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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

September 2017

Weekly Temple Services

Monday - Friday 6:30 am and 6:30 pm Meditation Saturday 9am full service + meditation

Dear ones,

Summer is passing, the days are getting a bit shorter, schools are back in session, the nights are a bit cooler, and the great cycle begins again. Our historical teacher, The Buddha, tells us, "There are having flowers in Spring, breezes in Summer, moon in Autumn, snows in Winter. If there is nothing worrying over you, it will be the best seasons at all times" (<http://www.azquotes.com/quote/671275>).

My favorite natural soap, Mrs Meyers, is now made by SC Johnson; questionable animal testing and added chemicals cause me to find a new brand of soap. Some groups are no longer allowed in the military, we have had an eclipse. It is all change, and change again, and change again...

"Everyone we love and everything we care for are of the nature to change" (The Five Remembrances). Some changes we may like and other changes we may dislike. Change happens without our permission or consent. With the ongoing practice of meditation and following the precepts we can accept change with peace and our lives can be lived in a calm and in this moment manner.

Su co Chodron will be traveling from September 9 - 23rd. Journey well Su co Chodron.

Check out our calendar below for upcoming retreats.

We are now providing space for those wishing to experience retreats of 1 day to 3 months.

May we all be well and happy. Thay Kozen

Thich Minh Thien's Column

by Thay Z

I was in my usual morning meditative sit, focusing on breathing and using the usual practice of noticing thoughts but doing what I could to not give them more life than that. At the end of the sit, I was taken by the quantity of the thoughts that centered around guilt. The question arose; "...What was that all about?" It felt like a life review in which most of the things I have experienced guilt over was resurfacing during that meditation. Having been raised as a Catholic and schooled by the good nuns, priests and brothers during most of my formative years, I have a long memory about all the things I did that I didn't feel good about. I



remember going into the confessional box to tell the priest all the shameful, guilty things I believed I had done, and receiving absolution. A few "Our Father's and Hail Mary's" and all was again right with the world, at least for a little bit.

Now, as a committed practitioner of Buddhist principles, I had to examine what was this "guilt memory" all about. I went to google. I found where a Buddhist monk has said..." The proper attitude to have toward your past bad actions is, one, realize that remorse is not going to undo them. Simply make the resolve that you're not going to repeat those actions again. And then, two, try to develop attitudes of limitless goodwill, compassion, empathetic joy and equanimity."

The Buddha encouraged this same mature attitude in his first instructions to his son, Rahula. He told Rahula to focus on his intentions before acting and on the results of his actions both while he was doing them and after they were done. If Rahula saw that his intentions would lead to harm for himself or others, he should not act on them. If he saw that his thoughts, words or deeds produced harm, he should stop them and resolve never to repeat them; without at the same time, falling into remorse. If on the other hand, he saw no harmful consequences from his actions, he should take joy in his progress on the path and use that joy to nourish his continued practice. In the Dhammapada, referencing the story of Angulimala, it states, "He who overwhelms with good the evil that he has done, lights up this world, as does the moon freed from clouds.

Guilt therefore, is an emotion that comes up around thoughts of the hurt and pain that we cause others and a reaction to how we were raised and nurtured about our human failings. When we give in to the feelings surrounding guilt, we are focused on just self and we are not dealing with the problem in a straightforward manner as the Buddha counseled Rahula to do in his early teachings. Sharon Salzberg, a Buddhist author wrote, "The practice of metta (loving kindness) uncovering the force of love that can uproot fear and anger and guilt, begins with befriending ourselves." Once we let go of guilt and shame, we can focus on ourselves in a skillful way that does not feed this sense of self. Once we have learned to love ourselves, the illusion of us being separate from others diminishes and the growth we get from giving that loving-kindness to others allows us to see how we are interconnected to all sentient beings. This will bring us peace and free us from guilt and shame.

So, for me, it is back to the pillow to focus on the breath and having great gratitude that this practice brings such joy and awakening to this human experience.

Namo tassa bhagavato arahato samma sambuddhassa



"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Buddha

(http://www.searchquotes.com/search/Season_Buddha/)

Buu Hung Monastery held a precepts retreat here in August

This was Su co Hue Hung's last retreat here. She has been a wonderful support for our temple and a leader in her community.

Thank you for your good work as a Buddhist role model.



Private Retreats

You can come and stay at our temple for retreats of 1 week - 90 days. It is a great way to jump start your practice and live within a spiritual community. Contact Thay Kozen for information.

Donate today!

WE ARE BUILDING A TEMPLE

and we need your help

We have started on our plans to build a temple on our 23 acre farm. Our temple proposal has been approved for up to 4000 sq. ft by the Klickitat Planning Commission, now all we need is the money to start building. Please help us by donating to our building fund.

1. Donate directly to the temple (Mt Adams Zen Buddhist Temple PO Box 487, Trout Lake WA 98650

2. you can donate on line at www.gofundme.com/ywdqkc .

3. Buy on Amazon at <http://smile.amazon.com/ch/30-0468937>

Whenever you order from Amazon.com use this link and your regular passwords and the temple will receive a small amount of the purchase price.

We are a 501(c) 3 organization and donations to the temple may be tax deductible.

We've been here for 8 years. Our retreat area is complete, our gardens are complete, now is the time to start on building a temple. We have been approved for a 4000 square foot structure by the county and we want to raise \$275,000 to build a Dharma Hall. This will be one of the very few Buddhist Temples in our county.



THE PILGRIMAGE IN THE GORGE

The pilgrimage happens every year. People hike for several days and spend the nights out along the way. Each day provides physical, spiritual, and educational opportunities. The Abbey was blessed this year to provide a place to stay for the first night and our outdoor dining space for a good breakfast start the next morning.

The Buddha tells us that "our actions are our only true belongings". Sharing in an adventure like the Pilgrimage adds a depth of spiritual practice and fellowship. We are honored to support this wonderful group.



Women's Retreat at Trout Lake Abbey November 10-12

Yes Yeah!!! We are having a retreat to help nourish and heal our feminine selves. As mothers, grandmother's and women walking the earth, we are often care giving and active in the well being of others. This amazing quality needs to be fed and nourished. We will come together and pause from our active lives. and reflect inwardly to access our inner hearts. The understanding and wisdom we all have can flow easily when we pause, reflect and connect, to ourselves and the other retreatants. This meditation retreat will have silent times, teachings, and walking meditation. We will offer ample times of rest and reflection. (*"Spring Tara" Artwork above by Laurel Marie Hagner*)

November 10th we will gather and settle in anytime after 1pm, we will enjoy dinner together and then a quick check-in and introduction to each other and the weekend. Cost is \$165.00 for two nights (in a hut) and six meals. 2 dinners, 2 lunches and 2 breakfasts. If you prefer the comforts of B&B accommodations the costs will vary. We will not turn anyone away for lack of funds, so please inquire about scholarships. If you are reading this and know of a woman in your life that may benefit from such a weekend, please honor her by sharing this retreat with her. OR offer it to her as your investment in her wisdom and understanding. Call and book your spot soon with our business office 509.395.2030; we only have room for 15. If you have any questions call Suco Chodron 608.692-7474 Or email vensucothichchodron@gmail.com Any questions what to bring and food preferences can all be accommodated when you book your space for the retreat. We will then email you a list of what to bring and what to expect and how we can meet any needs you may have.

Thank you- Suco Chodron

Adult Program: Mindful Backpacking Weekend, September 22-24.

Cascade Mountain School is excited to offer a new adult program this fall combining backpacking with meditation and mindfulness. Whether you are new to both backpacking and meditation or have lots of experience with both, you will have the opportunity to grow and learn in a supportive community on this weekend journey to explore both inner and outer wildernesses.



For thousands of years, leaving civilization behind and traveling into the wild has been a tried-and-true path for those seeking clarity and insight in a complex world. Following in these footsteps (literally), we will hike into the Indian Heaven Wilderness carrying only the essentials on our backs.

Instruction will be provided for both backpacking basics and sitting and walking meditations in the Buddhist tradition (no particular beliefs, worldviews or ideologies are needed; the practices offered will be appropriate for those of all backgrounds). In addition, we will have the opportunity to explore mindful listening, speaking and working practices.

On Friday evening, we will meet and camp in the shadow of Mount Adams at the Trout Lake Abbey, a beautiful spiritual retreat center and organic

farm. There, we will have the chance to get to know each other a little bit, prepare for our journey, and check our camping and backpacking gear. On Saturday morning, we will rise early and drive to the trailhead, where we will walk together approximately 4-8 miles into the backcountry to our campsite and return the next day to the Abbey by early evening.

During our time together, there will be a mix of structured and unstructured time and all activities offered will be “challenge by choice,” allowing everyone to find their place of challenge, rest and growth. Those without any meditation experience will be given basic instruction that will be useful both in nature and at home, while those with an established meditation practice will be given the opportunity to bring their practice into a new setting which can offer new insights.

While many of us use the outdoors as a setting for exciting adventures and sports, many of us (often the same people) also instinctively steer towards nature when we need solace or clarity. This retreat will provide us opportunities for growth and a community of supportive people and the guidance of experienced outdoor guides and meditation practitioners.

The retreat will be lead by Scott Cushman, Buddhist Scholar and former Outward Bound Instructor, Emily Martin, Outdoor Educator and Mindfulness Practitioner; and Sarah Fontaine, Teacher and former Outward Bound Instructor.

Cost: \$200/person, includes all expenses associated with the weekend, including lodging and the following meals: Saturday and Sunday breakfast, Saturday and Sunday lunch, and Saturday dinner. Begin: Friday, September 22nd, at 6 pm at Trout Lake Abbey (46 Stoller Road, Trout Lake, WA) Middle: Backpacking as a group approximately 6-10 miles in the Indian Heaven Wilderness End: Sunday, September 24th, at 6 pm at Trout Lake Abbey(46 Stoller Road, Trout Lake, WA)

Our temple is happy to encourage outdoor mindfulness activities and appreciation of the beauty of nature.
Thay Kozen



Nature and Mindfulness Practice

by Emily Martin

Thay Kozen asked me to write a short article about getting kids out in nature. He asked me to do this since I am the director and founder of [Cascade Mountain School](#), an outdoor science school, located here in the Gorge. Cascade Mountain School is part

of a larger non-profit organization called the [Mt. Adams Institute](#) whose mission is to strengthen the connection between people and nature.

I play, relax and work in nature because it grounds me; I can feel the earth energy coming up to meet my body through my feet and my legs, and I can feel the tensions and worries of the day slip away from my body through the pull of gravity back into the earth. This happens naturally for all us, as we are all earth's children and Mama Earth wants us to be healthy, happy spirits.

I founded a science school because some of my fondest childhood memories were of hiking to lodges only accessible by foot or finding myself at a research station on the edge of a wilderness, surrounded by

the thick breath of nature; a scene only possible because a few quirky scientists forged a path and kept going.

The Trout Lake Abbey has always been part of Cascade Mountain School. When I first moved to the Gorge, my future-husband, who was living and working at the Abbey at the time, said that I would build my school at the Abbey. His words are ringing more true each passing year. In the beginning, I utilized the Abbey for its organic gardening prowess, its peaceful atmosphere, and the fact that it's a great bathroom stop when you're on a long bike ride with teenagers!

However, as the years have gone by and I've grown more deeply into my buddhist practice, the Trout Lake Abbey has played a larger role in the school. Known as our "contemplative campus" (versus our wilderness and forest campuses) the Abbey provides farm and mindfulness-based programming to many of our students. Thay Kozen generously shares his joyful spirit, his meditation techniques, and loving-kindness practices with our students. My heart and our students hearts have been stretched open at the Abbey.

Mindfulness—translated as "present heart" from the Chinese—has encouraged my heart to take the drivers seat in my life. Self-compassion is a feeling I carry with me, not just an idea in my head. The act of opening my heart, closing, then remembering to open it again, is quite possibly as important to me as exposing students to the exquisite beauty and power of nature. I'm beginning to understand how mindfulness practices are balms for a weary soul, soft embraces for a tender heart, and refuge for a spirit embodied.

You can reach Emily at emily@cascademountainschool.org

The Japanese have a concept of Forest Bathing called shinrin-yoku. It is a practice of short, leisurely visits to forests for health purposes. Studies in Japan have measured changes in immune markers and stress hormones in people who regularly walked in specific forests in Japan. In addition, people with diabetes but not taking insulin, found substantial benefits by lowering blood glucose levels. Thay Kozen

2017 Calendar

September

31 August - 3 September Xinglin Institute (Private)

9 Su co Chodron is in Portland - Day of Mindfulness

10-22 Su co Chodron in Madison, Wisconsin

16 Refuge Ceremony (here during morning service)

14-17 Tibetan practice - Annual Amitabha Buddha Retreat

led by Khenpo Karten Rinpoche from California

22-23 Su co Chodron - Jesuit compassion retreat, Chicago, IL

23 Autumn Equinox (Druid Event)

29- 1 October NUNM Chinese Cultural Immersion (Private)

October

Sept 29-Aug 1 NUNM Qigong Retreat (Private)

6-8 NUNM Qigong Retreat (Private)

13-15 Fall Meditation Retreat - here

20 - 22 Queer Meditation Retreat (LGBTQ) - [https://www.facebook.com/Trout-Lake-Abbey-Queer-](https://www.facebook.com/Trout-Lake-Abbey-Queer-Meditation-Retreat-253537818482126/)

[Meditation-Retreat-253537818482126/](https://www.facebook.com/Trout-Lake-Abbey-Queer-Meditation-Retreat-253537818482126/) or

<http://events.eventzilla.net/e/trout-lake-abbey-queer-meditation-retreat-2138899248>

click on the above links to sign up

28 - Samhain (Druid Event)

November

3-5 Yoga Immersion - Cat Mc Millian

11-12 Woman's Heart Retreat - sign up with e-mail vensucothichchodron@gmail.com

December

9 Bodhi Day - meditation 11:30 pm - 12:30 am

16 Winter Solstice (Druid)

31 meditation 11:30 pm - 12:30 am

Mt. Adams Zen - Outside Of Our Temple

1st Sunday of the month, Buu Hung Monastery at 3pm

17808 NE 18th St. Vancouver WA 98684

contact Venerable Su Co Hue Huong, huehuong7@yahoo.com

Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon

1808 Belmont Ave, Hood River, OR 97031

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: Peace in Every Breath by Thich Nhat Hanh

11th Step Recovery Meeting - A Fresh Step Forward in Recovery Sunday evenings 6:30pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: Richard.withers@att.net ; 414-587-4065

Other Meditation Groups in the Gorge

Pacific Hermitage Meditation and Dhamma 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 in the Bamboo Room of Cascade Acupuncture, located at 104 5th St. Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: kjtreiman@yahoo.com

Monday evenings from 7:00 - 8:30 pm , at Bethel Congregational Church in White Salmon
Contact Kyri Treiman: kjtreiman@yahoo.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

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



It is a joy to celebrate the ordination of a new monk. Pictured on the left is Ven. Jeff Miles (AKA Ven. Fa Sing, Thich Tam Minh). On the right is novice monk Eric Reed (Ven. Yin Jing) newly in the Zen Buddhist order of Hsu Yun (ZBOHY). There are so many paths to the heart of Buddha's teachings. I am reminded of the great Bodhisattva Vows in our Mahayana tradition:

"Beings are numberless, I vow to save them.
Desires are inexhaustible, I vow to end them.
Dharma gates are boundless, I vow to enter them.
Buddha's way is unsurpassable, I vow to become it."

May all beings find peace.

May all journeys embrace enlightenment.

Ven. Yin Jing congratulations on your decision to live in the Dharma. Thay Kozen



PCT Hikers

Hikers, both men and women of all ages and nationalities hike the Pacific Crest Trail (PCT) from Mexico to Canada. Every year we get many hikers who come and stay with us for 1-2 days, resting and recuperating from their long hike. Shown here is Thay Vinh Minh who has cooked a big Vietnamese Cuisine meal for these two hikers. The Abby provides a "bear-proof" barrel on the PCT trail with lots of high-carb food and fresh fruit to aid travelers on their journey. We do this in the spirit of Avalokitesvara (Quan Am, Kuan Yin, Kuan Shih Yin, Guanyin, or Kannon). May all beings be free from suffering.

*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