

SHARE:



[Join Our Email List](#)



MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

April 2019 - Happy Spring



Weekly Temple Services

Monday - Friday 6:30 am and 6:30 pm

Meditation Saturday 9am full service + meditation

Dear ones,

Richard (Dick) Withers, from our Monday noon meditation just wrote to me per him " Good evening, Thay! Requesting metta... Bonnie tripped and fell in the bedroom this a.m. and we are currently at Providence where she will undergo a full hip replacement in the morning. Please feel free to share. Much love, Dick".
May she recover quickly.

This month, as I prepare to go on retreat, the great teachings of Shantideva come to mind:

Shantideva was a Buddhist scholar in the eighth century from the monastic university Nalanda, one of the most celebrated centers of learning in ancient India. According to legend, Shantideva was greatly inspired by the celestial bodhisattva Manjushri, from whom he secretly received teachings and great insights.

"May I be a guard for those who need protection,
A guide for those on the path,
A boat, a raft, a bridge for those who wish to cross the flood.
May I be a lamp in the darkness,
A resting place for the weary,
A healing medicine for all who are sick,
A vase of plenty, a tree of miracles;
And for the boundless multitudes of living beings,
May I bring sustenance and awakening,
Enduring like the earth and sky
Until all beings are freed from sorrow,
And all are awakened".

From The Bodhisattvacaryāvatāra or Bodhicaryāvatāra sometimes translated into English as A Guide to the Bodhisattva's Way of Life,

Really what more needs to be said?

I will be on retreat from Friday 29 March to Monday 8 April.
in metta, Thay Kozen

Thich Minh Thien's Column



Path of the Bodhisattva

You may be of the age where you will remember the lyrics to a song made popular by Dionne Warwick in the mid-sixties called, "What the World Needs Now is Love". The lyrics of the chorus were: "What the world needs now...is love, sweet love....It's the only thing, that there's just too little of... What the world needs now, is love sweet love...not just for some, but for everyone...".

Thinking back to the turmoil of that time, those words were most appropriate. Looking at the world today, one might also say that they have just as strong a resonance as they did back in the sixties. Political, social, economic and cultural divisiveness in this day and age could all use more than just a little bit of that love, sweet love.

Following the teachings of the Buddha, we know that loving kindness and compassion are true underpinnings in our practice. Walking the path of a Bodhisattva can be an excellent way to spread that compassion and loving kindness through our thoughts, words and deeds. In fact it is said that in Mahayana Buddhism, the "Bodhisattva path" is the ideal for all practitioners to adopt. By following the Bodhisattva path, not only do we help others along the way, but also help ourselves lead a happier life with less suffering.

Wikipedia offers the following definition of a Bodhisattva:

In Buddhism, a Bodhisattva is any person who is on the path towards buddhahood but has not yet attained it. In the Early Buddhist schools as well as modern Theravada Buddhism, a bodhisattva refers to anyone who has made a resolution to become a Buddha and has also received a confirmation or prediction from a living Buddha that this will be so. In Mahayana Buddhism, a bodhisattva refers to anyone who has generated bodhicitta, a spontaneous wish and compassionate mind to attain Buddhahood for the benefit of all sentient beings.

I have a reverence for the Vows of the Bodhisattva which state:

- Sentient beings are numberless, I vow to save them all.
- Deluding passions are inexhaustible, I vow to end them all.
- Dharma gates are limitless, I vow to master them all
- Buddha's Way is Supreme, I vow to attain it.

What better way is there to apply a healing balm to the wounds of this world than committing to the path of a Bodhisattva. Of course it sounds like a daunting undertaking to vow to save all sentient beings and end all deluding passions but in this world, where it seems like compassion and loving kindness are in short supply, just doing what we can will make a world of difference. Our contemporary Teacher, Thich Nhat Hanh says, "A bodhisattva doesn't have to be perfect. Anyone who is aware of what is happening and who tries to wake up other people is a bodhisattva. We are all bodhisattvas, doing our best."

Namo tassa bhagavato arahato samma sambuddhassa

What's Happening at Budding Dharma

Wednesday Zen-to-Go at 1:00 pm and is an opportunity for Zen (seated) Meditation for 25-30 minutes. It is offered for folks who find evening schedules difficult due to family or work schedules. The Zen-to-Go session ends no later than 2:00pm.

Wednesday 7:00 pm full service gathering, we practice Zen (seated) Meditation, walking



meditation, Shibashi and sharing of mindfulness practices, many inspired by the teachings of the Buddha.

Budding Dharma is now fully participating in a prison ministry. Thay Z has been approved to offer Buddhist services at the Sanders Estes Unit in Venus, Texas. There currently was no provision other than Hare Krishna as an Eastern practice for the inmates.

April & May 2019 Classes Join US! please RSVP to business@tlabbey.com

APRIL

- 1-8 Monk Retreat at Chua Thien An** in Lucerne Valley, CA , The Temple will be closed
- 20 Tea is Zen, Zen is Tea.** Ven. Fa Hsing
Tea history, service, and practice The history, practice, and use of Tea in Zen.
- 27 Women & Dharma** Join us for a day of dharma in the company of other women, as we explore together our experience as female practitioners in this tradition. The day will include time in nature, in meditation, with the Dharma, and quiet reflection. In this series we gather twice yearly, finding nourishment for our journey with visiting teachers from a variety of traditions within the Buddha Dharma. Please join us, experienced practitioner or new to dharma. ALL women are welcome, from across the vast gender spectrum. Come as you are. Led by Kaye Jones/ Broadfork Farm in collaboration with the Abbey.

MAY

- 18 Trinity Sanga One day retreat** - A one day practicum of sitting and walking meditation and metta (loving kindness) practices. Weather permitting we'll be walking the labyrinth
- 18 Work That Reconnects**, We gather again as a community of women to do the Work That Reconnects. As we keep coming back together we deepen in the work and the way it moves in our lives.
We journey into the spiral to explore the many layers of our belonging as we train together for these times of uncertainty~ to be present, wholehearted, and to radically open to our own lives and our changing world.
The foundation of our day is the Work That Reconnects, a set of practices and interactive work developed by our teacher Dr. Joanna Macy. This work reveals that our grief, anger, and fear are all healthy responses to our fierce love for the world. Welcoming the full range of experiences we will move around the spiral of the WTR~ gratitude, honoring our pain, seeing with new eyes, and going forth. This will be a nourishing and open hearted day in the company of other women.
No previous experience necessary. All women are welcome, across the vast gender spectrum. Come as you are. Please contact kaye@broadforkfarmtl.com to register or be added to the mailing list . facilitators Kaye Jones and Erika Rench

25 VESAK the most important Buddhist festival, commemorating the birth, enlightenment, and death of the Buddha, and celebrated at the full moon in the Indian month of Vaishaka (April–May) Join us for morning Temple at 9:00am and a potluck lunch to follow



Ven. Jeff Miles
Fa Hsing 法行, Tâm Minh 心明

In this quiet hour before dawn,
I sit and drink my tea,
Grateful to be awake
While my thoughts
continue to sleep.

Carried by the spirit
That dances through the trees,
The very breath of life
Is riding on this breeze.

A great white owl
Has come down to rest
In this grove of alders,
And my window glows
With the quiet light
Of the setting moon.



Sa Di Minh Phap's First Column

Thay Kozen has asked me to write a column for the newsletter. I wrote one which was interesting but not real enough to me, it seemed like I could be more honest. So I have written again:

So in the reality of my life it was rather dysfunctional growing up. I left home two years ago to work on being my best self and I have been quite determined to do my best in progressing towards a contemplative life. Many conditions led me to leave home, I had a lack of trust and a deep knowing that I had to do something about myself which was not going to be done if I was going to take the pre prescribed route for my life. I learned to trust my spiritual practice and

had a lot of faith in the Dharma. During the last period that I was living with my father we had become somewhat estranged and when I left home to South America I would not have further contact with my family for another year and a half.

I hadn't been able to process the significance of my family until coming to the abbey. I can see that we don't make the journey of our life alone, rather everything has been passed down to us; our genetics, the elements of our body, our education and ways of thinking. In this way all that I am experiencing now is due to generosity. I come to see that my family has worked tirelessly to continue the stream of life through me.

I am not very wise. I have yet to see the significance all that has been taking place in my life carries. Since coming to the abbey the abbot has kindled a healthy relationship between me and my family - probably the most real I've ever been with them. And yet I say that I am not very wise because I do not have a deep understanding that this could very well have to do with my becoming real with myself. Generally me becoming honest with myself and putting down all of my formations of how things should and should not be has opened me up to seeing what is my acquired nature, and at the same time I have been able to open up to my family about that.

I am also very grateful for the hardships that I have faced. Actually, I would be a bit sad if I knowingly had missed out on all those experiences because that suffering has been a major cause in my seeking of the Dharma. Now that spring is here we get to see the snow melt and all of the mole tunnels that have been made under the snow. I am sort of like all of those moles. Even when I had begun to practice some years ago I had no clue that I was covered with desire anger and ignorance - I hadn't even realized this

much! Although now I begin to experience that the practice is just like the snow melting away revealing the openness in which our acquired nature has nowhere to hide!

2019 Schedule of Classes

APRIL

1-8 Monk Retreat at Chua Thien An in Lucerne Valley, CA , Temple closed

20 Tea is Zen, Zen is Tea. Ven. Fa Hsing

Tea history, service, and practice The history, practice, and use of Tea in Zen.

27 Women & Dharma Join us for a day of dharma in the company of other women, as we explore together our experience as female practitioners in this tradition. The day will include time in nature, in meditation, with the Dharma, and quiet reflection. In this series we gather twice yearly, finding nourishment for our journey with visiting teachers from a variety of traditions within the Buddha Dharma. Please join us, experienced practitioner or new to dharma. ALL women are welcome, from across the vast gender spectrum. Come as you are. Led by Kaye Jones/ Broadfork Farm in collaboration with the Abbey.

MAY

18 Trinity Sanga One day retreat - A one day practicum of sitting and walking meditation and metta (loving kindness) practices. Weather permitting we'll be walking the labyrinth

18 Work That Reconnects, We gather again as a community of women to do the Work That Reconnects. As we keep coming back together we deepen in the work and the way it moves in our lives.

We journey into the spiral to explore the many layers of our belonging as we train together for these times of uncertainty~ to be present, wholehearted, and to radically open to our own lives and our changing world.

The foundation of our day is the Work That Reconnects, a set of practices and interactive work developed by our teacher Dr. Joanna Macy. This work reveals that our grief, anger, and fear are all healthy responses to our fierce love for the world. Welcoming the full range of experiences we will move around the spiral of the WTR~ gratitude, honoring our pain, seeing with new eyes, and going forth. This will be a nourishing and open hearted day in the company of other women.

No previous experience necessary. All women are welcome, across the vast gender spectrum. Come as you are. Please contact kaye@broadforkfarmtl.com to register or be added to the mailing list .

facilitators Kaye Jones and Erika Rench

25 VESAK the most important Buddhist festival, commemorating the birth, enlightenment, and death of the Buddha, and celebrated at the full moon in the Indian month of Vaishaka (April–May) Join us for

morning Temple at 9:00am and a potluck lunch to follow

JUNE

1 Walking & Moving Meditations

10:30 – 12:30 Spend a morning learning and practicing walking and moving meditation

15 Living with Grief. A 6 hour class exploring grief and feelings. We'll review Buddhist beliefs

as well as how we relate to our losses. 10:30am – 4:30pm

22 Freeing the Mind Mindfulness / Vipassana . Led by Rev. August Jensen

While mindfulness can be practiced quite well without Buddhism, Buddhism cannot be practiced without mindfulness. In its Buddhist context, mindfulness meditation has three overarching purposes: knowing the mind; training the mind; and freeing the mind.

This class invites beginner and advanced meditators to find a little more freedom in their lives.

JULY

11-14 Private Event

22-27 VIETNAMESE FAMILY CAMPING RETREAT with Thay Vinh Minh A week long camping adventure with education, Buddhist lectures, rafting, and family life. Khóa Tu Mùa Hè 2019 - Sẽ diễn ra từ 22 - 27 tháng 7 tại Tuyết Sơn Thiền Tự.

AUGUST

3 Organic Living Led by Emily Explore the nature of organic living as well as practical tips on how to bring more of the concepts into your own life.

10 ULAMBANA 9:00am This is the day when the monastics complete their Rains Retreat. It was considered that many monastics would have made progress during their retreat and therefore become a greater field of merit. Lay devotees make offerings on behalf of their ancestors and dedicate the merit towards those suffering in the preta realm to relieve their suffering. Join us for morning Temple at 9:00am and a potluck lunch to follow

SEPTEMBER

13-15 Fall Meditation Retreat Meditation, meditation, and meditation

20-22 Thich Nhat Hanh Group Retreat. Lucy Kingsley 541.654.3482 lucykingsley42@gmail.com

OCTOBER

26 Oct-Sober-fest led by Dick Withers richard.withers@att.net

Spend a day with family, fun, BBQ, and a sober group of friends.

NOVEMBER

- 16 Health** Janet Essley primordial energy flow Qi Gong, 10:30am -12:30pm
- 8-10 LGBTQ+ Weekend** Exploring the Dharma and our nature. Josh Wright Tushar Bhagat
- NOV 30 – DEC 1 Work That Reconnects** Kaye Jones & Erika Rench

DECEMBER

- 7 Midnight Meditation Meditate** from 11:30 pm to 12:30 am. Celebrate the time of great retreats. Spend the night in the temple
- 31 Midnight Meditation Meditate** from 11:30 pm to 12:30 am Celebrate the time of great changes – ending the old year and beginning the new year. Spend the night in the temple.

The snow is the garden.

I am the snow .

I am the soil. I am the garden.

I am the stars that appear on the dark, winter nights.

I am the moon casting cold shadows.

I am the sunlight. I am the changing seasons, the wind and the rain.

The plants in the garden are the galaxy.

One step of the journey cannot be forgotten or separate.

Tomatoes will not grow in winter.

Tomatoes will not grow without winter.

Starting the journey may be arrival.

The moments in between are the gift.

Anonymous

Mt. Adams Zen - Outside Of Our Temple

Trinity Sangha , at Trinity Natural Medicine

New Location - 1412 13th Street, Suite 200 which is located behind Joy's Art Studio and 10 Speed Coffee Co. ***Every MONDAY at noon***

Insight Mindfulness Meditation

THURSDAY 5:00 - 6:00PM *Starting April 18*

Center for Vibrant Living 1029 May St. Hood River, OR 97031

Instructors Rev. August Jensen , Naropa University certified mindfulness and Kaye Jones

1st and 3rd Wednesday Evenings - Trinity Sangha Study Group Time 6:30-8:00pm

Where: at Withers residence, 1829 5th St., Hood River (Sieverkropp Development behind Rosauer's)

Book to be studied: passages from ***Path to Emancipation*** , by Thich Nhat Hanh.

It is not necessary to buy the book.

Recovery Support for our friends dealing with addiction Contact Dick Withers:
Richard.withers@att.net ; 414-587-4065

Other Groups in the Gorge

Upcoming Events | Columbia Gorge Mindfulness Meetup (Hood River, OR)

Upcoming Events for Columbia Gorge Mindfulness Meetup in Hood River, OR. A Meetup group with over 166 Members.

Pacific Hermitage Meditation and Dharma talk with Thai Forest Monks **6:30-8 pm every Tuesday evening** at Yoga Samadhi in White Salmon, WA. <http://pacifichermitage.org>

Hood River Zen Sunday afternoon walking and sitting meditation 2nd and 4th" Sundays Good Medicine Lounge on 1029 May St in Hood River. Contact Kyri Kengan Treiman (kohokengan@gmail.com).

White Salmon Dharma Practice Group every other Sunday evenings at Atlan (near Northwestern Park outside of White Salmon). Contact: Scott Cushman: (rscottcush@gmail.com; 925-708-5652)

Scott Rower, PhD scott@scottrowerphd.com has mindfulness classes - please contact him for details and to join the gorge facebook page - Mindfulness in the Gorge:
<https://www.facebook.com/groups/179582775875524/>

Washougal Mindfulness + Meditation Group - on hold now

Last Sunday of each month from 4:00-5:15pm

Washougal Acupuncture & Massage: 1436 A Street Washougal, WA 98671

Contact: Emily Olson [503-928-2478](tel:503-928-2478) emily@washougalacupunctureandmassage.com

Meditation Workshop Friday nights , from 7 to 8:30 p.m. The workshop meets at the Rockford Grange and explores meditation methods from the world's religions. Instruction and practice are mixed with group discussion. Beginners and experienced meditators welcome. This is a drop-in group. Cushions, mats and chairs are provided. The sessions are free and open to public. Rev. Judy (MCUUF) and Kyri Kengan Treiman (Hood River Zen/Dharma Rain Center) are the facilitators. For more information, contact jzimmerman@uuma.org or kohokengan@gmail.com

Buu Huong Temple on the **4th Saturday of each month from 10am-12pm**. Includes Meditation, Dharma Talk, by the Venerable nun, Hue Huong. Lunch and Walking Meditation to conclude. All are welcome. 17808 NE 18th St. Vancouver WA 98684

Meditation/Buddhism Study Group led by Sharon

When: 3rd Wednesday of each month from 1:30-3:00PM

Where: Cascade Park Community Library, 600 NE 136th Ave. Vancouver, WA

Who: We are small group that is interested in practicing Meditation, discussion and exchange about the individual study of Buddhism. No experience necessary.

Trinity Natural Medicine

Mondays: 12 -1 pm Trinity Sangha: Meditation and Metta, 4 -5:30 pm Youth Gong Fu
6 - 7 pm The Art of Rest | Restorative/Yoga Nidra

Tuesdays: 8 -9 am Gentle Yoga, 6 - 7 pm Length & Limber (Yoga)

Wednesdays: 6 -7 am Sunrise Yoga. 4 -5:30 pm Youth Gong Fu
5:30 - 6:15 pm Advanced Gong Fu, 6:30 - 7:30 pm Adult Gong Fu

Thursdays: 11 - 12 pm Haven (Starting in April), 6 - 7 pm Candlelight Yoga

Fridays: 4 - 5:30 pm Advanced Gong Fu

Saturdays: 8 - 9 am Hatha Yoga

Download and post the poster below .

If your group is not listed, please contact Claire at business@TLAbbey.com



Mt. Adams Zen Buddhist Temple

Trinity Sangha
Meditation
Mondays 12-1 pm
@ Trinity Natural
Medicine

Insight Mindfulness
Meditation
w/ Rev. August Jensen
and Kaye Jones
Thursdays 5-6 pm
@ the Center for
Vibrant living
(starting April 18th)

Trinity Sangha Study
Group
1st and 3rd
Wednesdays
6:30- 8:00 pm @
Wither's residence:
1829 5th St.,
Hood River

Counseling Support
August Jensen
august@gorge
counseling.com

Recovery Support
Dick Withers
richard.withers@att.net

MEDITATION GROUPS

IN THE GORGE 2019



Other Practice and Study Groups

Pacific Hermitage Meditation and Dhamma talk w/ Thai Forest monks -Tuesdays 6:30-8 pm @ Yoga Samadhi

Hood River Zen walking and sitting meditation on 2nd & 4th Sundays @ Good Medicine Lounge Hood River (kohokengan@gmail.com)

White Salmon Dharma every other Sunday evenings @ Atlan (rscottcush@gmail.com)

Meditation Workshop w/ Rev. Judy and Kyri Kengan-Fridays 7-8:30 pm @ the Fish Food Bank meeting room Hood River

Meditation/Buddhism Study Group- 3rd Wednesdays of the month 1:30- 3:00 pm @ Cascade Park Community Library (study, practice and discussion, no experience necessary)

At Trinity Natural Medicine:

Sunrise Meditation
Tuesdays & Thursdays
6:15-7 am
Mindful movement +
30 min sit

Monday Breathe
Yogic breath work
Every Monday
5:15-5:45 pm

*May the Infinite Light of Wisdom and Compassion so shine within us
that the errors and vanities of self may be dispelled;
so shall we understand the changing nature of existence and awaken into spiritual peace.*

Mt Adams Zen Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650 509.395.2030
www.Mtadamszen.org