



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺



November 2024

This is a long Newsletter. Please read all the way to the "Bonus Click" at the end.

Flash! Request from Thay Kozen

As you'll read below, a koi pond has been installed in the Memorial Garden. To finish it, we want you to bring rocks to landscape it! Whenever you visit the temple, please bring the largest roundish smooth river rock you can safely carry to contribute a piece of you to the garden!



FALL 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.

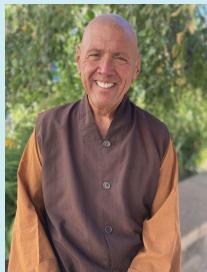
*(For information about the study group, contact Bonnie
at bon2626wit@att.net)*

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

IN PERSON ONLY

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

Click for Temple Zoom LInk



Dear ones,

The Fall season is here - lots of rain and colder temperatures. Leaves on many trees have turned gold, red, and brown, contrasting beautifully with the many evergreen trees surrounding us. Mt Adams is covered in snow and soon we'll be having some here as the temperatures get colder and rain changes to snow. This seasonal change comes every year and reminds us that everything that arises will change. The beauty of being present, in this moment, is a gift of the Buddha's peaceful teachings. Buddha taught us that we ourselves are impermanent along with everything that arises.

Some new changes at our temple:

1. Our new Dharma hall has rafters, plywood, and a waterproof membrane on it and we're in the process of ordering metal roofing. The new vinyl flooring has been donated and we are raising money for electrical wiring, insulation, and drywall. Our remodeling of the current temple's bedroom is going well and we've added stairs and a second egress to the old temple.
2. We received a donation of a yurt recently. Sadly, we can't use it here due to snow load and county building codes, so we donated it to The venerable Khenpo Karten Rinpoche of the Manjushri Dharma Center in Pacific Grove, California.
3. Thich Vinh Minh has moved to Texas. We wish him well.
4. Our electricity generating solar panels have not been working well and a lovely company in Hood River has been assisting us in replacing broken panels and getting our system up to speed.
5. Our memorial area has the start of a new pond (thanks to Dave) and landscaping plans (thanks to Tom). We hope to have it landscaped prior to the snow coming.
6. Our newsletter reaches almost 3,000 people. Julia has taken over the organization and publication (thank you Julia)
7. Our morning Monday - Friday ZOOM sangha at 6 AM averages 15-20 people. The group format is a Dharma talk / sutra study, a sangha check in, and 1/2 hour meditation. Care to join us?

8. Our Organic Certification and pricing structure for our B&B are being revised (thank you Chris and Denisa).

I recently read a book, *Awe*, by Dacher Keltner. The author describes the causes, emotions, and neurochemistry of Awe. It was quite technical in places and also documented the very personal journeys of individuals. The summary describes how we live better, longer, and happier lives as we experience more awe. I encourage you to read or listen (Audible) to the book.

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

[AWE by Dacher Keltner](#)

UPCOMING RETREATS & CLASSES

Coming in December: 2025 updates to retreats!

26 Nov-9 Dec India Buddhist Holy Sites Pilgimage

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

[Visit our Website](#)

I encourage everyone to do a minimum of one 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



[Deer Park Monastery](#)

[Great Vow Monastery](#)

[Cloud Mountain
Retreat Center](#)

VOTING IS YOUR SUPER POWER.

USE IT WELL.



Memorial Service for Donna Poole

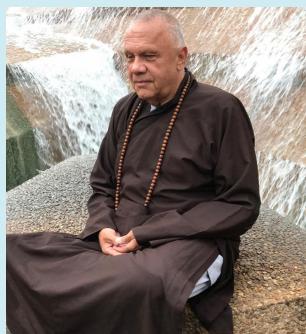
Sangha member Donna Poole of Bainbridge Island, WA has gone through the great change called death. She was a foundational leader in the Nurse Practitioner field, a wife and adoptive mother, an avid "lazy" bird watcher, and much more.



Her memorial service will be held on Bainbridge Island (Seattle) on Nov. 16th at 1pm. See link below for details. If you are interested in carpooling from the Trout Lake/Hood River/Portland area, email Julia at gvljohnsons4@gmail.com to find others.

At the end of this newsletter, find two "Bonus Clicks" dedicated to Donna.

[Details about Donna's Memorial Service](#)



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

The Choices We Make

I hadn't started out with this topic about choice in mind. However, with the anniversary of my 10 year ordination in China this month, I found my thoughts going back to 2014 and how I got to the point of being a monk on my own path. It seemed important to understand how the concept of choice in Buddhism is deeply rooted in the teachings of the Buddha and the philosophy of the Four Noble Truths and the Eightfold Path. As I sat in meditation, I saw that this idea of choice is intricately connected to the concepts of karma, free will, and the nature of suffering.

In Buddhism, the concept of choice revolves around the idea that we all have the freedom to make decisions and take actions that shape our lives and influence our karmic consequences. However, these choices are not made in isolation; they are influenced by numerous factors, including one's past actions (karma), present circumstances, and the interconnectedness of all things.

I think that central to the Buddhist understanding of choice is a recognition of

suffering (dukkha) as a fundamental aspect of human existence. The choices we make are directly related to our experiences of suffering and happiness. The Buddha taught that our choices can either perpetuate suffering or lead to its cessation. This understanding forms the basis for ethical decision-making and the cultivation of wisdom and compassion in the choices we make.

This Buddhist perspective on choice would also emphasize the interconnectedness of all beings and the idea that our actions have far-reaching consequences. This interconnectedness underscores the importance of making choices that are not only beneficial for oneself but also for others. The concept of "right action" within the Eightfold Path highlights the ethical dimension of choice, guiding us to make decisions that are grounded in compassion, mindfulness, and wisdom.

Moreover, a Buddhist concept of choice is intricately linked to the notion of impermanence (anicca) and non-self (anatta). In these foundational principles we find the teachings that all phenomena, which include our thoughts, feelings, and desires, are all impermanent and devoid of a permanent self. Understanding this concept helps us approach our choices with a sense of detachment and non-attachment. As such, we recognize and experience that clinging to fixed identities or outcomes will more than likely lead to suffering.

In practical terms, this Buddhist concept of choice will be reflected in our practices of mindfulness and meditation, where we are encouraged to more deeply cultivate awareness of our thoughts and emotions. Through mindfulness, we are able to develop a greater understanding of our habitual patterns of thought and behavior, empowering us to make wiser choices that align with the values and aspirations for spiritual growth.

The final point I will leave you with today on the Buddhist concept of choice is that it extends to the idea of cultivating wholesome mental states, known as "skillful means," which support wise decision-making. The practice of skillful means reminds us to listen to others respectfully, honor their differences, and recognize that others may have different needs and might benefit from different teachings and practices. Like Avalokiteshvara, the bodhisattva of compassion, we must not self-righteously cling to any particular choice. We are encouraged to learn various useful approaches, and as we learn to trust and respond with whatever is at hand, our choices strengthen and our skillfulness can develop.

Namo tassa bhagavato arahato samma sambuddhassa

[Click Here to Visit the Budding Dharma Website](#)



The Request You've Never Seen Before in this Newsletter!

Full Disclosure: The author is the newsletter editor. Thay Kozen did not request or approve this article.

[Did you know: Buddhist monks are not allowed to ask practitioners for contributions.](#) (Thay

Kozen asks for donations for specific causes at times, like the new temple building.) In Buddhist tradition from the very beginning, lay sangha members take care of the temple and the monastics' needs while the monastics teach the Dharma to lay sangha members. This unspoken mutual aid is a cultural

practice in the world that Buddhism grew in. *It is one that we westerners must learn if American Buddhism is to survive.*

Taking care of the temple and monks/nuns in modern times primarily means donating money (dana). The key to remember here is that they can not ask for this support. The dana bowl in meetings and temples is a suggestion, but it is also the teacher's only means of financial support. In Buddha's day, money was less important, and monks in city or village temples were fed from local homes via their begging bowls. Temple lands were donated, built, and maintained with the grants and laborers of rich local rulers. Monks camped in forests or stayed with lay people when traveling. Today, our economy requires cash to pay electric bills, buy food and seeds, pay for the plumber, and pay the mortgage. Rich rulers have other concerns.



How valuable is your spiritual growth and support? What is that worth to you? Do you feel you need to increase your consumption of the good "entertainment" of spiritual offerings like services and teaching? What is your responsibility? However you engage with Mt. Adams Buddhist Temple or believe in its activities, don't forget the symbolic Dana Bowl. Especially in our age of online meetings, consider making a monthly or one-time online dana contribution to the temple for its freely offered spiritual guidance and example of peace.

Dana is a Foundational Practice

What is Dana? from temple website

How to Donate

The Metta Practice

The Metta (loving kindness) practice at our temple is a very simple one. We say



"May (I/you) be well
May (I/you) be happy
May (I/you) know love
May (I/you) know peace"

We say this to ourselves, to an easy to love person, to a person we don't know or with less than us, to a difficult to love person, to all beings, then to ourselves again. You can view the video of an actual practice on our website at the link below. This practice reminds us that we are worthy of love, that we must love ourselves in order to love others, that others are suffering just as we are, and that all beings in existence deserve love. It cracks open the gates to our heart to let love and compassion flow. Our practice is based upon the Metta Sutra.

Go to our website to watch a Metta Practice. My favorite is the video in the 4th row, center, with Minh Bao.

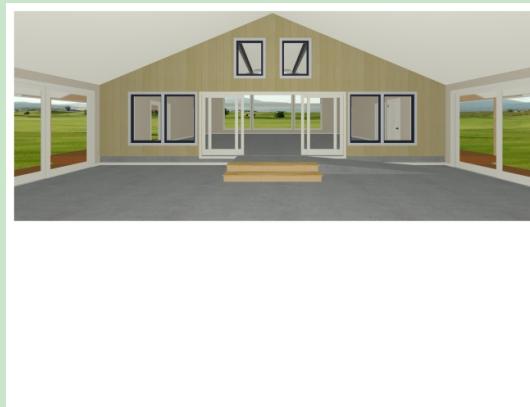
[Watch the Metta Practice](#)

[Read the Metta Sutra](#)

What's Happening? at Mt. Adams Buddhist Temple

The big news this month is that the walls, windows, and roof of the Dharma Hall portion of the new temple are funded and almost done just in time for the rainy/snowy season! Several donors came forward to make sure this happened, and sounds of hammering and sawing are constant.

The transformation is amazing! The plans we've been showing you for 1 years! are coming alive. Check out photos below! You can donate to the new temple capital fund from the home page of the website, or use the link below.



While these views are not perfectly aligned, you can see the row of clerestory windows along the top of the Dharma hall, which will let in light and air. The large front windows frame Mt. Adams. And you can see how the entrance hall, which we've been using for fair weather retreats, connects to the Dharma hall. The top right drawing looks from entry hall into Dharma hall, while

Thank you to all the generous donors and matching gift funders who have made Thay Kozen's vision and dream of a

the actual photo below it is from just inside that doorway in the actual Dharma hall.

safe, modern, and accessible setting to share the Dharma a reality.

One-Time Temple Building Donation



American Indian Heritage Month



NOVEMBER is American Indian Heritage Month

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994. *Thay Kozen and Thay Z have Native American ancestry*

Sangha Member Cat Whipple is the editor of The Circle, a newspaper dedicated to publishing news from a Native American perspective. Click below to see what is important to modern Native Americans and the good they are doing in our world.

The Circle: News from a Native American Perspective

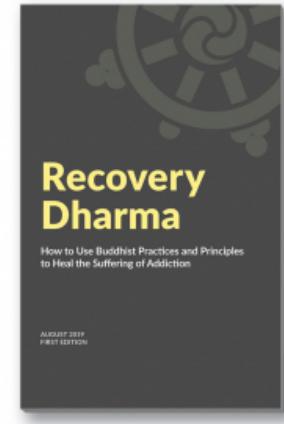
Mindfulness and Meditation in the Columbia River Gorge

Rev. Emily Martin is a lay leader in the Mt Adams Buddhist Temple and a certified Mindfulness Teacher. This is her dispatch of activities this month:

- I'm hosting a weekly in-person nature-inspired, guided Being Peace Community Meditation at Machi Yoga in Hood River. Please join me on Thursday mornings 8:15-8:45 AM.
- Weekly Sunday morning meditation and Dharma discussion 9:15-10:30 AM Hood River. Email Emily for more details.
- Saturday, November 9 will be the next Forest Bathing Hike. Location to be determined, but I'm thinking we may try the Fort Cascades Trail along the Columbia River. If we're lucky, we may even be able to listen to some audio stories I helped produce in collaboration with the Columbia Gorge Tourism Alliance.
- Thank you, again, for supporting the Gorge Art Box. Proceeds of the sale of this box support Gorge Happiness, a local non-profit supporting wellness in our community.

You can Email Rev. Emily or visit her webpage.





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.

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

[Find a Recovery Dharma Group near you](#)



Stacey is a regular attendee at our Tuesday sangha in Hood River. She also has the enviable role of being our tax & accounting guru.

Stacey writes poetry, explores with her husband in their adorable tiny camping trailer, and enjoys time with her grandson.

Hallow

by Stacey Danner

It is All Hallows' Eve, the dark of night
between harvest and fallow, when those
who have died may return, in flight
like mist over the changing trees.

It is time as estuary, where salmon
linger before the cold climb
to sex and death. Salt and fresh
water mix, warm air confronts chill, it is time
for accommodation and adjustment, rest
between what has been and will be.

Quiet now. Listen. The departed speak.
In the pause of evening their stream gurgle
calls, wind-sweep hushes; their fallen leaves
chat underfoot. The dead remind us why
we live. They set their compass of trust
in us for another year.

Then the salmon, red of flank as November
maple,
the salmon over rungs of stone
endure, the salmon to pebbled
shallows come and die.

The sand accepts bone and makes much of it.

Dreams & Autism

Upcoming Transformational Study

Who is this for?

Late Diagnosed Women with
Autism

Diagnosed between the ages of
30 and 50

Has personal struggles adapting
to everyday life and stress due to
their autism

Willing to share two Dreams

Time Commitment

November 2024

2 - 90 min 1-on-1 Dream Tending™
sessions via Zoom

2 questionnaires to be completed -
approx. 60 min each

For more information contact

Sofia Sunshine at

Ssunshine@Antioch.Edu

(Graduate Student at Antioch University)

What do your dreams have to tell you?

Charles Schulz on Citizenship

In 1970, students in a fifth-grade class at Hawthorne School in Beverly Hills were assigned to write a letter to someone they admired, asking them "What makes a good citizen?"

Joel Lipton, 10 years old at the time, wrote to Peanuts cartoonist Charles Schulz. See what Charlie Brown's "grown-up voice" wrote back.

Democracy Letter

We are always looking for appropriate additions to the newsletter, especially of the artistic kind - poems, drawings, AI art, personal experiences... We are also always looking stories that highlight the Buddhist life.

If you have any questions, complaints, suggestions, offers to help, etc, please email the editor at gvljohnsons4@gmail.com. We love to hear the good and the bad!

**"Bonu
s
Click"**

**Bonus
"Bonu
s**

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

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