



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

[Visit our website](#)

March 2025 Welcome Back !

Welcome back can be applied so many ways this time of year. Welcome back to birds, flowers, sun, spring. Welcome back to those who travel to escape the dark and cold of winter. Welcome back to the Temple as the snows recede and activity picks up. Welcome back to your practice each time you go away for a moment or a day or a decade. We welcome you back to our newsletter.

Listen, Listen, this wonderful sound brings me back to my true home. -
- Invitation to the Mindfulness Bell and the last line of our Starting Meditation Chant (Chant Book p. 36)

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

RECURRING SERVICES - SPRING 2024 SCHEDULE SERVICES & STUDY In Person and on Zoom

all times are Pacific time

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



MORNING SERVICE (Monday to Friday)

6:00 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

TUESDAY Sangha + Meditation 7-8:30 ***NEW***

IN PERSON ONLY

Zen Community of Oregon, Vancouver, WA

<https://zendust.org/vancouver/>

SUNDAY Sangha + Meditation 8:30 AM

ZOOM ONLY

8:30 Check-in

9:00 Dharma talk & Meditation

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

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

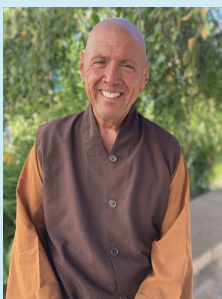
*(For information about the study group, contact Bonnie
at bon2626wit@att.net)*

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

IN PERSON ONLY

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

Link for All Zoom Services



Dear Ones,

Spring is starting to show up here in Trout Lake. Tree branches are thickening with the hope of new leaves, flower buds are starting, red breasted robins are eating worms in the fields and the snow that has covered much of our property has started to melt. Ah - the joyful warming of the land and season brings a smile to my old heart. I am aware again that Spring follows Winter, Summer follows Spring, Fall follows Summer, and then Winter again. The great circle of the seasons and change. It reminds me of the great circle of Saṃsāra - birth, suffering, death circling again and again. Saṃsāra is a Sanskrit word that means "wandering" as well as "world," wherein the term connotes "cyclic

change" or, less formally, "running around in circles." Our historical teacher instructed us about two great core teachings; Karma and Saṃsāra. Karma, in Sanskrit translates to deed or action. It is also the Law of Cause and Effect. It states that "goodness begets goodness and evil begets evil". On the other hand, Saṃsāra is known as rebirth or reincarnation; but in Sanskrit, it translates to aimless wandering. Like being forever lost in a circle of birth, rebirth or redeath.

May we all think greatly upon our lives and our practices of the Buddha's teachings. Time passes swiftly and with it our only change of awakening - please let us not waste our life!

May the coming warmth be kind to you and your loved ones.

In metta,
Thay Kozen

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 Ctr**
[Click Here for Website](#)



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



Deer Park Monastery
[Click Here for Web Site](#)

NEWS FROM THE TEMPLE

Updates

Terrence is a new resident at the abbey.

The roof of the new temple might be complete by the time you read this! The roof is metal shaped to look like traditional barrel tiles.

A crew of volunteers painted the new monks' quarters adjacent to the old temple, then enjoyed a delicious potluck together!

Upcoming

When you visit the Temple, please bring a largish river rock to add to the fountain in our Memorial Garden!



[March 15 Fire Extinguisher Training with Dave Martin](#) [Click for more info](#)

[March 22 Work and Potluck](#). After a quick lesson, we will prune apple trees in the Temple orchard, followed by lunch. You do not have to prune to participate! [Click for more info](#)

[March 28 - 30 Dedication of new Temple Buildings in Houston, TX](#). Our

Vietnamese brothers & sisters are dedicating a new hall & lodgings after the old were destroyed. [Click for more info](#)

[April 11-13 Gorge Yoga Wellness Retreat.](#) See more later in this newsletter

[May 30-June 1 Sangha Retreat.](#) See article later in this newsletter



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

The Noble Eightfold Path - Wise Speech

The last 2 months, we have been delving a bit deeper into the Noble Eightfold path by exploring what was meant by Wise View and Wise Intention. The use of the word "Wise" in place of "Right" is just my preference. This month let us look at Wise Speech; one that I would wager is challenging for all of us. What we think many times comes out of our mouths and therefore, is a very public display of our buddhist practice or lack thereof.

Right Speech involves refraining from lying, divisive speech, harsh language, and idle chatter. Instead, it encourages truthfulness, promoting harmony, using words that are gentle and kind, and speaking at the right time and in the right manner and emphasizes the importance of mindful and compassionate communication.

Speech is a primary means of communication about our thoughts, beliefs and emotions and therefore is significant in our interpersonal relationships. It plays a role in personal development and overall, has a major impact on creating a more harmonious society. Wise Speech in everyday life, draws from both Buddhist teachings and modern psychological perspectives on communication and mindfulness.

Thich Nhat Hanh, a renowned Vietnamese Buddhist monk and peace activist, offers us profound insights and practical guidance on the practice of Wise Speech. His teachings emphasize the transformative power of mindful communication in fostering understanding, compassion and harmony in our interactions with others. In his teachings on Wise Speech, he emphasizes the importance of speaking with intention and mindfulness. He encourages us to consider the impact of our words on others and to cultivate awareness of our own emotions and underlying motivations before speaking. By doing so, we can avoid causing harm through careless or unskillful speech.

He also emphasizes the practice of deep listening as a complement to Wise Speech. He teaches that genuine communication involves not only speaking with compassion and truthfulness but also listening with presence and openness. This reciprocal exchange forms the foundation for building authentic connections and resolving conflicts with understanding and empathy.

Thich Nhat Hanh's teachings on Wise Speech extend beyond individual interactions to encompass the broader societal impact of our words. He highlights how our collective speech shapes the culture and atmosphere of communities, emphasizing the responsibility we all have in contributing to a more compassionate and inclusive society through our communication.

Another great teacher, the Dalai Lama also emphasizes the importance of Wise Speech. His teachings encourage us to practice speaking truthfully, kindly, and with mindfulness. He encourages us to practice compassionate communication, avoiding harmful speech such as lying, divisive speech, harsh language, and gossip. He teaches that words have the power to heal or harm,

and encourages us to use our speech to promote understanding, harmony, and positive connections with others.

In practicing Wise Speech, I often use an acronym, T.H.I.N.K. T= Is it True, H= Is it Helpful, I= Is it Inspiring, N= Is it Necessary and K= Is it Kind. Add to that the thought; Is it mine to tell or say, and you have the perfect recipe for practicing Wise Speech in your life.

Namo tassa bhagavato arahato samma sambuddhassa

2nd Annual Sangha Retreat - Get on our Interested List

Last year, approximately 70 of our Sangha members met at the Temple for a 3 day retreat. It was a wonderful mixture of meditation, learning, food, fellowship, and smiles. Just a few photos capture some of the joy and spirit.

Details are still in the works, but mark you calendars now and start pondering how you can attend! Indoor lodging is available but limited, so please plan to bring a tent or camper if possible! Friday May 30, 4pm - Sunday June 1st, 1pm.

To start planning, we need to determine how many folks are interested. Please click this link and leave your full name and the best way to contact you.

I'm Interested! Here's my info



Science & Buddhism

Our Thoughts Make Our World

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." -

Dhammapada, trans. Thomas Byron

In this video, a Harvard professor of psychology describes mindfulness as a way of framing life, not simply a meditation or other practice, and discusses data showing how to use one's mind to overcome health challenges and achieve remarkable outcomes.



**Using Mind to Control
Physical Health &
Longevity**

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

- ✦ 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

Yoga Wellness Retreats

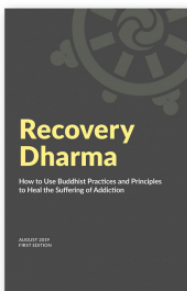
The theme for 2025 is **REJUVENATION!**

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!

Info & Registration



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

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"Speaking of Death" Educational Series

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. For more details, click the link.

[Read Details about Series](#)



March 6, 7, 8, 9 and 13, 14, 15
The Bingen Theater - 210 N Oak St. Bingen WA

Tickets at bigbritches.org

[Learn More](#)



Kirk Thomas, long term resident and partner in Trout Lake Abbey and Druid priest, is directing one of the plays at the Bingen (/White Salmon) Theater!



One More Thing -- A great lentil recipe!

I've struggled with lentils. In all my attempts at cooking them, I've never produced something that I actually wanted to eat. Until this recipe! Vegan and wonderfully full of flavor. And though it calls for red lentils, you can use whatever color you have/want.



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.

***Bonus
Click***

If you have ANY comments, complaints, or suggestions, please email the newsletter editor at gvljohnsons4@gmail.com. We also 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 Dharma Bums and Sangha Members who give me ideas for the newsletter content. I have a treasure trove to share :-)

*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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