

# SEVEN THUNDERS

newsletter

www.seventhunders.org



February 2019

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Many thanks to all who contributed their time and talents to this publication. Articles may not be reprinted without permission from the author.

## A PROPER PILGRIMAGE

by Leonard Marcel

In case 57 of the *Rinzai-Roku*, we are told that:

Lin-chi visited Bodhidharma's memorial tower. The priest in charge of the tower asked, "Will Your Reverence bow first to the Buddha or to the Patriarch?"

The Master replied, "Neither to the Buddha nor to the Patriarch." The priest said, "Has Your Reverence some grudge against the Buddha and the Patriarch?"

The Master shook out his sleeves and left.

Linchi Ihsuan (Jp: Rinzai Gigen, d. 866) is the great master who is considered the founder of the Zen school named after him and which continues to the present day as one of the two most important forms of Zen training. He was a student and Dharma successor of Huangpo (Jp: Obaku Kiun, d. 850). The incident reported above is taken from his collected sayings, known in Japanese as the *Rinzai Roku*.

Before proceeding to examine the case, let us look at some lines from the *Diamond Sutra*:

## IN THIS ISSUE:

A Proper Pilgrimage	pg 1
7 Thunders retreats & events	pg 2
7 Thunders sittings	pg 2
Other Pacific Northwest Groups	pg 2
A Letter from the President	pg 3
Off the Cushion: Counting Stitches	pg 3
Rohatsu Report	pg 4
January CIR @ Mary's Woods	pg 5
Zazenkai Information	pg 5
Bend Retreat	pg 5
Palm Sunday CIR Registration	pg 8
June CIR Registration	pg 9
Summer Sesshin Registration	pg 10

Who sees me by form,  
who seeks me by sound,  
wrongly turned are his footsteps on the Way;  
for such a one cannot perceive the Tathagata.

If anyone says that the Tathagata comes  
or goes, or sits, or lies down,  
such a one fails to understand the teaching;  
because the Tathagata neither comes from  
anywhere nor goes to anywhere.

*Continued on page 6*





## SEVEN THUNDERS RETREATS & EVENTS

### FIRST SATURDAY SITTINGS

Monthly "First Saturday" sittings continue in Bethany House at the Trappist Abbey just north of Lafayette, OR. Orientation is offered at 8:15 a.m. and formal group sitting begins at 9:00 a.m. A talk by the teacher begins at 10:00 a.m., which is followed by opportunities for private interviews with the teacher. Formal sitting ends at noon. There is no charge, but donations for teacher support and for the Trappist Abbey are gratefully accepted. Here is the schedule for 2019:

- February 2, Leonard Marcel
- March 2, Sr Joan Saalfeld
- April 6, Sr Joan Saalfeld
- May 4, Leonard Marcel
- June 1, Sr Joan Saalfeld
- July 6, Sr Joan Saalfeld
- August 3, Leonard Marcel
- September 7, Leonard Marcel
- October 5 Sr Joan Saalfeld
- November 2, Leonard Marcel
- December 7, TBA

### RETREAT SCHEDULE

- April 12–14 – Palm Sunday CIR at the Abbey, led by Leonard Marcel. Registration information on page 8.
- April 26 – 27 – Retreat in Bend, led by Leonard Marcel. More information on page 5.
- June 27–30– CIR at the Abbey, led by Sr Joan Saalfeld. Registration information on page 9.
- July 9–13 – Zen sesshin at Stones and Clouds led by Leonard Marcel. Registration on page 10.
- September 27–29 – Zen kosesshin at Stones and Clouds, co-led by Leonard Marcel & Lee Ann Nail. Registration information in an upcoming newsletter.
- December 4–8– Zen Rohatsu sesshin at Stones and Clouds, led by Leonard Marcel. Registration information in an upcoming newsletter.

## NEWSLETTER SUBSCRIPTIONS

Published three times a year, our newsletter is a benefit of Seven Thunders membership. Prospective members who would like to receive the newsletter can be added to the mailing list by contacting Jenny Brausch at [Livinggreen@comcast.net](mailto:Livinggreen@comcast.net). Complimentary copies will be sent for up to one year or until January dues requests are mailed. After that, if membership dues (full membership currently \$30 per year) are not received by March, you will be sent an announcements-only version of the newsletter. Please send membership dues to: Jenny Brausch, PO Box 3119, Albany, OR 97321. ✎

### ZAZENKAI

Held at the Stones and Clouds (*Rai'un*) Zendo in Lake Oswego, led by Leonard Marcel. Details on page 5. Upcoming dates:

- February 16
- March 16. ✎

## SEVEN THUNDERS REGULAR SITTINGS

### PORTLAND AREA SITTINGS

■ Monday evenings at Stones and Clouds (*Rai'un*) Zendo, 7:00 to 8:30 p.m., zazen & dokusan. Contact: Leonard Marcel at 503.636.9009 or [marcellj@hotmail.com](mailto:marcellj@hotmail.com).

■ Thursdays, A Harbor of Hush, at Fountain Side Sanctuary, 4 - 6 pm, 12555 SW 4th in Beaverton. Just Silence, drop in anytime, stay as your schedule allows. Contact Roy Guptill at 503.643.4183

### SALEM SITTINGS

■ Wednesdays at the Salem Zen Center: 'On the Way Home' zazen from 5:30 to 6:30 p.m. and an evening program (chanting, zazen, silent tea and Dharma talk) from 7:00 to 9:00 p.m. 504.949.3188. [SalemZenCenter.com](http://SalemZenCenter.com)

### OLYMPIA SITTINGS

■ Monday evenings, 6:00 to 8:00 p.m., and every Saturday morning from 6:00 to 8:00 a.m. in the Chapel at St. Michael Church, 1021 Boundary St. SE, Olympia, WA 98501. Three rounds of sittings (from 6:00 to 7:30) are followed by a reading from contemplative writers and a questions and comments period. Contact: Pat Harvey, 360.357.8401 [patriciamharvey@comcast.net](mailto:patriciamharvey@comcast.net)

### REDMOND SITTINGS

■ Monday evenings, 6:30 to 7:30 p.m. at 529 NW 19th, Redmond, OR 97756. Contact: Richard Lance or Leanne Latterell at 541.923.7607. ✎

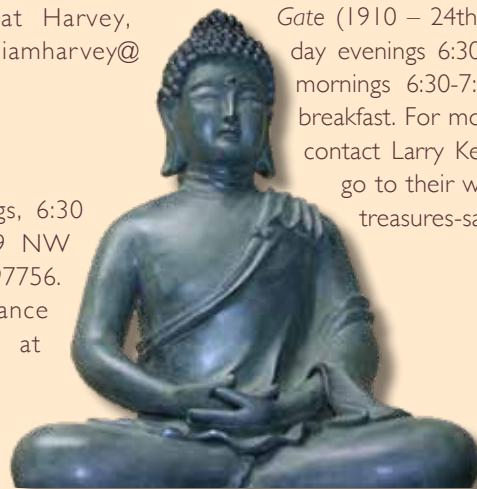
## OTHER PACIFIC NORTHWEST DIAMOND SANGHA GROUPS

### NO SANGHA, PORT ANGELES

■ Teacher: Kristen Larson. Zazen: Saturday mornings, 8:00 to 9:30 a.m. For more information, please contact Kristen Larson at 360.452.5534 or [NOSangha@aol.com](mailto:NOSangha@aol.com).

### THREE TREASURES SANGHA, SEATTLE

■ Teacher: Jack Duffy. Zazen at *Dharma Gate* (1910 – 24th Ave S.) on Wednesday evenings 6:30-8:30 p.m. and Friday mornings 6:30-7:30 a.m., followed by breakfast. For more information, please contact Larry Keil at 206.322.8759 or go to their website at: <http://three-treasures-sangha.org/> ✎





## A LETTER FROM THE PRESIDENT

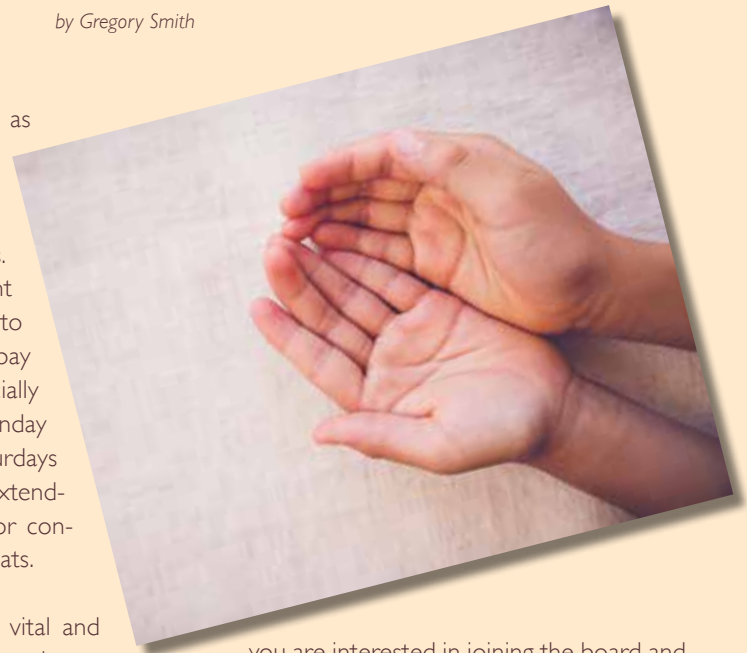
by Gregory Smith

Seven Thunders has once again been the recipient of an unanticipated grant from the Gilhousen Family Foundation. This is the third time over the past dozen years that these gifts have materialized out of the good will of one of Seven Thunders' early members and her family. We are deeply grateful for the ongoing faith they demonstrate in our organization and its mission "to support growth towards a deepening spiritual awareness and appreciation of life."

The first gift was accompanied by a request that the Seven Thunders board of directors take a more active role in requesting donations as a means for fairly compensating our teachers and strengthening the organization as a whole. Our practice of reaching out to you once a year for donations grew out of that request. Your support over the years has meant that we have been able to continue to offer retreats without a significant

increase in cost as well as providing scholarship assistance to people who would otherwise struggle to pay full fees. It has furthermore meant that we have been able to approve an increase in pay for our teachers, especially for their work during Monday night sittings or First Saturdays outside the context of extended retreats like sesshin or contemplative intensive retreats.

Seven Thunders remains vital and vibrant thanks to your commitment to both your own practice and the practice of others. Our intention, as your representatives in our organization's governance, is to assure that that this vitality and vibrancy remain bright and strong. If any of



you are interested in joining the board and sharing in this work, please let me or another one of the board members listed on the first page of this newsletter know that you would like us to include your name as a possible nominee for board elections in July. ✨

## OFF THE CUSHION: COUNTING STITCHES

by Becky Smith



Knitting is remarkably like an evening at the zendo. One... two...three...four...oops, back, back, one...two...three... Stitches are breaths, just this stitch, just this one, just this one. Check in with the teacher (or instructions) and keep going. This stitch and this. Try again. Sit up, alert and relaxed. Riding on this thought/dream/wish...oops, distracted, start again.

Research is beginning to document that knitting brings a calm centeredness with both physical and mental/emotional benefits. This is my experience, enhanced by the joy of handling yarns of wool, cotton, silk, alpaca, angora, and mohair, and despite the periods of frustration when I am trying to do it right and not seeing my mistake.

I knit alone and I knit with others. If I want to learn well or progress on a project, I knit every day. I also spin and weave and find the same deep peace and joy in these activities. While spinning and weaving are integral to many ancient myths and legends, the origins of knitting are unknown. It has been practiced in many parts of the world for centuries and may have developed in Roman Egypt around 1000 AD. Until technology commercialized the production of fabric and household items, spinning, weaving, and knitting were necessary

activities and often done in community: families, neighbor groups, guilds, religious groups and monasteries. Joining this age-old tradition of making by hand, of blending utility and beauty, and of doing so in community, I feel connected and grounded. My gratitude goes to the knitters, weavers, and spinners past, present, and future, as well as to the animals and other beings who contribute their wool, silk, hair, seeds, and stems. ✨

### ABOUT "OFF THE CUSHION"

Off the Cushion is a regular feature of our newsletter. We invite you to submit articles about what your practice means to you, of activities off the cushion which feel like an extension of your practice. Please e-mail your submissions to newsletter editor Greg Smith at [gasmith@clark.edu](mailto:gasmith@clark.edu). ✨





## ROHATSU 2018 SESSHIN AT STONES & CLOUDS

by Ted Fontaine

**E**xcitement, trepidation, worry, delight, concern and many other thoughts and emotions have been described as how folks feel at the start of a retreat. Our Rohatsu sesshin in 2018 was no different for many of us, including myself. The first day, all are settled and finding their rhythm. Soon the chanting begins. Some are out of sync but quickly align themselves with the group. This appears to unify us in a subtle manner. Before long everyone settles into an insightful cadence; all is good.

Skipping ahead now, I would like to visit our little group near the end of the retreat. There is a wonderful unity that has enveloped us. The chanting is smooth and everyone has coalesced into a single entity. Breathing, sitting quietly, chanting, being. The Three Treasures have been touched by all.

Of all the nuances I have experienced, the most profound is this: We are all one in our Buddha Nature. ✨



**Top photo:** from left to right: Mike Seely, Josh Shindler, Kaylin Kent.

**Above left:** Jean-Luc Devis, Céline Perrin, Ted Fontaine.

**Above:** Eric Roost, Paul Birkeland, Dan Dickinson.

**Left:** Back row, left to right: Kaylin Kent, Mike Seely, Céline Perrin, Dan Dickinson, Jean-Luc Devis, Lisa Rosser, Paul Birkeland, Katy Bain, Josh Shindler, Eric Roost, Ted Fontaine.

**Front row, seated:** Teresa Marcel & Leonard Marcel Roshi.



## ZAZENKAI & STUDY GROUP AT STONES & CLOUDS

**Z**azenkai are an opportunity for intense practice with the Sangha in a shorter time-frame than either a Kosesshin or a Sesshin, as they are limited to one day only.

There will be two zazenkai in 2019: Saturday, February 16 & March 16.

Zazenkai take place from 9 a.m. to 3:30 p.m. In addition to formal zazen, the day includes a sutra service, teisho, and dokusan. Please

bring a brown bag lunch, to be eaten in silence. Teas and water will be provided.

You are asked to wear plain conservative clothing of dark or subdued color – no shorts or sleeveless tops, please. Zabutons, zafus, low and high benches will be provided, but if you have a favorite zafu or bench (no chairs) please feel free to bring it.

While there is no set fee for zazenkai, a **donation of \$20** is requested and much appre-

ciated to help cover costs. Simply leave your donation in the dana basket in the hallway.

Zazenkai is followed by a study group, to which all are invited. Study group lasts approximately one hour and is centered on a reading agreed upon at the end of the previous meeting.

Please contact Teresa Marcel at [tdmarcel@mac.com](mailto:tdmarcel@mac.com) or 503.636.9009 to reserve a place for Zazenkai, and for more information. ✨



## BEND RETREAT: APRIL 26 – 27

**O**ur friends in Bend host two short weekend retreats in the Spring and Fall of each year, lasting from Friday evening to late Saturday afternoon. The retreats are led by Leonard Marcel. As the small practicing

communities of Bend and Redmond include Zen, Christian and unaffiliated practitioners, these retreats incorporate forms from both Eastern and Western traditions.

The next Bend retreat will take place April 26 – 27, 2019. To reserve a place, please contact Leanne Latterell at 541.923.7607 or email her at: [leannelatterell@bendbroadband.com](mailto:leannelatterell@bendbroadband.com). ✨

## JANUARY CIR AT MARY'S WOODS

**T**he January CIR was held for the second year at Mary's Woods in the lovely Old Laundry building over the extended weekend of January 24 - 27, 2019. It was led by Sr Joan Saalfeld. Attendees are pictured and listed to the right. ✨



**Above:** From left to right: Jenny Brausch, Caryl Thomas, Barb Vandepas, Sr. Joan Saalfeld, Sr. Sandra Lincoln, Mary Beth Brenner, Eric Roost, Anna Lyons-Roost; behind the camera, Ed Glad.



## A PROPER PILGRIMAGE, *continued from page 1*

Therefore, he is called the Tathagata.

So, I tell you: all composite things are like  
a dream, a fantasy,  
a bubble and a shadow,  
are like a dewdrop and a flash of  
lightning.  
Thus are they to be regarded.

So, should you think in this way of all this  
fleeting world:  
as a star at dawn,  
as a bubble in a stream,  
a dewdrop, a flash of lightning in a  
summer cloud,  
a flickering lamp, a phantom and a dream.

In his last years, master Keizan Jokin (1268-1325) said: "Behind all phenomena there is a bright spiritual light, stable and eternal." So this passage is both challenging us and exhorting us to recognize the impermanence of this dualistic world and also to recognize the beauty of the empty eternal light behind it.

Linchi's teacher, Huangpo (Obaku), said it this way:

"The Void is fundamentally without dimensions, passions, activities, delusions or right understanding. Clearly understand that in it there are no things, no people, no Buddhas; for the Void contains not the smallest hairs-breadth of anything that can be viewed spatially. It depends on nothing and is attached to nothing. It is all-pervading spotless beauty, the self-existent and uncreated Absolute."

And Koun Yamada (1902-1989) wrote: "(Mind) is unfathomable and immeasurable...the complete perfection of unlimited capabilities, virtue and all the properties of life, and yet has no form or substance."

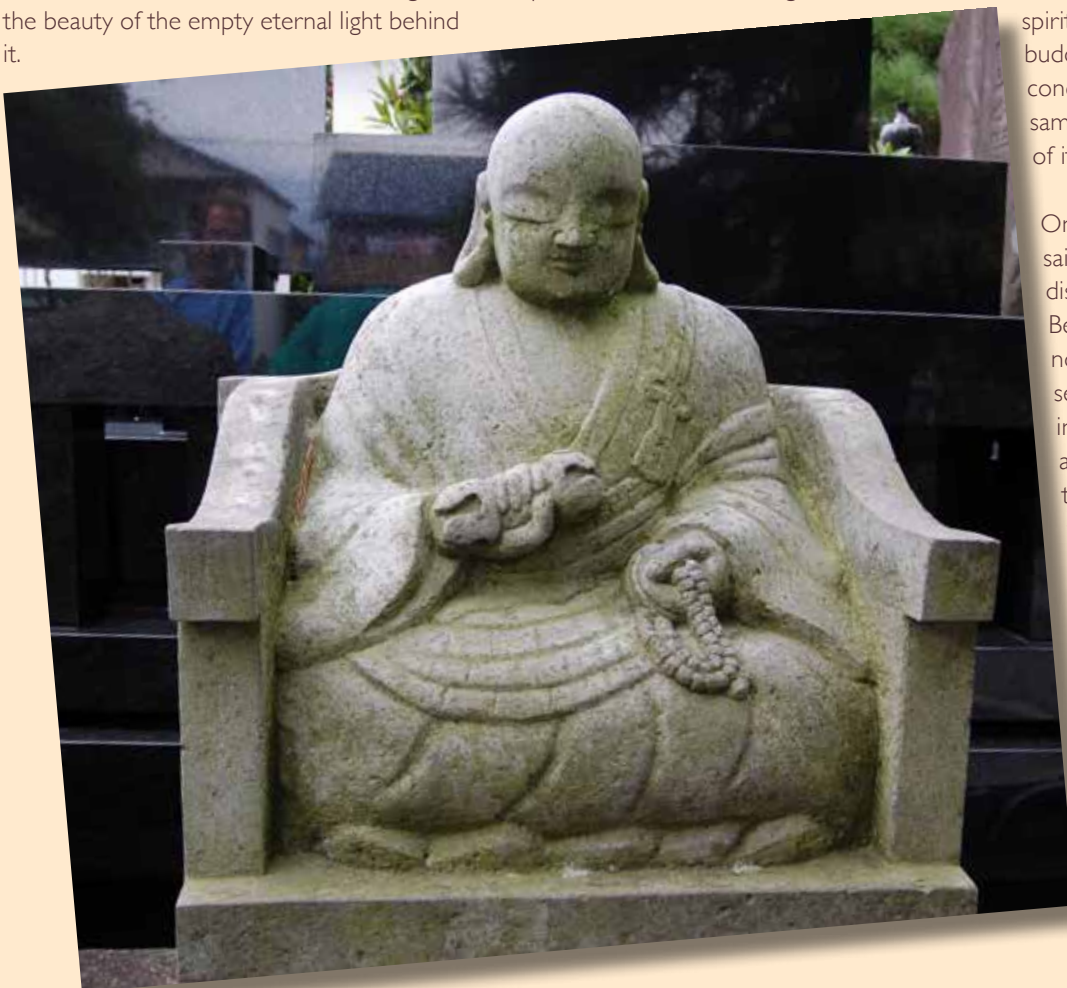
Keizan, Huangpo (Obaku) and Yamada Roshi are all describing the same reality.

People come to Zen training for a

variety of reasons. In the zendo we sit together and benefit from each other's efforts and energy. As a sangha, we support and encourage each other. Yet, at the same time, each of us must walk this path alone, standing on our own two feet, and arrive at the answers to the fundamental questions of life in our own way. Direct experience and originality of expression are not only encouraged but are essential. Derivative answers will not do. Linchi (Rinzai) said it even more dramatically than his teacher: "Followers of the Way, if you wish to have a viewpoint that is in accord with the Dharma, it is only necessary that you not be beguiled by others. Whether you meet them within or without, kill them right away. When you meet the Buddha, kill the Buddha! When you meet a patriarch, kill the patriarch!"

By "killing" he means detaching from dependence on authority figures, whether people or ideas, in order to achieve authentic spiritual liberation. Kill your concept of buddha, your concept of patriarch, your concept of enlightenment. He says the same to us and makes his presentation of it in this case.

On another occasion, Linchi (Rinzai) said: "What is the disease (of Zen)? The disease is a lack of self-confidence.... Because you students of Dharma do not have enough confidence in yourselves, you search outwardly." Indeed, in our lives, as in our Zen, developing and manifesting confidence is one of the most important tasks. With confidence we can be vulnerable and extend ourselves for others. With confidence, there will be trust in the bounty of the universe and no fear of failure. With a true Zen sensibility—being confident any time, any place, under any circumstance—we are most likely to know what to do and when to do it. This confidence develops from within. Through continual practice, we can experience more and more often our authentically true and



*Continued on page 7*





## A PROPER PILGRIMAGE, *continued from page 6*

confident self-nature. By sitting quietly and focusing on breath or mantra or koan, not attaching to thoughts and feelings, emptying mind and opening heart, we discover who we really are.

In the incident we are examining, Linchi (Rinzai) gives us his lived experience of the Diamond Sutra passage, of “killing” the reliance on concepts and external authority and of acting with confidence. The case begins when he arrives at the grave of Bodhidharma where there is also a memorial to Shakyamuni Buddha. He is on pilgrimage. The purpose of his pilgrimage is to requite the beneficence of the Dharma. At this stage in his career, he has completed his training with Huangpo (Obaku). It was customary in those days for one who had completed training to go on pilgrimage to revered shrines and to visit other masters in order to polish one’s insights.

So, he arrives at the memorial to Bodhidharma and Shakyamuni. The temple priest, the keeper of the memorial, thinking this is just a mere visitor to the grave, asks whether Linchi (Rinzai) would like to pay his respects first to the Buddha or first to the Patriarch (Bodhidharma). The temple priest has incense and water ready and is asking to which memorial Linchi (Rinzai) wants to bow and pay his respects first. He sees only the human form of a sentient being named Linchi (Rinzai). He does not realize that the person who has come is also the True Person of No Rank, the True One with No Name. He does not see that Mu has arrived, *already united with the Buddha and the Patriarch.*

Linchi (Rinzai) replies that he will bow neither to the Buddha nor to the Patriarch. Since the temple priest is still functioning at the dualistic level of form, he does not understand. So, he asks his question about a grudge. How would you respond to Linchi (Rinzai) at that point? How would you respond to the temple priest? As soon as the Linchi (Rinzai) realizes the temple priest’s

state of mind, he flourishes his sleeves as a sign of dismissal and departs. Even though it appears that he has acted quite rudely, from a Zen perspective he is not at all being disrespectful. At that time his state of mind was Buddha himself, nothing superfluous, nothing lacking; Bodhidharma himself, nothing superfluous, nothing lacking.

He was presenting that which has no beginning and no end, the Mu that existed even before the creation of the universe, even prior to heaven and earth. Buddha had come to Buddha’s memorial tower. Bodhidharma had come to Bodhidharma’s memorial tower. Thus, he could say to the temple priest, “Neither the Buddha nor the Patriarch.”

This was his pilgrimage, the ever *living* Buddha and the ever *living* patriarch, and this is the way to respect and to requite the bountiful goodness of the Dharma.

To requite the beneficence of the Dharma is to realize *just this*, to become *just this*. In doing so, we realize as well that all composite things, all created beings, including you and me, are like a dream, a fantasy, a bubble and a shadow, like a dewdrop and a flash of lightning. We are the transient expressions of an inexhaustible and eternal reality. So, to realize both form and emptiness and to actualize them as one each day—mindfully, carefully, cheerfully, with wisdom and compassion—is the best way for us as well to requite the Dharma.

Please savor Linchi’s (Rinzai) example. ⚡





**PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR) APRIL 12 – 14, 2019**

This retreat will be held at Our Lady of Guadalupe Trappist Abbey, Lafayette, Oregon. Timed with Palm Sunday, it is an opportunity to deepen your contemplative practice by sitting intimately with the experience of Holy Week. Leonard Marcel will lead our retreat, sit with us, present a talk and offer interviews. He has studied both Zen and Christian Contemplation for more than 35 years, and has been teaching since 1996.

The retreat will begin with supper at 6:00 p.m. on Friday, April 12th, and continue all day Saturday. It will end before mass on Palm Sunday, April 14th, although retreatants are invited to attend the Palm Sunday Mass.

This retreat integrates most of the monastic liturgies into our schedule – from Lauds and Mass (6:30 a.m.), through the Day Hour (12:30 p.m.), Vespers (5:30 p.m.), and Compline (7:30 p.m.). Vigils (4:15 a.m.) is optional. Our normal sitting schedule will begin at 6:00 a.m. and conclude at 9:00 p.m.

The Abbey's guest facilities limit overnight attendance to 8 people. Each retreatant will have one of the two private rooms in a guest unit, the two sharing a toilet and shower. Bed and bath linens are provided. Meals are prepared by the monks; the fare is vegetarian, simple, and balanced. If you are staying at the Abbey, please arrive well before 6:00 p.m. on Friday night in order to check in and get your room assignment at the Porter's Lodge.

Contemplation periods will be conducted in Bethany House, which is big enough to seat about 20 of us, as well as the few monks who will sometimes join us. This means that 10 to 12 additional retreatants can be accommodated as commuters who have a place to sleep outside the monastery and who will provide their own (brown bag) meals. Commuters are expected to attend all sitting periods.

While there is plentiful sitting equipment on hand at Bethany House, you may wish to bring your own to be sure you have what you need or prefer. Dark, layered clothing is right for this occasion. Distracting jewelry and perfumes are not.

The total fee for the 8 overnights is \$190 for Seven Thunders members, \$220 for non members. The commuter fee is \$80. Fees are payable in full with your registration. Should you need to cancel, all but \$30 will be refunded for cancellation requests received by retreat coordinator on or before March 29; half the fee (\$95/\$40) will be refunded if received by April 5; no refund in the last week before the retreat. Partial scholarships are available to Seven Thunders members. Registrations will be made in the order of postmark dates, alphabetically by last name



within each date. When the 8 overnights places have been filled, all but three of the remaining registration applications and fee payments will be returned. The three applicants will be notified of their status and, if desired, held on the waiting list. A similar process applies to those who choose to register as commuters.

Please contact retreat coordinator Kailyn Kent at [kailyn.kent@gmail.com](mailto:kailyn.kent@gmail.com) with any questions and for details on where to return the completed form below with your check. Alternatively, you may e-mail your registration to the retreat coordinator and pay the fee online at [SevenThunders.org](http://SevenThunders.org) (Click on the 'Contribute' tab and follow the donation process, leaving a note in the last window saying that this is your CIR fee payment.)

Please note: since the rooms will be available, the Abbey invites any 8 of us to stay on another night (Sunday night) and leave the next morning by 10 a.m.; Sunday supper and Monday breakfast included for \$35 total. This opportunity is available to retreat commuters as well as overnights. ⚡

**REGISTRATION FORM**

**PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR) APRIL 12 – 14, 2019**

- I wish to register as a full-time overnight guest of the abbey (deposit required)
- I wish to register as a day commuter (full fee required)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Special needs \_\_\_\_\_

- I commit to participating fully in the entire schedule of formal group contemplation.

- Full payment of \$220 enclosed
- \$190 (Seven Thunders members)
- Commuter fee of \$80 enclosed

Donation for Scholarships \$ \_\_\_\_\_

Request a Scholarship of \$ \_\_\_\_\_

- I wish to reserve a room for Sunday night, April 14, and will pay then.





**CONTEMPLATIVE INTENSIVE RETREAT (CIR) JUNE 27 - 30, 2019**

The retreat will be held at Our Lady of Guadalupe Trappist Abbey, Lafayette, Oregon. Sr Joan Saalfeld, SNJM, will lead our retreat, sit with us, present talks and offer interviews. Sr Joan is a member of the Sisters of the Holy Names of Jesus and Mary currently living and working in Portland, Oregon. She has studied and practiced Zen and Contemplation for 35 years, first with Robert Aitken, then with Fr Willigis Jaeger, OSB, and most recently with Fr Pat Hawk, C.Ss.R., who encouraged her to teach in CIRs.

The retreat will begin with supper at 6:00 p.m. Thursday, June 27, continue all day Friday and Saturday, and end with lunch on Sunday (about 1 p.m.), June 30. Please arrive well before 6:00 p.m. Thursday, check in, and get your room assignment at the Porter's Lodge.

This CIR integrates most of the monastic liturgies into our schedule – from Lauds and Mass (6:30 a.m.), through the Day Hour (12:30 p.m.), Vespers (5:30 p.m.), and Compline (7:30 p.m.). Vigils (4:15 a.m.) is optional. Our normal sitting schedule will begin at 6:00 a.m. and conclude at 9:00 p.m. All retreatants must commit to participating fully in the entire schedule of group sittings.

The Abbey's guest facilities limit overnight attendance to 8 people. Each retreatant will have one of the two private rooms in a guest unit, the two sharing a toilet and shower. Bed

and bath linens are provided. Meals are prepared by the monks; the fare is vegetarian, simple, and balanced.

We will sit together in the meditation hall in Bethany House, which is big enough to seat about 20 of us, as well as the few monks who will sometimes join us. This means that 10 to 12 additional retreatants can be accommodated as commuters who have a place to sleep outside the monastery and who will provide their own (brown bag) meals.

While there is plentiful sitting equipment on hand at Bethany House, you may wish to bring your own to be sure you have what you need or prefer. Dark, layered clothing is right for this occasion. Distracting jewelry and perfumes are not.

The total fee for the 8 overnights is \$280 for Seven Thunders members, and \$310 for non members. Commuter fee is \$120. Fees are payable in full with your registration. Should you need to cancel, all but \$30 will be refunded for cancellation requests received by retreat coordinator on or before June 13; half the fee (\$140/\$60) will be refunded if received by June 20; no refund in the last week before the retreat. Partial scholarships are available to Seven Thunders members. Registrations will be made in the order of postmark

dates, alphabetically by last name within each date. When the 8 overnights places have been filled, all but three of the remaining registration applications and fee payments will be returned. The three applicants will be notified of their status and, if desired, held on the waiting list. A similar process applies to those who choose to register as commuters.

Please contact retreat registrar **Jenny Brausch** at [livinggreen@comcast.net](mailto:livinggreen@comcast.net) with any questions. Please send the completed form with your check to: **Jenny Brausch, P.O. Box 3119, Albany OR 97321**. Alternatively, you may e-mail your registration to her and pay the fee online at **SevenThunders.org** (Click on the 'Contribute' tab and follow the donation process, leaving a note in the last window saying that this is your CIR fee payment.)

Please note: since the rooms will be available, the Abbey invites any 8 of us to stay on another night (Sunday night) and leave the next morning by 10 a.m.; Sunday supper and Monday breakfast included for \$35 total. This opportunity is available to retreat commuters as well as overnights. ⚡



**REGISTRATION FORM  
CONTEMPLATIVE INTENSIVE RETREAT (CIR) JUNE 27 - 30, 2019**

- I wish to register as a full-time overnight guest of the abbey (deposit required)
- I wish to register as a day commuter (full fee required)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Special needs \_\_\_\_\_

I commit to participating fully in the entire schedule of formal group contemplation.

- Full payment of \$310 enclosed
- \$280 (Seven Thunders members)
- \$120 commuter fee
- Donation for Scholarships \$ \_\_\_\_\_
- Request a Scholarship of \$ \_\_\_\_\_
- I wish to reserve a room for Sunday night, June 30, and will pay then.



**SUMMER SESSHIN AT STONES AND CLOUDS ZENDO JULY 9 – 13, 2019**

The 2019 Seven Thunders Zen Summer Sesshin will be held at the Stones and Clouds Zendo in Lake Oswego, OR, from Tuesday, July 9, at 5 p.m. until Saturday morning July 13, at 10 a.m.. Sesshin will be led by Leonard Marcel. Registration deadline is June 20. Registrations will be accepted on a first come basis. As this sesshin is usually well subscribed, early registration and payment is encouraged. Part-time attendance will be possible.

Space is limited to a maximum of 16. Additional applicants will be wait-listed in case of cancellations. Sesshin fee is \$180 for Seven Thunders members, \$210 for non-members, and includes all meals (vegetarian). The extra \$30 of the non-member fee will be applied to your Seven Thunders membership, which then qualifies you for the member rate for all other Seven Thunders regular retreats and sesshin through the remainder of that calendar year. Should you need to cancel, all but \$30 will be refunded for cancellation requests received by retreat coordinator on or before June 25; half the fee (\$90) will be refunded if received by July 2; no refund in the last week before the retreat. You will receive a confirmation from the registrar.

If for any reason you find the full fee a barrier to attending, please check the box on the registration form requesting a "scholarship" or contact the registrar. Affordability need not be a deterrent to attendance. Full or partial scholarships are almost always available. Donations for such scholarships are both appreciated and tax-deductible.

This is a non-residential retreat. For non-commuter participants, information about local accommodations is available. Limited accommodations in members' homes may also be available. Information about local accommodations and carpooling will be sent to out-of-town registrants once availability is known.

As always, total silence will be observed for the entire sesshin. All attending are required to participate fully in the daily sitting and work schedule, including cleanup at the end of the retreat. You are asked to wear plain conservative clothing of dark or subdued color during sesshin. No shorts or sleeveless tops, please. Zabutons, zafus, low and high benches will be provided, but if you have a favorite zafu or bench (no chairs) please feel free to bring it.

To register for the retreat, complete this form and send it with your fee to retreat organizer and registrar: **Teresa Marcel, 1333 Skyland Drive. Lake Oswego, OR 97034.** Please make checks payable to **Seven Thunders.** Alternatively, you may e-mail your registration to the registrar ([tdmarcel@mac.com](mailto:tdmarcel@mac.com)) and pay the fee online at [SevenThunders.org](http://SevenThunders.org) (Click on the 'Contribute' tab and follow the donation process, leaving a note in the last window saying that this is your Summer sesshin fee payment.) Questions? Please contact Teresa Marcel at 503.636.9009 or [tdmarcel@mac.com](mailto:tdmarcel@mac.com) ⚡



**REGISTRATION FORM  
STONES & CLOUDS SUMMER SESSHIN, JULY 9 – 13, 2019**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Emergency contact name & Phone: \_\_\_\_\_  
[ ] Special dietary requirements: \_\_\_\_\_

[ ] I will bring my own zafu or bench. [ ] This is my first Seven Thunders Retreat.  
[ ] I will be able to provide accommodation for \_\_\_\_\_ people.

\_\_\_\_\_  
[ ] I enclose full payment of \$180 (the member rate).  
[ ] I enclose \$210, \$30 to be applied to my Seven Thunders member dues.  
[ ] I request a scholarship of \$ \_\_\_\_\_  
[ ] I enclose a donation of \$ \_\_\_\_\_

**Please make checks payable to Seven Thunders**