



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

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August 2025



RECURRING SERVICES - SUMMER 2024 SCHEDULE

all times are Pacific time

****Notice** All Sangha meeting on Thursday August 7 at 6 am to discuss content for the morning service**

Location: Mt Adams Buddhist Temple 46 Stoller Rd., Trout Lake WA

IN PERSON & ZOOM

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

MORNING SERVICE (Monday to Friday)

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

6:30 AM Check-in

7:00 AM Meditation

EVENING SERVICE (Monday, Wednesday, Friday)

5:30 PM Chants & Bows, Check-in

6:00 PM Meditation

SATURDAY SERVICE

8:30 AM Check in

9:00 AM Chants & Bows, Meditation, Dharma Talk

Link to All Temple Zoom Services

Click for Zoom Link



Other Services or Zoom Links:

TUESDAY Sangha + Meditation 12 noon
IN PERSON ONLY
with Thay Kozen

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

WEDNESDAY Buddhist Meditation Service 7-8pm
IN PERSON ONLY
with Thay Jeff at Art HqX in Hoquiam WA
For more info email mountainwayzen@yahoo.com

THURSDAY Meditation 8:15-8:45am
IN PERSON ONLY
Being Peace Community Meditation with Emily Martin
at Machi Yoga in Hood River
no registration necessary

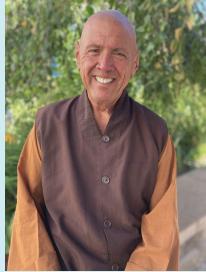
SUNDAY Sangha + Meditation 8:30am
ZOOM ONLY
with Brother River
Email Brother River at CedarRiverHermitage@gmail.com for link

2nd & 4th WEDNESDAY Thích Nhứt Hạnh Study Group 6:30pm
For information about the study group, contact Bonnie at bon2626wit@att.net

LAST SUNDAY OF MONTH Meditation + Dharma Talk 2:00pm
IN PERSON ONLY
with Rev. Scott & Suco Hue Huong
Location: Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA
<https://buuhung.com>

Dear Ones,

We just completed a wonderful 10 day Pure Land retreat at



our temple. Our practice is in the Ch'an (Thien or Zen) tradition so Pure Land Buddhism may not be well known to many of our temple Sangha. See photos from the retreat below.

Pure Land Buddhism or the Pure Land School (Chinese: 純淨宗; Japanese: 純淨宗); is a broad branch of Mahayana Buddhism focused on achieving rebirth in a Pure Land. It is one of the most widely practiced traditions of Buddhism in East Asia. It is also known as the "Lotus School" or the "Nembutsu school" in Japan. East Asian Pure Land mainly relies on three main Mahayana scriptures: the *Sutra of Amitayus*, the *Contemplation Sutra* and the *Amitabha Sutra*. **Avalokiteśvara** & **Mahasthamaprapta** are the 2 Bodhisattvas associated as part of the Pure Land Trilogy.

The most distinctive feature of East Asian Pure Land traditions is that it offers ordinary people (even the unlearned and the unethical) hope that they may attain the stage of non-retrogression and eventually Buddhahood, no matter how bad their karma may be. In East Asian Pure Land, this is most commonly accomplished through the practice of mindfulness of the Buddha, which is called niànfó (Chinese: 念佛, "Buddha recitation", Japanese: nenbutsu) and entails reciting the name of Amitabha (Chinese: 阿彌陀佛, Āmítuófó, Japanese: Amida). However, Pure Land Buddhism may also include numerous other practices which are done alongside Buddha recitation, such as keeping Buddhist precepts, reciting sutras, visualization, and making offerings. Master Shandao, long revered in East Asia as an incarnation of Amitabha Buddha, is universally acknowledged as the de facto founder of the Pure Land school of Buddhism. Grounding his teachings in the three Pure Land sutras preached by Shakyamuni Buddha, he urged practitioners to aspire to rebirth in the Land of Bliss by reciting the name of Amitabha Buddha exclusively. Pure Land has long been the largest school of Buddhism in China and eastern Asia. But the versions that have flourished over the past millennium are not the original form taught by Shandao. The reason is historical: Because of a Buddhism-persecution campaign in the late Tang Dynasty (600-900 CE), the writings of Shandao and his disciples were lost in China for a thousand years. During that period, the teachings became mixed as masters from other traditions interpreted Pure Land Buddhism according to the doctrines of their own schools.

Shandao's texts were, however, transmitted to Japan, where they not only survived but thrived. The Shandao lineage became the basis on which the Jodo Shu (Pure Land School) and, later, the Jodo Shinshu (True Pure Land School) were founded. These evolved into a dominant stream of Japanese Buddhism, though with many features different from what Shandao had taught. It wasn't until the end of the Qing Dynasty that Master Shandao's original writings were "re-exported" back to China. However, war, revolution and political upheavals posed formidable obstacles to the systematic study and propagation of pristine Pure Land Buddhism. Only with the relative peace and social development of recent decades have such efforts begun in earnest. You can learn more about Pure Land Buddhism

May we all be well and happy, may we all know love and peace.....Thay Kozen

!!New - Work Retreat Added - End of August!!

Work, stay, dine, share at the Abbey the weekend of August 29th-31st. Bring dish to share, camp on the grounds, do mindful work with like-minded folks.



[Full Info & RSVP](#)

UPCOMING EVENTS

Volunteer Saturday at the Temple - every Saturday starting at 10:15. No RSVP necessary, just show up and give what time you can!

Forest Bathing - CANCELLED Aug 9 at the Abbey.

Women's EmPOWERment and Activation Retreat - Aug 7-10 at the Abbey. More info here <https://www.hoodrivervibrantliving.com/abbey>

Öpakmé Retreat (Tibetan) - Aug 21-24 at the Temple □□□□, Amitābha, Amituofo, Amida, A Di Đà Phật. <https://manjushridharmacenter.org/event/18th-annual-amitabha-dechen-shingdrup-2025-2/>

***NEW* Work Retreat** - Aug 29-31 at the Abbey. Stay, work, reflect, eat, and socialize. [Info here](#)

Trout Lake Market - Aug 31, Sept 28 Come have fun and support the local community at the Trout Lake Market at the Trout Lake Grange with local vendors and artists, family activity, music and food from local caterers! <https://www.cavcreekfarm.com/events/troutlakemarketseptember3>

Gathering Resilience Yoga Retreat - Sept 4-7 at the Abbey. More info here <https://www.truemovestudio.com/trout-lake-retreat-2025>

Wellness & Yoga Retreat: Rejuvenation! - Sept 12-14 at the Abbey with Laurie Van Cott. Link to sign up here <https://www.gorgeyoga.com/retreatseats>

Fall Buddhist Retreat - Sept 19-21 at the Temple. More info to come. <https://mtadamsbuddhisttemple.org/event/fall-buddhist-retreat-2/>

Taking Refuge preparation - Sept 13,20,27 Online class 3 weeks held @ 10:15 after Saturday morning service. No registration necessary.
[Zoom Link](#)

Taking Refuge - Oct 4 In person at the Temple and Zoom as part of morning service 9:00am.

Yoga retreat with Michele Loew - Oct 3-5 at the Abbey. More info to come!
<https://www.micheleloew.com/retreats>

Ullambana / Vu Lan - Sept 20, 11-3 Day of remembrance ("Ghost Day")
<https://mtadamsbuddhisttemple.org/event/ullambana-day/>

Men's Consciousness & Ketamine Retreat - Oct 24-28 at the Abbey.

Also, **Monthly ketamine-assisted therapy**

group <https://mtadamsbuddhisttemple.org/event/mens-consciousness-ketamine-retreat/>

Bodhi Day - Dec 8

New Years Eve - Jan 31 Ring the great Bell 108 times

And mark your calendars, more details to come:

Mahayana New Year - Jan 14

Losar, Tibet New Year - Feb 10

Theravada New Year - Apr 2

Death, Dying, Rebirth class and memorial offering - Apr 18

Buddha's Birthday - May 16

3rd Annual Sangha Retreat - May 29-31 at the Abbey. Registration opens May 1st.

I encourage everyone to do 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, [Deer Park](#) in Escondido CA.

.....Thay Kozen



Thich Minh Thien, (Thay Z) Abbot of Budding Dharma Temple
Arlington, Texas thayzzen@gmail.com

Wise Mindfulness

Over the last six months, we have been contemplating and hopefully cultivating the Noble Eightfold Path. For the month of August, we will now look at the concept known as Right Mindfulness; or as I like to call it, Wise Mindfulness.

Wise Mindfulness is an essential aspect of this Buddhist path, encompassing a profound awareness and attention of the present moment. In the context of the Eightfold Path, Wise Mindfulness is one of the factors that contributes to the cultivation of wisdom and ethical conduct. It involves a deep understanding of the nature of reality and the interconnectedness of all things. Wise Mindfulness is not just about being aware of our thoughts and actions. It also involves cultivating a sense of compassion and understanding towards ourselves and others.

The practice of Wise Mindfulness is often cultivated through meditation, which allows individuals to develop a heightened awareness of their thoughts, emotions, and bodily sensations. Through our regular meditation practice, we can learn to observe our experiences without attachment or aversion, which can lead us to a greater sense of inner peace and clarity. This awareness can then be extended to everyday activities, allowing us to approach life with a sense of presence and intentionality. More about that next month!

In addition to meditation, Wise Mindfulness also involves being mindful in our daily activities. This means paying full attention to whatever we are doing and/or feeling in the present moment, whether it's eating, walking, or having a conversation. By bringing our full awareness to these activities, we can experience them more fully and engage with the world in a more meaningful

and hopefully, loving ways.

Furthermore, Wise Mindfulness also involves being aware of our speech and interactions with others. This means speaking with kindness and compassion, and being fully present when communicating with others. By cultivating this kind of mindful communication, we can build stronger and more authentic connections with those around us.

It's important to note that Wise Mindfulness is not just about being aware of the present moment, but also about understanding the nature of our experiences. This includes recognizing the impermanent and interconnected nature of all things, as well as the causes and conditions that give rise to our thoughts and emotions. By developing this deeper understanding, we can free ourselves from habitual patterns of reactivity and find greater peace and freedom in our lives.

Namo tassa bhagavato arahato samma sambuddhassa

Weekly Services at Budding Dharma Buddhist Temple

Zen to Go – Tuesday 7-8 p.m. & Thursday 11 a.m. to noon

Full Service – Thursday 5:30 p.m. to 7:30 p.m.

Recovery Dharma – Saturday at 1 p.m.

Visit the Budding Dharma website

Science & Health

What is a Buddhist Diet?

The Buddhist diet is more than just a dietary choice; it is a way of life that emphasizes mindfulness, compassion, and ethical living. By choosing a plant-based diet that is based on these principles, you can improve your physical and mental health, reduce your environmental impact, and contribute to a more just and sustainable world.



How & What to Eat

When to Eat

The Basics of Buddhism

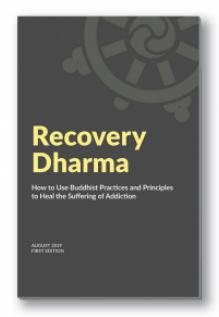


Mala Beads

Many of us wear a simple bracelet or necklace of beads as part of our Buddhist identity. These are called Mala beads. Here is a video that shows how to use them in your practice.

Watch Video

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Recovery Dharma--Transforming Addictions and Other Harmful Habits

From the book *Recovery Dharma*:

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.

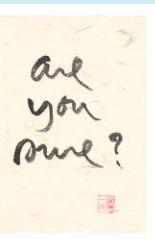
We welcome anyone who is looking to find freedom from suffering, whether it's caused by substance use or process addictions like codependency, sex, gambling, eating disorders, shopping, work, technology, or any obsessive or habitual pattern. We approach recovery from a place of individual and collective empowerment and we support each other as we walk this path of recovery together.

[Click to go to the Recovery Dharma website](#)

[Click here to download or buy the book](#)

Is Buddhism Atheistic?

Have you wondered about this or gotten questions from friends or family about a Supreme Being in Buddhism? Sangha member Rick Santangelo tackles this question. What did the Buddha say?



[Read More](#)

DOORWAY INTO LIGHT

Facing Death Nourishing Life

SEPT 29 - Nov 13, 2025

REVEREND BODHI BE & TEAM

*Preparing for death
Caring for the dying
Meeting a world in crisis*

The 6th year of our online training / 7 Weeks 2 classes each week
A stand-alone training and a pre-requisite for our doula certification program



Find out more at www.DoorwayIntoLight.org/Education

When Death Comes -- Mary Oliver

When death comes
like the hungry bear in autumn;
when death comes and takes all the bright
coins from his purse
to buy me, and snaps the purse shut;

when death comes
like the measles-pox

when death comes
like an iceberg between the shoulder blades,

I want to step through the door full of curiosity, wondering:
what is it going to be like, that cottage of darkness?



And therefore I look upon everything
as a brotherhood and a sisterhood,
and I look upon time as no more than an idea,
and I consider eternity as another possibility,

and I think of each life as a flower, as common
as a field daisy, and as singular,

and each name a comfortable music in the mouth,
tending, as all music does, toward silence,

and each body a lion of courage, and something
precious to the earth.

When it's over, I want to say all my life
I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.

When it's over, I don't want to wonder
if I have made of my life something particular, and real.

I don't want to find myself sighing and frightened,
or full of argument.

I don't want to end up simply having visited this world.

Photos from the 2025 Pure Land Retreat



[Link to Videos](#)

If you have ANY comments, complaints, or suggestions, please email the newsletter editor at gvljohnsons4@gmail.com.

***Bonus
Click***

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.*

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

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