



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

**May 2025
Season of Growth**



This is a long newsletter. Be sure to click and scroll all the way to the "Bonus Click" at the end.

RECURRING SERVICES - SPRING 2024 SCHEDULE

all times are Pacific time

*Location: Mt Adams Buddhist Temple 46 Stoller Rd., Trout Lake WA
in person & on 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

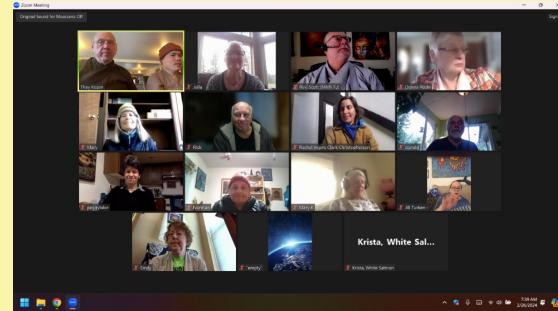
SATURDAY SERVICE

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:

***NEW* MONDAY-FRIDAY Sangha + Meditation 6am-7am**

IN PERSON ONLY

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

TUESDAY Sangha + Meditation 12 noon

IN PERSON ONLY

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

TUESDAY Sangha + Meditation 7-8:30pm

IN PERSON ONLY

Location: Zen Community of Oregon, Vancouver WA

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

***NEW* THURSDAY Meditation 8:15-8:45am**

Being Peace Community Meditation with Emily Martin

at Machi Yoga in Hood River

no registration necessary

SUNDAY Sangha + Meditation 8:30am

ZOOM ONLY

Check-in, Dharma talk, & Meditation

Email Brother River at CedarRiverHermitage@gmail.com for link

NEW SUNDAY Conscious Club 5:30pm

IN PERSON ONLY

Location: Hood River Valley & White Salmon Valley area

Email Kyle at kbmacy9633@gmail.com for more info

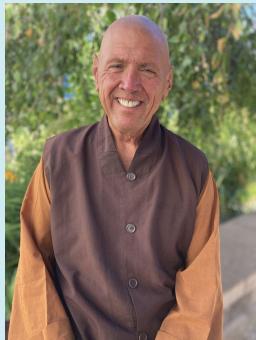
2nd & 4th WEDNESDAY Thích Nh<át H<án>h Study Group 6:30pm

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

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

IN PERSON ONLY

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



My Dear Ones,

It is with sadness that we mourn the passing of Pope Francis. Church observers say he leaves behind a progressive legacy that transformed the Catholic Church for its 1.4 billion followers. That legacy is centered on one transformative shift, they say: "Francis changed how Catholics talked to one another, and what issues they focused on".

Francis elevated climate change to a moral issue, denounced unfettered capitalism and increased financial transparency within the Vatican. He also encouraged church leaders to listen more to ordinary church members instead of simply issuing edicts, declaring that "We priests are not the bosses of the laity (lay people)."

He inspired much of this change through two distinctive personal attributes: a refreshing humility, and a compassion for all. He washed the feet of a Muslim girl, encouraged acceptance of other faiths, accepted homosexuals, taught tolerance and peace, practiced frugal living, and was a role model of humility.

Some of the great spiritual teachers of our time who have passed: Pope Francis, Thích Nh<át H<án>h, Thích Thi<én-ÂN, The Reverend Desmond Mpilo Tutu, Thích Thanh T<ú>, Rabbi Ellen Bernstein, The Reverenced James Lawson Jr., Rabbi Michael Lerner, Turkish Islamic cleric and scholar Fethullah Gulen, Yogi R. Sharath Jois, Cardinal Miguel Ayuso Guixot, and Thich Nguyen Kim. All these great spiritual teachers had the heart of a Bodhisattva and brought attention to compassion and peace. I am grateful for their lives and efforts and keep their memory alive in my heart.

Our trip to India in November has been cancelled. Ven. Khenpo Karten Rinpoche (and his Sangha) who was planning this trip is being cautious about his health after a difficult transition after travel. We will reschedule when he is able. Please keep him in your prayers and well wishing.

May we all be well and live in peace. -- 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 Cloud Mountain in Castle Rock WA, Great Vow in Clatskanie, OR, and Deer Park in



**Cloud Mountain
Retreat Center**

[Click Here for Website](#)

Great Vow Monastery

[Click Here for Website](#)

Deer Park Monastery

[Click Here for Website](#)

Upcoming Events

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

Sangha Retreat 2025 - May 30-June 1 at the Abbey. The deadline for paying is May 15th. You must register **and pay** online via [this link](#). Scholarship requests should go to businessstla@gmail.com asap.

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

Registration opens May 15

at <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.

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

Men's Consciousness & Ketamine Retreat - Oct 24-28 at the Abbey. Also, **Monthly ketamine-assisted therapy group** See the article below for more information.



**Budding Dharma
Buddhist Temple**



by Thich Minh Thien, (Thay Z) Abbot

Arlington, Texas

Wise Action

In past months, we have looked more deeply into Wise View, Wise Intention and Wise Speech. This month we will take look at the fourth of the Noble Eightfold Path, Wise Action.

Wise (Right) Action, is a fundamental concept in the Noble Eightfold Path and holds great significance in the practice of Buddhism as outlined by our ancestral teacher, Shakyamuni Buddha. It guides us to act with mindfulness, compassion and ethical consideration in our daily lives. By adhering to the principles of Wise Action, we aim to cultivate positive intentions and contribute to a more harmonious and peaceful world.



At its core, Wise Action encompasses the avoidance of any actions that cause harm to oneself and others, along with the cultivation of actions that promote well-being and kindness. This ethical framework encourages us to refrain from engaging in behaviors such as killing, stealing, dishonesty, and harmful speech. Instead, it emphasizes the importance of promoting life, respecting property rights, practicing honesty and using speech that is truthful, kind and beneficial.

Wise Action extends beyond mere avoidance of negative actions. It also involves actively engaging in compassionate and altruistic behaviors. This includes practicing generosity, showing kindness and empathy towards others and contributing to the welfare of all beings. By embracing these positive actions, we can create a ripple effect of positivity and compassion in our communities and beyond.

Incorporating Wise Action into daily life requires mindfulness and introspection. We are encouraged to carefully consider the impact of our actions on ourselves and others. This awareness fosters a sense of responsibility and encourages us to make choices that align with the principles of compassion and ethical conduct.

Furthermore, this concept of Wise Action is deeply intertwined with the interconnectedness of all living beings, which is a central tenet in Buddhism. By recognizing this interconnectedness, we are better able to understand that our actions have far-reaching consequences in influencing the well-being of others and the environment. This realization serves as a powerful motivator for practicing Wise Action and nurturing a sense of empathy and responsibility towards all beings.

In essence, Wise Action serves as a guiding principle for ethical conduct and moral responsibility. It encourages us and reinforces principles to live mindfully with a deep consideration for the well-being of all sentient beings. By embodying this principle in our thoughts, words and deeds, we continually strive to create a more compassionate and harmonious world.

Thich Nh<át Hanh emphasized that Wise Action is crucial for well-being and peace, both personal and societal. He believed it was not just about avoiding harmful actions but also actively engaging in actions that promote this well-being and justice.

So in conclusion, the practice of Wise Action offers valuable insights into leading a virtuous and compassionate life. By embracing ethical conduct, cultivating mindfulness and fostering compassion in our actions, we can contribute to the creation of a more peaceful and harmonious world through the application of Wise Action in our daily life.

Namo tassa bhagavato arahato samma sambuddhassa

[Click here to visit Budding Dharma Website](#)

Want to Volunteer?

Volunteering is a wonderful way to help an organization you believe in. The Temple has all kinds of volunteer opportunities for people of all abilities. We are ready for all volunteers any Saturday after our weekly service (10:15

or so). Come and we will have work for you.

We welcome you any other day of the week with prior notice. Just email with Thay Kozen in advance so he can have someone ready to get you started ThayKozen@gmail.com



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....

Teacher: Obviously, a Buddhist teacher is someone who explains the Dharma (teachings) to you. The historical Buddha was a teacher who continues to teach millions with his words. Thay Kozen and Thay Z are teachers in our temple, as are Brother River and Rev. Emily, to name a few. However, you may hear someone say "my dog is my best teacher" or "the person who cut me off in traffic was my teacher today." These somewhat strange examples show that while practicing mindfulness in everyday life any experience can deepen our understanding of how the Buddha's teachings can be applied. Our pet lives in the moment, experiencing pleasure and pain without judgement. That *!#?*ing driver reminds us that we can pause, then let go of anger instead of holding on to it and allowing it to ruin our day.

Buddha: The first meaning that comes to mind is the teacher that lived 2600 years ago in India and is the author of the teachings of Buddhism. We generally call this person the historical Buddha, or Shakyamuni Buddha (his family name). However, the word "buddha" means awakened. There is general agreement among Buddhists that we all contain the buddha or buddha-mind within us. Our work is to uncover or rediscover that buddha nature in ourselves and to see it in others.

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

More vocabulary next month.



Bodhisattva Biography - Samantabhadra

Reverend Chris Fisher introduces us to the aspects of this lesser-cited bodhisattva. Samantabhadra is the bodhisattva that embodies all the effort and work it takes to become a buddha and bodhisattva.

[Read More](#)

Series in Hood River

May 25, 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.

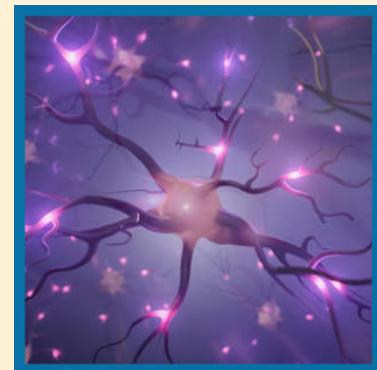
The workshops will take place on the last Sunday of the month, March through July from 12:30 to 2pm. You may attend any or all! For more details, click the link.

[More Information](#)

Ketamine-Assisted Therapy

Trout Lake Abbey is excited to host Dr. Steve Rosonke and his ketamine-assisted group therapy. In addition to a fall retreat, The Trout Lake Abbey is partnering with Dr. Rosonke to support a monthly ketamine-assisted therapy group.

Ketamine is a legal, safe, effective psychedelic medicine that has a long and proven track record within medicine. It is a powerful adjunct to any healing and consciousness path and it is particularly helpful in a communal group healing setting. Dr. Rosonke is a pioneer in this field and has been teaching ketamine-assisted therapy and leading groups and retreats for many years.



[More Information](#)



Spring is a time of new beginnings and growth. Throughout the winter, energy is buried deep in the earth, and now as spring bursts forth there is a natural impulse to create. Springtime brings lightness and aliveness, and energy starts to move outward this time of year. Sometimes this means there's more physical energy available to start a new project or plan a new goal. This is where manifestation begins to form from deep seeds full of potential. It's a time to be open to the new and a time to get creative. In Chinese Medicine, Spring correlates to the Wood Element. Energetically, wood element energy likes to move. In the springtime, we can see this energy in the plants waking up, budding, and bursting through the ground. Our task when trying to harmonize the wood element is about moving stagnation and being empty,

flexible, and strong. Just like bamboo. Spring is related to vision (physically and metaphorically), so it's a wonderful time to engage our imagination, vision, and goals. It's a time to plan for the future and move forward.

Trinity is an integrative healing arts center focused on empowering individuals and families to cultivate resilience, restore balance, and strengthen vitality. We strive to provide our community with skills for creating a daily practice as a cornerstone for their vitality.

Your health is in your hands. We are simply here to teach, to guide, and to help you stay on the path to realizing your own full potential.

Our White Salmon Store and Wellness Center is open!
Conscious Nectar in the Pura Vida Building at 181 W. Jewett Blvd., White Salmon, WA.

TRINITY | MEDICINE + MOVEMENT

Trinity Body Arts, 1412 13Th St Ste 200, Hood River, United States

[Trinity Body Arts](#)

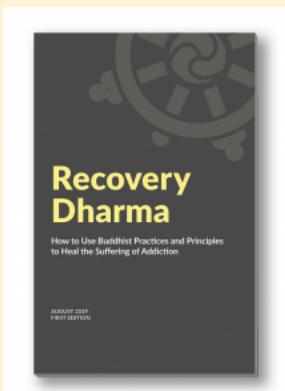
[Conscious Nectar](#)



Beware the Ticks!

While we may be grateful that warm season is back, please remember that It's tick season too! They carry many dangerous diseases.

[Click for Practical Tips](#)



Recovery Dharma- Transforming Addictions and Other Harmful Habits

Recovery Dharma uses Buddhist practices and principles to overcome addictions through meditation, personal inquiry, and community engagement.

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.

[Read More about RECOVERY DHARMA and find meetings](#)

[Click here to buy or download the Recovery Dharma Book](#)

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.

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

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 www.mtadamsbuddhisttemple.com

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

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