Winter 2021

Virupa Educational Institute

at Sakya Monastery of Tibetan Buddhism

108 NW 83rd Street
Seattle, WA 98117
Tel: 206.789.2573
Website: www.sakya.org
Email: monastery@sakya.org

In this quarter’s catalog:

- Refuge ceremony from H.E. Avikrita Vajra Rinpoche
- Annual Kunrik ceremony
- Livestream Chenrezi practice Thursdays and Sundays
- Virtual Practice: Green Tara, Guru Puja, Tsok Kor and Calm Abiding meditation
- Nagarjuna’s Commentary on Bodhicitta teaching by Khenpo Jampa Rinpoche
- Six Essential Theories of Meditation teaching by Lama Kelsang
- Virtual Monday classes
- Dharma Poetry Circle

The Marici Fellowship:
- Allyship Program
- Book Club
- Big Winter Event
- Agents of Change
- Monthly Meal Service
- P-patch garden

Green Tara virtual practice October 1 & November 30
What Sakya Monastery Offers

From the foundation laid by His Holiness Jigdal Dagchen Sakya Dorje Chang (1929-2016), it is the aspiration of our Head Lama, His Eminence Avikrita Vajra Rinpoche, that Sakya Monastery continues to provide multiple pathways for all who are interested in studying and practicing the Buddhadharma.

Due to the current health guidelines concerning the Covid-19 virus we have temporarily moved many of our activities to a virtual format.

Via livestreaming and Zoom, we are offering live pujas, introductory and meditation classes, and special lectures and online community activities. This includes:

- Refuge Ceremony
- Annual Kunrik Ceremony
- Livestreamed Chenrezi Practice on Sundays and Thursdays
- Monthly pujas via Zoom
- Monday evening classes and Friday evening Calm Abiding via Zoom
- Special lectures from the Sakya Khöndungs and Sakya Monastery lamas
- Book clubs, poetry circle, and other community activities

Biographies of the Sakya Khöndungs, lamas and teachers can be found on pages 17-21.

Sakya Monastery’s Marici Fellowship is continuing many of its activities while maintaining recommended safety guidelines. Read about ongoing community outreach activities on the Marici Fellowship page of this catalog.


And of course, as always, we have many video and audio teachings and other valuable resources on our website. You might find lockdown to be a good time to explore these resources more in depth. You can learn more about them on the Internet Teachings page of this catalog.

Although all of these classes and pujas are freely offered, your donations are greatly appreciated and help in the care of Sakya Monastery, its teachers, and the continued offerings of the precious Dharma. Anyone who wishes to make a donation may do so at https://www.sakya.org/donate or by check at:

Sakya Monastery of Tibetan Buddhism
108 NW 83rd Street
Seattle, WA 98117

Though the Monastery plans to remain closed to the public at least through the end of the year, continue to check back often as we build our online offerings!

Yours in the Dharma,
Teresa Lamb
Taking refuge is the first step on the Buddhist path to enlightenment. Refuge is a ceremony during which a person formally becomes a Buddhist and receives a Dharma name. This differs from the passive refuge one receives at an initiation. All participants must register in advance. For more information or to sign-up, please email monastery@sakya.org.

The Significance of Taking Refuge  
Monday, January 18, 2020  
https://zoom.us/j/99441565790?pwd=QWJuS1hzc004endjSkJwbVc1V2thdz09

Life after Refuge  
Monday, February 1, 2020  
https://zoom.us/j/97237062074?pwd=eE9iN1ZhY3lZZjY3WHdKc2R1ZDRJQT09
11th Annual Kunrik Puja
Led by Khenpo Jampa Rinpoche

Saturday
February 27, 2021
9:00 am - 12:30 pm

The Kunrik Puja will be led by Dorje Loppon Khenpo Jampa Rinpoche, with participation from Lama Migmar, Lama Kelsang, Gen Tashi Nyima. The benefit of a Kunrik prayer service is a favorable rebirth (in the human realm for continued Dharma practice) for those who have passed away. For those who are sick, it removes obstacles. The service will include a Sur practice, which benefits those who have passed away by facilitating their passage through the bardo, purging attachment to objects and helping them to achieve harmony with local deities, nagas, and formless spirits.

This year, the Kunrik service will not be open to the public. However, all are welcome to submit the names and photos of loved ones (including pets and other sentient beings) who are sick or have passed away. Photos and names can be submitted via email at monastery@sakya.org.
During these difficult times, we are offering special teachings, as their schedules permit, from His Eminence Avikrita Vajra Rinpoche, His Eminence Abhaya Vajra Rinpoche, and His Eminence Asanga Vajra Rinpoche. Members can watch these talks together at 7pm on select Thursday evenings (Seattle local time). Recordings are online for everyone to enjoy shortly after.

Teachings are scheduled on an ongoing basis. If you’re a current Monastery member, keep an eye out for email announcements at the beginning of the week.

Recordings can all be found on the Monastery’s YouTube page! Links to teachings we have offered so far are listed below.

Aspiration for Success  
H.E. Avikrita Rinpoche  
https://youtu.be/vvzIugIjVnQ

Being Present with Pain and Loss  
H.E. Avikrita Rinpoche  
https://youtu.be/buTyjyXdglc

Elucidating The Tenet Systems of Buddhist Philosophy  
H.E. Abhaya Rinpoche  
https://youtu.be/GEnvAyp8nqs

The Essence of the Mahayana, part 1  
H.E. Avikrita Rinpoche  
https://youtu.be/p1AnBiNyuTg

Parting from the Four Attachments: Mind Training, part 1  
H.E. Asanga Rinpoche  
https://youtu.be/PiOScgEo_uq

These videos and more can all be found at the Sakya Monastery YouTube channel:  
https://www.youtube.com/SakyaMonastery
Nagarjuna’s Commentary on Bodhicitta
Teaching by Khenpo Jampa Rinpoche

Part 1: Sunday, December 13
Part 2: Sunday, January 24
Part 3: Sunday, February 21

Time: 1:00pm
Zoom: https://zoom.us/j/93584975857?pwd=VjVDcHi6ZzZkVkhZjJ0J3NhZjJ0ZjU9
Meeting ID: 935 8497 5857
Passcode: 565419

With Chinese and English translation

There is no class fee, but donations are accepted

Nagarjuna’s Commentary on Bodhicitta is a presentation of the two bodhicittas, conventional and ultimate. Verse by verse Nagarjuna presents the philosophical views of reality by non-Buddhist and other Buddhist schools, identifying their assertions and showing their flaws, leading the student to the highest philosophical view, the Madhyamika. Nagarjuna then presents many approaches to realize the emptiness of the person and of the aggregates, focusing especially on the emptiness of the mind. He then gives an explanation of the two truths followed by a presentation of interdependence, the king of reasonings. Finally, he explains the need to develop conventional bodhicitta, the wish to attain buddhahood for the sake of all sentient beings. Although the Commentary on Bodhicitta is a short text, it covers the philosophical views of many schools and is very rich in meaning.
The Indian mahasiddha Avadhutipa was a non-Buddhist King that was subdued and converted by the mahasiddha Damarupa. The king took up the practice of the Buddhist religion. Animal sacrifice in the kingdom was stopped, and Avadhutipa renounced his kingdom and practiced a path free from extremes. He is famous for transmitting the Lamdre teachings to the Indian Pandita Gayadhara. Avadhutipa is 6th in the list of lineage teachers.

Lama Kelsang will give a teaching on these theories of meditation and developing concentration described by mahasiddha Avadhutipa. This short text illustrates these six theories with six examples.
We are broadcasting some of our regular practices via livestreaming and Zoom meetings so that you can still participate from home.

When using Zoom, there are a few things to keep in mind:

- Keep your mic muted unless you are speaking to the group
- Use the chat feature to have side conversations or to ask a question
- Remember the Buddha’s teaching on Right Speech and be caring and respectful during the chat

All times listed are in Seattle local time, which is Pacific Time. Please make sure to check against your local time zone. (Keep in mind that daylight saving ends November 1st.)

**Virtual Practices**

**Sunday Chenrezi**
Sundays, 10:00am
Livestream: [https://www.sakya.org/live-streaming-video](https://www.sakya.org/live-streaming-video)

Sunday Chenrezi meditation is being livestreamed every week for all who wish to participate remotely.

English chanting led by H.H. Jigdal Dagchen Dorje Chang’s son, H.E. Sadu Vajra Sakya Rinpoche. Tibetan chanting led by Khenpo Jampa Rinpoche and Sakya Monastery lamas.

**Thursday Chenrezi**
Thursdays, 7:30pm
Zoom: [https://zoom.us/j/97395966263?pwd=OTJXNmZYREZwTWIzWlphMnFPSFpyZz09](https://zoom.us/j/97395966263?pwd=OTJXNmZYREZwTWIzWlphMnFPSFpyZz09)
Meeting ID: 973 9596 6263
Password: 973 9596 6263

Thursday Chenrezi meditation is being livestreamed for all who wish to participate remotely. English chanting led by H.H. Jigdal Dagchen Dorje Chang’s son, H.E. Zaya Vajra Sakya Rinpoche. Tibetan chanting led by Khenpo Jampa Rinpoche and Sakya Monastery lamas.

(Chenrezi may be canceled in the event of other pujas. Please check the calendar for the complete schedule. [https://www.sakya.org/calendar](https://www.sakya.org/calendar))
Virtual Practices

Calm Abiding

Fridays, 7:00pm
Zoom: https://zoom.us/j/96561045202?pwd=MUVBZ0Q0VlNaalkxa0Z3dHd6aWZKUT09
Meeting ID: 965 6104 5202
Password: 48086

(Calm Abiding may be canceled in the event of other pujas. Please check the calendar for the complete schedule. https://www.sakya.org/calendar)

Within Tibetan Buddhism, there are various mindfulness techniques and practices to help us understand our minds, achieve happiness, and attain enlightenment. An excellent meditation practice for beginners is Calm Abiding Meditation.

There are many techniques for practicing Calm Abiding Meditation. One of the main techniques is to sit quietly, be aware of one's mind, and observe the flow of arising and passing thoughts. Through your practice, you can increase your awareness of your body, your thoughts, and your inner emotions. Increase your mindfulness and further your understanding of the nature of happiness and suffering.

Calm Abiding is being held every week over Zoom. Anyone, new or experienced, is invited to join.

Important Tip!

As so much communication moves online during this time, it’s important to remember to regularly check your email spam folder for important information you may be missing. The Monastery sends many event announcements via email and we wouldn’t want you to miss out!

Check your spam folder every few days, and if you see messages that were incorrectly flagged, make sure to mark them as not spam and move them back to your inbox. This will help your email provider learn what you do and don’t want to receive, so that in the future you’ll be sure not to miss important things.

We do our best not to email you too often, but if you feel like you are getting too many emails, you can always unsubscribe via the link at the bottom of the email, or by replying to let us know.
## Virtual Practices
### Monthly Pujas & Holy Days

Dates may be subject to changes; please consult the online calendar for the latest schedule:

https://www.sakya.org/calendar/

<table>
<thead>
<tr>
<th>Date</th>
<th>Practice</th>
<th>Time</th>
<th>Link</th>
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<tbody>
<tr>
<td>December 1</td>
<td>Medicine Buddha</td>
<td>7:30PM</td>
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<td>February 2</td>
<td>Medicine Buddha</td>
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<tr>
<td>February 4</td>
<td>Guru Puja</td>
<td>7:30PM</td>
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<tr>
<td>February 22</td>
<td>Tsok Kor</td>
<td>7:30PM</td>
<td><a href="https://zoom.us/j/99826599206">https://zoom.us/j/99826599206</a> pwd: 006774</td>
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</tbody>
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(In lieu of tangible offerings, monetary donations are accepted at www.sakya.org/donate)
Date: Monday, January 4  
Time: 7:00-8:30 pm  
Facilitator: Murray Gordon & Stephanie Prince  
Zoom: https://zoom.us/j/99516066935?pwd=aUlhb29vbFJFcW5vYXVuQm9jaXErQT09  
Meeting ID: 995 1606 6935  
Password: 011996

Class Outline:  
Short refuge prayer  
Warm-up  
Sharing our writing  
Short dedication of merit prayer

Please join for another session of poetry and other literary items. In this ZOOM meeting, we will begin with a short warm-up (five minutes) after which attendees will have the opportunity to read their work. If you don't have your own work, please bring a poem or two by someone else that inspires you.

The poems should be oriented to Dharma topics and thoughts such as nature of mind, praises, homages, themes focusing on the Buddha Dharma and our experiences in the Dharma.
Select classes are moving to Zoom on Monday nights! Some classes are from our previous Sunday morning series, and others are special topics. To join, just go to the link at the stated time, or enter the meeting ID in your Zoom application.

Registration is not required and all classes are free, but donations to support the efforts of our teachers are always welcome. [https://www.sakya.org/donate](https://www.sakya.org/donate)

All times listed are in Seattle local time, which is Pacific Time. Please make sure to check against your local time zone. (Keep in mind that daylight saving ends November 1st.)

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**THE HEART SUTRA – BASIC OVERVIEW ON EMPTINESS**

**Time:** 7:00 – 8:30 pm  
**Instructor:** Chris Rebholz  
**Zoom:** [https://zoom.us/j/96780170646?pwd=SmZGMXllSmJoUKVtUXNlNjlvNkRaQT09](https://zoom.us/j/96780170646?pwd=SmZGMXllSmJoUKVtUXNlNjlvNkRaQT09)  
**Meeting ID:** 967 8017 0646  
**Password:** 033538

Emptiness is one of the most important, but hardest to understand philosophical concepts in Tibetan Buddhism. When you understand emptiness, you understand the features of an enlightened mind. In this class, you will receive an explanation of emptiness and how to discover, understand, and realize it.

**Readings:**  
- Essence of the Heart Sutra by the Dalai Lama;  
- The Heart Sutra by Geshe Sonam Rinchen

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**UNDERSTANDING THE SUNDAY CHENREZI PRACTICE (AN OCEAN OF COMPASSION)**

**Time:** 7:00 – 8:30 pm  
**Instructor:** Laura Ellis  
**Zoom:** [https://zoom.us/j/99133943964?pwd=UGVUQTgwSDFnOVBMNjHemRiYVZQZz09](https://zoom.us/j/99133943964?pwd=UGVUQTgwSDFnOVBMNjHemRiYVZQZz09)  
**Meeting ID:** 991 3394 3964  
**Password:** 542595

In this class, we will go page by page through the Sunday morning Chenrezi practice book, An Ocean of Compassion: Meditation on Chenrezi. We will explain the meaning of the text, the visualizations, and the hand gestures (mudras) that should be used in each section.

Chenrezi is the key spiritual practice at Sakya Monastery and blesses us to become kinder and more compassionate, certainly a worthy and noble goal. You can become enlightened by doing just this one spiritual practice.
Jan 4

**DHARMA POETRY CIRCLE**

Time: 7:00 – 8:30 pm  
Instructor: Murray Gordon  
Zoom: https://zoom.us/j/99516066935?pwd=aUlhb29vbFIcW5vYXVuQm9jaXErQT09  
Meeting ID: 995 1606 6935  
Password: 011996  

This session will be devoted to reading poetry and meditation. The poems should be oriented to Dharma topics and thoughts such as nature of mind, praises, homages, themes focusing on the Buddha Dharma and our experiences in the Dharma. People are welcomed to bring 2-3 original poems or a favorite poem or two from the Buddhist literature. Everyone is welcome to read and/or listen.

Jan 11

**COMPASSION IN ACTION - THE MARICI FELLOWSHIP**

Time: 7:00 – 8:30 pm  
Instructor: Teresa Lamb  
Zoom: https://zoom.us/j/95797119710?pwd=WllUVHgyM3ZkWTU5UXBBeE5McUwxUT09  
Meeting ID: 957 9711 9710  
Password: 344942  

The Marici Fellowship is the Community Outreach program here at Sakya Monastery. Created by His Eminence Avikrita Rinpoche as a way for sangha members to build compassionate connections with people in our community, we help provide hope and assistance for those who need it most.

Jan 18

**SIGNIFICANCE OF TAKING REFUGE**

Time: 7:00 – 8:30 pm  
Instructor: Ron Hogan  
Zoom: https://zoom.us/j/99441565790?pwd=QWJuS1hz004endjSklwbVc1V2thedz09  
Meeting ID: 994 4156 5790  
Password: 836217  

When you decide that Tibetan Buddhism is your spiritual path, it is time to take Refuge. We strongly recommend that you take this class before taking the Refuge ceremony. In this class, you will learn the true meaning of Refuge and the Three Jewels. The Refuge Ceremony will be explained so you can understand the meaning and relevance of the ceremony to you.  

H.E. Avikrita Vajra Rinpoche will bestow refuge via Zoom on Sunday, January 24 at 9am. Please contact the office at monastery@sakya.org if you would like to participate.

Recommended reading: *Taking Refuge: A Teaching on Entering the Buddhist Path* by Khenpo Karthar Rinpoche

Jan 25

**SAKya MONASTERY OVERVIEW AND ORIENTATION**

Time: 7:00 – 8:15pm  
Instructor: Chuck Pettis  
Zoom: https://zoom.us/j/94654918290?pwd=cjN4MmE1d2U2WgwTktSdm8rcU5QQT09  
Meeting ID: 946 5491 8290  
Password: 091959  

This class is a great introduction and overview of Sakya Monastery of Tibetan Buddhism. In 75 minutes, we will give you an overview of Sakya Monastery, Tibetan Buddhist philosophy and beliefs, and the variety of spiritual practices taught and practiced at Sakya Monastery. You will learn 4 simple, but effective calm abiding meditation practices in this class.
LIFE AFTER REFUGE
Time: 7:00 – 8:30 pm
Instructor: Ron Hogan
Zoom: https://zoom.us/j/97237062074?pwd=eE9iN1ZhY3lZZjY3WHIkZzR1ZDRlQT09
Meeting ID: 972 3706 2074
Password: 694873

Open to those who have already taken Refuge

What do you do once you have taken refuge? To help with questions like these, we will be offering a regularly scheduled “Life After Refuge” discussion group. The aim is to hold informal discussions on beginning your new spiritual path. This will be scheduled during the week following a Refuge ceremony. Comments from past attendees:

“This class was much needed after taking refuge.”
“Excellent follow-up to refuge.”

THE ART OF DYING - WHAT HAPPENS WHEN WE DIE AND HOW SHOULD WE PREPARE?
Time: 7:00 – 8:30 pm
Instructor: Chuck Pettis
Zoom: https://zoom.us/j/93859926843?pwd=TmhrckZvajhTZ28wVXNKTVJSczVGQT09
Meeting ID: 938 5992 6843
Password: 619044

Life is impermanent – we will all die. When you die, what happens? How can you prepare for the moment of death and the time between dying and rebirth?

Tibetan Buddhism is very specific about what happens after you die and what you should do before, during, and after your death. This class will explain the six Bardos and what you can do in each Bardo to maximize chances of attaining enlightenment or a favorable rebirth. This class will help students understand the importance of the spiritual practices taught by H.H. Jigdal Dagchen Dorje Chang and the benefits we receive when entering the bardos of the After-Life.

Most Tibetan Buddhist texts on the subject of dying are difficult reads or esoteric. This class simplifies the six Bardos down to their essence in a way that is understandable and, more importantly, actionable. Because the Bardos of the After-Life are very visual, the presentation will include a color PowerPoint presentation.

Recommended Reading

These are not theoretical philosophical lectures. They boil down the high level teachings to practical, actionable, and illustrated instruction manuals.

INTRODUCTION TO NEXT OF KIN GUIDE
Time: 7:00 – 8:30 pm
Instructor: Laura Ellis
Zoom: https://zoom.us/j/97751687296?pwd=Z3BpRFgyMUJRZEFZIblhucU5lSHd0QT09
Meeting ID: 977 5168 7296
Password: 826542

Under the guidance of H.H. Jigdal Dagchen Sakya Dorje Chang, volunteers from the Next of Kin Committee assembled a packet of information to assist Tibetan Buddhist practitioners in deciding their end-of-life wishes. We will discuss what prayers can be requested for the time of death, how to handle the body according to Tibetan Buddhist protocols, what legal forms need to be filled out prior to death, and how to make arrangements with your Next of Kin to have your end of life wishes fulfilled.
BEGINNING BUDDHISM BOOK STUDY

We are happy to announce a new Dharma book discussion class! The group will discuss a variety of books over time. Look out every quarter for what book we’ll be reading. The book study group is open to all who are interested.

This Winter:
Fundamentals of Tibetan Buddhism
by Rebecca McClen Novick

Date: Sundays
November 29, 2020-January 3, 2021
Time: 4:30pm PT
Led by Ron Hogan
If interested, contact monastery@sakya.org

You can purchase the book at many online booksellers, including:
Amazon: https://www.amazon.com/
Fundamentals-Tibetan-Buddhism-Rebecca-Novick/dp/0895949539
Local bookstores: https://bookshop.org/books/fundamentals-oftibetan-buddhism/9780895949530

These 6 weekly sessions are especially oriented toward the beginning Buddhist practitioner and those who would like to review and deepen their knowledge of these fundamental ideas. Together we will go through these elements that are key to understanding Tibetan Buddhism and building a strong foundation for our individual practices.

“In Tibetan, the word for Buddhist means “insider”—someone who looks not to the world but to themselves for peace and happiness. The basic premise of Buddhism is that all suffering, however real it may seem, is the product of our own minds. Rebecca Novick’s concise history of Buddhism and her explanations of the Four Noble Truths, Wheel of Life, Karma, the path of the Bodhisattva, and the four schools help us understand Tibetan Buddhism as a religion or philosophy, and more important, as a way of experiencing the world.”

This book discussion group is free to join, however support through Dana/donations is greatly appreciated. Donations go toward Sakya Monastery’s continued efforts to offer a variety of virtual Dharma teachings as well as the support of our resident lamas.
**Practice Support**

**INTERNET TEACHINGS**

Did you know there are many teachings on our website from H.H. Jigdal Dagchen Dorje Chang and others? We encourage everyone to visit our website and listen to these recordings. These are an invaluable source of support and inspiration for one’s own practice.

There is a lot to explore, so here are some places to start:

**Video**
If you are looking for videos, start from our homepage www.sakya.org and head to Resources > Videos. Here you can find:

- **Live Streaming:** This is where you can come to find Sunday Chenrezi ever week, as well as any other special events that we decide to livestream.
- **Video Archive:** Here are videos from H.E. Avikrita Rinpoche on a variety of subjects, as well as two documentaries about H.H Jigdal Dagchen Sakya and the founding of Sakya Monastery.
- Many more videos featuring H.E. Avikrita Rinpoche, H.E. Dagmo Kusho, and others can be found at the Monastery’s **Youtube page** at [www.youtube.com/SakyaMonastery](http://www.youtube.com/SakyaMonastery)

**Audio**
To find audio recordings, go to Resources > Downloads > Lecture Recordings (or visit [www.sakya.org/2011/07/lecture-recordings](http://www.sakya.org/2011/07/lecture-recordings))

Dozens of lectures dating back to 2006 cover an array of topics from beginner to advanced. There are lectures from H.H. Jigdal Dagchen Sakya and other members of the Phuntsok Phodrang, as well as Sakya Monastery resident lamas and guest speakers.

**Print**
If you would like printed teachings, visit Resources > Downloads (or visit [www.sakya.org/downloads](http://www.sakya.org/downloads))

You can also peruse the current edition of the **Sakya Chronicles**, which contains many articles about our events during the past year, at Resources > Downloads > Sakya Chronicles (or visit [www.sakya.org/2009/11/sakya-chronicles](http://www.sakya.org/2009/11/sakya-chronicles))
The Marici Fellowship

The Marici Fellowship is the Community Outreach program of Sakya Monastery. Inspired by the great compassion of his Grandfather, His Holiness Jigdal Dagchen Sakya Dorje Chang, and as desire to build on the foundation he created, His Eminence Avikrita Rinpoche founded the Marici Fellowship. This is a program to serve as a platform for “Putting the Dharma into action for the benefit of all” as a way for sangha members to build compassionate connections with people in the local community, as well as connecting with others doing outreach with Marici Fellowship around the world. The Goal...providing hope and assistance for those who need it most.

Marici Fellowship offers monthly meals to local tent cities and other underhoused communities on third Sundays. They also run a community garden in Wedgwood. If you are interested in volunteering for any of these activities, please contact info@marici-fellowship.org

Join the Fellowship
If you are interested in being a part of our Fellowship practice in the community, please contact the program coordinators by emailing marici@sakya.org. To find more background information and a list of current activities, go to the Marici Fellowship webpage: https://marici-fellowship.org/ We also offer “Compassion in Action” class as part of our Sunday morning series - see schedule for next class time.

“What makes the Marici Fellowship unique from regular charitable endeavors is that we are not simply sacrificing some free time and funds to provide material welfare out of mere sympathy and solidarity; we are putting the Dharma into practice for our own and others’ temporal and spiritual well-being. In other words, our work is not a separate pursuit from the Dharma but an integral part of it.” - H.E. Avikrita Rinpoche
The Marici Fellowship Allyship Program

looking inward, unlearning biases, growing our humanity.

The Marici Fellowship at Sakya Monastery has, since its creation, provided ways for all of us to take our practice off the cushion and actively extend compassion out into the community. Because of current events spotlighting injustices happening to our friends in BIPOC (Black, Indigenous, People of Color) communities all around us. We see that we need to support these communities, to stand beside them, to become allies to them. So we have created the Marici Fellowship Allyship Program.

The Marici Fellowship Allyship Program focuses on the understanding that although we may acquire racist or discriminatory tendencies, and these may have become part of our conditioning, it is not our true nature. Our inherent condition is our Buddha Nature, compassion and non-violence. Knowing this, the goal of the Allyship Program is to provide tools to draw from, to build awareness, and to make it possible to live by non-violence and compassion, our universal way of being. In this way becoming true allies and a genuine part of creating the changes that need to be made.

To read more about the Allyship Program and to explore some resources we have compiled, visit https://marici-fellowship.org/allyship/

Current events and programs:

♦ **Book Club Series**: The Marici Fellowship is proud to host meetings to help foster meaningful discussions on a host of topics. Most recently they are reading *How to Be an Antiracist* by Ibram X. Kendi. This book club is ongoing and open to all that are interested in joining the discussion.

♦ **Agents of Change**: The Agents of Change is a young adult group (ages 16-24) dealing with what is happening in the world today, connecting through discussion and dharma practices with guidance from H. E. Avikrita Vajra Sakya.

♦ **More to come!** For a current schedule of events and programs, visit https://marici-fellowship.org/coming-events/
As part of The Marici Fellowship Allyship Program, the new young adults group, **Agents of Change**, is now forming!

A young adult group for ages 16-24 centered around dealing with what is happening in the world today, connecting through discussion and dharma practices with guidance from H.E. Avikrita Vajra Sakya.

**Group meets via Zoom**
every other Monday 6:30 - 8:00pm  
December 28; January 11, 25; February 8, 22  
Led by Joshua Crouch and Colin Lamb  
To join, email info@marici-fellowship.org

Under the Guidance of H.E. Avikrita Vajra Sakya Rinpoche we connect our dharma practices with these issues, so as individuals we can become independent of those ideas and become the embodiment of the change we want to see in the world.

The group will start by reading Ibram X Kendi's *How to be an Antiracist*, followed by other great books and resources.
4TH CARING BY SHARING
“WARM NIGHTS” SLEEPING

Help us say goodbye to 2020 and begin the New Year with compassion by bringing warmth to those in need!

THE GOAL

To provide 200 sleeping bags to underhoused and homeless communities in Seattle and surrounding areas.

Donations will be accepted from now through January 6 at https://marici-fellowship.org/caring-by-sharing.

A donation of $30 provides one sleeping bag to someone in need.

Once our goal is reached, funds will be directed to other essential items.

Donations will be distributed on January 9 by Marici volunteers.

The Plan this Winter

The Caring by Sharing Event is very different this Winter due to COVID concerns. Rather than gathering a large group of volunteers to meet, shop, pack, prepare food and deliver items for the event, we will have a smaller group of dedicated volunteers that will be working with minimum contact to each other, as well as those we wish to serve.

We are greatly saddened this year that we are unable to make the personal connections Marici Fellowship usually makes between the volunteers and with the communities we serve, but for this event our focus must be on helping get crucial needs met. We all await the return to our normal events in the future.

On January 9th 2021 The Marici Fellowship will be providing Sleeping Bags to 200 people who have found themselves living outside in the cold this winter.

Special focus will also be placed on Tiny House village underhoused communities, where the more immediate need is food. We will be organizing Food drops to help fill their pantries in these locations: Ballard, Magnolia and Georgetown.
CALLING ALL COOKS!

We are looking for cooks to join the Marici Fellowship cooking team!

Each month the Marici Fellowship serves food to those in need around our community in Seattle. We provide prepared meals for the homeless and those housed in tiny home communities. We are currently looking for more volunteers who are able to prepare and package meals at home that can be distributed to those in need.

If you are interested in joining, please contact info@marici-fellowship.org

What kinds of recipes are typically made?
A typical meal might be wraps, salads, casseroles, or other meals which are easy to prepare in large amounts and easy to divide up. If you go to the Marici website’s blog, you can see pictures of meals being cooked during past events. https://marici-fellowship.org/blog/

How many servings would I be preparing?
Most meals are usually made to serve approximately 30 people. However, if you don’t have the capacity to prepare that volume of food, you can talk to other volunteers about splitting cooking duty for the month between two or three people. You are joining a team, and everyone works together!

How often would I be expected to cook?
The Marici Fellowship prepares meals once per month, and cooking duty rotates. You can cook however often you feel comfortable doing so.

What if I want to help, but I’m worried about my cooking skills?
You’ll be provided with a recipe to follow, and the meals are typically simple to make. However, if aren’t comfortable cooking but still want to help out, contact info@marici-fellowship.org for other ways to contribute!

Do I have to buy all the ingredients?
You will shop for all the necessary ingredients, but the Marici Fellowship will reimburse all costs.

Again, if you’d like to join in preparing monthly meals, please email info@marici-fellowship.org. Thank you all for your support!
His Holiness Jigdal Dagchen Sakya Dorje Chang (1929 - 2016) was born in Tibet in and was the head of the Phuntsok Podrang of the Khön lineage of the Sakya family until his Parinirvana on May 5, 2016. He continued the great Sakya lineage which began with Khon Konechok Gyalo (1034—1102). He received teachings of the unbroken Khön lineage, the Sakya Vajrakilaya, the Hvaajra and the complete Lamdre Tsogshe, from his father, H.H. Trichen Ngawang Thutop Wangchuk, the last Sakya throne holder in Tibet. He also studied with many other great Buddhist teachers, including Dzongsar Khyentse Jamyang Chökyi Lodrö and Dilgo Khyentse Robsal Dawa.

In 1960, H.H. Dagchen Rinpoche was invited to work on a University of Washington research project on Tibetan civilization which was sponsored by the Rockefeller Foundation. At the request of students, he co-founded with H.E. Dezhung Rinpoche the Sakya Tegchen Choling, a center for the study of Tibetan Buddhism and culture. In 1984, the center became known as Sakya Monastery of Tibetan Buddhism.

For the purpose of the preservation of Tibetan culture and religion, Rinpoche oversaw the religious activities and administration of the center/Monastery since its inception. Rinpoche placed a great emphasis on education. The Virupa Educational Institute is devoted to the study of Tibetan Buddhism, Buddhism in general, religions, cultures, and sciences from around the world. Non-sectarianism and education were major components to Rinpoche’s teaching, in keeping with the beliefs of his root lamas.

Rinpoche regularly led meditations, gave teachings and initiations, conducted Refuge ceremonies in which people formally become Buddhists, and held special services upon request such as house blessings, shrine blessings, consecrating religious objects, marriages, baby blessings, divination, and healing to subdue negativity. Rinpoche regularly traveled to teach in Asia, Europe, Canada, and throughout the United States.

His Eminence Khöndung Avikrita Vajra Sakya, the Head Lama of the Sakya Phuntsok Phodrang and Head Lama of Sakya Monastery, was born in Seattle on May 26, 1993, the elder son of H.E. Khöndung Zaya Vajra and Dagmo Lhanze Youden. At the age of six, he began his training in India to follow in the footsteps of his noble Khön forebears. Since that time, he has received an uninterrupted stream of transmissions and teachings from his grandfather His Holiness Jigdal Dagchen Sakya (1929-2016), including the Lamdre Tsogshay, from his paternal grand-uncle His Holiness the Sakya Trichen including the Lamdre Lobshe, and from many high Lamas of the Sakya tradition.

Having mastered the intricate rituals of the Sakya lineage, completed meditation retreats, and presided as Vajra Master of the annual Vajrakilaya ceremony in Ghoom, Darjeeling, H.E. Avikrita Sakya enrolled in 2010 at Dzongsar Institute of Higher Buddhist Philosophy and Research. There he is successfully building on his extensive learning in the BuddhaDharma with a program of study and dialectics to gain proficiency in the classic treatises of the Sakya philosophical tradition, where he gained distinction in the classic treatises of the Sakya philosophical tradition and has been an instructor in recent years. In addition, H.E. Avikrita Rinpoche is the founder of the International Marici Fellowship, and the Bhadracarya Foundation with its Annual Festival in Lumbini, Nepal. For more than a decade, H.E. Avikrita Sakya has been sharing his rich Dharma teachings with warmth, clarity, and wisdom around the world.

He is now the author of the book *Wake Up to What Matters* from Shambhala Publications.
Biographies

His Eminence Khöndung Abhaya Vajra Sakya, the younger son of H.E. Zaya Vajra Sakya and Dagmo Lhanze Youden, was born in Seattle in 1997. At the age of 11, he joined his brother H.E. Avikrita Vajra Rinpoche in India to pursue his education in the Sakya tradition. At the age of 12, he expressed his strong wish to receive monastic ordination. He received his monastic vows from H.E. Luding Khenchen Rinpoche in an ordination ceremony witnessed by H.E. Luding Khenshon Rinpoche, H.E. Khangsar Shabdrung Rinpoche, Ven. Antro Tulku and the Abbot of the Sakya Vajrayana College, Khenpo Kon-chog Gyaltsen, at the Ngor Luding Ladrang in Manduwa, India. He has devotedly studied the Tibetan Buddhist rituals, literature and grammar, and has received teachings from his late grandfather H.H. Jigdal Dagchen Sakya Dorje Chang, his paternal grand-uncle H.H. the Sakya Trichen, H.E. Luding Khenchen, and other high Lamas of the Sakya tradition. On February 18, 2019, the Auspicious occasion of the 15th day of the 1st month on the lunar calendar, 2146 Female Earth Pig. H.E. Khöndung Abhaya Rinpoche took the Holy vows of a ordained Gelong (Bhikkhu) monk. H.E. Luding Khenchen Rinpoche led the auspicious historical event at the Sacred Meditation Garden facing the Bodhgaya Main Stupa. Currently, H.E. Abhaya Rinpoche studies at Dzongsar Institute of Higher Buddhist Philosophy and Research.

His Eminence Khöndung Asanga Vajra Sakya Rinpoche is the son of H.E. Khöndung Ani Vajra Sakya Rinpoche, the second son of the Phuntsok Phodrang family and Dagmo Chimey. He is also the grandson of H.H. Jigdal Dagchen Sakya Dorje Chang and therefore a direct descendent of the unbroken Khon lineage which dates back to 1073. H.E. Asanga Rinpoche is also the grandson of H.E. Garje Khamtul Rinpoche, a highly realized and accomplished Nyingma master on his mother’s side. H.E. Asanga Rinpoche was born on May 1, 1999 in Seattle, Washington. In April of 2005, at the age of five and in accordance with his wish, H.E. Asanga Rinpoche left the comforts of home and family in Seattle, Washington, to begin his new life to study and train at the Tharlam Monastery in Boudhanath, Nepal. In 2007, he received the Lamdre Tsogshay teaching from his late paternal grandfather, H.H. Dagchen Rinpoche. The following year, H.E. Asanga Rinpoche received the Lamdre Lobshey teachings from his paternal grand-uncle H.H. Sakya Trichen Rinpoche. He has also received many other very important empowerments, teachings and religious instructions from other great masters such as H.H. the Dalai Lama, H.H. the 42nd Sakya Trizin Rinpoche, H.E. Khondung Gyana Vajra Rinpoche, H.E. Chogy Trichen, H.E. Luding Khenchen Rinpoche, H.E. Jetsun Chimey Luding, H.E. Khenchen Appay Rinpoche as well as from his maternal grandfather H.E. Garje Khamtul Rinpoche. In 2011, H.E. Asanga Rinpoche successfully passed his examination on the Vajrakilaya puja and rituals with a perfect score and was also the youngest lineage holder in exile to have successfully undertaken the rigorous preparation and examination. Since 2013, H.E. Asanga Rinpoche has been studying under the private tutelage of the most Venerable Khenchen Gyatso Rinpoche, the former principal of the Sakya College and other carefully selected learned and accomplished teachers and scholars at the Sakya College for Nuns in Dehradun, India. While continuing his studies in India, he is also the Head Lama of Sakya Vietnam (Tsechen Shiday Choling) in Ho Chi Minh City, Vietnam, and the Head Lama of Guru Sakya Monastery in Ghoom, Darjeeling, India.

Her Eminence Dagyum Kusho Sakya, also known as H.E. Dagmo Kusho, was born in Kham, Eastern Tibet. As the niece of one of the most highly realized Sakya Masters of the twentieth century, H.E. Dezhung Rinpoche III, her training in Buddhist practice began at an early age. She has received extensive teachings and empowerments from many great lamas of all four schools of Tibetan Buddhism throughout her lifetime. Dagyum Kusho is the wife of H.H. Jigdal Dagchen Sakya Dorje Chang of the Khon lineage, a Head Lama of the Sakya order of Tibetan Buddhism. She is currently the Acting Head Lama of the Sakya Monastery of Tibetan Buddhism in Seattle, Washington. Dagyum Kusho specializes in Tara empowerments, practices, and teachings, and has many students throughout the world.

23
Ven. Khenpo Jampa Rinpoche comes to us from the Dzongsar Institute in North India, where he taught and served as library director for many years. He received his Degree of Acharya after nine years of study and graduated from Dzongsar University with a Ph.D. in philosophy. Following his 13 years of study, he was ordained an Abbott (Khenpo) in 2004 by His Holiness the Dalai Lama. He spent seventeen years studying with his main teacher, H.E. Khenchen Kunga Wangchuk. He also spent three years of silent retreat in Tibet. He has received empowerments from all four schools of Tibetan Buddhism and from many great masters including H.H. the Dalai Lama, H.H. Sakya Trichen, H.H. Dagchen Sakya Dorje Chang Rinpoche, H.H. Karmapa, and H.E. Dzongsar Khyentse. He now teaches intermediate and advanced level classes on Buddhist philosophy, sutra and highest yoga tantra all over the world. He is also the founder and president of Tibetan Education Foundation, as well as the former president (2014-15) of the International Association of Non-sectarian Tibetan Religious Traditions (IANTRT) of North America. Additionally, he is the President (2017-19) of the North America Sakya Monlam World Peace Foundation.

Ven. Lama Migmar was born in Kham (eastern Tibet) and studied Dharma at Kyegu Monastery, the largest and oldest Sakya monastery in the Kham region. He trained extensively in both sculpture and painting, and completed many deity retreats. He was the primary disciple of his master Lobsang Thugje from 1987 to 1993; his master created the statues in His Holiness the Dalai Lama’s residence in Dharamsala. Lama Migmar's work is featured in Kagyu, Nyingma, and Sakya monasteries throughout Kham; one monastery contains over 100 of his Shitro deity statues. He has lived in India, Nepal and Malaysia, and created extensive artwork in those locations. He came to Sakya Monastery in 2007, and is Sakya Monastery's resident artist. He has recently completed a thangka of the Sakya Lamdre lineage. Currently he is working on other Buddhist paintings and can be commissioned to create thangkas, statues, and deity masks for Buddhist practitioners.

Ven. Lama Kelsang was born in 1980. In his early twenties, he entered Sakya College in Dehradhun, India, where he took monastic vows. There, he studied Buddhist philosophy for five years. During those years, he also received empowerments and teachings from H.H Dalai Lama, H.H Sakya Trichen Rinpoche, H.E Luding Khen Rinpoche, H.E Thartse Khenpo, and Khenchen Kunga Wangchok. He next went to Nepal's Tharlam Monastery and completed a Manjushri retreat for three months. He received the Lamdre from H.H. Jigdal Dachen Dorje Chang in 2007. He was appointed as a tutor to H.E Asanga Rinpoche, a position he held from 2008 until 2012. After 2012, he did a three year retreat. He has completed five times the requisite one-hundred thousand accumulations for the preliminary practices (ngondro) and has also completed the preliminary and main practice of Luminous Great Perfection, and the ritual practices of the Longchen Nyingtik tradition. He has lived at Sakya Monastery since 2017.
Biographies

Bryanna Anadilla started practicing Tibetan Buddhism in 2013 in central Washington where she grew up. She moved to Seattle in 2017 and joined Sakya Monastery. She speaks fluent Spanish and has assisted visitors at the Monastery. She recently joined Marici Fellowship and the Dharma Youth Group program to help spread compassion, love and joy. She has worked in medicine with developmental disabilities, special needs, and mental illness, along with teaching in early childhood programs. She is most appreciative of all the teachers and Lamas at the Monastery and hopes to continue seeing growth and productivity for more years to come!

Adrienne Chan is the Co-Executive Director of Sakya Monastery and an editor of the VEI Calendars and other in-house publications.

Joshua Crouch began attending Sakya shortly after arriving in Seattle in 2015 and has become increasingly involved in various volunteer programs since. He helps out at the Dharma Youth Group program, is a member of the Marici Fellowship, and can be found most Saturdays Caring for the Monastery. As a dancer, he was trained at the Martha Graham School of Contemporary Dance in NY, served as manager for the only Fletcher Pilates Educational Center in the PNW, has lectured for Dance Educators Association of America (WA), and serves as a substitute instructor at Cornish College of the Arts. He has received teaching and initiations in three of the four schools of Tibetan Buddhism (with an emphasis on Sakya), previously studied Chogye (Korean) Buddhism and Nichiren, and is a participating member of the Northwest Dharma Association.

Greg Davenport has mostly lived in the Seattle area for the last 25 years, since graduating from the University of Puget Sound in Tacoma. He has worked in the field of energy efficiency for much of the last nine years. Greg first learned about meditation on Friday nights at Sakya Monastery in 2008. Since then, he has practiced in the Theravadan and Vajrayana tradition. In 2015, Greg travelled to Asia and spent most of the year in Tokyo and Nepal. While in Nepal, Greg was able to go on a long meditation retreat. He was in Nepal during the 2015 earthquake and stayed after to help with the recovery. Greg lives with his partner and her daughter in Shoreline and has one son.

Eric Dulberg has been a Buddhist since 1975. When he moved to Seattle in the 1990s, he became a member of Sakya Monastery. He began to teach literary Tibetan in 2008. During the past 20 years, he has studied Tibetan with both Tibetan and Western teachers of the Tibetan language. Eric's professional background includes a BS in physics and an MPH and DrPH in epidemiology.

Laura Ellis has been a student of H.H. Jigdal Dagchen Dorje Chang and H.E. Dagmo Kusho Sakya since 2002. She currently chairs the Monastery’s Next of Kin Committee, a group which supports Buddhist practitioners in planning for and fulfilling their Buddhist end-of-life wishes. She is co-Secretary on the Sakya Monastery Board of Advisors, and coordinates Sunday Chenrezi omzes and Sunday tea volunteers.

Virginia Hassinger is a student of H.H. Jigdal Dagchen Dorje Chang, H.E. Dagyum Kusho and Geshe Jamyang Tsultrim. Her son, Alden Moore, has benefited greatly from the kindness and wisdom of previous Sakya Monastery Children's Dharma School teachers. Virginia has taught meditation to residents of Ryther Child Center's in-patient chemical dependency treatment program for several years. She works for Seattle Parks and Recreation as a capital project manager.

Ken Hockett is one of the senior Dharma students at Sakya. After much reading and study, he took refuge before H.H. Jigdal Dagchen Sakya in 1977. His principal interest is in the Mind Training methods and has been teaching these at Sakya Monastery for over 15 years. Having received teachings and initiations from Lamas of all four schools of Tibetan Buddhism, his main teachers are of the Sakya and Nyingma traditions. He has also produced many of the practice texts used at Sakya Monastery.

Ron Hogan is a Counselor and Massage Therapist with a lifelong interest in body-mind and spiritual practices. He has been responsible for the Sunday morning Shitro practice and the weekday morning Ngondro practice since 2008.
Colin Lamb is an active volunteer for the Marici Fellowship Program and member of Sakya Monastery of Tibetan Buddhism. Colin created and led a mindfulness committee to provide regular meditation for students of his high school. He also participates in Social Justice educational programs centered around Food justice, Racial Justice and environmental restoration.

Teresa Lamb feels extremely grateful and blessed to be a student of His Holiness Jigdral Dagchen Sakya Dorje Chang and His Eminence Avikrita Rinpoche. She has been an active member and volunteer of Sakya Monastery since 2005. Currently she is involved in the Marici Fellowship, is Education Chair for the board of Advisors.

Dennis Oliver has been at Sakya monastery since 1986; taking refuge with H.H. Jigdal Dagchen Dorje Chang in 1988. Currently he is Program Manager at the Monastery. He has studied Buddhism and Tibetan Language at the University of Washington and with many Lamas and teachers.

Ngakpa Tashi Paljor began studying with H.H. Jigdal Dagchen Dorje Chang in 1977, and in his attempt to understand the teachings of the Buddha, joined Rinpoche in Pilgrimage in 2003 and Lamdre in 2007. He has taken teachings from many of the great Lamas of the 20th century and has been practicing Buddhism since 1972.

Chuck Pettis is a student of H.H. Jigdal Dagchen Dorje Chang; Co-Executive Director of Sakya Monastery; and founder of Earth Sanctuary (www.earthsanctuary.org), Sakya Monastery’s Retreat Center. He developed Tibet Tech Prayer Wheels under the direction of H.H. Jigdal Dagchen Dorje Chang, available at www.tibetech.com. He is President of BrandSolutions, a leading brand consulting firm (www.brand-solutions.com).

Stephanie Prince has studied and practiced Buddhism in the Tibetan tradition for more than 40 years and holds a B.A. in Comparative Religion from the University of Washington. She has received teachings and major initiations in the four major schools of Tibetan Buddhism, including the Sakya LamDre (Path with its Fruit), both the Lamdre Tsogshay and the Lamdre Lobshay. She has taught on general Buddhism and has guided Buddhist ritual classes at Sakya Monastery of Tibetan Buddhism. She also serves as a Buddhadharma mentor and VEI catalog editor.

Chris Rebholz has been a member of Sakya Monastery since 2006. She is still trying to wake up.

Ven. Lekshay Sangpo studied Zen Buddhism for 20 years before becoming a Tibetan Buddhist practitioner in 1994, after seeing H.H. The Dalai Lama. He is a student of H.H. Dagchen Rinpoche (d. 2016). He received his novice vows in 2001 and full ordination (Bhikhu) vows in 2005, from H.E. Chogy Trichen Rinpoche (d. 2007) in Nepal. From 2000 until 2015, he lived and taught monks at Tharlam Monastery in Nepal half time. Now he is living mostly in Seattle doing volunteer work, visiting Nepal for a few months each year.

Jeffrey Schoening (Upasaka) holds a PhD in Buddhist Studies and is a longtime member and interpreter at Sakya Monastery of Tibetan Buddhism. Jeff is the author of The Shalistamba Sutra and its Indian Commentaries (Vienna 1995), a two-volume study of teachings on dependent arising. He served as a health care chaplain at Swedish Medical Center and Northwest Kidney Center and is currently a private practice spiritual director.

Gillian Teichert joined Sakya Monastery in 1994 and serves as its Treasurer. She assists in editing in-house publications and helps run the Sakya Monastery shop.
# Sakya Monastery of Tibetan Buddhism

## January 2021

(last updated 12/15) Subject to change, please check [www.sakya.org](http://www.sakya.org)

**Sakya Monastery Shop hours**

Sundays from 10:00 am – 1:00 pm

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<td>Shitro Practice @ home</td>
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<td>16 Arhat Puja @ home</td>
<td>7pm Dharma Poetry Circle (Gordon) (hosted via Zoom)</td>
<td>7:30 pm Guru Puja (Tibetan) (hosted via Zoom)</td>
<td>7pm The Way of The Bodhisattva (Gen Pema Sherpa)</td>
<td>7:30 pm Chenrez</td>
<td>7pm Calm Abiding (hosted via Zoom)</td>
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<td>10am Chenrezi @ home (with livestream)</td>
<td>4:30pm Fundamentals of Tibetan Buddhism book club</td>
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<td>6:30pm Agents of Change Young Adult Group</td>
<td>Mahakala @ home</td>
<td>White Tara @ home</td>
<td>7:30 pm Medicine Buddha (hosted via Zoom)</td>
<td>7pm The Way of The Bodhisattva (Gen Pema Sherpa)</td>
<td>7pm Calm Abiding (hosted via Zoom)</td>
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<td>10am Chenrezi and H.E. Abhaya Rinpoche’s birthday celebration @ home (with livestream)</td>
<td>7pm Compassion in Action (Lamb) (hosted via Zoom)</td>
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<td>7:30 pm Chenrez</td>
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<td>1pm Six Essential Theories of Meditation by Mahasiddha Avadhutipa (Lama Kelsang) (hosted via Zoom)</td>
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<td>7:30pm Members’ Meeting</td>
<td>7pm The Way of The Bodhisattva (Gen Pema Sherpa)</td>
<td>White Mahakala @ home</td>
<td>7pm Calm Abiding</td>
<td>7:30pm Tso Kor (hosted via Zoom)</td>
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<td>6:30pm Agents of Change Young Adult Group</td>
<td>7pm The Way of The Bodhisattva (Gen Pema Sherpa)</td>
<td>7:30 pm Green Tara (hosted via Zoom)</td>
<td>7pm Calm Abiding</td>
<td>6pm Refuge Ceremony (H.E. Avikrita Rinpoche) (hosted via Zoom)</td>
<td>7pm The Way of The Bodhisattva (Gen Pema Sherpa)</td>
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Sakya Monastery Shop hours
Sundays from 10:00 am – 1:00pm

Sakya Monastery of Tibetan Buddhism
February 2021 (last updated 12/15) Subject to change, please check www.sakya.org

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