



# MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

[Visit our website](#)

January 2025  
**Happy New Year !**

The days are getting longer.



Ring in 2025 with the big bell at Mt. Adams Buddhist Temple

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

## **RECURRING SERVICES - WINTER 2025 SCHEDULE**

*all times are Pacific time*

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

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*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](mailto:CedarRiverHermitage@gmail.com) for link)*

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

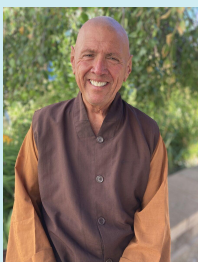
*(For information about the study group, contact Bonnie  
at [bon2626wit@att.net](mailto:bon2626wit@att.net))*

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

IN PERSON ONLY

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

**Link for All Zoom Services**



Dear Ones,

It is with sadness that I mourn the loss of former president Jimmy Carter. His life, after his presidency, was filled with working for people to have a safer and more secure future. From his work on racial equality to building habitat for humanity houses he demonstrated a great love for mankind. I don't know about his time as president, and I have the



greatest respect for his efforts after leaving office. He was a shining example of a selfless giving life.

I wish all beings health and joy in the New Year, 2025. Our solar calendar starts January 1, the Mahayana lunar calendar starts January 29, 2025, and The Tibetan Losar (New Year) starts February 28, 2025. May we all find peace in this change. New Year is a time of offering red envelopes (cash) to monks and nuns, red envelopes, fruit, flowers, and food to temples. I encourage all of us to visit other temples and offer dana (support offering from your heart).

Work continues on our new temple. Roofing tiles should be completed by the end of January and windows have been ordered. We still need electrical, insulation, drywall, and painting to complete the new Dharma Hall.

Our trip to India was a joyful success and blessing. We're planning another trip in November 2025 with our sangha and the Manjusri Dharma Center (a Tibetan temple) and Lama Khenpo Karten Rinpoche. Think about saving up your pennies for our next pilgrimage to the Buddhist Holy Sites.

In metta (loving kindness)  
Thay Kozen

*Buddha teaches us that Anger, Desire, and Ignorance are the cause of suffering.*

## Upcoming Events & Retreats

### 30 May-Jun 1 2nd Annual Sangha Retreat

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

*...Thay Kozen*



**Cloud Mountain  
Retreat Crt**  
[Click Here for Website](#)



**Great Vow Monastery**  
[Click Here for Website](#)



**Deer Park Monastery**  
[Click Here for Website](#)



## Thich Minh Thien, (Thay Z) Abbot of Budding Dharma

Arlington, Texas [thayzzen@gmail.com](mailto:thayzzen@gmail.com)

### The Noble Eightfold Path: Wise View

Here we are beginning another spin around the sun and we name it 2025. For many, it affords the opportunity to start anew or correct or improve aspects of the previous year.

For many of us, this path that we are on greatly encompasses a practice that we call Buddhism. I started writing monthly articles for this newsletter in 2015

and one of my struggles is always trying to come up with topics for those who read them. This year, rather than struggling month to month with my creative muse, I decided to go back to basics. Each month I will dedicate the article to an element basic to the teachings of the Buddha and to how we choose to live our lives. I think starting with the Noble Eightfold Path is a good place to begin this project. Besides, it covers topics for the next eight months so I have already taken steps to reduce my suffering and maybe will interest and strengthen the understanding for those who may read them. Many know that the elements in these eight elements for living the best life we can always begin with the word "Right". I am choosing to substitute the word "Right" for the word, "Wise" as they are listed in the program called Recovery Dharma. So let us begin our 2025 project with Wise View.

The Buddhist concept of Wise View is a fundamental aspect of the Noble Eightfold Path, which forms the core of Buddhist teachings. Wise View encompasses a deep understanding of the nature of existence, the causes of suffering, and the path to liberation.

At its core, Wise View involves seeing and understanding the true nature of reality. This includes acknowledging the impermanence of all things, the interconnectedness of life, and the universal presence of suffering. It also involves recognizing the law of cause and effect (karma) and understanding that our actions have consequences that shape our present and future experiences.

Wise View also encompasses an understanding of the Three Marks of Existence: impermanence (Anicca), unsatisfactoriness or suffering (Dukkha), and non-self (Anatta). This perspective helps practitioners develop a more realistic and compassionate outlook on life, transcending ego-centric views and reducing attachment to transient phenomena.

Furthermore, Wise View involves comprehending the Four Noble Truths: the truth of suffering, the truth of the origin of suffering, the truth of the cessation of suffering, and the truth of the path leading to the cessation of suffering. Through this understanding, one can gain insight into the causes of suffering and how to overcome it.

In practical terms, cultivating Wise View involves introspection, mindfulness meditation, and studying Buddhist teachings. It is a gradual process that requires self-reflection and a willingness to challenge deeply ingrained perceptions.

By embracing Wise View, individuals can develop a more holistic perspective on life, leading to greater wisdom, compassion, and ultimately liberation from suffering. It serves as a guiding principle for ethical conduct, mental cultivation, and spiritual development in Buddhism.

So here is to our 2025 study for the next eight months of the Noble Eightfold Path. My hope is that I will gain greater understanding as I put this together and that you the readers find value and joy in our practice.

*Namo tassa bhagavato arahato samma sambuddhassa*

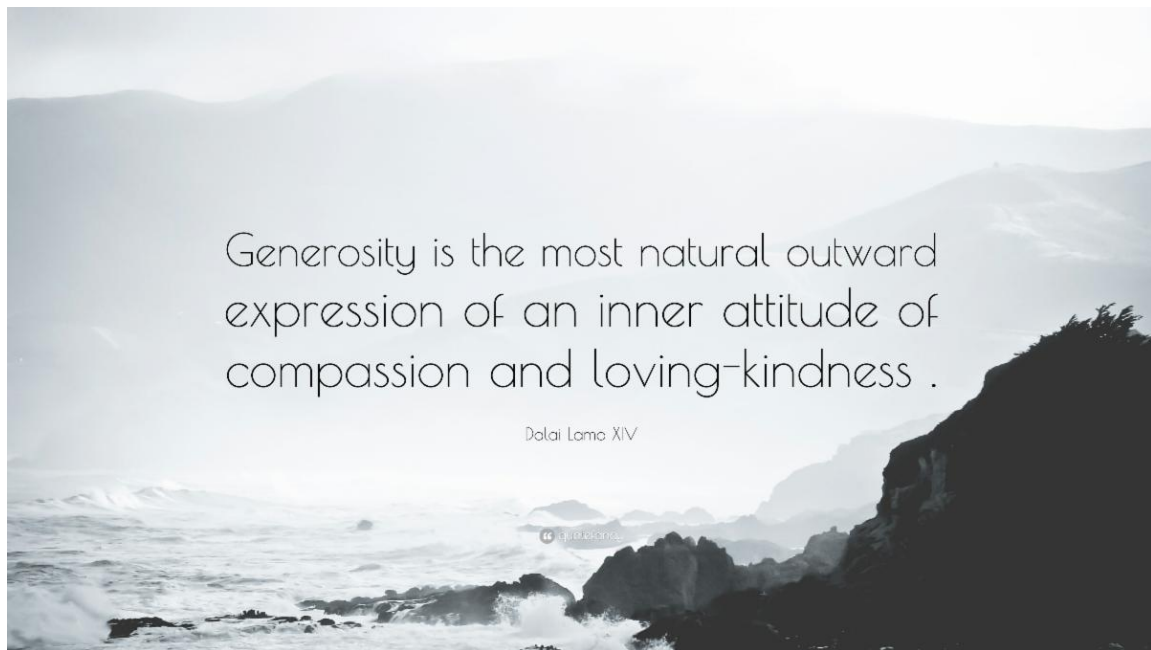
[Visit Budding Dharma Website](#)

## **Ways to Offer Dana Donations to the Temple**

*Disclaimer: This message is not from Thay Kozen!*



Buddhist temples are funded by their lay members, the people who receive teaching, guidance, fellowship, and inspiration from them. There is no Buddhist "treasure trove" set up in the mountains of Nepal or a high-rise in LA that doles out funds to keep temples alive. Mt. Adams Buddhist Temple is no different, and depends on us to continue its existence. If you are able to support the Temple financially, here is how!



**Donate by mail** - Mt Adams Buddhist Temple PO Box 487, Trout Lake WA 98650

**Donate Online on our website** - click button below

**Donate from your IRA** - A qualified charitable distribution (QCD) is a distribution of funds from your IRA (other than a SEP or SIMPLE IRA) directly to a qualified charitable organization, such as the American Red Cross. Because the gift goes directly to the charity without passing through your hands, the dollar amount of the gift may be excluded from your taxable income up to a maximum of **\$100,000** annually, with some exceptions. Please consult your tax advisor for information regarding your specific exceptions.

**Donate Stock** - By making a gift of stock to the temple, you are providing funding for our foundation to keep the temple operational for generations.

**Donate Tribute** - Tribute Giving is a way to recognize, honor, and celebrate people and events that are important to you by giving back to others.

**Donate in Memory**- Tribute given in memory of individuals or family members who have died.

**Matching Gifts** - Your gift to the temple could be matched dollar for dollar by your employer! Many employers sponsor matching gift programs and will match any charitable contributions or volunteer hours made by their employees, retirees and/or employees' spouses. Please check with your place of employment. *(Currently there is a \$100,000 matching grant)*

**Legacy Giving** - also known as planned giving - is done by leaving a gift to the temple in your will or estate plan. *A legacy gift is given after*

*the donor's lifetime.* A legacy gift often allows people to make a larger gift than they were able to during their lifetime. We can never die. We are a continuous manifestation. A Legacy Gift is Dana for stable and long-term support.

[Click to Donate Here](#)

## The Basics of Buddhism



## What is Mahayana?

When you begin to explore Buddhist teachings, you may be confused by words like "in the Mahayana tradition" or "on the \_\_\_\_yana path." There are two major traditions in Buddhism, with a third major subset.

"Theravada" (*Pali: way of the elders*) is the type practiced today mainly in India and southeast Asia. It is based on the Buddha's teachings and focused on the practitioner's spiritual advancement.

"Mahayana" (*Sanskrit: great vehicle*) includes teachings of the Buddha's disciples and individuals known as Bodhisattvas, who achieve enlightenment but return to help others find their path to this goal. Mahayana is mostly practiced in eastern Asia and Vietnam.

"Vajrayana" (*Sanskrit: diamond or thunderbolt way*) is also known as Tibetan Buddhism. It is practiced in Tibet, Mongolia, Nepal, and Bhutan. It is a type of Mahayana, and uses rituals and empowered gurus as tools for transformation and purification of negative emotions in order to let them go.

Our temple practices Thien (Vietnamese) Buddhism, which is a subset of Mahajana. It is called Chan in China and Zen in Japan.

Sister Minh Bao recently gave a wonderful Dharma talk about the manifestation of serving others in a Mahayana Buddhist life. As always, it is both profound and very funny! You can watch the video here:



*Minh Bao is a "former rock star, current Buddhist nun, always a clown in my own circus." She lives in rural Oregon.*

**The Mahayana Life: Serving Others**

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

## What's Up at Mt. Adams Buddhist Temple?

With only one exception, all the Temple's pilgrims returned from their trip to India & Nepal in one piece! Donald remains on an extended stay in Nepal until February. Participants will share their impressions in future newsletters. Below are some photo highlights.

**\*News Flash\*** Thay Kozen will be joining a group for a similar trip in November



2025. Start saving your pennies!



In Lumbini (Nepal), the Buddha's birthplace.



Visiting a Tibetan monastery in Bodh Gaya, site of the Buddha's Enlightenment.



Stupa in Sarnath, site of the Buddha's first teaching.



Suco Nghiem in Sarnath during donations to the poor.



Sharona and Emily made a friend in Bodh Gaya and were invited to dine with his family.



Reclining Buddha in Kushingar, site of the Buddha's death.



Carrying the shroud to cover the reclining Buddha in Kushingar.



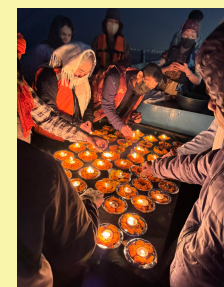
A mountaintop experience for Jordan, Emily, and Kenji in Kushingar.



The "Bodhi Brothers" (Scott & Donald) were able to join



Visiting and making donations to a home for



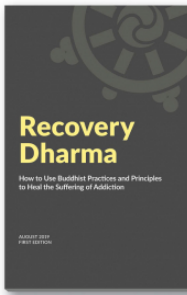
Candles to float on the Ganges for the



our 6am Zoom Sangha

blind children in Bodh Gaya. goddess Ganga.

[See the group's itinerary](#)



## **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.

[Find Meetings Near You](#)

[Download or Buy the Recovery Dharma Book](#)



## **Gorge Yoga Retreat: Spring 2024 - Rejuvenation!**

April 11-13 at the Trout Lake Abbey

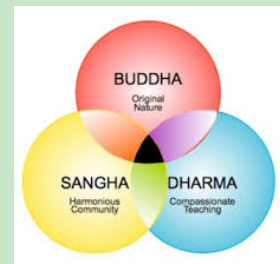
Laurie Van Cott has opened registration for her Spring Yoga Retreat. Go to her website to grab a spot before they sell out!

[Register for Gorge Yoga's Spring Retreat](#)



# Sangha: Community & Practice

## Vegan & Vegetarian Recipes



A vegan lifestyle often accompanies Buddhist practice, because it causes no harm to living beings. Many Buddhists are vegetarians, eating the milk and infertile eggs of animals. But how do we switch from an American diet, which most of us were raised on and taught to cook? We can help each other! The sangha supports each other in living and practicing.

Several of you have requested a new feature for sharing recipes in the newsletter. Please send any vegan/vegetarian recipe you have that is a "winner" for those of us striving to change!

This recipe is from the editor's file, the simplest chili ever! It's endlessly flexible - you can add vegetables you have on hand, add meatless meat, top it with real or non-dairy cheese, add hot sauce, use different types of beans. I've made it with butternut squash, zucchini, cabbage, mushrooms, and I usually top it with parmesan cheese and Tapatio hot sauce. On the stovetop, in a pressure cooker, in a camper. Even my never-cook son makes it.

[Link to Veg/Vegan Chili](#)

### A NOTE FROM THE EDITOR

If you've read this far, thank you! We've been trying different formatting and content presentation in the newsletter the last few months. If you have ANY comments, complaints, or suggestions, please email the newsletter editor at [gvljohnsons4@gmail.com](mailto:gvljohnsons4@gmail.com).

**\*Bonus  
Click\***

We 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!

*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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[www.mtadamsbuddhisttemple.org](http://www.mtadamsbuddhisttemple.org)

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