



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

[Visit our Website](#)

June 2025

This email is long, please click on this message "View entire message" at the bottom of your browser to see the whole newsletter all the way through the "Bonus Click."



Thay Kozen with his dear friend Kenpo Karten Rinpoche

RECURRING SERVICES - SPRING 2024 SCHEDULE

all times are Pacific time

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 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 All Temple Zoom Services

Other locations or Zoom Links:

MONDAY-FRIDAY Sangha + Meditation 6am-7am
IN PERSON ONLY
Location: 1412 13th Street, Suite 200. Hood River OR 97031

NEW WEDNESDAY Buddhist Meditation Service 6-7pm
IN PERSON ONLY
with Thay Jeff at Art HqX in Hoquiam WA
For more info email mountainwayzen@yahoo.com

TUESDAY Sangha + Meditation 12 noon
IN PERSON ONLY
with Thay Kozen
Location: 1412 13th Street, Suite 200. Hood River OR 97031

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*

NEW FIRST SATURDAY Sangha+Meditation 4:30-6:30pm
IN PERSON & ZOOM
with Trina Truong <https://www.wakeuptogether.org/pnwm>
PNW Meditation 4312 SE Stark St, Portland OR 97215

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

2nd & 4th WEDNESDAY Thích Nhất 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
*Location: Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA
<https://buuhung.com/>*

SIGN UP FOR AUTOMATIC TEXT REMINDERS FOR MEETINGS

You can sign up for a text reminder for Temple services:
Send a text to (833) 460-0792 with the messages below to subscribe to mediation service text reminders.

- For a Saturday Morning Service reminder, text sitsat
- Monday evening, text sitmonpm
- Tuesdays in Hood River, text sittuehr
- Wednesday evening, text sitwed
- Friday evening, text sitfri
- Weekday mornings, text weekdayam

For example, if you want reminders for Saturday morning services, you'd text sitsat to (833) 460-0792



Dear ones,

I spent the day at the temple of my good friend Khenpo Karten Rinpoche. We walked on the cliffs along the ocean of Seaside, California. Rinpoche has been feeding a crow there and they have become friends. The crow followed Rinpoche for the entire walk.

The wonderful joy that was expressed by my friend touched my heart - a simple act of giving a bird some food brought such joy.! I am grateful to have experienced the interaction and grateful to have such a special friend. May we all take the time to cultivate simple joys.

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

A Visit to Manjushuri Dharma Center

On Saturday, May 24th, Thay Kozen made a trip to California and visited his friend Kenpo Karten Rinpoche at his temple. Click on the button to see more wonderful pictures and the story of the visit by our sangha member Rachel. Also linked below is a brief, moving film about Kenpo Karten Rinpoche and Tibet.



See Visit Highlights

Watch Short Film



**Budding Dharma
Buddhist Temple**

Thich Minh Thien, (Thay Z) Abbot
Arlington, Texas

Wise Livelihood

Welcome to June 2025 dear Sangha and Friends. Over the



last months we have been looking more deeply behind the essence of the elements found in the Noble Eightfold Path. To date we have tried to understand more clearly what Wise View, Wise Intention, Wise Speech and Wise Action are trying to tell us. This month let us try to understand the fifth Noble Practice, Wise Livelihood.

Most of us learn at some time in our early lives that there is a need to discover what profession or job we will undertake that will provide the necessary resources for life; not only for ourselves but also for our families and communities to thrive. For many of us, there probably also occurs a great deal of experimentation on the type and breadth of work we will undertake. What is Wise Livelihood showing us regarding this discovery?

The Buddhist concept of Wise Livelihood is a fundamental aspect of the Noble Eightfold Path, which guides us toward ethical and mindful living. Wise Livelihood emphasizes the importance of earning a living in a way that does not cause harm to oneself or others, and that contributes to the overall well-being of society.

According to this teaching, Wise Livelihood involves abstaining from occupations that directly or indirectly contributes to harm and suffering, such as dealing in weapons, intoxicants, or harmful substances, or engaging in dishonest or exploitative practices. Instead, we are encouraged to pursue livelihoods that promote peace, compassion, and the well-being of all beings.

Some examples of Wise Livelihood include professions that involve helping others. This might include such work like teaching, healthcare, environmental conservation and social work. Additionally, occupations that promote ethical conduct and mindfulness, such as organic farming, fair trade practices and sustainable businesses, are considered in line with Wise Livelihood.

Practicing Wise Livelihood is not only about the specific nature of one's occupation but also about the intention and impact behind one's work. It involves cultivating awareness of how our actions in the workplace affect ourselves and others, as well as the environment. By choosing an occupation aligned with Wise Livelihood principles, we can contribute to a more harmonious and compassionate society while also progressing and honoring our spiritual path.

In summary, Wise Livelihood encourages us to engage in work that is morally upright, beneficial to others and conducive to the spiritual development and compassion of all beings and our planet. It serves as a reminder to always consider the ethical implications of our professional choices and strive to find a livelihood that aligns with the values of compassion, non-harm, and mindfulness.

Namo tassa bhagavato arahato samma sambuddhassa

Budding Dharma website

Weekly Services at Budding Dharma Buddhist Temple

Zen to Go – Tuesday 7-8 pm & Thursday 11 am to noon

Full Service – Thursday 5:30-7:30 pm

Recovery Dharma – Saturday at 1 pm

Volunteer Service Days at the Temple
Mindful Gardening and Cleaning



Looking for a way to serve the Mt. Adams Buddhist Temple and Trout Lake Abbey? Want to spend a day in the glow of Mount Adams? Work side by side with fellow practitioners?

"Weeding is a constant practice, whether in gardening or meditation.." – Sensei Paul Seiko Schubert

Taking care of the Temple is a traditional Buddhist practice, and in most communities is expected of members.

Join us any Saturday this summer to help keep the lovely grounds of the Abbey beautiful and under control. No experience or RSVP necessary. We'll be sprucing up the outside and cleaning the temple. Camping on the grounds is always an option if you live further away. Work gloves recommended!

The workday starts at 10:30am and ends at 3:30pm, or whatever time you can give.

If you wish to come other days of the week, email with Thay Kozen in advance so he'll be ready for you.

Email to Volunteer during the week

UPCOMING EVENTS

Volunteer Saturday at the Temple - every Saturday starting at 10:15.

Forest Bathing Retreat - Gentle Practice - June 13-15 in Vancouver WA

<https://mtadamsbuddhisttemple.org/event/forest-retreat-2025/>.

Join us for a soft meditation and practice weekend. Enrollment is limited to 20 persons so register early.

Forest Therapy Hike - June 15, 12-3 Columbia River Gorge near Hood River with Emily Martin. Details [here](#)

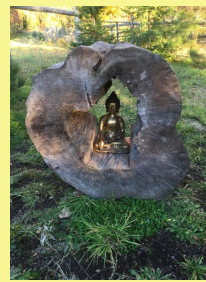
White Salmon Valley Pride - June 21st White Salmon, WA (organized by Sangha member Jenny) for more info [click here](#)

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

Men's Consiousness & Ketamine Retreat - Oct 24-28 at the Abbey. Also, **Monthly ketamine-assisted therapy group** [Click here for more information](#)

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



The Meditation Hall is Being Used for Retreats! Help us Finish this Phase

The Meditation Hall still lacks lights, drywall mud, paint, and siding but it is being used for retreats! We are saving again to finish the the Meditation Hall. The attached covered entry and Patio is also being used for gatherings or to serve meals.

The north end is all windows, which frame a stunning view of Mt. Adams. High celestory windows let in light, and operable windows also let in air. A covered walkway surrounds three sides of the building. The roof is a copper color that shines in the sun. The Meditation Hall opens to the covered Patio which is used for gatherings and meals.

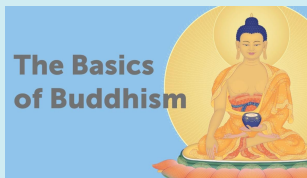
Generous donations from Temple members and the local community have gotten us this far. You can help us finish this wonderful project.

[Click here to donate to the new temple building](#)



Artist's concept of our new temple building.

The three phases are the Open Patio (center) the Meditation Hall (left, facing Mt. Adams) and the Kitchen/Dining Room (right)



Buddhist Vocabulary

We've heard from several newcomers that they need to study the vocabulary to understand what's going on the our services, dharma talks, and sharing. Any tradition has a "code" or "shortcut" of words that don't make sense at first. Here are a few of the most common ones you'll hear used over and over again. This is just a small selection from a recent discussion....

Attachment, Clinging: We all love our families, our pets. We have favorite foods and colors. We have beliefs and opinions. Serious problems arise, though, when these preferences cause us to suffer: when we are afraid to lose them, want them at all costs, overindulge in them. This is called attachment or clinging. The Buddha taught that all things are impermanent and will cease or change over time. If we are too attached to something or cling to it, we are bound to suffer when it changes.

Disclaimer: these are very simple explanations of deep subjects! We hope they help you understand some of the discussions and lessons that you hear.

[More About Attachment and Letting Go](#)

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, trained and qualified at Mindfulness Center, Brown University 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

- ✦ 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

"Speaking of Death" Educational Series in Hood River

June 29th, July 27th

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.

Speaking of Death

Last Sundays of the Month March - July
12:30 - 2 PM at Rockford Grange
March 30th, April 27th, May 25th
June 29th, July 27th

Learn More



Recovery Dharma--Transforming Addictions and Other Harmful Habits

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.

Find a Meeting Near You or Get the Book



Career Opportunity

Columbia Insight is looking for an Executive Director. If you know of someone who's environmentally passionate and looking for a job, this might be a good fit. Susan Hess is stepping down from Columbia Insight, a Gorge environmental publication.

Find Out More

AND THIS...

Thanks to the scheming minds of Rev. Scott and our Emissary of Heart Jill, we have a Sangha T-shirt!

Modeling it at right is Kozen during this weekend's Sangha Retreat.

If you want one of your own, you can order it here:

Show Me More!



A NOTE FROM THE EDITOR

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.*

Mt Adams Zen Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650
509.395.2030 <https://mtadamsbuddhisttemple.org/>

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