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**Tuyết Sơn Thiền Tự**  
**Mt Adams Zen Buddhist Temple**  
雪山禅寺

April 2016 Newsletter



**Dear Dharma Family,**

Happy Spring to us all! Spring is such a wonderful reminder of the renewal of life.

In this political time - let us remember to practice loving kindness even when our emotions run high. Such a turmoil can happen as differing views become expressed. Remember thoughts and feelings are just that - they may or may not be based in reality. May we all be kind to ourselves and each other.

We have a new face book site **Mt Adams Buddhist Temple**. Our previous site was set up by a person no longer here and it was difficult to manage. Laughing - Thay Kozen is hacking his way through the new face book page as well as working on a revised website.

*My intent is to be here for all three services daily, but occasionally, I am called away. If you need to talk with me or you need to be sure that I'm here, please call ahead. 509.637.5995...*

*Kozen*

**Monk and Nun Visiting Trout Lake Temple**

Thay Nhuan An and Su Co Gioi Buu will spend time at Mount Adams Zen Buddhist Temple in June and July. We are happy to welcome these two Vietnamese clergy. Please plan a visit to meet them.



Thay Nhuan An



Su Co Gioi Buu

**10 BUDDHIST NUMBERS**

*Taken from a talk by Thay Kozen. There are many groupings within Buddhism. These 10 are ones that Thay Kozen thinks we would do well to remember.*

1 - **There is just one** - not two

2 - **Two Truths** - common truth and higher truth

3 - **Three Treasures** - Buddha, Dharma, Sangha

4 - **Four Great Vows** - Beings are numberless, I vow to save them , . The deluding passions are inexhaustible I vow to end them all, The gates of Dharma are many - I vow to enter them, The Buddha's way is supreme, I vow to become it.

5 - **Five Aggregates** -

rupa: form  
vedana: sensation  
samjna: perception  
samskara: formative principal  
vijanana: consciousness

6 - **Six Buddhas prior to Shakyamuni**

Vipashyin  
Shikin  
Vishvabhu  
Karakuchchanda  
Konagamana  
Kashyapa

7 - **Seven Purities**, purity in the;

the precepts  
in heart  
in views  
in doubt-discrimination  
in intellection  
in judgment  
in nirvana

8 - **Noble Eightfold Path**

correct views (samyagdrsti)  
correct thought (samyaksamkalpa)  
correct speech (samyag-vac)  
correct conduct (samyak-karmanta)  
correct livelihood (samyag-ajiva)  
correct zeal; effort (samyag-vyayama)  
correct remembrance of the right Dharma; mindfulness (samyak-smrti)  
correct meditation (samyak-samadhi)

9 - **Nine Worlds**

Bodhisattvas  
Pratyekas  
Sravakas  
devas  
Men  
asuras  
animals  
hungry ghosts  
denizens of hell

## 10 - Ten Precepts

not to kill  
not to steal  
not to commit sexual misconduct  
not to lie  
not to sell liquor  
not to speak of the faults of lay or home-leavers  
not to praise self or disparage others  
not to hold back teaching or materials  
not to harbor anger  
not to slander the three treasures

## Sa Di Minh Thien ("Thay Z")'s monthly column



While I consider Mount Adams Zen Temple as my Sangha, I do live in Arlington, Texas. So when I am home, I very frequently join with the "Awakening Heart" Sangha in Dallas for the shared experiences of meditation, fellowship and teachings. It was founded by Brother ChiSing, a follower of Thich Nhat Hahn. Brother describes the purpose of "Awakening Heart" as an organization fully based in Mindful Living, celebrating Interfaith Buddhist Spirituality with a focus on Mindfulness, Zen and Holistic Meditation. Brother has been dealing with cancer and I have been asked from time to time to offer a Dharma talk at his Sangha. In February, I was asked to speak on "Celebrating Wisdom". In formulating my remarks, I recognized some of my own personal internal struggles between my concepts of Knowledge versus Wisdom.

When I first became interested in following the teachings of the Buddha, my primary focus was in learning and practicing Zazen meditation. As my path became clearer and I approached adopting the practice of a Buddhist monk, my ego struggled with feeling less than because many of my contemporaries had so much more time in studying the Dharma than I have had. This of course was my own ego creating these feelings of less than by comparing my meager knowledge to others who have studied for years and years. I saw I was creating my own suffering in judging myself for not making enough progress in gaining knowledge quickly enough.

In Buddhism, I have heard it said that knowledge might be regarded as an obstacle to understanding. Thich Nhat Hahn has said, "...that knowledge is like a block of ice that obstructs water from flowing. If we take one thing and cling to it, even if truth itself comes as a person and knocks at our door, we won't open it. For things to reveal themselves to us, we need to be ready to abandon our views about them." The Buddha, at the end of his life, told his followers to not blindly follow his teaching but to go and make them real for themselves. This helps me make a better distinction in my mind between the concepts of Knowledge and Wisdom.

I now better recognize that while studying the Dharma and teachings of the Buddha and all the writings of wonderful teachers who came after him is worthwhile and necessary, the Wisdom of Buddhist philosophy is that we are encouraged to be discerning in regard to any teaching, to relate the teachings to our own experiences and reflect on how the teaching can help us develop insight that promotes well-being. Clinging to anything is a source for suffering in oneself and in others. We have all seen the damage done by individuals and groups who erect monuments (real and virtual) to their version of the truth and cling to it. No matter how well intentioned, this fosters arrogance, self-righteousness and a closed mind. As we gain Wisdom in recognizing these tendencies in ourselves, we are encouraged to ask ourselves if our perception is accurate and what else could be true. I am learning to accept Wisdom as a guiding force and support it through my study to gain Knowledge. I believe that as we open the doors to an expansion of our awareness, we also open our hearts and minds to compassion and loving kindness. What could be better than that?

As a side note, Brother ChiSing lost his battle with cancer on March 8th. I will always have gratitude for his knowledge and loving approach to the teaching of Dharma and his wisdom that is evidenced everywhere in his "Awakening Heart Community" which continues on with the goal of reducing suffering in the world.

Namo tassa bhagavato arahato samma sambuddhassa

"Darkness cannot drive out darkness: only light can do that.

Hate cannot drive out hate: only love can do that." Dr. Martin Luther King, Jr.

We are a small Thien (Zen)  
Buddhist Temple

practicing "laughing farmer zen" - living our practice, sitting zazen, being here - right now!

### Services & Meditation

at our temple  
Monday - Friday at 6:30 AM  
Friday at 6:30 PM  
Saturday at 9 AM

\*\*\*\*\*

at other locations  
Trinity Natural Medicine  
1808 Belmont Ave, Hood  
River, OR  
Mondays at noon

\*\*\*\*\*

Buu-hung Buddhist  
Monastery  
17808 NE 18th St,  
Vancouver, WA

Tel: (360) 718-6158  
3:00pm - 4:30 pm

### 1st Sunday of the month

*No Vancouver service in  
April due to our retreat here*

### Temple Calendar

#### APRIL

2-3 Retreat - Buu Hung  
3-11 Kozen on Retreat at  
Chùa Thiên Ân  
22 Earthday - see flyer

#### MAY

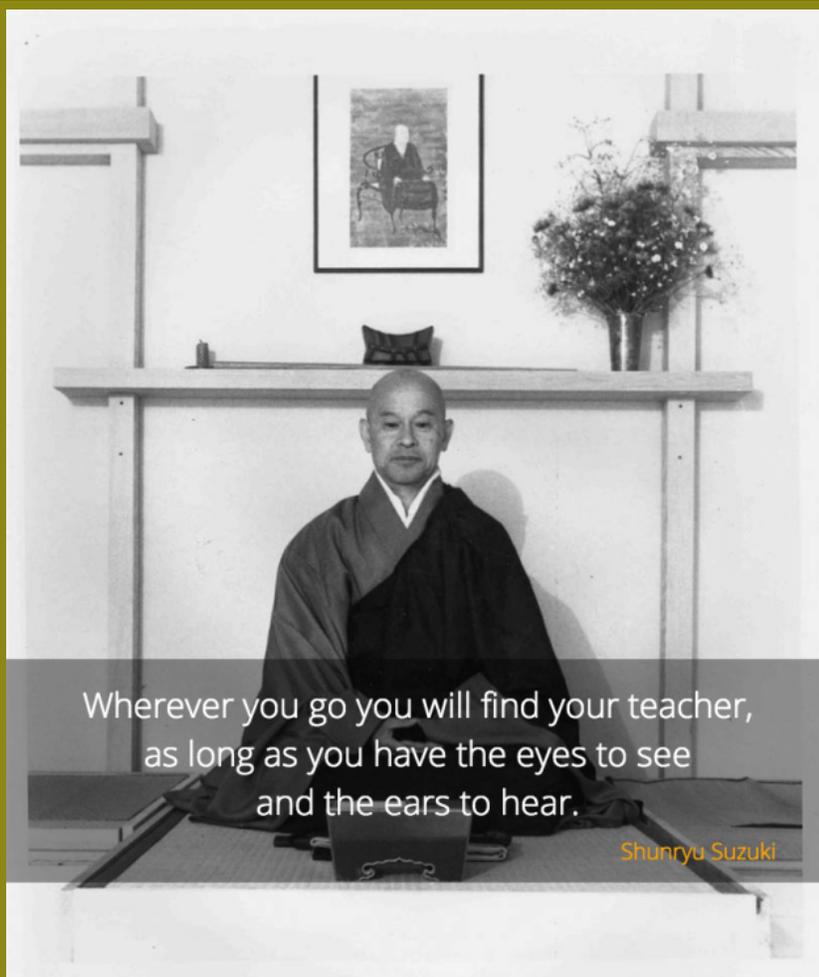
7 Buddha Day at the temple  
14 Buddha Day at CRCC

#### JUNE

4-5 Metta Retreat here

*see the full schedule at the  
bottom of this newsletter*

**Are you or your  
group a support for**



Wherever you go you will find your teacher,  
as long as you have the eyes to see  
and the ears to hear.

Shunryu Suzuki

**This is so very accurate. As we begin to understand the world,  
everyone and everything becomes our teacher.**



I recently found this old photo of 3 dear friends. Matsuoka Roshi along with Rev. Ken and Rev. Fern McGuire meet at the headquarters of Soto Zen in Japan. I still miss Ken and Fern they died natural deaths within 24 hours of each other.

### For Local folks in the Gorge

Many locals have a special awareness of our earth and our environment.

## the Northwest Dharma Association?

The are a clearing house for Buddhist Activity in the Northwest and need our support.



Northwest  
Dharma  
Association

read more about the NWDA at  
<http://www.northwestdharma.org/>

### Moods of Mt Adams



just past sunset



Alpenglow

Please join faith based communities and others in this awareness raising event.

## Columbia Gorge Climate Action Network



### Earth Day 2016

April 22-23

#### Friday

7:30 PM Celebration of the Earth Riverside UCC Church

#### Saturday

9:00 AM Opening Ceremony Waterfront Park

9:30 AM Planting and Cleanup Waterfront Park

11:00 AM Procession of the Species Waterfront Park  
*With Mama Bears*

11:00 AM Fuel the Future Fair Hood River News Lot  
*Transportation, Energy, and Education Information*

11:30 AM March for the Planet Waterfront to HR News  
*HRVHS Climate Club*

12:15 PM Free Community Lunch Riverside UCC  
*Provided by Local Gorge Restaurants*

1:30 PM **Field Trips:** Carpooling from HR  
She Who Watches Friends of the Gorge  
Oxbow Springs Riverside UCC



## Dharma Books for Prisons

Every 2 years our temple collect Buddhist books and mails them off to prisons in Washington, Oregon, and Arizona. This year we have had hundred of books donated. We still have the books for prisons in Arizona un-mailed, as we are waiting for them to let us know their regulations. We include Pureland, zen, and Theravada literature in these mailings.



Debbie and Dennis pack up Buddhist books for shipment to prisons in Washington State.

## 2016 Schedule

### APRIL

**2-3 Precepts Retreat with Buu Hung Monastery - *Please Register +***

3-11 Temple closed - Kozen on Retreat at Desert Zen Center (Chùa Thiên Ân), Lucern Valley California

8-10 NCNM Qigong Retreat - *Private*

11 Temple closed - Buddha's Birthday - no service - Kozen on Retreat

15-17 NCNM Qigong Retreat - *Private*

22-23 NCNM Qigong Retreat - *Private*

**23 Earth Day Service - 9AM**

***Please Register +***

30 Beltane - *Druid Event*

### MAY

6-8 Yoga Retreat -

***Please Register +***

**7 Retreat - Buddha's Birthday - 7am - 4 pm Service at 9am - *Please Register +***

13-14 Laurie Vab Cott Yoga Retreat - *Private*

14 - Kozen at CRCC Retreat, Connell WA - Prison Buddha Day

20-22 NCNM Retreat Taiji - *Private*

## **JUNE**

**1-July 31 Thay Vinh Minh, Thầy Thích Nhuận Ân, Sư Cô Thích Nữ Giới Bửu in residence**

3 Sufi Retreat

**4-5 Retreat - 2 day - Metta *Please Register +***

*18 Summer Solstice - Druid Event*

26-30 Qigong Retreat - Pam Tindall - *Private*

## **JULY**

1-5 Zikr Dances of Universal Peace - *Private*

7-10 Druid retreat

**15 Thich Minh Thien Ordination**

*Please Register +*

**16-17 Precepts retreat with Buu Hung Monastery *Please Register+***

*30 Lughnasadh - Druid Event*

## **AUGUST**

6 Ulambana Service 9am +

**20 retreat - Ksitigarbha Retreat - Death and Dying - *Please Register +***

## **SEPTEMBER**

**10 Retreat - one day Meditation -**

*Please Register +*

*24 Autumn Equinox - Druid Event*

30-Oct 2 NCNM Qigong Retreat - *Private*

## **OCTOBER**

7-9 NCNM Qigong Retreat - *Private*

***TBA* China and Taiwan Pilgrimage - *Please Register +***

14-16 NCNM Qigong Retreat - *Private*

**21-23 Fall Retreat - *Please Register +***

*29 Samhain - Druid Event*

## **NOVEMBER**

**18-20 Meditation Hut Retreat (live like a monk) *Please Register +***

## **DECEMBER**

**8 Bodhi Day - meditation 12/7 at 11:30pm to 12:30am 12/8 *Please Register +***

*17 Winter Solstice - Druid Event*

**30 Midnight Meditation - 12/30 at 11:30pm to 12:30am 1/1 *Please Register +***

### **Dirty Dozen 2016**

([http://www.ewg.org/foodnews/?gclid=COug\\_Nuw7ssCFU1rfgodc0QGCA](http://www.ewg.org/foodnews/?gclid=COug_Nuw7ssCFU1rfgodc0QGCA))

EWG Environmental Working Group) singles out produce with the highest pesticide loads for its Dirty Dozen™ list. This year, Apples, Peaches, Nectarines, Strawberries, Grapes, Celery, Spinach, Sweet Bell Peppers, Cucumbers, Cherry Tomatoes, Snap Peas (Imported), Potatoes, Hot Peppers Kale, & Collard Greens

Each of these foods tested positive a number of different pesticide residues and showed higher concentrations of pesticides than other produce items.

### **The Clean Fifteen 2016**

EWG's Clean Fifteen™ list of produce least likely to hold pesticide residues consists of Avocados, Sweet corn, Pineapples, Cabbage, Sweet peas (frozen), Onions, Asparagus, Mangoes, Papayas, Kiwi, Eggplant, Grapefruit, Cantaloupe (domestic), Cauliflower, & Sweet potatoes.

Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticides on them.

**TUYẾT SƠN THIÊN TỰ + MT ADAMS ZEN BUDDHIST TEMPLE + 雪山禪寺**

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