



*A rural retreat
and practice center
in the foothills of
the North Cascades*



M O U N T A I N L A M P



*The true miracle is not walking on water
or walking in air,
but simply walking on this earth.*

Thich Nhat Hanh



OPEN HANDS, OPEN HEARTS

Mountain Lamp is a refuge, a place we go to touch the silence in our own hearts. We leave our busy lives behind and dedicate ourselves to the practice of living mindfully, one breath at a time. Our experience is enriched by the community we find there. Our teachers and fellow practitioners hold us steady with their devotion and kindness, pointing the way. The night hawks and horses and cedars, the moon rising behind blue mountains, the coyote hunkered down in the meadow—all walk the ancient path with us. With their companionship we meet our oldest fears and greet our deepest longings. We carry the stillness and sustenance of Mountain Lamp in our hearts when we go, for days or months or a lifetime.



...as intimate as rain, as breath.

Jack Duffy

THE SANGHA

Mountain Lamp is located on 115 acres of meadows, forests, and lakes at the foothills of the North Cascades. In little more than a decade it has grown to become a year-round Zen and mindfulness retreat and practice center—the first lay practice center in our tradition in the U.S.

With our noble silence and our labor we've laid the groundwork for the future of Mountain Lamp. We've dug latrines and built a hermitage. Cleared paths and planted seedlings. Held retreats in rain and snow and withering heat. Remodeled a kitchen. Upgraded the plumbing. Tripled the number of days of retreats and programs. And transformed a dusty garage into the beautiful Dharanimdhara Meditation Hall and surrounded it with gardens.

We have gotten here through the generosity and vision of dozens of people like you who have donated cash, equipment, ideas, skills, and thousands of hours of volunteer labor to make the vision real.

Now it's time to build on what we've begun.



Envision Mountain Lamp for generations to come.

Let's hold those who will be born seven generations from our own in our hearts.

Let's build for her, for him, for all who seek the Dharma long after we're gone.



VISION FOR THE FUTURE

Mountain Lamp is at a juncture. Inspired by the serenity of temples and monasteries in Asia, our teachers, Jack Duffy and Eileen Kiera, had the foresight to purchase the first parcel of land for Mountain Lamp in 1997 and over the years have made many generous contributions to building and maintaining its dwellings and infrastructure. With open hands and open hearts, they have willed the land to the Mountain Lamp Community, with the intention that its sacred ground become a spiritual home to those who practice the Buddha's path of healing and liberation in the years—and centuries—to come.

LAYING THE FOUNDATION FOR GENERATIONS TO COME

Mountain Lamp has grown and matured, and with it, its needs.

The goal now is to strengthen two aspects of the community:

- *physical infrastructure and*
- *governance*

The board of Mountain Lamp has identified four Next Steps that will improve the physical infrastructure and strengthen organizational governance to enable the community to move forward and accommodate practitioners of the Dharma.





The Cottage • Completion of improvements to the cottage will increase the number of indoor accommodations on-site to 22 beds, along with space for a library, office, and quarters for the temple keeper and our teachers for the next three to five years.

Retreats and programs • Expansion of the schedule of retreats and programs will create new opportunities for practice, particularly month-long retreats to deepen mindfulness, along with yoga, Zen and literature, family days, and Days of Remembrance.

Water • Improvements to the water system will be made to provide additional water for toilets, showers, the garden, laundry, and kitchens as retreats and programs continue to grow and more community members join us.

Governance • Employment of a part-time temple keeper to assist with administrative tasks, registration, and board governance will help to steady and focus our organizational growth; and new communications tools will enable us to keep in touch and reach new practitioners.

DONATIONS TO MOUNTAIN LAMP

Please consider making a gift to Mountain Lamp to help lay the foundation for the future. Small or large, your generosity will add to the energy and creativity of our beautiful and growing retreat center and help keep retreat fees affordable.

Cash is an easy and popular way to contribute. All cash contributions are tax deductible. Matching challenge gifts of \$1,000 or more can help inspire others to give.

Annual gifts enable us to better plan for the future. Five dollars or five hundred dollars, it's what keeps Mountain Lamp growing. Join Mountain Lamp's Circle of Friends with a pledge paid monthly or once a year.

Gift annuities, life insurance, wills, and bequests enable you to designate a portion of your estate—cash, real estate, investments, tangible personal property—for the long-term sustenance of Mountain Lamp.

Volunteer opportunities abound at Mountain Lamp. Building, gardening, planning, computers—let us know what you'd like to give and we'll match it with a need. Keep an eye on our Wish List on the website as well for current items that are at the top of the list.

Visit our website, email or call for more information about ways to give.

WWW.MOUNTAINLAMP.ORG

360-592-0600 • ML-INFO@MOUNTAINLAMP.ORG

A Mountain Lamp board member would be happy to discuss the options with you and your family.



*Dana is the spirit and act of generosity. . .
The very stars hold themselves on course through a mutual exchange of energy.*

Robert Aitken Roshi



*Please teach me
I am almost ready to learn
W. S. Merwin*



OUR TEACHERS

Eileen Kiera and Jack Duffy live in the mountains east of Bellingham, Washington, at Mountain Lamp.



Eileen received Lamp Transmission as a Dharma teacher in 1990 from the Ven. Thich Nhat Hanh and has spent the past 21 years teaching the Dharma. Over the years she has led retreats in the U.S., Mexico, Europe, and Australia. Her primary focus, however, is the support of lay Dharma practice in the Pacific Northwest. She is the founder and teacher of the Mindfulness Community of Puget Sound, based in Seattle, and cofounder, along with her husband Jack Duffy, of Mountain Lamp Community.



Jack was given permission to teach in 1992 by Robert Aitken Roshi. In 1997, with a formal ceremony in Seattle, he was made a dharma heir of Aitken Roshi, one of 5 in North America. Jack started practicing in 1972, was a student of Aitken Roshi from 1981, and has studied with Joan Rieck and Thich Nhat Hanh as well. He is the teacher for Three Treasures Sangha in Seattle, Zen Center of Spokane and the Zen Center of the Palouse in Moscow, Idaho. He brings his roles of spouse, father, and psychotherapist, along with years of endangered species work and wilderness wanderings, to his teaching.







*Not only friends and family members show us the way,
not only do Sangha members show us the way,
but you yourself, I myself, know the way.*

Step forth.

Robert Aitken Roshi



MOUNTAIN LAMP COMMUNITY



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