



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

December 2024



First snow at Trout Lake Abbey.

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

WINTER SCHEDULE OF SERVICES & STUDY

all times are Pacific time

At 46 Stoller Rd., Trout Lake WA and at Zoom link below:

MORNING SERVICE (Monday to Friday)

6 AM

Robe Verse, Light incense and candle, Incense chant

Danh Le - with the 3 bows, Sutra, Dharma talk

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

Danh Le - with the 3 bows, Chant of Compassion

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

Other locations or Zoom Links:

TUESDAY Sangha + Meditation 12 noon

IN PERSON ONLY

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

SUNDAY Sangha + Meditation + Chair Yoga 8:30

ZOOM ONLY

(Email Brother River at CedarRiverHermitage@gmail.com for link)

2nd & 4th WEDNESDAY Thích Nhứt Hạnh Study Group 6:30 p.m.

(For information about the study group, contact Bonnie at bon2626wit@att.net)

LAST SUNDAY OF MONTH Meditation + Dharma Talk 2:00 p.m.

IN PERSON ONLY

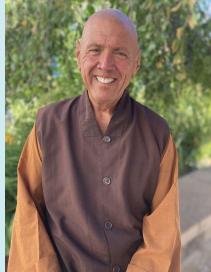
Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA



Link for All Zoom Services

Dear ones,

As you read this, several Sangha members and myself are in



India at the Buddhist holy sites, walking the same paths that our historical teacher walked. It is a great joy and privilege to view the places that were so important in the development of our faith and practice.

We will also be going to Lumbini to visit the Buddha's birthplace in Nepal. I encourage everyone who follows the Teachings of Buddha to make at least one pilgrimage to visit these holy sites.

As we follow the teachings of the Buddha we experience the necessity of action; action to live our lives following the Noble eight fold path, action in meditating, action in dealing kindly with all beings. The Buddha led us into a path for the cessation of suffering, and a life of peace.

As the holidays approach let us wish people of all faiths the peace and joy of the holiday season.

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

In India...

This is the group currently in India: American Mt. Adams lay temple members; monastics Thay Kozen, Sucu Nghiêm, and Thay Minh; and friends from Vietnam & other places.



They had the amazing opportunity to meet the Dalai Lama in Dharmasala at the beginning of the trip! Here are Thay Kozen and Donald. We have individual photos of everyone at this link:

UPCOMING RETREATS & CLASSES

Coming in January: 2025 updates to retreats!

26 Nov-11 Dec India Buddhist Holy Sites Pilgrimage
8 Dec Historical Buddha's Birth MEDITATION and RING BELL *Midnight*
31 Dec Midnight Western New Year RING BELL *11:30PM to 12:30 AM*
30 May-Jun 1 2nd Annual Sangha Retreat

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



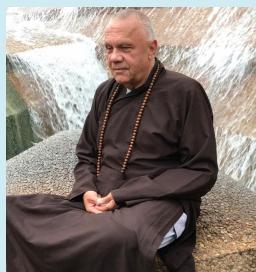
[Deer Park Monastery](#)



[Great Vow Monastery](#)



[Cloud Mountain](#)



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

Not Two But One - Non-Duality

At Budding Dharma Temple the other night, one sangha member asked a question about non-duality and I wasn't quite sure the brief answer I supplied was explicit enough or provided enough information for the sangha to think about. I decided to dedicate this month's article to the newsletter on just this topic to not only refresh my own understanding but to hopefully put more meat on the bones, so to speak, of my less than satisfactory answer to that question.

So to start, a basic definition might include that Non-duality in Buddhism holds great significance in understanding the nature of reality and the path to enlightenment that was offered by the Buddha. It refers to the concept that all phenomena are interdependent and devoid of inherent existence. This challenges the usual conventional view of a separate self existing independently, devoid of any real connection to anything else. This understanding proves to be necessary in transcending suffering and achieving liberation for each of us.

The concept of non-duality is deeply rooted in the dharma and the teachings of emptiness (sunnyata) and interconnectedness. Emptiness stresses the lack of an inherent essence in all things, including the self, which helps us understand that nothing exists independently. This insight is pivotal in helping us to break free from our attachments and aversions. As we know from the Four Noble Truths, these attachments and aversions are at the core of suffering. Moreover, non-duality plays a central role in our practice of mindfulness and meditation. By cultivating awareness of the present moment without clinging to dualistic perceptions, we can experience our own clearer and direct

realization of this concept of non-duality. This experiential understanding can be transformative, leading to a shift in our perspective and a deepening sense of compassion and wisdom as we move away from the concept of a single self.

In Mahayana Buddhism, non-duality is expounded upon through philosophical discourse and contemplative practices (i.e. meditation and the practice of mindfulness). Furthermore, non-duality is intricately linked to the concept of inter-being, as taught by Thich Nhat Hanh in a context often called Engaged Buddhism. This perspective emphasizes the interconnectedness of all phenomena, advocating for compassion and mindful action in addressing societal, personal and environmental issues. The significance of non-duality in our Buddhist practices lie in the profound implications for understanding reality, transcending suffering, and cultivating wisdom and compassion. As our attachments and aversions drop away, it serves as a guiding principle for both philosophical inquiry and practical application in everyday life.

I wish I had the verbal eloquence to explain this when it was originally asked by a sangha member but hopefully they will read this newsletter and excuse the old teacher for not doing a better job. It is a wonderful teaching and concept that offers each one of us, a transformative framework for spiritual growth and harmonious living.

Namo tassa bhagavato arahato samma sambuddhass

Visit Budding Dharma Website

Wisdom from the Sangha

In our Zoom and in-person Sangha & Meditation services, Thay Kozen or another clergy member is our teacher, but we also learn from each other as we discuss aspects of teachings and practice. Recently, the following juicy quotes were shared:



"Accept yourself as you are right now, an imperfect, changing, growing and worthy person" ~ Denis Waitley Shared by Wendy from a recent Druid newsletter

"Don't try to change your Mom (insert your loved one), just love her (them)" ~ Rachel

"if you want to engage in villainy & undermine the social order: Be especially kind to the people society has rejected. Care about the ones the world would convince you don't 'deserve' your kindness. I genuinely mean this when I say to you: the ultimate act of rebellion is insisting on compassion and grace in a compassionless world." ~ Shared by Jill

"Kindness is the most quietly powerful thing" ~ Jill

Join us weekdays at 6:30am, MWF at 530pm, Tuesdays at noon, or Saturdays at 8:30am (see full list above for details).

Zoom Link



"How much meditation is enough? Better to ask how often. At least once a day is necessary. The Zen tradition says 30-45 minutes. Thich Nhat Hanh said 20 minutes. Even 5 minutes done each day is a good beginning." - Thay Kozen

Meditation is a fundamental part of our practice. "Calm abiding meditation develops the mind's inherent stability, clarity, and strength. We place our attention on the body or the breath, notice when it moves away, and gently return to resting the mind one-pointedly. Gradually, we overcome what Suzuki Roshi called our "monkey mind," our habitual patterns of wildly grasping after objects of pleasure.... Insight meditation turns the mind away from delusion, our confused notions about ourselves, others, and our world. It turns the mind toward the reality of things as they truly are....insight meditation helps us understand, in a series of progressive steps, the truths of egolessness, emptiness, and great joy." - *Gaylon Ferguson in Lion's Roar*



How to meditate? Much has been written and taught, with rules and guidelines, but in truth it is both very simple and profoundly difficult. Here are two resources to help you learn. Yes, it does need to be learned! The first is from the Venerable Thay Jeff, from our website. Click the link, then scroll to the last video in the last column to enter meditation with Thay Jeff.

[Introducing Meditation](#)

The second resource is from Plum Village (founded by our teacher Thich Nhat Hanh).

[Enjoy Sitting Meditation](#)

What's Happening at the Temple?

Mt. Adams Buddhist Temple is quiet this month. Thay Kozen is in India with a group of sangha members and Vietnamese friends. (more below!). Denisa, Chris, and Du are holding down the fort, and the grounds are open for visitors and volunteers. Remember that Trout Lake is usually 5-10 degrees colder than surrounding areas, which matters this time of year! Check weather forecasts before you venture out for a visit.

Last month we had a very interesting visitor. In Vietnam last year, Thay Kozen and the group visited a large temple and met the nun who runs it. In November, she came to inspect our new temple progress and see how we reach people with our teaching. We practice in the Thien Vietnamese tradition, and are a rare Thien temple led by and supported by westerners. We received her approval.

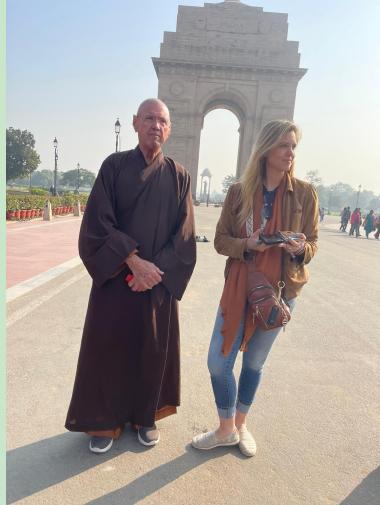
The India Pilgrimage group includes 7 members of our Sangha. They plan to return on December 11. Here they are fighting jet lag in New Delhi.



Jordan, Donald, Sharona, Emily, and friends on an aerial tram.



Sharona and Emily on a side trip (that is not a Zoom background!)



Thay Kozen & Jordan exploring.

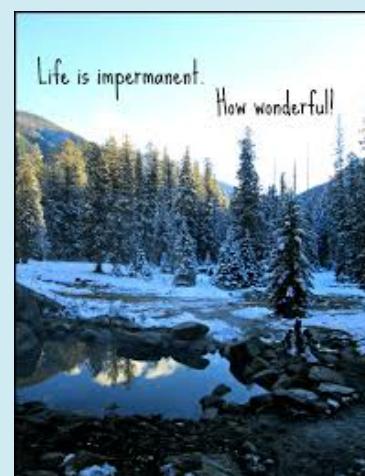


Scott is all about the food. The first post to the group: Best Samosa Ever.

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

Change & Change & Change - Impermanence

I am getting on in years, my mid 70s have been a time of change in my abilities and my capabilities. I found myself wanting to climb around on Mt Adams and other things that I could easily do 10 years ago but now am not as able - Laughing - the concept of impermanence & change became prominent. As I chatted with other people my age I became aware of the health and physical changes that many of us focused on. Rather than being present with the "now", I had somehow gotten stuck in a younger time and was living with the past. I found myself grieving the "once was" rather than being in the present awareness that all "caused phenomena" is subject to continual change.. My hope is to live a "meaningful life" in the present, adding to but not confined by my past. I had "Great Fun" as I sat with past and present and charted my course to live my best current meaningful life as changing each



Living and Dying by His Holiness The Dalai Lama

"Over the years, our bodies have changed. Generally speaking, even spirituality or meditation cannot stop that from happening. We are impermanent, always changing, changing from moment to moment; and that is part of nature. Time is always moving; no force can stop that. So the real question is whether we are utilizing time properly or not. Do we use time to create more problems for others, which also ultimately makes us ourselves feel unhappy deep inside? I think that's a wrong way to utilize time."

[Read More from His Holiness The Dalai Lama](#)

Buddhist Activism

Many of us are wondering how to handle our negative feelings about barriers to our deeply-held causes, whether social or environmental or something else. By turning these feelings into positive, loving action, we can make change in our world without hate.

Whether you donate to causes that promote peace and equity in the world, feed those in need, raise children with your values, practice sustainability in your life, use your body as a barrier, or share the dharma through formal or informal means, you can make a difference. The key is acting from dharma-based understanding.

"It is not enough to be compassionate. You must act. There are two aspects to action. One is to overcome the distortions and afflictions of your own mind, that is, in terms of calming and eventually dispelling anger. This is action out of compassion. The other is more social, more public. When something needs to be done in the world to rectify the wrongs, if one is really concerned with benefiting others, one needs to be engaged, involved." - The Dalai Lama

Here is an article about the activities of the Seattle Insight Meditation Society's Climate Action Group.



*Climate Activists:
Paulette Hopke, Margot
Kennard, Ruby Phillips at
Rattlesnake Lake, at the
Cedar River Watershed
Education Center.*

**Buddhist
Peace
Fellowship**

**What is
Engaged
Buddhism?**

Buddhist Climate Change Activism

The Northwest Dharma Association publishes news about the Buddhist happenings in the Pacific Northwest and British Columbia. One of the areas they feature is Compassionate Action.

Northwest Dharma Association News



GORGE

Sitting Meditation Offerings

Mt. Adams Buddhist Temple: **Monday-Friday** at 6:00 am, Mon, Wed, Friday at 5:30 pm, and **Saturday** at 8:30 am. Trout Lake Abbey, Trout Lake, WA. <https://mtadamsbuddhisttemple.org>.

Yoga and Meditation at Flow Yoga on **Mondays** from 12-1 (yoga from 12-12:45, meditation 12:45-1). <https://www.flowhoodriver.com/>

Tuesday Meditation with the Trinity Sangha. 12 pm to 1 pm every Tuesday at Trinity Body Arts, Hood River, OR. <https://www.trinitybodyarts.org>.

Pacific Hermitage Meditation and Dhamma talk with Thai Forest Monks 5:15-7:30 pm every **Tuesday** evening at Yoga Samadhi in White Salmon, WA. <http://pacifichermitage.org>

Being Peace Community Meditation with Rev. Emily at Machi Yoga in Hood River, OR every **Thursday** morning 8:15-8:45 am. [Machi Yoga](#).

Sunday Sit and Dharma Discussion with Scott Rower and Rev. Emily 9:30-10:30 am **Sundays**. Contact: scottrower@gmail.com



Hood River Area

Community Meditation & Book Club

The Book of **JOY** **HOOD RIVER ADULT CENTER** **11 AM FRIDAYS. FREE.**

DECEMBER 13 & 27

JANUARY 3 & 17

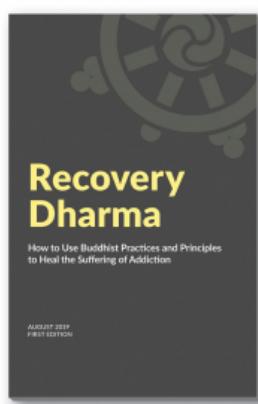
FEBRUARY 7 & 21

MARCH 7 & 21

APRIL 4 & 18.

PRESENTED BY:
GORGE HAPPINESS &
EMILY MARTIN, MINDFULNESS MEDITATION TEACHER

**CONNECTION,
PRACTICE & SELF-AWARENESS**



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 Meetings Near You](#)

[Download or Get the Book](#)

Health & Science

News Flash? Animals Have Consciousness

Some things are difficult to "prove" scientifically. This article was recently published in a respected online science journal. When we say our metta practice, we send metta to all sentient beings with "fur, feathers, scales, and skin". Scientists now officially agree that they qualify. It's good to know we've been using "wise action." There is a whole area of philosophy/science study called animal consciousness.



Animals have Consciousness!

Dog River Pet Supplies

1118 12h St, Hood River OR (541) 490 0646

<https://www.dogriversupplies.com/>

Sean Kelley & Molly Lewis have been very kind and generous in supporting the animals at our Temple.

THANK YOU!



Resolve to dissolve
what suffering has wrought;
seek out the root
and untie the knot.



Fa Hsing, Thay Jeff, is a prolific poet. He is a Zen monk and teacher at Mountain Way Zen in Aberdeen, WA. He is a leader in prison Dharma ministry. (Ed: I swiped this poem from his Facebook page)

A NOTE FROM THE EDITOR

Thanks for reading to the end! If you have ANY comments, complaints, or suggestions, please email the newsletter editor at gvljohnsons4@gmail.com. Any articles or links that speak to you as a Buddhist are welcome for consideration. If you'd like to contribute a piece, please email! We also 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!

*Bon
us
Click
*

*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 <https://mtadamsbuddhisttemple.org/>

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