



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺



November 2025

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

RECURRING SERVICES - Fall 2025 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 Check-in
7:00 AM Meditation

EVENING SERVICE (Monday, Wednesday, Friday)
5:30 PM Chants & Bows, Check-in
6:00 PM Meditation

SATURDAY SERVICE
8:30 AM Check in
9:00 AM Chants & Bows, Meditation, Dharma Talk

Link to All Temple Zoom Services:

Click for Temple Zoom Link

Other Services or Zoom Links:

TUESDAY Sangha + Meditation 12 noon
IN PERSON ONLY
with Thay Kozen

Location: 1412 13th Street, Suite 200, Hood River OR 97031
(Behind Ten Speed Coffee)

TUESDAY Tea with Dogen 7:30-8:45pm NEW
ZOOM ONLY
with Rev. Chris Fisher
[Temple Zoom Link](#)

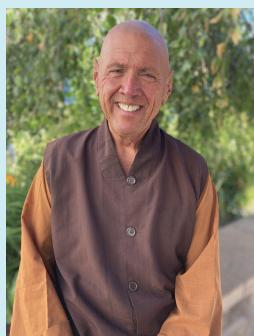
WEDNESDAY Buddhist Meditation Service 7-8pm
IN PERSON ONLY
with Thay Jeff at Art HqX in Hoquiam WA
For more info email mountainwayzen@yahoo.com

THURSDAY Meditation 8:00-8:30am
IN PERSON ONLY
Being Peace Community Meditation with Emily Martin
at Machi Yoga in Hood River
no registration necessary

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

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



Dear ones,
Many people have come into my life, some have stayed, some have departed. The Buddha spoke of friendship and the guidelines to be a friend. Please read the 11 excerpts below taken from Dharma talks and evaluate your friends as well as your own behavior as a friend. Buddha's teachings on friendship offer insight into personal growth, support the practice of Dharma, and promote emotional well-being. His perspective allows individuals to navigate their relationships more thoughtfully. In a world



filled with superficial connections, Buddha's wisdom emerges as a guiding light, emphasizing loyalty, compassion, and mindfulness within friendships.

1. "Good friends, companions, and associates are the whole of the spiritual life."
2. "By relying upon me as a good friend ... beings are freed from sorrow, lamentation, pain, displeasure, and despair."
3. "A true friend is one who stands by you in need."
4. "A friend gives what is hard to give, and does what's hard to do. They put up with your harsh words, and with things hard to endure."
5. "Recognize these four good-hearted friends: the helper, the friend in good times and bad, the counselor, and the one who's compassionate."
6. "Emulating consummate conviction ... consummate virtue ... consummate generosity ... and consummate discernment. This is called admirable friendship."
7. "One who has spiritual friends abandons what is unwholesome and develops what is wholesome."
8. "You should train like this: 'I will have good friends, companions, and associates.'"
9. "As the dawn is the forerunner of the sunrise, so spiritual friendship is the forerunner of the arising of the factors of enlightenment."
10. "Regard one who sees your faults as a guide to a hidden treasure. Stay close to one so wise and astute who corrects you when you need it."
11. "A spiritual practitioner with good friends, companions, and associates can expect to be wise."

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

UPCOMING EVENTS

Grief, Loss, Death, and Life Workshop - Nov 2 12:30-5:30 with Tamara Thiel & Thay Kozen (see below for more info)

Bodhi Day - Dec 8

New Years Eve - Jan 31 Ring the great Bell 108 times

And mark your 2026 calendars, more details to come:

Mahayana New Year - Jan 14

Losar, Tibet New Year - Feb 10

Theravada New Year - Apr 2

Wellness Retreat with Laurie van Cott April 10-12

Death, Dying, Rebirth class and memorial offering - Apr 18

Buddha's Birthday - May 16

3rd Annual Sangha Retreat - May 29-31 at the Abbey. Registration opens May 1st

Wellness Retreat with Laurie van Cott Sept 11-13

Visit our Website

I encourage everyone to do a minimum of one 1 week retreat and 2 additional 1-2 day retreats 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



Thich Minh Thien (Thay Z) Abbot of Budding Dharma

Arlington, Texas thayzzen@gmail.com

The 2nd Precept - I Resolve Not To Take What Is Not Given

Happy November brothers and sisters in the Dharma. This month we will look at the Second Buddhist Precept of not taking what is not given, also known as the precept of refraining from stealing. The full text of this precept is, *"I resolve not to take what is not given but to respect the things of others"*. It is a fundamental ethical guideline in Buddhism and emphasizes the importance of practicing honesty, integrity, and respect for the property and possessions of others.

At its core, we are encouraged as individuals to cultivate a mindset of contentment and non-attachment, recognizing that true happiness and fulfillment does not stem from acquiring material possessions, especially through dishonest means. By refraining from taking what is not freely given, we cultivate a sense of inner peace and freedom from greed, while also fostering harmonious relationships within our communities.

This precept however, extends beyond the literal act of theft and encompasses other forms of dishonesty. For example, other exploitations such as deceitful business practices, embezzlement, plagiarism, and any form of unjust appropriation but to name a few. It calls for mindfulness in all our interactions with others, urging us to consider the impact of our actions on the well-being and rights of others.

Furthermore, the Second Precept encourages the practice of generosity and compassion. By respecting the property rights of others, we foster an environment of trust and mutual respect within society as a whole. This precept also aligns with the broader Buddhist principle of interconnectedness, emphasizing that our actions have consequences that reverberate through the entirety of existence.

In applying this precept to our everyday life, we strive to uphold principles of fairness, integrity, and empathy. We seek to cultivate a mindset that values the well-being and dignity of all beings, embodying the spirit of non-harming and ethical conduct. By adhering to the Second Precept, we demonstrate as individuals to being contributors to the creation of a more just and compassionate world.

Thich Nhat Hanh interpreted the second precept, "to refrain from taking that which is not given," as a call to practice generosity and cultivate loving-kindness by sharing time, energy, and resources with those in need. He emphasized that this precept extends beyond literal theft to include exploitation, social injustice, and oppression, and is deeply connected to the

first precept (not killing) because these acts of injustice are forms of slow killing. He encourages us to be aware of suffering and to commit to generosity in our thinking, speaking, and acting to alleviate it. This precept can be applied to many everyday situations, such as mindful consumption, environmental awareness (like carbon footprints and energy use), and respecting the space and time of others in conversations and queues.

In practicing the second precept we can all respond to the call to action rooted in compassion. We are urged to do whatever we can to alleviate suffering in the world and not just be content to enjoy whatever may be our own peaceful situation. Do you hear this call to action in your own lives?

Namo tassa bhagavato arahato samma sambuddhassa

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

Grief, Loss, Death, and Life Workshop

November 2 12:30-5:30

*A time to slow down the business of life
and explore the realities of impermanence and loss*

The workshop will include:

Buddhist Concepts: concepts of life, suffering, death - Samsara, Kisitigharba's great vow, Karma

Grief Process: Our own losses / grief, Conceptual framework of grief - 5 stages, EKR,expressions of grief

Loss Concepts: Friend, Partner, Relative, Pet, Possessions, Safety /Trauma / Normalcy

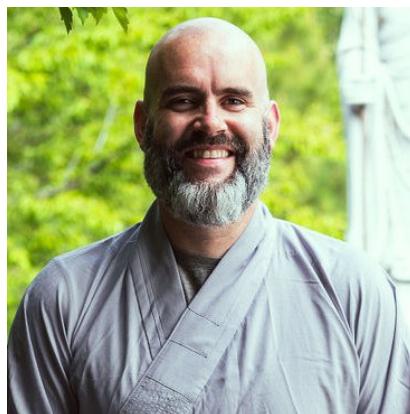
Our Own Death: Will, Durable power of healthcare, Advanced directives, Emotional / Spiritual work, family / friends reactions

Facilitators:
Tamara Thiel, Death Doula
Thay Kozen, Buddhist Monk

Suggested Donation \$75.00



New Feature: Rev Chris Fisher offers teachings in the newsletter and in new class Tuesday evenings



Chris leads a new Dogen study group on Tuesday nights from 7:30 to 8:45 called "Tea with Dogen" by Zoom. It includes a check-in, discussion of a Dogen passage, and meditation.

My name is Reverend Chris Fischer. I have been a student of Ven. Thay Kozen since 2021. I currently teach meditation and Buddhist practice in person in Tri-Cities, Washington and at Mt. Adams Buddhist Temple on Monday evenings. Thay Kozen has asked me to begin writing a monthly article for the newsletter and I am honored to do so! If you have further questions about practice, my talks or articles, or just want to connect you can find me on Instagram: @brightwisdomzen.

Link to Tea with Dogen (Tues 7:30pm)



Hungry Ghosts: The Buddhist Spooky Season

*All hungry ghosts! All tortured spirits!
Now we give you this Dharma-food.*

*May it fill the ten directions and satisfy hunger in realms of darkness.
All hungry ghosts! All tortured spirits!
Abandon greed and rouse the desire for enlightenment.*

-- Offering to the Hungry Ghosts

Ahhhhh! October! Changing colors, falling leaves, beautiful moonlight, warm days, and cool nights. But for many, October is also "Spooky Season." Ghosts, witches, bats, reapers, and vampires dominate the scenery when I take our puppy for his daily walks. Halloween has become a cultural force in the United States—likely because so many companies, especially candy companies, have found ways to monetize the celebration. But often lost among the bags of



peanut butter cups and giant plastic pumpkins is the true origin of the holiday. In Western culture, Halloween has its roots in ancient pagan celebrations of autumn—the season of death. Ancient European cultures saw the world “dying” as summer faded and the chilly air began to signal winter’s approach. This was also believed to be a time when the veil between our world and the afterlife was at its thinnest. Spirits needed to be respected; offerings were made, and fires were lit to protect the living from the dead.

So how does this relate to Buddhism and Buddhist practice?

Buddhism has no direct equivalent to Halloween, but that doesn’t mean traditional cultures in East Asia don’t honor the dead. In the spring, for instance, the Chinese celebrate Tomb Sweeping Day to honor their deceased ancestors. Another widespread practice is to honor—or care for—the hungry ghosts.

The concept of the hungry ghost dates back to traditional Chinese folk religion, though there seems to have been a similar idea in India, or perhaps Buddhism absorbed aspects of the Chinese tradition. In Buddhism, a hungry ghost is born into one of the less fortunate realms of existence—realms that place one far from the human birth most conducive to attaining nirvana in this lifetime. The other two undesirable realms are the animal realm and the hell realms. Hungry ghosts are depicted as emaciated humanlike beings with large bellies but tiny mouths and long, narrow necks, making it nearly impossible for them to find nourishment. Many Buddhists believe that those who were wicked or excessively greedy in life may be reborn as hungry ghosts. The lesson here is to take care and work to overcome the Buddha’s Three Poisons: ignorance, greed, and delusion. If you are caught up in these poisons, your rebirth may serve as a painful lesson—always hungry and never able to eat.

It’s important for members of the sangha to cultivate the conditions that prevent rebirth as a hungry ghost, but it’s equally important in many Buddhist traditions to make offerings to them. Offerings of food or merit are common across Buddhist cultures. When we dedicate merit at the end of our sangha practices, some of that merit is traditionally offered to the hungry ghosts.

Finally, we might consider how the image of the hungry ghost can inform our practice. Whether you believe in ghosts as literal beings—as many of the Buddha’s followers did and as many people around the world still do—or you interpret them metaphorically, hungry ghosts serve as a powerful warning about what can happen to a person’s spirit when consumed by greed.

At times, when I encounter people acting or speaking from greed, the image of myself as a hungry ghost comes to mind. I try to be mindful and choose actions and thoughts that lead to the cessation of greed and suffering. The reminders of hungry ghosts walk among us even now—as warnings to pursue our practice and the dharma fully, and to the best of our abilities.

-- Rev. Chris Fisher

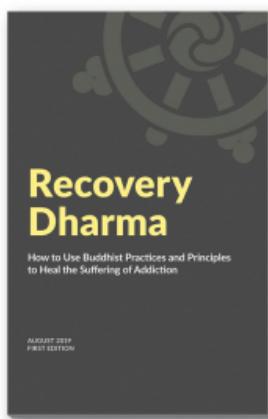


Sangha Member Recognized for Heroic Rescue



Dave Martin is a long time sangha member and owner of Trinity Body Arts and Trinity Natural Medicine in Hood River. He provides space for our weekly Tuesday meditation at his studio. Dave recently injured himself on his job as a Portland firefighter when he rescued a victim from the 2nd story of a burning building. Read more about Dave in this excellent article from the Portland Tribune.

[Read Article](#)



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.

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

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



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.

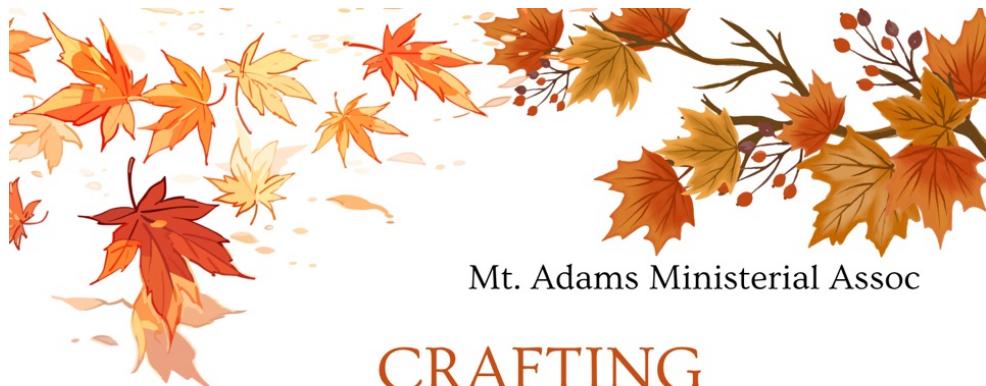
[The Circle: News from a Native American Perspective](#)

Thanksgiving Celebration of Community

Thay Kozen is a member of MAMA (Mt. Adams Ministerial Association), an interfaith group in the Columbia Gorge. MAMA is hosting a fund-raising gathering on Nov. 24th, the Monday before Thanksgiving. The theme is

Crafting Communities of Care.

This is MAMA's only fund raiser, so even if you can't attend, you can use the QR code or donate through MAMA's website.



Mt. Adams Ministerial Assoc

CRAFTING COMMUNITIES OF CARE

Music, Connection
Dessert Potluck

INTERFAITH THANKSGIVING

NOV 24 6:45PM

Bethel United Church of Christ

480 E Jewett, White Salmon

PLEASE DONATE TO OUR
EMERGENCY FUND



[Visit MAMA Website](#)

Pilgrimage to India Opportunity

From Sangha member Mary in White Salmon:

My friend, Catherine Brown, has been teaching English to the Tibetan monks of an organization called SINI in India. (I helped her out for a few years, meeting with one of the monks over Zoom, helping him practice his English.)

They are offering a seminar/pilgrimage in January, and Catherine asked me to pass on the flyer. I thought some of our sangha members might be interested.

Four Noble Truths Seminar and Pilgrimage January 14-28. Registration due early November.



GORGE Sitting Meditation Offerings

Mt. Adams Buddhist Temple: **Monday-Friday** at 6:00 am, Mon, Wed, Friday at 5:30 pm, and **Saturday** at 8:30 am. Trout Lake Abbey, Trout Lake, WA. <https://mtadamsbuddhisttemple.org>.

Yoga and Meditation at Flow Yoga on **Mondays** from 12-1 pm (yoga from 12-12:45, meditation 12:45-1) in Hood River, OR. <https://www.flowhoodriver.com/>

Tuesday Meditation with the Trinity Sangha. 12-1 pm every Tuesday at Trinity Body Arts, Hood River, OR. <https://www.trinitybodyarts.org>.

Pacific Hermitage Meditation and Dhamma talk with Thai Forest Monks 5:15-7:30 pm every **Tuesday** evening at Yoga Samadhi in White Salmon, WA. <https://pacifichermitage.org>

Being Peace Community Meditation with Rev. Emily at Machi Yoga in Hood River, OR every **Thursday** morning 8:00-8:30 am. <https://machi.yoga>

Gorge Insight Meditation at 1225 Wasco street in Hood River, OR every Thursday evening from 6:15-7:45 pm. Contact: gorgeinsight@gmail.com



MSBR Class with Trina Truong Starts Nov 11th

Mindfulness-Based Stress Reduction (MBSR) is a proven, scientifically researched methodology developed by Jon Kabat-Zinn, PhD, for building inner balance, resiliency and peace of mind. The 8-week course incorporates the practices of mindfulness, meditation and movement through experiential learning.

This course integrates neuroscience with clinical studies to reveal the effectiveness of mindfulness for alleviating chronic pain, improving medical

symptoms, and managing anxiety and depression. Participants who have completed the course reported an increase in quality of life, including pain and anxiety reduction, and a sense of well-being.

If you are looking to further your understanding of mindfulness, deepen your meditation practice, or discover ways to integrate mindfulness into daily life this class is for you!

[More Info](#)



2026 Wellness Retreats with Laurie van Cott

Radiant Wisdom
A Wellness Retreat for Meaning, Purpose & Renewal

Spring: April 10-12, 2026
Fall: September 11-13, 2026

The Trout Lake Abbey, WA

[More Info](#)

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.

["Bonus Click"](#)

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!

***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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