

# SHASTA ABBEY ETHICS REFUGE



## Contact Us:

Feel free to approach any Ethics Refuge member in person at Shasta Abbey

Email: [ethicssa@shastaabbey.org](mailto:ethicssa@shastaabbey.org)

When you send an email, you can specify if you want to talk to a specific Ethics Refuge member.

Mail:  
Ethics Refuge  
Shasta Abbey  
3724 Summit Drive  
Mount Shasta, CA 96067-9102  
USA

## Ethics Refuge Members



Anne Johnson



Marty Sochet



Rev. Allard Kieres



Rev. Master Amanda Robertson



Rev. Vera Giordano



*"Wishing to avoid the burdens of secrecy."*

Offering a Dharma refuge to anyone who has an ethical concern within the Shasta Abbey Sangha.

Promoting  
trust,  
truthfulness  
and  
harmony  
within the  
fourfold sangha.

Anyone having a personal issue with a Refuge member may ask the Ethics Refuge to listen to their concerns without involvement of that member.

Refrain from harming.  
Do only good.  
Purify the Heart to benefit all beings.

Honor life.  
Refrain from killing.

Take only what is offered.  
Refrain from stealing.

Remember we are whole and complete.  
Refrain from coveting.

Be truthful.  
Refrain from lying.

Be clear and direct.  
Refrain from clouding the mind with delusion.

See the perfection.  
Refrain from speaking against others.

Cultivate humility.  
Refrain from being proud and devaluing others.

Practice generosity.  
Refrain from being stingy  
in giving either Dharma or wealth.

Create harmony.  
Refrain from anger.

Take refuge in Buddha, Dharma, and Sangha.  
Refrain from defaming the Three Treasures.



*I take Refuge in the Buddha.  
He found the cause and cure for suffering.*

*I take Refuge in the Dharma.  
It is the medicine to cure suffering.*

*I take Refuge in the Sangha.  
They are committed to freeing all beings  
from suffering.*

Guided by the Buddhist Precepts, the Ethics Refuge listens to concerns about disharmony within Shasta Abbey's lay and monastic Sangha.

## *How does this work?*

*-A concern is brought to an Ethics Refuge member.*

*-That member notifies the Ethics Refuge.*

*-The Refuge works with concerned parties reaching an agreement about how best to proceed towards a resolution.*

*-Every effort is made to preserve confidentiality.*

*Anyone with an ethical concern is encouraged to come forward rather than remain silent with an unresolved issue.*

