

Accommodations Personal Retreat 2023 FINAL DRAFT

Accommodations

- Cabins have been pre-assigned.
- Cabins are heated but not air conditioned. In warm weather, please feel free to bring a personal fan.
- Showers – Please be gentle with our septic system and plan to shower every other day, or less. The North showers will be used by male retreatants and the South showers will be used by female retreatants. Toilets and lavatories are available to everyone at all times.
- If you need special accommodations for daily living or showers, please alert the onsite SCOL Team member, Sarah Lyon (scol.kcc@gmail.com).
- Laundry facilities are available but limited. Generally laundry should be done only by those staying for more than one week.

Provided in Cabins

Each cabin will be furnished with the following (or similar):

- Single-sized Bed Platform with mattress and mattress cover (bring your own bedding: sheets, blanket, pillow)
- Folding Tea Table
- Chair
- One Nightstand (with two drawers)
- Reading Lamp
- Coat Hooks

What to Bring - Checklist

- Please print out and sign the attached *First Aid and Emergency Medical Treatment* document if you have not already provided it to SCOL during this calendar year.
- Bedding (sleeping bag, sheets, pillows, blanket, etc). Beds are equipped with mattresses that are very firm. If you need a softer mattress, you may wish to bring pads, extra blankets or foam to place on top of your mattress. The cabins are heated but you may want an extra blanket as the nights can be quite cold. There will be a few extra sheets, pillows, and blankets for those arriving from out of state. *Contact SCOL Staff and they will assist you with your needs as they can.*
- If you are allergic to insect stings please bring an epipen. The wasps can be prolific during summer and fall. We try to keep their nests out of the overhangs but they are persistent.
- Towel and washcloth
- Alarm clock and/or watch for timekeeping purposes
- Flashlight and batteries
- Earplugs

- Personal hygiene items (please do NOT bring perfume or scented products as some people are allergic)
- Sitting cushion/zabutons. There are enough zabutons and cushions at SCOL for one for each person, but if you are most comfortable using multiple cushions (for knee support, etc.), please bring them if possible.
- Water bottle or thermos – only covered containers are allowed in the meditation hall
- Comfortable, modest clothing that supports your practice and the practice of others – include clothing for warm days and cool evenings.
- Easy-to-remove shoes to wear between sessions. Slippers for the shrine room, if desired.
- Walking/hiking boots if you plan to go on walks. There are a number of wonderful trails on our 250-acre property.
- Writing materials for note-taking (paper, pen, pencil)
- Earplugs
- Medications: bring medications you are currently taking or think you might need
- **Cash or check for dana offering** to teachers and staff.
- You are welcome to bring fresh flowers for the shrine!!

Please: no candles or incense in the cabins.

Please: do not leave food in your car or take food into your cabin. We have many hungry critters out here...big and small!

****DANA:** The practice of Dana (or "Generosity") is traditional in Buddhism. A dana offering is made by a student directly to the teacher out of gratitude for the teacher's guidance and service. Please note that we do not currently compensate assistant teachers.

If your participation in the retreat leads you to feel inspired to practice generosity by offering dana, there will be dana baskets specifically for that purpose at the end of the retreat for the teacher, cooks, and staff. Giving dana is entirely optional and the amount is a matter of personal choice.

Other Important Information

Wildlife at SCOL: Be aware that there is wildlife on SCOL's 250 acres. Please do not leave anything with odor in your car, including sunscreen, deodorant, etc. Management thanks you!

Ticks: It is tick season, so please check your body thoroughly when returning from the forest.

Trails: Please stay on the main roads and trails and *sign out and in* when taking a walk. We like to know where to look in case of emergencies.

Wasps: The wasps are normally active in Spring/Summer/Fall seasons. But please, if you have an allergy to bee stings, bring your epi-pen with you.

Septic System: We request that you be kind to our septic system and shower every other day.

Kitchen: Do not use the kitchen as a thoroughfare. Only cooks or those with chores assigned there should be in the kitchen. Signs are posted.

LOCATION

Ser Chö Ösel Ling (SCOL)
96 Horse Ranch Road, Goldendale, WA 98620
Emergency phone: (541) 510-6199

(Please note: GPS will advise you to turn left at Hanging Rock Rd but don't do it! Continue North on US-97, then turn left onto Horse Ranch Road near mile marker 17.)

Directions from Portland

From Portland, go east on Hwy 84 past Hood River and The Dalles. Take exit 104 towards Biggs/Hwy 97 North, then turn Left to cross the Columbia River. On the north side of the river, turn Right to continue east on Hwy 14. At the intersection with Hwy 97, turn Left onto US-97 N, then Right to stay on US-97 N towards Goldendale. Go 4 miles past the Goldendale exits to mile marker 17, and turn left onto Horse Ranch Road. Continue to the end, about 1 mile, to the entrance of SCOL. Follow the road and just past the barn, turn left to cross the creek. Continue on the road until you reach the Cloister.

Directions from Seattle

From Seattle, go east on I-90, towards Ellensburg. Just beyond Ellensburg exits take 82/Hwy 97 South towards Yakima. Past Yakima continue south on Hwy 97 to Toppenish (signs will direct you towards Goldendale too). At Toppenish, Hwy97 makes a right turn at an intersection with a light. Continue south on Hwy 97 over Simcoe pass. When you see St. John the Forerunner Monastery/ Greek Bakery and Espresso bar you have about 5 more miles. When you come to mile marker 17 turn right onto Horse Ranch Rd. You will see a big, old red well-drilling rig in the field on your right. Stay on Horse Ranch Rd and follow it to the end which is the gate for SCOL. If you get to the town of Goldendale, you missed the turn at the red well-drilling rig onto Horse Ranch Rd.

We look forward to seeing you at Ser Chö Ösel Ling, and we hope you have a fruitful retreat. Thank you for your participation!

Linda Grove, Retreat Team

Sarah Lyon, SCOL Team

Vicki Fields, SCOL Team

Sponsor

Kagyü Changchub Chuling (KCC), a Dharma Center in Portland, Oregon, is sponsoring this retreat. KCC was founded in 1976 by the Very Venerable Kalu Rinpoche, one of the eminent meditation masters of modern Tibet and a holder of the Karma Kagyu and Shangpa Kagyu lineages. The mission of KCC is to make the teachings of these lineages accessible for all practitioners, whether they are just beginning to investigate Buddhism or are long-time students.