



# KADAMPA MEDITATION CENTER WASHINGTON

*A member of the New Kadampa Tradition - International Kadampa Buddhist Union*

December 7, 2020

Dear Friends of Kadampa Meditation Center Washington,

The events of this extraordinary year have highlighted the critical need for developing peace and positivity within. Last March, Kadampa Meditation Center WA immediately responded to public health guidelines by offering all classes, chanted prayers and events by livestream. We are delighted with the outpouring of support and participation by community members in the Seattle area and from branch locations as far away as Anchorage. **Thank you** for your continuing dedication to spiritual progress and your ongoing engagement with like-minded practitioners in digital form.

This year more than ever, Kadampa Meditation Center relies on the generosity of our students and supporters. While we have been able to cover expenses thus far, revenue is down significantly and it continues to decline as the pandemic continues and economic setbacks accumulate. We are working hard to make classes available online and will resume in-person programming as soon as it is safe to do so.

“Only by creating peace within our own mind and helping others to do the same can we hope to achieve peace in this world,” says our founder Venerable Geshe Kelsang Gyatso Rinpoche in *How to Transform Your Life*. For more than 20 years, Kadampa Meditation Center Washington has been generating world peace by offering classes, retreats and workshops in Seattle and surrounding areas, thereby building harmony and kindness both locally and globally.

Please consider making a tax-deductible donation now. Your contribution, whether large or small, is essential to maintaining online programming and then transitioning to in-person offerings as soon as it is safe and practical to do so. Through your generosity, we can create happiness within ourselves and in our region.

With love and gratitude,  
Mary Kolb

Administrative Director  
Kadampa Meditation Center Washington

**Donate online:** go to [meditateinseattle.org/donate](https://meditateinseattle.org/donate) and click on the donate button.

**By mail:** Mail your donation to 6556 24th Avenue NW, Seattle, WA 98117.