



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

October 2025

This is a long newsletter. When you get to the bottom in your phone or browser, click "View Entire Message" if message has been clipped and read all the way to the "Bonus Click."



Clouds move in to Trout Lake, WA, a sign of the seasonal change

The Two Great Times of Life

The late Master Nguyen Kim, who passed away several years ago, said that "Fall is a special time of change. It is like our age as we approach winter, *the Great Time of Death*. Then, we experience the *Great Time of Rebirth* again in the Spring.

***"When you were born, you cried and the world rejoiced.
Live your life so that when you die, the world cries and you rejoice."
...Cherokee Proverb***

*I rather like this thought from our Native American brothers and sisters.
Thay Kozen*

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 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 Kickstand Coffee)

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

Dear ones,

Our new temple will be 95% finished on the inside by October 1st. We still need donations to construct the handicapped access, exterior siding, exterior decking, internet and security cameras. We'll need about \$89,000



more to finish these projects. Thank to all who have donated to make this happen - it is a wonderful joy to support this new home of peace and loving kindness.

Happy October! The leaves are changing, the weather is getting cooler, the days are shorter and sweaters and coats are being worn. The great change of seasons has begun. Another great change is the tone of people in the USA. We have had contentious times in our history. However, I do not recall any time in the past quite like this. I am concerned that in all of this anger and angst that we are forgetting

some core teachings of our historical teacher, the Buddha. I have heard anger and damnation taught from church pulpits, politicians, and social groups. I have heard friends talk about the suffering in Israel, Palestine, the Ukraine, and other countries as not important.

Do we want to be loud, yelling, angry, demanding and unkind or a person who does their best to speak their truth while being kind and loving? In the USA today there seems to be a great separation between individuals who believe one way and those who believe differently. In many cases if you do not believe what one person believes you become their enemy. Some people have been filled with revenge, anger, attacking those who do not believe the same as they do. I have seen people renounce individuals, abandon close ties to friends, and move to different housing areas due to these beliefs. There are wars of greed and revenge, denials of human decency, withholding of food, water, and shelter. Is this the world we want to live in?

I encountered 4 quotes that have touched my heart, reinforced my understanding of how I want to live, and supported the person I want to be.

"Just as a mother would protect with her life her own son, her only son, so one should cultivate an unbounded mind towards all beings, and loving-kindness towards all the world. One should cultivate an unbounded mind, above and below and across, without obstruction, without enmity, without rivalry." The Buddha

"If you want to make others happy, practice compassion. If you want to be happy, practice compassion". His Holiness the Dalai Lama

"When in doubt, love more". Abby Layton, the former owner of our farm

"The greatest form of activism is to be a living example of the type of people you'd like to see walking this earth" Ebonee Davis.

What about you? What do you want to be? What kind of life do you want to live? Please, may we all take a look at what we say and do (our karma). Are we living up to our best life?

May all beings be well and happy, may we all know love and peace.

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

Donate to Finish New Temple

UPCOMING EVENTS

Taking Refuge - Oct 4 In person at the Temple and Zoom as part of morning service 9:00am.

Yoga retreat with Michele Loew - Oct 3-5 at the Abbey.
<https://www.micheleloew.com/troutlake>

Men's Consciousness & Ketamine Retreat - Oct 24-28 at the Abbey.

Also, Monthly ketamine-assisted therapy group <https://mtadamsbuddhisttemple.org/event/mens-consciousness-ketamine-retreat/>

OUR OWN DEATH, OUR GRIEF WITH OTHERS - 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 calendars, more details to come:

Mahayana New Year - Jan 14

Losar, Tibet New Year - Feb 10

Theravada New Year - Apr 2

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.

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**



**Thich Minh Thien, (Thay Z)
Abbot of Budding Dharma**
Arlington, Texas

The First Precept - Refrain From Taking Life

Dear Brothers and Sisters on the path. Over the last eight months, my newsletter articles addressed the Noble Eightfold Path. What started that process was my own personal concerns about coming up with topics month after month; especially since I have contributed well over 100 articles for this newsletter. I found great relief to not have to come up with something different and creative on my own each month. I am now spoiled and looking for the next opportunity to follow the same system and I have chosen to look at each one of the Ten Precepts going forward...and...that gives me 10 more months of topics. So let's get to it!

The First Precept, "to refrain from taking life," is a fundamental principle in Buddhist ethics and forms the basis of our understanding of non-violence and compassion. This precept, also known as "panatipata veramani," is one of the Five Precepts that lay followers of Buddhism undertake to live by. Monastics undertake Ten Precepts with this "refrain from taking life" also first in line. It encompasses not only refraining from physically killing living beings but also extends to the intention to do no harm and valuing all forms of life.

At its core, the First Precept to not kill reflects the Buddhist belief in the interconnectedness of all living beings. It acknowledges that every form of life has inherent value and is deserving of compassion and respect. This First Precept is rooted in the understanding that causing harm to others ultimately leads to suffering for oneself and disrupts the harmony of the world.

The principle of non-harming is central to the teachings of Siddhartha Gautama, the historical Buddha. In his discourses, he emphasized the importance of “ahimsa”, or non-violence, as a guiding principle for moral conduct. This First Precept, therefore, serves as a moral compass for us, guiding our actions and encouraging us to cultivate empathy and kindness towards all sentient beings.

Practicing non-harming extends beyond refraining from physically taking life. It encompasses avoiding actions that cause harm or suffering to others, whether through speech or thought. This includes refraining from harsh or hurtful speech, gossip, and divisive language, all of which can inflict emotional pain on others. By embracing this broader interpretation of non-harming, we aim to create a more peaceful and compassionate world through our everyday interactions.

In practical terms, adhering to the First Precept involves mindfulness and conscientiousness in our actions. This mindfulness extends to all aspects of life, including dietary choices, occupations, and lifestyle decisions. For example, many Buddhists choose a vegetarian or vegan diet as a way to align their food choices with the principle of non-harming and minimize their impact on other living beings.

Furthermore, the precept to not kill encourages us to consider the consequences of our actions on the environment. By recognizing the interconnectedness of all life forms, we can strive to be mindful stewards of the natural world and advocate for sustainable practices that minimize harm to ecosystems and wildlife.

In the context of social justice, the principle of non-killing advocates for the fair and equitable treatment of all beings. It calls for a society where violence and harm are minimized, and individuals are encouraged to cultivate empathy and understanding. This First Precept can have implications for issues such as animal rights, environmental conservation, and advocating for non-violent conflict resolution. Sounds like a good place to start this journey of a better understanding of these 10 Precepts now doesn't it?

Namo tassa bhagavato arahato samma sambuddhassa

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

This is a long newsletter. When you get to the bottom in your phone or browser, click "View Entire Message" if message has been clipped.

OUR OWN DEATH, OUR GRIEF WITH OTHERS

Our own practice of following Kṣitigarbha's great vow

Moderated by Tamara Thiel, an End of Life Doula and Thay Kozen.

Kṣitigarbha is a bodhisattva primarily revered in East Asian Buddhism and usually depicted as a Buddhist monk.



His name may be translated as "Earth Treasury", "Earth Store", "Earth Matrix", or "Earth Womb". Kṣitigarbha is known for his vow to take responsibility for the instruction of all beings in the six worlds between the death of Gautama Buddha and the rise of Maitreya, as well as his vow not to achieve Buddhahood until all hells are emptied.

[More Info](#)

Science & Health

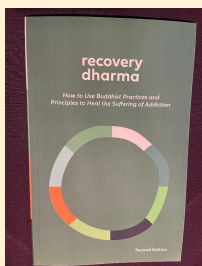
More Evidence that Mindfulness Affects Health

A recent article again shows that meditation/mindfulness can improve our health. The author is "a psychologist and behavioral scientist researching ways to help people live healthier lives, especially by moving more and regulating stress more efficiently.

(Her) team's work and that of other researchers suggest that mindfulness could play a pivotal role in paving the way for a healthier society. And it isn't only a mental health tool — it's useful for a whole range of lifestyle choices."

If you hit a paywall, use this login: gvljohnsons4@gmail.com pjWAPOST99

[Read Article](#)



Recovery Dharma

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.

Visit Recovery Dharma Website, buy or download a book

**Virtual Dementia Tour
October 22nd & 23rd, The Dalles OR**

Sign up to participate in a live experience to better understand what it feels like to have Alzheimers or another form of dementia. The process takes about one hour.

Contact to reserve a slot:

Jennifer.Williams6@Providence.org

541-387-6470 and ask for Jennifer M-F 8-4



Link to Video about Tour



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



Neurodynamic Breathwork with AJ Smith

Nov 1st or 2nd

Stabler WA (between White Salmon & Stevenson)

If you have heard of Neurodynamic Breathwork and wanted to take control of your healing journey, this is the sign you have been waiting for!! Your session will include complete instructions on the process and what to expect. Full support from a certified facilitator with years of experience. Your comfort and safety are our primary concerns. The Neurodynamic session lasts about an hour with optional mandala creation, additional one on one integration time, sharing circle and healthy homemade food to nourish the mind, body and soul. Plan to give yourself at least 4 hours of YOU time.

Details

Common Messages

The Jewish High Holy Days (Rosh HaShanah & Yom Kippur) are finishing up this week. Read this rewriting of a traditional text and you will see that it agrees with our Remembrance, "My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground upon which I stand."

On Rosh HaShanah it is written, on Yom Kippur it is sealed:

That this year people will live and die,
some more gently than others
and nothing lives forever.

But amidst overwhelming forces
of nature and humankind,
we still write our own Book of Life,
and our actions are the words in it,
and the stages of our lives are the chapters,
and nothing goes unrecorded, ever.

Every deed counts.

Everything you do matters.

And we never know what act or word
will leave an impression or tip the scale.

So, if not now, then when?

For the things that we can change, there is t'shuvah, realignment,

For the things we cannot change, there is t'filah, prayer,

For the help we can give, there is tzedakah, justice.

Together, let us write a beautiful Book of Life
for the Holy One to read.

Rabbi Joseph B. Meszler

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!

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

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