

## Friends of Shasta Abbey



AVALOKITESVARA

## About Shasta Abbey

Shasta Abbey, established in 1970 by the late Reverend Master Jiyu-Kennett, is a Buddhist monastery located on 16 acres of forested land in the mountains of northern California. It is a training monastery in the Serene Reflection Meditation tradition and a temple in the Order of Buddhist Contemplatives. The spiritual training for both the monks residing at the Abbey, and its lay congregation, is based on the practice of Serene Reflection Meditation, adherence to the Buddhist Precepts, mindfulness in daily life, and studying the Dharma. The monastery conducts a year-round schedule of retreats, Buddhist ceremonial festivals, and Dharma Talks. The monastery makes these offerings on the basis of Dana, the ancient Buddhist tradition of giving and receiving from heart to heart.



ALMS ROUNDS

## The Friends

The Friends of Shasta Abbey (FOSA) is a non-profit organization established by the lay Sangha to carry forward the ancient Buddhist tradition of interdependence between the monastic and lay communities.

In gratitude for the monks' generosity in offering the Dharma, we help provide skills and resources to support and enhance life at Shasta Abbey.

Our ultimate goal is to help one another in our Buddhist training, and to foster a training environment that benefits all beings.

## Dana

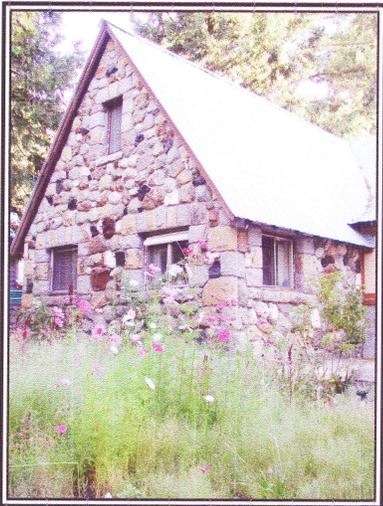
The practice of Dana dates back to the time of the Buddha. Dana is a Pali word that translates as generosity of spirit. The Buddha in his wisdom purposely set up a practice of direct



interchange and interdependence between monastics and the lay Sangha. In the spirit of Dana, no fees are charged at Shasta Abbey. And, in the spirit of Dana, the Friends of Shasta Abbey contributes revenue from its gift shop, and the kind donations of the lay Sangha to directly benefit the monastery. In this way, the monks, the Friends of Shasta Abbey, and the entire lay Sangha work together to support each other's spiritual training.

### **Shasta Abbey Buddhist Supplies Shop**

The Shasta Abbey Buddhist Supplies Shop, located at the Lotus House on the Monastery grounds, provides Dharma related publications, meditation supplies, and a variety of religious products. Proceeds from the sale of Buddhist supplies are donated to the Abbey both in the form of cash donations and as seed money for other projects. The Shop is open most Sundays after the Abbot's Dharma talk as well as during scheduled retreats, and by appointment.

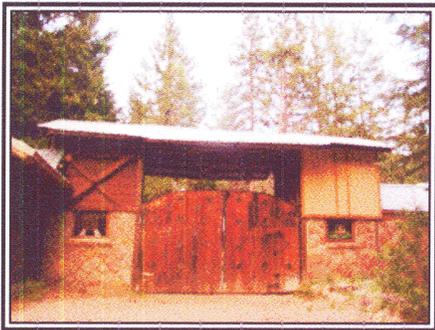


LOTUS HOUSE

FRIENDS OF SHASTA ABBEY, INC  
PO BOX 1163  
MOUNT SHASTA, CA 96067

## Completed Projects

- Financially supported the production of a cookbook, entitled *Cooking with a Gentle Heart*, based on our community's favorite vegetarian recipes
- Purchased/installed plumbing and heating pipes in the Vimalakirti Hall
- Used generous donations from the lay Sangha to purchase meditation screens
- Purchased framing materials and framed 100 Avalokitesvara prints for Abbey ceremonies
- Organized/participated in work days at the monastery
- Contributed to the new boiler in the Guest House
- Improved lighting in the monastery kitchen



MONKS MAIN GATE

## Ongoing and Future Projects

- Maintain and improve the facilities at the Buddhist Supplies Shop
- Improving energy efficiency at the monastery
- Continue organizing fund-raising events
- Establish an endowment fund to help support the monks in the future

- Expand libraries for Monks and lay Sangha



LOTUS HOUSE SHOP

## Ways to Participate

- Volunteer at the Shop by contacting Bob Johnson at [johnsonbb1524@sbcglobal.net](mailto:johnsonbb1524@sbcglobal.net)
- Join a committee or donate your time to an ongoing project
- Make a tax deductible donation toward any current or future project

If you have an interest in existing FOSA activities or a suggestion that is in the spirit of our mission, contact FOSA board president, Carol Jenkins at 530-926-1199 or mail to: [carol\\_jenkins@sbcglobal.net](mailto:carol_jenkins@sbcglobal.net)

For more information about Shasta Abbey, go to [shastaabbey.org](http://shastaabbey.org) or call the guestmaster at 530-926-4208.



FOSA BOARD