



# MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

April 2025 - Happy Spring



**Earth Day is celebrated on April 22nd**

In honor of Mother Earth, two selections from  
**the Venerable Thich Nhat Hahn:**

**Love Mother Earth Video Clip**

**Statement to the UN on Climate Change**

***This is a long Newsletter. Please click "View Entire Message" and read to the "Bonus Click" at the end!***

## **RECURRING SERVICES - SPRING 2024 SCHEDULE**

**all times are Pacific time**

*Location: Mt Adams Buddhist Temple 46 Stoller Rd., Trout Lake WA  
in person & on Zoom*

**<https://zoom.us/j/5093952030>**

**MORNING SERVICE (Monday to Friday)**

6:00 AM Chants & Bows, Sutra, Dharma discussion

6:30 AM Chant of Compassion, Check-in

7:00 AM Meditation, Well wishing prayer, Dedication of Merit

**EVENING SERVICE (Monday, Wednesday, Friday)**

5:30 PM 3 bows, Chant of Compassion, Check-in

6:00 PM Meditation, Well wishing prayer, Dedication of Merit

SATURDAY SERVICE

8:30 AM Check in

9:00 AM Chants & Bows, Chant of Compassion

Meditation, Dharma Talk, Well wishing prayer, Dedication of Merit

**Link to Zoom Services**

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*Other locations or Zoom Links:*

TUESDAY Sangha + Meditation 12 noon  
IN PERSON ONLY

*Location: 1412 13th Street, Suite 200. Hood River, OR 97031*

TUESDAY Sangha + Meditation 7-8:30 PM\*\*\*NEW\*\*\*  
IN PERSON ONLY

*Location: Zen Community of Oregon, Vancouver, WA  
<https://zendust.org/vancouver/>*

SUNDAY Sangha + Meditation 8:30 AM  
ZOOM ONLY

Check-in, Dharma talk, & Meditation

*Email Brother River at [CedarRiverHermitage@gmail.com](mailto:CedarRiverHermitage@gmail.com) for link*

2nd & 4th WEDNESDAY Thích Nhứt Hạnh Study Group 6:30 PM

*For information about the study group, contact Bonnie at [bon2626wit@att.net](mailto:bon2626wit@att.net)*

LAST SUNDAY OF MONTH Meditation + Dharma Talk 2:00 PM  
IN PERSON ONLY

*Location: Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA*



Dear Ones,

I want to say Thank You to all who helped with our Apple Orchard pruning. We will be announcing work days at the temple soon - please come and help us keep the grounds and gardens going. April 19 Garden Work and Potluck. Help get the organic garden off to a good start, followed by lunch. [Click for more info](#)

The new temple has the electrical wiring in place. Windows will be installed this week. Insulation and drywall will be installed this month. We're excited about the progress and have hopes for our fundraising to allow us to complete the walkways, siding, and exterior. We need about \$130,000 more money to complete the building. All the work done so far has been paid for. We have used all the matching grant funds to date except for \$8,900. We need donations to capture the last of the matching grant fund.

Our new roof dharma wheel has been made and is on its way from Vietnam. We hope to install it by June.

*This roof decoration with a dharma wheel was donated by a nun and monk in the Vietnamese tradition who live in Japan, Suco Gioi Bao and*



*Thinch Nhuan An. Both stayed at the Abbey several years ago.*

Our hope is to move into the new temple by mid May. Exciting!

Current non-building funds being spent:

- Support for 2 Tibetan refugee children to attend college
- Kiva micro loans - currently \$2,000 out in loans to farmers and families
- Dharma Recovery books to jails and prisons
- 2 Tibetan refugee monks monthly support \$30 each.
- Buddhist books mailed to all prisons in Oregon, Arizona, and Washington

Current Temple non-paid activities:

- Monday - Friday morning ZOOM meetings from temple
- Monday, Wednesday, & Friday evening ZOOM meetings temple
- Tuesday noon in person meditation meetings in Hood River
- Saturday ZOOM meetings from temple
- Weekly patient visits at Skyline Hospital
- Twice weekly meditation classes at NORCOR, a 5 county jail
- Weekly meditation class for a court ordered drug/alcohol program
- Funerals, weddings, counseling

in metta,  
Thay Kozen

*I encourage everyone to do a minimum of a 1 week retreat and 2 additional 1-2 day retreats every year. Recommended retreat centers are Cloud Mountain in Castle Rock WA, Great Vow in Clatskanie, OR, and Deer Park in Escondido, CA, . . .Thay Kozen*



**Cloud Mountain  
Retreat Crt**

[Click Here for Website](#)

**Great Vow Monastery**

[Click Here for Website](#)

**Deer Park Monastery**

[Click Here for Website](#)

## Sangha Retreat 2025 - May 30-June 1

We are excited to invite you to our 2025 Sangha Retreat at The Abbey! Thay Kozen is putting together an incredible event to nurture our hearts and clear our minds. The agenda will

begin Friday evening and continue until Sunday afternoon. The basic fee for the retreat is \$150 per person.

The registration process for the retreat involves **2 required steps and one optional step**:

- First, click the **Register** button below to enter your information. IF YOU HAVE ALREADY DONE THIS THROUGH LAST MONTH'S NEWSLETTER YOU DO NOT HAVE TO DO IT AGAIN

**Register**

- Second, click the **Pay** button below to pay the \$150 basic retreat fee, plus optional Dana for clergy and meal sponsorship. YOUR REGISTRATION IS NOT COMPLETE UNTIL YOU PAY. We will only be accepting payment in advance.

**Pay**

- If you need **housing**, contact Denisa at the link below. Private rooms & huts are very limited, and will first go to clergy unless previously reserved. Unlimited camper & tent camping is available, as is some indoor dorm-style housing.
- We are creating a scholarship fund to ensure anyone seeking participation in the retreat will have access. If you would like to support our scholarship fund with a donation or have a financial hardship, please email your request or interest in contribution to Denisa at the link below. Please submit your request no later than 4/14.

**Email the Abbey re Lodging or Scholarship**

If you have any questions, we are here to help please call us at 509.637.6019 or email at [businessla@gmail.com](mailto:businessla@gmail.com).

We look forward to seeing you at this event!



**Budding Dharma  
Buddhist Temple**

**Thich Minh Thien, (Thay Z) Abbot  
of Budding Dharma**  
Arlington, Texas [thayzzen@gmail.com](mailto:thayzzen@gmail.com)

### **The Noble 8 Fold Path - Wise Speech**

Welcome to our third month looking at the elements of the Noble 8 Fold Path. This month we concentrate on the element Wise Speech. Wise Speech holds immense





significance in our daily lives as it directly influences not only ourselves but also those around us. Our words possess the power to heal, uplift, and connect people, fostering a sense of understanding and empathy. When used wisely, our words can mend relationships, inspire others, and create a positive impact on our environment. Conversely, the impact of unwisely chosen words can be detrimental, causing harm and division. It's essential to recognize the potential consequences of our speech and strive to communicate with mindfulness and compassion. By doing so, we can navigate communication with greater empathy and understanding, ultimately fostering harmony and unity in our interactions.

Speech holds a significant place in both Buddhist teachings and real-life experiences. In Buddhism, the concept of Wise Speech emphasizes the importance of speaking truthfully, kindly, and with mindfulness. One impact of speech is illustrated in the story of Angulimala, a reformed bandit who, through the Buddha's teachings and words, transformed him from a violent criminal to a compassionate monk. The power of the Buddha's words and guidance led to a profound change in Angulimala's behavior, demonstrating the transformative impact of mindful communication and speech. In our own real-life experiences, we can see how speech affects individuals and communities in our everyday lives. For example, a kind and encouraging word from a friend or colleague can uplift someone's spirits and foster a positive atmosphere. Conversely, hurtful or divisive language can cause emotional pain and contribute to discord within a community.

Practical techniques for cultivating mindfulness through Wise Speech in communication include active listening, thoughtful speech, and the practice of non-violent communication. Active listening involves fully concentrating, understanding and responding, and remembering what is being said. Thoughtful speech encourages us to consider the impact of our words before speaking and to communicate with empathy and compassion. Non-violent communication, emphasizes expressing ourselves honestly while also empathetically receiving others' expressions without judgment or blame.

By incorporating these techniques as part of our practice, Wise Speech used in our interactions, can create a more harmonious and compassionate environment, both individually and within our communities. Mindful communication not only fosters understanding and empathy but also contributes to building meaningful connections and promoting peace. *The Art of Communicating*, by Thich Nhat Hanh, starts from the premise that no communication is ever neutral. Every communication we put out into the world and every communication we take in from others has the potential to nourish, ease suffering, and create peace or to poison, increase suffering, and create violence. This includes not just our words, but also our body language, nonverbal sounds, facial expressions, and so on — even the energy generated by our thoughts and emotions is available to be absorbed and interpreted by others. Thich Nhat Hanh advocates for a radically mindful approach to communication that practices deep connection to the self and the earth as the means by which compassion for self and others is able to develop. The key to both deep listening and "Wise Speech," and the goal of compassionate communication is key to this element of the Noble 8 Fold Path to help others and ourselves, suffer less.

*Namo tassa bhagavato arahato samma sambuddhassa*

## Budding Dharma Buddhist Temple -Thay Z

It has been quite a while since I have updated our community on Budding Dharma Temple in Arlington, Texas. We are a sister temple to the Mount Adams Buddhist Temple with an active and growing community. The temple is situated in my home in a quiet, residential neighborhood.



This temple opened in May, 2015. It can accommodate about 20 individuals with floor and seated positions. Though many of our community do not self express as buddhists, we all hold a reverence for the traditional teachings of the Buddha with a Mahayana flavor.

Our practice constitutes a number of opportunities for meditation and mindfulness practice during the week as well as joining in on the Zoom Sangha opportunities hosted by Mount Adams Buddhist Temple.

There are 1 hour sessions called, "Zen-to-Go" on Tuesdays and Thursdays focusing primarily on a meditation practice. On Thursday evenings we have what we term full service. This includes the following practices:

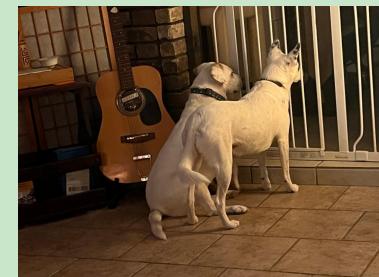
- Traditional Meditation - Walking Meditation
- Short Readings - Dharma Talks
- Shibashi Exercise - Sangha Conversation
- Chanting - Song

On Saturdays, we are offering the program Recovery Dharma for those challenged by addictions. (see article below for more info on Recovery Dharma)

For more information, see our humble website maintained by Rev. Scott. [www.buddingdharma.com](http://www.buddingdharma.com)

I am most grateful for the support the sangha shows this small temple. Some drive many miles from Dallas and Fort Worth to participate weekly in community. When new people show up, I always ask how they found us. The response is almost always, "Google" where apparently a random search display shows Budding Dharma in the first position. Yay Google!

The traditional temple guardians (Foo Dogs/Lions) in Chinese temples are usually stone figures guarding the entrance. Here at Budding Dharma, we substitute my two rescue puppies, Allie and Patch, who eagerly greet each arrival with puppy wiggles and licks. Yay Allie and Patch!



**Budding Dharma  
Buddhist Temple**

*Note from the Editor: Budding Dharma Buddhist Temple is one lively branch that connects Mt Adams Buddhist Temple with so many of you. We'll feature others in upcoming issues!*

## The Basics of Buddhism



### What is a Sangha?

This month we're going to look at one of the Basics of the basics. Buddhism's "Three Jewels" are the three legs of the stool that supports our practice. The Jewels are The Buddha, The Dharma, and The Sangha. The Buddha is the historic Buddha and the teacher(s) that guide us and the buddha nature within us all. The Dharma is the teachings and practices that come from our teachers as well as the inner truth they awaken within us. The Sangha is all beings seeking enlightenment and is also the community that supports us on our path.

Thay Kozen often cites our historical Buddha in saying that the Sangha is not part of our practice, it is all of our practice. With Sangha, the realization of the teachers and the teachings is possible. Sangha brings them to life. Sangha helps us convert the ideas into understanding and wisdom.

More wisdom from Thich Nhat Hahn about Sangha: "To practice right mindfulness we need the right environment, and that environment is our sangha. Without a sangha we are very weak. In a society where everyone is rushing, everyone is being carried away by their habit energies, practice is very difficult. That is why the sangha is our salvation. The sangha where everyone is practicing mindful walking, mindful speaking, mindful eating seems to be the only chance for us to succeed in ending the vicious cycle.

"And what is the sangha? The sangha is a community of people who agree with each other that if we do not practice right mindfulness, we will lose all the beautiful things in our soul and all around us. People in the sangha standing near us, practicing with us, support us so that we are not pulled away from the present moment. Whenever we find ourselves in a difficult situation, two or three friends in the sangha who are there for us, understanding and helping us, will get us through it. Even in our silent practice we help each other....

"If you have a sangha of two, three, maybe even fifty people who are practicing correctly—getting joy, peace and happiness from the practice—then you are the luckiest person on earth."

For more from the Venerable TNH, visit this link!

**Sangha is More than a Community**

*Click "View Entire Message" and keep reading through the Bonus Click!*

### MBSR Course Mindfulness-Based Stress Reduction

For everyone who has chronic pain, anxiety, stress, or depression! And who doesn't have at least one of these? An online series of eight interactive sessions, led by Trina Truong of Pacific Northwest Meditation and resident of Trout Lake Abbey.

# **Mindfulness-Based Stress Reduction**

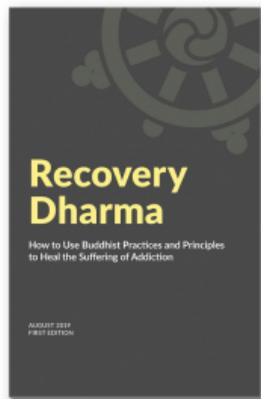
**8-week MBSR course launching April 2025**



**COURSE TEACHER: TRINA TRUONG**  
**SIGN UP TODAY OR LEARN MORE AT:**  
[WWW.WAKEUPTOGETHER.ORG/MBSR](http://WWW.WAKEUPTOGETHER.ORG/MBSR)

- ♦ A proven methodology developed by Jon Kabat-Zinn used in hospitals and clinical settings to reduce psychological and physical suffering.
- ♦ Gain effective techniques to regulate emotions and problem solve through experiential learning with the direct application of mindfulness, meditation and movement. Rooted in ancient Asian wisdom teachings.

**Learn More**



## **Recovery Dharma**

*Using Buddhist Practices and Principles to Recover from Addiction*

Recovery Dharma is a peer led movement and a community that is unified by the potential in each of us to recover and find freedom from the suffering of addiction. This book uses the Buddhist practices of meditation, self inquiry, wisdom, compassion, and community as tools for recovery and healing. We welcome anyone who is looking to find freedom from suffering, whether it's caused by substance use or process addictions like codependency, sex, gambling, eating disorders, shopping, work, technology, or any obsessive or habitual pattern. We approach recovery from a place of individual and collective empowerment and we support each other as we walk this path of recovery.

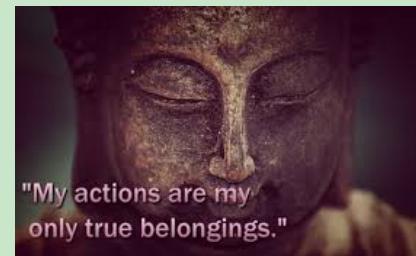
**Click Here to Find a Meeting**

**Click here to order or download the book**

## **How to Support Mt. Adams Buddhist Temple through your Estate Plan**

THE BUDDHA'S FIVE REMEMBRANCES

1. I am of the nature to grow old. There is no way to escape growing old.
2. I am of the nature to have ill health. There is no way to escape having ill health.
3. I am of the nature to die. There is no way to escape Death.



4. All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.
5. My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

Our Buddhist practice encourages us to face the reality of our impermanence well in advance lest we become shocked by the reality of our folding back into the ocean from which we arose. Part of this reality is dealing with our will. Of course you may want to take care of family, but if the opportunity presents itself, you can use some very simple tools to support Mt. Adams Buddhist Temple. This will help ensure the long-term viability of the temple so that we may serve the community. A quick and easy change to the Payable Upon Death terms for bank accounts and a quick and easy change to Transferable Upon Death for stock or brokerage accounts is not only quick and easy, but bypasses probate, a cumbersome process by which assets are distributed. Other assets can be left to the temple with a will, and this likely means consulting your lawyer. If you have any questions about this, we welcome you to contact us.

## **Yoga Wellness Retreats**

The theme for 2025 is  
**REJUVENATION!**

Ayurveda & The Doshas – Nourishing  
Mind, Body, and Soul

Come explore what rejuvenation means for each of us,  
and how to access healing and growth through yoga,  
Ayurvedic practices, meditation, food, and self-  
reflection!

Laurie Van Cott of Gorge Yoga will offer two of her popular Yoga Retreats at Trout Lake abbey.  
The April 11-13 retreat is almost full, but there are still a few slots available.  
The Fall Retreat will be held September 12-14. Put it on your calendar now so you don't miss it!



## Eight Caregiving Foundations

From our Dharma siblings at Radiant Light Zen: A nine-week online course with Jonathan Prescott and Karla Johnston

Wednesdays, April 9 to June 4

Today's caregivers face unprecedented challenges. Whether professionals or open-hearted family members, we're asked to quietly carry great burdens. Systems of care often don't prioritize compassion; however, for us, compassion is foundational. How do we maintain our balance in such extremes? How do we not get swept away?

This course will answer these questions and support caregivers in a nourishing community of connection. You'll learn contemplative tools each week that can be applied right in your own work and life. Whether you care for people, families, organizations, or the earth herself, you'll come away from this course with everything needed—within yourself—to face caregiving challenges with confidence, stability, and compassion.

[Learn More](#)

### **"Speaking of Death" Educational Series in Hood River** ***starting March 30th***

The Buddha asks us to face our mortality in the first of the Five Remembrances. Join Sangha member Tamara Theil, an End-Of-Life Doula in the Columbia Gorge, for the contemplation and practical details of doing so!



This series of workshops is an opportunity to befriend mortality, gather information and resources, learn about options available, and offer deep contemplation on death. All gatherings are open to the public so please invite your friends, family, and neighbors.

The workshops will take place on the last Sunday of the month, March through July from 12:30 to 2pm. You may attend any or all! For more details, click the link.

[More Information](#)

### **A NOTE FROM THE EDITOR**

If you've read this far, thank you! What are you curious about that relates to Buddhist practice, our Temple, the members of our Sangha, ....? Simple or complicated, if you ask we'll try to find out. If you have ANY comments, complaints, or suggestions, please email the newsletter editor

[\\*Bonus Click\\*](#)

at [gvljohnsons4@gmail.com](mailto:gvljohnsons4@gmail.com).

We especially enjoy including poetry and other art from our community, so if you've got something Buddhist-themed to share, send it! You may see it featured in a future newsletter!

THANK YOU to all my teachers: the formal teachers of our community, the Dharma Bums and Sangha Members who give me ideas for the newsletter content :-)

*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 Buddhist Temple 46 Stoller Rd., Trout Lake WA  
98650 509.395.2030 <https://www.mtadamsbuddhisttemple.com/>**

Mt Adams Buddhist Temple | Trout Lake Abbey 46 Stoller Rd | Trout Lake, WA 98650 US

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