

SEVEN THUNDERS

newsletter

www.seventhunders.org



February 2020

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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.

THIS ISSUE IS DEDICATED TO BROTHER MARK FILUT, OCSO: 1934 - 2019



HOMILY FOR BROTHER MARK FILUT

by Abbot Peter McCarthy

(Given by Abbot Peter at the funeral Mass for Brother Mark on September 25, 2019)

Time after time I came to your gate with raised hands, asking for more and yet more.

You gave and gave, now in slow measure, now in sudden excess.

I took some, and some things I let drop; some lay heavy on my hands; some I made into playthings and broke them when tired; till the wrecks and the hoard of your gifts grew immense, hiding you, and the ceaseless expectation wore my heart out.

Take, oh take – has now become my cry.

Shatter all from this beggar's bowl: put out the lamp of the importunate watcher: hold my hands, raise me from the still-gathering heap of your gifts into the bare infinity of your uncrowded Presence.

My Brothers & Friends,

This poem – this prayer-poem – is from the well-known Bengali poet Rabindranath Tagore. In

1913 he became the first non-European to win the Nobel prize for Literature. But more significantly, for our purposes this morning, Tagore was a favorite wisdom figure of our (Br. Mark's & my)

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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 the remainder of this year and the first half of 2020:

- March 7, Sr. Joan Saalfeld
- April 4, Leonard Marcel (part of CIR)
- No First Saturday sitting in May
- June 6, Fr. Casey Bailey
- July 11, Leonard Marcel
- August 1, Sr. Joan Saalfeld
- September 12, Leonard Marcel
- October 3, Sr. Joan Saalfeld
- November 7, Leonard Marcel
- December 5, Fr. Casey Bailey

RETREAT SCHEDULE

- April 3-5 – Palm Sunday CIR at the Abbey, led by Leonard Marcel. Registration information on page 10.
- April 17-18 – Retreat in Bend, led by Leonard Marcel. More information on page 5.
- June 25-28– CIR at the Abbey, led by Sr. Joan Saalfeld. Registration information on page 11.
- July 14-18 – Zen sesshin at Stones and Clouds led by Leonard Marcel. Registration on page 12.
- December 3-8 – Zen Rohatsu sesshin at Stones and Clouds, led by Leonard Marcel. Registration information in a future 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. 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. Dates for 2020 are:

- February 15
- March 21
- September 19
- October 24 ✎

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.

■ 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

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 patriciam-harvey@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. ✎

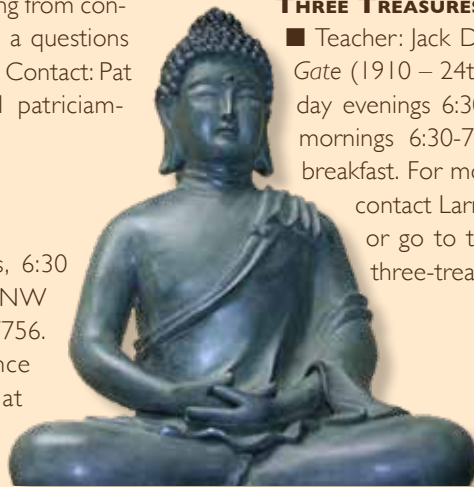
OTHER PACIFIC NORTHWEST DIAMOND SANGHA GROUPS

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.

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: NEW YEAR SANGHA

by Matthew McTigue

Seven Thunders has always been a community that supports growth toward a deepening spiritual awareness and appreciation of life. As incoming Board Co-President, it is in gratitude that I enter another year of participation and service in the spirit of Seven Thunders' mission. Whether you are new to Seven Thunders or have been with us over many seasons, our organization's board members, teachers and extended community welcome you to this new year of contemplative practice.



In the Zen poem "Winter Moon," Kokan Shiren beautifully shares:

*Opening the window at midnight, the night
air cold,
Garden and roof a gleaming white,
I go to the verandah, stretch out my hand to
scoop up some snow –
Didn't I know that moonlight won't make
a ball?*

One can hear the sharp insight tinged with the subtle melancholy that comes with such clarity. As we move into this new year and explore our practice during this winter season, we sit again and again with all the vicissitudes of life. 2020 is another year for each

of us to undergo change and welcome all the experiences and all the joys and sorrows that make up our lives.

We look outside during these winter months and we see the landscapes welcome the rain, the cedar trees welcome the morning mist, the mountains welcome the snow, and the moss-covered branches welcome the birds. This invitation extends to each of us, as our bodies welcome the breath of life. May we be reminded, just as Kokan Shiren discovered as he tried "to scoop up some snow," of our own jest-full inability to grab and hold on to anything. What a wonderful place to be! As we sit on a bench or chair at Our Lady of Guadalupe Abbey or a zafu at Stones and Clouds Zendo, may we patiently learn to re-

linquish our clinging, and simply be in community together.

I look forward to serving the community of Seven Thunders in collaboration with Co-President Greg Smith and our existing Board members who have graciously volunteered their time and care to support all that Seven Thunders has to offer. We welcome you into our community for deepening practice and a space for developing awareness for the gratefulness of this life. May the merits of our practice on and off the cushion continue to support all beings and all the gifts of this earth as we find a place of compassion, solace, goodwill and perseverance – making Seven Thunders a rich spiritual home for all of us. ⚡

FROM BROTHER MARK: ONE LAST TAKE...





ROHATSU SESSHIN 2019 AT STONES & CLOUDS

by Greg Smith

This year's Rohatsu Sesshin took place between Tuesday, December 3, and Sunday, December 8, the date associated with Gautama Buddha's birthday. Thirteen of us were in attendance, with people from Virginia and Washington State joining those of us who make our homes in Portland, Salem, and Corvallis. I didn't poll participants, but I'm guessing that if we were to add up the years of practice represented in this group, the number could well be between 200-300 or more. With that amount of "seasoning," the zendo settled into the energetic calm that zazen can sometimes bring.

Both Lee Ann Nail and Greg Smith joined Leonard in giving teishos and a dharma talk. It's good that our community has been around long enough for this kind of shared leadership to take place. Mike Seely as Tanto, Dan Dickinson as Ino, Jean-Luc Devis as Jisha, and Paul Birkeland as Jiki held the space for us all.

Even the weather was cooperative. Although the sky was generally gray and on occasion so foggy it was impossible to see beyond the upstairs windows, for all but one day, we were able to enjoy long kinhin outdoors. Teresa's meals, as always, were delecta-

ble with some onion soup that rivaled a memorable bowl I ate in a worker's café in Florence, Italy more than fifty years ago. And, ah, the final orchestral closing with umpan,

han, and densho bell – it felt as though the sky had opened with the umpan ringing and resonating in ways I'd never heard before, a new kind of thunder.

These times to sit with one another, breathing and smiling through the discomfort, are a blessing, linking us both to our practice and to one another in ways that can't be captured in words. Deep bows to all who make these times possible. ⚡



Left: left to right: Jean-Luc Devis, Katy Bain, Paul Birkeland, Dan Dickinson. **Above:** Standing, left to right: Josh Shindler, Greg Smith, Dan Dickinson, Céline Perrin, Mike Seely, Paul Birkeland, Lee Ann Nail, Jean-Luc Devis, Katy Bain, Ted Fontaine and Eric Roost. Seated: Teresa & Leonard Marcel.



ZAZENKAI & STUDY GROUP AT STONES & CLOUDS

Zazen are opportunities 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.

Stones & Clouds zazen dates for 2020 are: February 15, March 21, September 19, and October 24.

Zazen 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. Zabuton, 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 zazen, 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.

Zazen 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 or 503.636.9009 to reserve a place for Zazen, and for more information. ⚡

BEND RETREAT: APRIL 17 - 18

Our 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.

On October 11 and 12, fourteen attendees gathered at Higher Ground in Bend for last Fall's retreat. Two hours of sitting Friday evening were followed by a full day of sitting Saturday. All felt blessed by the encounter, the chance to interview with Leonard, and by his talks – always insightful. Lunch and perfect fall weather rounded out the day!

The next Bend retreat will take place April 17 – 18, 2020. To reserve a place, please contact Leanne Latterell at 541.923.7607 or email her at: leannelatterell@bend-broadband.com. ⚡



bove: left to right, behind Leonard: Leanne Latterell, Andrew Goldstein, Richard Lance, Tom Wykes, Joe Barrett, Marion Tripp, Rom Roberts, Chandra Smith, John Kvapil, Mary Oppenheimer, Bill Weaver, and Denise Fainberg. (Note: two people had to leave early, so are not in photo)



JANUARY CIR AT MARY'S WOODS

by Nancy Roberts

We met for dedicated time to sit, to pray, and to receive spiritual direction. We came away saturated with the writings of the mystics and steady practice. We prepared for meditation with Morning and Evening Prayer filled with the psalms and quotes from Mechtilde, Meister Eckart, Hildegard, Francis of Assisi, and John of the Cross.

While I can't write about the talks as well as they were spoken nor mention all of the main points, I'll share a few ideas that resonated for me. There were special insights for each of us. Sr. Joan spoke about how we can get in our own way in our practice and in everyday life. One talk started with "Well, of course, you're having thoughts" and then drew upon the wisdom of John of the Cross to reassure us and explain in another way what we're doing as we sit.

In the second talk, we reconsidered the meaning of kenosis as the ultimate act of Jesus emptying himself out and the attempts that we make to let go in order to be available for God's will. This talk was also filled with practical tips and helpful metaphors such as waiting for a train to pass while



Above: Standing, left to right: Edward Epifani, Nancy Roberts, Eric Roost, Helen Jackson, Beth Brenner, Caryl Thomas. Seated, left to right: Anna Lyons Roost, Sr. Sandra Lincoln, Sr. Joan Saalfeld, Barb Vandepas. Not pictured: Jenny Brausch.

looking between the cars, and being able to see through. Another insight was the meaning of "blessed are the poor in spirit," those who have emptied themselves in order to be open to God.

In her closing comments, Sr. Joan encouraged us again to sit daily, "because it's a practice." She recommended two authors that develop the theology and process behind the way we speak of spiritual practice from a Christian perspective in Seven Thunders. Please consider reading Richard Rohr's *The Universal Christ* and Martin Laird's books on contemplation.

BROTHER MARK: SHOWING UP

by Tom Davies

About four years ago I asked Br. Mark, after all of his years of dedication to monastic life and meditation, what was the most important thing for a student like myself. He said this: "You don't need to be perfect, you don't even need to get it right, but you need to keep showing up." I've thought about those words many times since then and have found them to be very helpful. They have helped me to refocus, especially in times of doubt. Thank you so much, Br. Mark, for your words and presence! ⚡

We walked the Mary's Woods campus between rain showers. We stayed in a beautiful place and ate delicious food that Teresa Marcel and Becky Smith had cooked for us. We are grateful for the work of Sr. Sandra as our food and kitchen manager and the setup and takedown by Ed Glad. How reassuring to hear Sr. Joan address what feels like our most idiotic questions about the practice and applying it to everyday life, and then to be kindly set straight and urged on. We are thankful that Sr. Joan shared her wisdom and experience in conferences and interviews. What a blessing to attend a 3-day retreat and be inspired as we continue the practice. ⚡





BROTHER MARK: FROM THE BEGINNING

by Leonard Marcel

Brother Mark was the face of the Trappist Abbey for countless lay people, and he introduced many of them to contemplative prayer practice, often inviting visitors to join one or another of his small groups in the upper room of 'E' building, sitting in a circle with a candle in the center, before Bethany House was built.

He was very interested in participating with and supporting lay people right from the start of Zen and contemplative practice coming to Oregon. The photo below, which Mark submitted to Pat Hawk's

65th birthday celebration, shows those who attended the first sesshin in Oregon conducted by Robert Aitken Roshi in 1978. Can you find Brother Mark? Abbot Bernard? Pat Hawk? Sister Joan?

Once Seven Thunders was formed and the First Saturday sittings moved to Bethany House, each month Mark diligently came early to set out the cushions, mats, chairs and coffee. He was quite devoted to this task and to our organization, so much so that, during the

last two years of his life, when he was no longer able to do this, he called me each month a few days before First Saturday to be sure arrangements had been made for setting things up.

Hardly anyone who knew him could escape being tickled by his delightful and, at times, wicked sense of humor; some examples of which appear in this issue. I once told him that for a cloistered monk he had access

to more cartoons, jokes and pieces of humor than most lay people I know. To which he replied with a sly grin and a twinkle in the eye, "I have my sources..."

I miss him already. Rest in peace. ⚡





HOMILY FOR BR. MARK, *continued from page 1*



Novice Master (later to be Abbot) Fr. Bernard. I must warn you...this memory goes back 45 years ago...this poem posted on our novitiate bulletin board and my standing next to Mark as we read it together... we were fascinated by the intense energy in the poem...I would even hazard we were attracted to the prayer...AND we didn't have a "clue" really what the poet was talking about! I look back on that shared *lectio*, all those years ago, and I see it now as a "defining moment" between us. What I truly mean by that statement only became clear to me over all these years between Mark's novitiate and Mark's funeral this morning.

Mark would be the first to tell you that he

was that type of personality that had an immense space within him which had no words. As he grew older it became more awkward and frustrating for him not to have a vocabulary to express this mysterious interiority so he tried desperately over the years through Progoff Journal workshops and Enneagram studies (among other tools) to become more familiar with his inner life. These efforts resulted only in a growing awareness of his utter poverty because nothing was able to touch the haunting, longing-emptiness at his soul. His increasing struggles with depression wove themselves around this inability to "find" an articulated meaning in it all. He would reflect - quite gently - on my growing frustra-

tion with his almost haiku-like responses to my simple question: "Mark, what is wrong?" "Peter, you think I'm hard to understand; you should see it from my side...I don't have a clue!"

I want to suggest this morning that our scripture readings for this funeral Mass and our Poet's Prayer offer us a very consoling clue into the life and longing of our beloved Br. Mark. We can begin with our Gospel setting from the 14th Chapter of John. The great scholar of our Rule of St. Benedict, (Fr. Adelbert De Vogue) tells us that this scene of the disciples gathered in an intimate circle around Jesus and listening to his words is the very archetypal-image of Benedict for his term *schola*, that is, his definition of a monastic community. Jesus said to his disciples:

Do not let your hearts be troubled.

You have faith in God; have faith also in me. In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? (John 14:1-2)

So, who is Jesus speaking to here? Fr. De Vogue would answer Jesus is speaking to the first monastic community. And who or what are these first disciples? They are, in the Poet's vocabulary, just like our Br. Mark, each one, *a beggar's bowl*.

Each one, according to his intimacy with Jesus, could echo the intense longing of our brother, Job: *my inmost being is consumed with longing.* (Job 19:27) From the very beginning of our gospel passage Jesus is consoling his most intimate disciples who are slowly discovering that in drawing close to Jesus they have become homeless beggars.

My sisters and brothers, anyone who has ever been in love will tell you that love at its most intimate is, first and last of all, wordless, a de-construction of my all too familiar self-reliance...it is embracing often in grief and deep darkness, the beggar's bowl that is my soul. This is the Pearl Beyond Price,

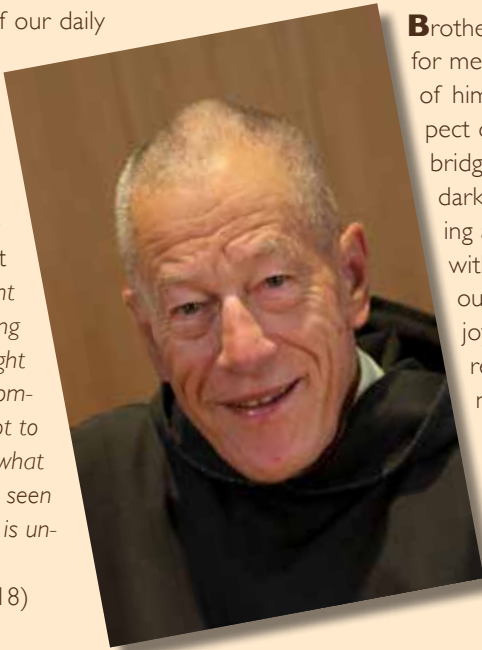
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HOMILY FOR BR. MARK,

continued from page 8

hidden in the field of our daily lives. Mature love will always lead us into the shadow of the Cross and it is under the shadow of the Cross that we pray with St. Paul that *this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal.* (2 Corinthians 4:17-18)



BROTHER MARK: HUMOR & INCENSE

by Mike Seely

Brother Mark's sense of humor, for me, is a cherished memory of him. It was an integral aspect of his dance in life, often bridging the light and the darkness reflected in his being and presence. He taught with it, and he was generous with it, revealing his joys and struggles. It also revealed his rebelliousness.

I fondly recall an early morning First Saturday encounter with him in Bethany House just after the Eucharist.

The moment I entered the building, I was met with a huge cloud of burning incense. I love incense; it signifies one's offered prayers and contemplation, but this seemed to denote a bonfire of prayers of great enormity.

Brother Mark appeared suddenly with a smile and shared with me that there was a new rule for Bethany House, "No Incense Allowed." To celebrate this new ordinance, Mark, an aficionado of all things incense, had placed many of his best sticks throughout the meeting room to honor the new rule. I have a lasting image of his smile while he led a one-man protest, an outright rebellion, saturated in pure joy. I never again experienced burning incense in Bethany House since that morning, but to this day I will always have this delightful memory our Brother Mark, the rebel! ⚡

The precious gift of Br. Mark's life among us was that he walked this de-construction of love as honestly, as awkwardly, and as authentically as he experienced it. His life, his way of dying, points to this Immense Mystery of Mercy waiting for us, within the beggar's bowl of our soul.

I end with these words from Mark's final journal; from his favorite pastor, Frederick Buechner:

**Listen to your life.
See it for the fathomless
mystery that it is.
In the boredom and pain of it,
no less than in the excitement and glad-
ness; touch, taste, smell your way to the
holy and hidden heart of it,
because in the last
analysis, all moments
are key moments, and
life itself is Grace.** ⚡

BROTHER MARK: CHORTLES & FLASHLIGHTS

by Roy Guptill

... **O**ne morning, I left home in time to join br. mark at his standard very early a.m. first sit of the day in Bethany House I was extra early this day and took a spot in the dark corner, near the double doors. He didn't know I was there, the only one there Entering through the cloister door, he whipped out his trusty flashlight to set the heat

A complete harbor of hush and stillness was shattered. He twisted his flashlight – the lid popped off, the spring shot out the batteries, the bulb, the lens, in every direction An instant hearty chortle erupted from his belly I thought to myself, I want what he's got ⚡

BROTHER MARK: GREETER & TEACHER

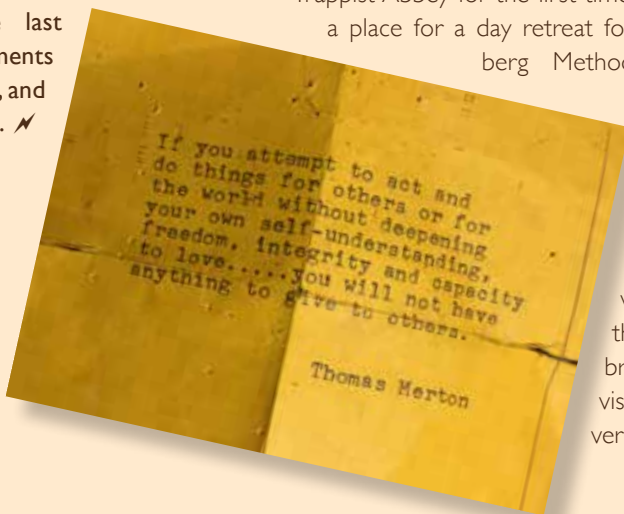
by Mary Malinsky

I met Brother Mark in 1980. I visited the Trappist Abbey for the first time looking for a place for a day retreat for our Newberg Methodist discussion group.

Brother Mark was the new greeter for guests. We went into the little library area to visit and his very first words

to me were "Tell me your story." No one had ever greeted me in this way and it felt so caring. I have never forgotten this and have shared it with others through the years.

I still have the little piece of paper with a Thomas Merton quote on it from a drawing he created for our first Methodist retreat. "If you attempt to act and do things for others or for the world without deepening your own self-understanding, freedom, integrity and capacity to love.....you will not have anything to give to others." I have carried it for 40 years. Brother Mark was always there for me. ⚡





**PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR)
APRIL 3 - 5, 2020**

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 3rd, and continue all day Saturday. It will end before mass on Palm Sunday, April 5th, 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. This retreat will incorporate the April first Saturday sitting from 9 a.m. until noon.

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 \$240 for Seven Thunders members, \$270 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 20; half the fee (\$120/\$40) will be refunded if received by March 27; 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 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

PALM SUNDAY CONTEMPLATIVE INTENSIVE RETREAT (CIR) APRIL 3 - 5, 2020

I wish to register as a full-time overnight guest of the abbey.

I wish to register as a day commuter.

Name: _____

Address: _____

Phone: _____ Email: _____

Special needs _____

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

Full payment of \$270 enclosed
 \$240 (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 5, and will pay then.



CONTEMPLATIVE INTENSIVE RETREAT (CIR) JUNE 25 - 28, 2020

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 25, continue all day Friday and Saturday, and end with lunch on Sunday (about 1 p.m.), June 28. 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 11; half the fee (\$140/\$60) will be refunded if received by June 18; 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 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 25 - 28, 2020**

- I wish to register as a full-time overnight guest of the abbey
- I wish to register as a day commuter

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 28, and will pay then.



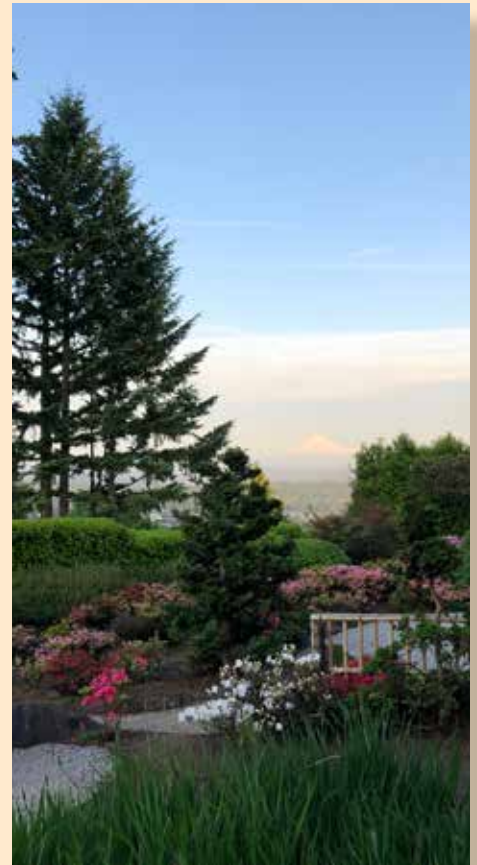
SUMMER SESSHIN AT STONES AND CLOUDS ZENDO JULY 14 - 18, 2020

The 2019 Seven Thunders Zen Summer Sesshin will be held at the Stones and Clouds Zendo in Lake Oswego, OR, from Tuesday, July 14, at 5 p.m. until Saturday morning July 18, 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 may be possible as attendance permits.

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.

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 can be applied to your Seven Thunders membership, should you choose to do so, which then qualifies you for the member rate for all other Seven Thunders regular retreats and sesshin through the remainder of the calendar year. Should you need to cancel, all but \$30 will be refunded for cancellation requests received by retreat coordinator on or before June 30; half the fee (\$90) will be refunded if received by July 7; no refund in the last week before the retreat. You will receive a confirmation from the registrar.

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) 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 Summer sesshin fee payment.) Questions? Please contact Teresa Marcel at 503.636.9009 or tdmarcel@mac.com



**REGISTRATION FORM
STONES & CLOUDS SUMMER SESSHIN, JULY 14 - 18, 2020**

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. please apply \$30 to my Seven Thunders member dues.

I request a scholarship of \$ _____

I enclose a donation of \$ _____

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 out-of-town 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.

Please make checks payable to Seven Thunders