tech support, web support, database support and everything in-between.

Sit For Mindfulness

**Save September 3rd—
the Saturday of Labor Day Weekend—
for a great new KCC event**

**A SIT FOR MINDFULNESS
at Grant Park**

**NE U.S. Grant Place and NE 33rd
12:30pm - 6:00pm**

Who needs a barbecue when we can spend the afternoon together meditating for the benefit of

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SUSTAIN

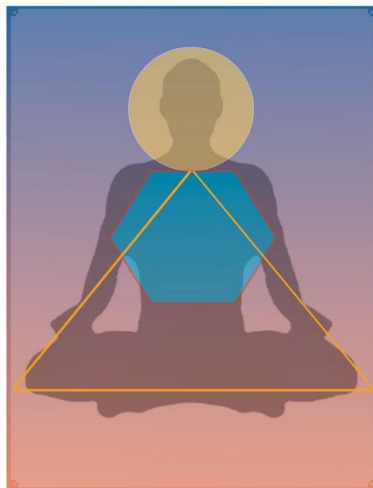
VOLUNTEER

Jennifer Cox,
Linda Besant, Deborah
Brink Wohrmann,
Rosemarie Sweet, and
Ryan Fitz contributed to
the production of this
newsletter.

the sangha and for the benefit of all beings?

All are welcome to sit for whatever time period you wish, from fifteen minutes to four hours. This is the perfect opportunity for our sangha to share our basic practice with everyone in our lives who has wondered what we do, but not made it to KCC quite yet.

- From 1:00 to 5:00pm, there will be four sessions of mindfulness meditation.
- The meditation instructor will talk about the value of mindfulness and provide basic guidance.
- There will be ample stretch breaks throughout the day.
- From 5:00 to 6:00, we will share snacks and celebrate.



We are inviting sangha members, friends, family, neighbors and co-workers—anyone who is curious about mindfulness—to join together and practice meditation. This is a time for everyone, Buddhist and non-Buddhist, to come together for an afternoon of spacious attention.

THIS IS ALSO A FUNDRAISING EVENT THAT WILL BENEFIT KCC!

NOT A WALK, NOT A RUN, BUT A SIT-A-THON!

We encourage everyone to sit for contributions—Raise funds for KCC throughout the summer by asking your family, friends and colleagues to sponsor you for the sit-a-thon.

- We seek a minimum of 54 people (half of 108) to sit for donations, each striving to raise a minimum of \$210 (21 Praises of Tara).
- You define the amount of time you will sit.
- We'll provide you with instructions, a donation sheet, credit card forms, receipts and a collection envelope.

INTERESTED?

Please contact jcox@kcc.org, celedra@mac.com or lindabesant@icloud.com for more information.

NOTE: MORE NEWS WILL UNFOLD ON THE COMMUNITY LIST SERVE EVERY WEEK.

To subscribe to the community list serve, [click here](#).

Painting Series at SCOL

Have you ever been curious about learning how to paint?

Do you feel drawn to spend time at our retreat land out at SCOL?

Our summer painting series is a great way to do both!

The first day-long outdoor painting workshop is right around the corner. It will be hosted by local artist, Kat Sowa, on Saturday, June 18th.



Spend the day capturing our beautiful retreat land.

All skill levels including beginners are welcome!

More info and to register go to: <http://www.kcc.org/event/pleinair>

This is a fundraising series for KCC's general fund.

The summer series includes classes by:

Kat Sowa (all skill levels) - Saturday, June 18th

Jeff Gun (all skill levels) - Saturday, July 30th

Jeff Gun (experienced painters) - Saturday, August 6th

Phyllis Trowbridge (experienced painters) - Saturday, September 17th

Ser Chö Ösel Ling Update

In April, Susan Morgan left the Ser Chö Ösel Ling three-year retreat. This departure was not precipitated by a negative event or a falling out with retreatants or teachers. Susan spent a year in beneficial retreat and she will be missed by SCOL staff, retreatants and teachers.

June Events

Upcoming events at KCC include some new and some continuing opportunities, but please note the Thursday evening Mind-Training Study Group is taking a break. Keep a watch on the website, www.kcc.org, for updates. For now, here is what is happening:

All events are at KCC Urban Center unless otherwise noted.

Young Adult Group

This monthly meeting welcomes the under-40 set to gather and talk about the dharma as it relates to daily life.

Friday, June 3, 2016 - 7:00pm to 9:00pm

Friday, July 1, 2016 - 7:00pm to 9:00pm

All-Day Sit: Chenrezig

Resident Lama Michael Conklin provides detailed instruction on the practice of Chenrezig on alternating first Sundays from 9:00am to noon. Following a potluck lunch, there is a question-and-answer session from 1:30pm to 2:45pm, and then a last session of meditation ending at 4:00pm.

Sunday, June 5, 2016 - 9:00am to 4:00pm

Newcomers' Night

This is a great opportunity to stop by KCC, ask questions, and get acquainted with the community, as well as the ways of Tibetan Buddhism as practiced at KCC. If you are new or sort of new or just want the chance to be reintroduced to KCC, please stop by.

Thursday, June 16, 2016 - 7:30pm to 9:30pm

Painting at the Land of Retreat

The first of three summer painting classes hosted by KCC at SCOL, where participants will spend the day painting high desert prairie, arid brushland, and pine and oak savannah landscapes under the guidance of highly-reputed plein air artists and instructors.

Kat Sowa will lead the first class. Visit the [painting series website](#) for dates and details about subsequent classes.

Saturday, June 18, 2016

Ser Chö Ösel Ling

REGISTER

Chenrezig Retreat

This retreat will include background teachings on Vajrayana practice but the emphasis will be on practice sessions with some guided meditation on the Bodhisattva Chenrezig, the principle Vajrayana practice that Kalu Rinpoche introduced in the West because it was a simple yet complete path.

Saturday, June 18 - 4:30pm — Saturday, June 25 - 11:00am

Led by Bill Spangle

Ananda at Laurelwood Retreat Center

REGISTER

Board of Directors Meeting

Sunday, June 19, 2016 - 1:30pm to 4:30pm

For more events, **[view the KCC calendar.](#)**

Streaming

KCC has begun streaming on YouTube, at this URL:

<http://www.youtube.com/user/kccmedia>

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

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

Our mailing address is:

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Greetings, !

In this issue, we are happy to apprise you of two creative and enjoyable fundraising activities taking place this summer. In addition, we begin a series in which we feature exceptional thankgas, curated by our own Sanje Elliott, an esteemed thankga painter and collector.

We begin with gratitude for KCC's board of directors, who make this spiritual community so successful and effective.

With Gratitude

By Jennifer Cox

This month, we want to acknowledge the **Board of Directors**: Tim Campbell, Linda Besant, Holly Hisamoto, John Jennings, Sandy Pollock and Pat Parker. Our thanks also go to Peter Frothingham, minute taker extraordinaire.

The board of directors is always on top of what needs to be done - ready to listen, problem solve and make things happen at KCC! They dedicate a Sunday afternoon every month to thinking about KCC from an administrative side. Thank you to the Board for keeping our foundation and intentions clear and for weaving the administration so beautifully into our Dharma center.

Sit For Mindfulness

By Jennifer Cox

Raise Pledges for KCC by Meditating!

A SIT FOR MINDFULNESS at Grant Park
NE U.S. Grant Place and NE 33rd
12:30pm - 6:00pm

This labor day weekend, KCC is putting on a sit-a-thon!

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[VOLUNTEER](#)

Jennifer Cox,
Sanje Elliott,
Rosemarie Sweet, and
Ryan Fitz contributed to
the production of this
newsletter.

LOOK AT ALL THE INTERCONNECTIONS:

We have all contributed to a walk, a ride, and a marathon to support other important causes. Now it is our turn to sit in support of something we believe in.

- We all have friends and family members who are curious to try meditation. This is a great opportunity for them to join us!
- Plus, mindfulness practice contributes to the welfare of all beings
- AND, supporting practice contributes to the welfare of all beings!
- A SIT FOR MINDFULNESS IS JUST RIGHT FOR KCC!

What does a sitter do and how does this work?

Sitters are the heart of this event. We are seeking to recruit at least 51 sitters by July 24th. Each sitter does the following:

- Pledges to sit for mindfulness on Sept. 3rd for any amount of time they choose.
- Raises funds for KCC before the event, by asking family members, neighbors, friends and colleagues to sponsor their sit.
- Defines their own amount of time they will sit, from one to four sessions.

Sitters will receive an instruction packet describing how to ask for contributions, with a donation record sheet, credit card forms, donor receipts for IRS purposes, and collection envelopes. If you want to gather contributions but cannot be there on September 3rd, we will gratefully apply your pledges to another sitter's efforts.

If you wish to sit or otherwise volunteer, please contact jcox@kcc.org. Help will be needed to set up, staff drink and information tables, monitor the meditation area, assist with the snacks and celebration and clean up.

It's not a walk,
It's not a run,
It's a **SIT-A-THON!**

All donations
help sustain KCC

For the benefit
of all beings

A great
opportunity
for friends
& family to
participate

Curious?
contact:
jcox@kcc.org
or go to:
www.kcc.org

Grant Park

NE U.S. Grant Pl & NE 33rd Ave.
NW corner of the park

**September 3rd
Saturday, 1-5pm**

Gates open at 12:30

Celebration: 5pm-6pm

A Sit for Mindfulness

a
KCC Fundraiser

2016

Sign up to Sit!

Help raise funds for KCC by pledging to sit for any amount
of time on September 3rd
Volunteer to meditate!

Painting At the Land of Retreat

By Jennifer Cox

Beginners Welcome!

Saturday, July 30

9:00am - 5:00pm

Saturday, August 6

9:00am - 5:00pm

With Jef Gunn

There is still room to sign up for the next installment of the summer painting series out at SCOL.

This is a unique opportunity to experience the land in a different way. For those with no painting background, Jef Gunn will guide you through a day of painting the sacred high desert retreat landscape. He will also be teaching an experienced painters workshop the following weekend. If you are a beginner and take the first class, you are welcome to come to the second class as well. There will be a 10% discount for anyone who signs up for two classes.



Jef has been painting in the California, Washington and Oregon countrysides for forty years, and he held residencies in Barcelona and Paris in the 1980s. His work moves between abstraction and spontaneous realism, and he has been teaching for twenty years. Jef currently teaches painting workshops at the Sitka Center for Art and Ecology, and in his own Portland studio. With a balance of humor, broad knowledge, and helpful insight, Jef is able to draw from each student her or his own natural way to paint. He is also fond of applying historical examples in his teaching, especially those of the Impressionist and Modern periods.

Registration ends soon, so [sign up](#) today.

Featured Thankga: Vajradhara

By Sanje Elliott

Vajradhara (Sanskrit), Dorje Chang (Tibetan), is the first figure in the Kagyu Lineage. Tilopa, the first human in the lineage, received direct teachings from Vajradhara on the qualities of emptiness, and passed them on to the rest of the lineage.

Vajradhara is said to be a "primordial" or "Adi Buddha" and embodies the qualities of emptiness, thus his blue body color. He has essentially the same attributes as the Nyingma deity, Kuntuzangpo, except that Kuntuzangpo is always

shown naked without either Buddha robes or the Sambhogakaya clothing of the Vajradhara.

In addition, Vajradhara is said to be the source of the Buddhas of the five Wisdom Buddha families: Amitabha (red), Ratnasambhava (yellow), Akshobya (blue), Ratnasambhava (green), and Vairocana (white).

This painting was created by Bhutanese painter, Thinley, whom I first met at Rumtek, Sikkim, in 1971. Thinley now lives in Kathmandu, where he continues to paint. This thangka is in my personal collection and will be given to KCC eventually.



July Events

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Thursday, July 21, 2016 - 7:30pm to 9:30pm

Practicing the Four Opponent Powers - Invigorating Your Practice in the Mahamudra Program

The third in a series of four classes, this event will include a prepared teaching on the Four Opponent Powers, Vajrasattva group practice together, an opportunity to share experiences in community (particularly carrying practices aligned with purification and Vajrasattva), and a ngondro and mahamudra question and answer session.

Saturday, July 23 9:00am — 12:00pm
Led by Erik Fromme and Bill Spangle

REGISTER

Painting at the Land of Retreat

The second and third summer painting classes hosted by KCC at SCOL, where participants will spend the day painting high desert prairie, arid brushland, and pine and oak savannah landscapes under the guidance of highly-reputed plein air artists and instructors.

Jef Gunn will lead both classes. Visit the [painting series website](#) for dates and details about subsequent classes.

Saturday, July 30, 2016
Saturday, August 6, 2016
Ser Chö Ösel Ling

REGISTER

Board of Directors Meeting

Sunday, July 17, 2016 - 1:30pm to 4:30pm

For more events, **[view the KCC calendar.](#)**

Streaming

KCC has begun streaming on YouTube, at this URL:

<http://www.youtube.com/user/kccmedia>

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

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

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