

Tuyết Sơn Thiên Tự  
Mt Adams Zen Buddhist Temple

雪山禪寺

December 2012 Newsletter



Dear Dharma Friends,

Happy Yule, Merry Christmas, Happy Hanukkah, Happy Kwanza, Good Solstice, and happy Bodhi Day to us all. This is the season of lights, peace, compassion, and a time of renewal for the coming year. May it bring joy, peace, and happiness to us all.

This is the time of year when it is easy to practice what I call active metta. We seem to look for ways to help others - from donating to Heifer International to giving a food bag to those in need. This physical giving is one component of active metta, giving without thought of reward or personal gain..

May all beings find peace. In Loving Kindness, Thich Minh Tinh

We are a small Thien (Zen) Buddhist Temple practicing "laughing farmer zen" - living our practice, sitting zazen, being here - right now!

### Services & Meditation

Morning Services 6:30AM  
M-F mornings

Evening Services - 6:30 PM  
Thursday and Friday Evening

Weekend Services 9AM  
Saturday Morning

### Calendar

#### DECEMBER

- 1 Saturday Service 9am
- 2 Ven. Kozen teaches at the UU church Hood River
- 3 Kozen to CRCC Prison
- 7 Midnight meditation (11:00 pm -1:00 am)
- 8 Saturday Service 9am

Come and join us  
**Friday 7 December**

for

**Midnight Meditation**  
11pm - 1 am

**We will meditate on the last day of Buddha's enlightenment day and meditate on the start of Buddha's first day of enlightenment**

We celebrate the Buddha's Enlightenment Day on Dec. 8th every year. Do come and join us. Overnight accommodations are available.

**Happy New Year!**  
Come and join us

**Monday 31 December**

for

**Midnight Meditation**  
11pm - 1 am

8 Bodhi Day - celebration of Buddha's birth - (Japan).  
 Temple gift exchange  
 10 - 16 Ven. Kobai here  
 15 Saturday Service 9am  
 20 - 27 Ven. Kozen Away  
 21 End of Mayan calendar  
 22 Saturday Service 9am  
 22 Sound Meditation - see below  
 22 Druid Winter Solstice at 3:30 PM - potluck after  
 29 Saturday Service 9am  
 31 Midnight meditation (11:00pm - 1:00 am)

**JANUARY**

4 - 13 Ven. Kobai here  
 5 Saturday Service 9am  
 7 Ven. Kozen to CRCC Prison  
 12 Saturday Service 9am  
 11-13 Qigong Retreat  
 19 Saturday Service 9am  
 25 - 27 Qigong Retreat  
 26 Saturday Service 9am

**Dogan Zenji's Dharma**

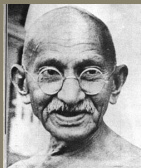


**That you carry yourself forward and experience the myriad things is delusion. That the myriad things come forward and**

**experience themselves is awakening**

**Words of Wisdom**

by Gandi-ji



"Be the change that you wish to see in the world."

"Live as if you were to die tomorrow. Learn as if you were to live forever."

"An eye for an eye will only make the whole world blind."

"Happiness is when what you think, what you say, and what you do are in harmony."

"First they ignore you, then they ridicule you, then they fight you, and then you win."

"The weak can never forgive. Forgiveness is the attribute of the strong."

"When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall. Think of it—always."

**Words of the Buddha**

"The tongue like a sharp knife... Kills without drawing blood."

"The way is not in the sky. The way is in the heart."

**We will meditate on the last day of 2012 and welcome in the New Year**

Overnight accommodations are available.

**Good Question, Good Answer by Ven Shravasti Dhammika**

*Good Question, Good Answer* is a delightful book which lists and answers many of our questions about Buddhism. It is a great first step into learning about Buddhism. While many of the questions and answers are very basic, there are some very difficult ones. This book is well worth reading for beginners and experienced practitioners.

**The Broken Buddha by Ven. Bhante Dhammika**

*The Broken Buddha* is an eye opening book filled with insights into Theravada Buddhism. While the author points out many of the interesting elements of ethn-specific practices, he does so with a sense of profound reverence for the Dharma and all of its followers.

Many of the recorded events are thought provoking as they allow us to see into a wide range of Buddhist practices and also a glimpse into our own "stuff" as human beings.

Both books are available at our temple - contact us if you would like to obtain a copy.

**Many Faiths - One heart - a holiday union of spirit**



Our temple shared in the Ecumenical Thanksgiving Dinner held at the Catholic Church in White Salmon. Many faiths presented at the service that followed the dinner - a wonderful sharing of heart and spirit.

**Resources**



**Feast Market in White Salmon**

is a newly opened health-food store. They feature many locally produced foods and a broad array of natural products. They also carry our Organic Brown Eggs so we are happy to have such a good place to sell our eggs. In the photo, Jenessa VanDelHey holds up one of their delicious homemade dishes available at their deli. They

serve wonderful meals and always have a great assortment of gourmet salads and sandwiches. May their business do well.

**Free Trade coffee that goes for a good cause:**

The Presbyterian Coffee Project provides free trade, sustainable, worker friendly coffee. In the greater Trout Lake area you can purchase it from The Farm Store at Trout Lake Abbey. *Proceeds are shared between the Trout Lake Presbyterian church and the Mt. Adams Zen Buddhist Temple.*

*Churches practicing an embracing, kind, and loving faith.*



"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to

be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

"However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?"

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

"The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed."

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting."

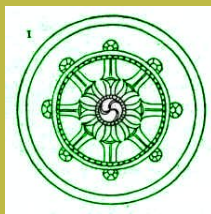
"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

Is your group part of the **Northwest Dharma Association**? if not, it is time to join! If you are a solitary practitioner or without a sangha you can still donate dana (money). They are a clearing house for Buddhist Activity in the Northwest and need our support.



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



**Dharmacakra**  
Wheel of Dharma

**Trout Lake Presbyterian** - Sunday service in winter at 11:15 am  
<http://www.troutlake.org/main/custom.asp?recid=15&id=38>  
Sunday Service at in summer 10AM

**Bethel Congregational Church (United Church of Christ)**  
<http://church.gorge.net/bethel/>  
Sunday Service at 10AM in White Salmon

**Mid-Columbia Unitarian Universalist Fellowship.**  
<http://mceuuf.org/index.php>  
Sunday Service at 10AM at the Rockford Grange, Hood River

*Northwest Dharma Resources*

**Cloud Mountain Retreat Center**  
<http://www.cloudmountain.org/>

**Co Lam Pagoda (Ethnic Vietnamese)**  
3503 S. Graham St.,  
Seattle WA 98118  
Some monks speak English  
(Ask for Master Kim)

**Minh Quang Temple (Ethnic Vietnamese)**  
14719 SE Powell Blvd.  
Portland, OR

**Plum Mountain Buddhist Community**  
<http://www.plummountain.org>

**Portland Buddhist Priory**  
<http://www.portlandbuddhistpriory.org/>

**Zen Community of Oregon** <https://www.zendust.org/>  
(Great Vow Monastery)

**Northwest Dharma Association**  
<http://www.northwestdharma.org/>

**Pacific Hermitage** <http://hermitage.abhayagiri.org/>  
65 Barnedt Road, White Salmon, Washington 98672

**Dharma Rain** <http://www.dharma-rain.org>

**Hood River Zen** [www.hoodriverzen.org](http://www.hoodriverzen.org)  
(affiliated with Dharma Rain)

*Local Providers of Compassionate Alternative Care*

**Cookie Gilpatrick LMT** Massage Therapist Yoga Instructor  
offices in Trout Lake and Hood River cell 541.490.9077 home 509.395.2468  
*Cookie also teaches yoga at the Abbey two days a week, Tuesday mornings and Thursday evenings, call her for details.*

**Karen Hoffman LMT** Massage Therapist  
offices in Trout Lake and White Salmon cell 509.637.4995

**Dave Martin MSOM, LAc** Acupuncture and Classical Chinese Medicine  
**Trinity Natural Medicine** <http://www.trinitynaturalmedicine.org/>  
410 E. Jewett Blvd, White Salmon WA  
office 509.493.1241

*These individuals are recommended because of  
the quality of their practice,  
not because of any religious beliefs.*

## Dreaming a New Way Into Being With Sound Meditation

Sat. Dec 22nd 11am - 12:15pm

Join Beth Welton-Miller in a sound and toning meditation to focus our energy and expand consciousness. Using singing bowls and a tambura, we will be guided to imagine and experience a life of peace, compassion, and health. This is a unique time in history where millions of people around the globe are focusing their intention to birth a new way into being.  
Donations appreciated.

For more information contact Beth at [beth@vibrant-living.com](mailto:beth@vibrant-living.com) 503-680-5810

### MEDITATION SERVICES

- + Join us Monday - Friday at 6:30 AM for our usual daily service.
- + Thursday and Friday Evenings at 6:30pm
- + Saturday Morning at 9 AM

**Tuyết Sơn Thiền Tự + Mt Adams Zen Buddhist Temple +**

雪山禅寺

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509.395.2030 (e-mail -put in the @ sign) kozen1 at embarqmail.com

