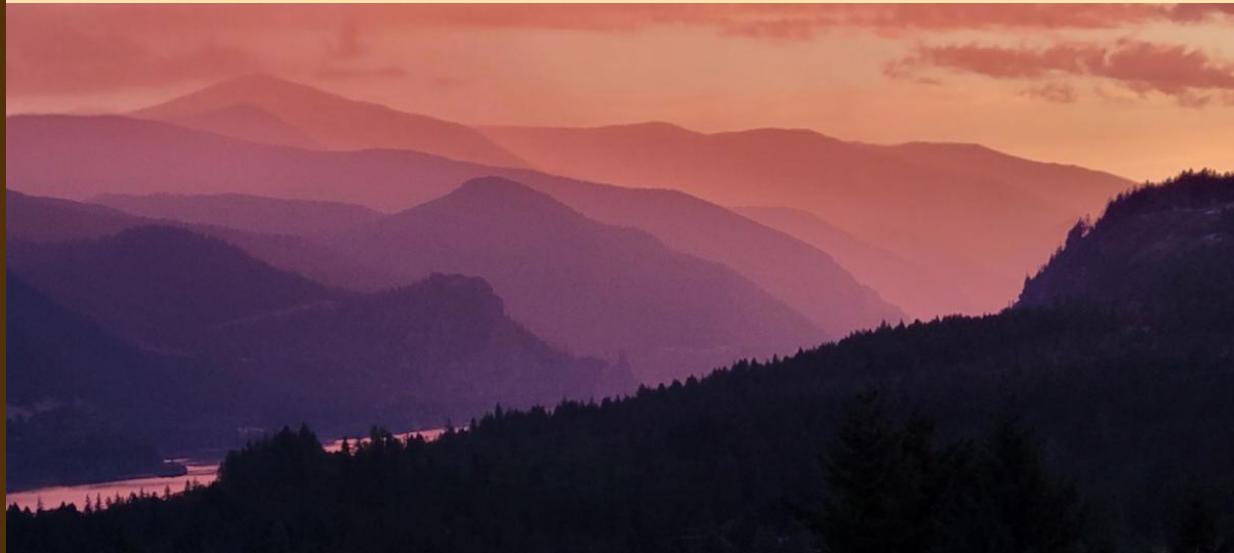


MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

September 2024

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.



A special view of the Columbia River separating Oregon and Washington Mists, sunset, and shadows remind us that every moment is precious, right now, this moment is all that we have.



SUMMER SCHEDULE OF SERVICES & STUDY

all times are Pacific time

SERVICES & STUDY In Person and on Zoom

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

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

All above at 46 Stoller Rd., Trout Lake WA and at Zoom link below

SUNDAY Sangha + Meditation + Chair Yoga 8:30
ZOOM ONLY

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

TUESDAY Sanga + Meditation 12 noon
IN PERSON ONLY

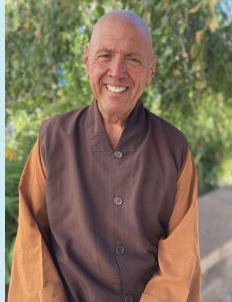
1412 13th Street, Suite 200. Hood River, OR 97031

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 Zoom Link](#)



Dear ones,

What a surprising summer we have had. A forest fire came within 3 miles of our small village, brave firefighters, water scooping planes and helicopters, and a lovely heavy rain stopped the fire's progress towards our temple. See the photo below for lightning strikes. We are truly grateful.

We will go to India on November 23 - December 9. We will visit the Buddhist Holy Sites as well as hopefully meet His Holiness the Dalai Lama. Will you join us?

Our new Dharma Hall has new steel "I" beams in place as well as walls. We hope to have a roof in place prior to winter. It has been a slow but consistent building process. We are still collecting money to complete the new temple buildings.

Please watch the "To Be in Awe" video link below. it is quite wonderful.

We have had many visitors to our temple in the last few months. Monks from India, Tibet, and Myanmar (Burma) have visited, sharing well wishing and dharma. And lay people of many faiths have come to walk our labyrinth and view the grounds. May we be a source of peace and hope for many people.

Our new outdoor memorial area has a new addition, a memorial tree, in honor of Shelly, a dear friend, who passed recently. We are able to honor and house cremated remains and offer prayers for the deceased and family.

It is with sadness that we heard of person complaining about the statues at our temple. They were overheard reportedly saying our statues were "terrible and they don't understand why the county allowed them to be erected". All Buddhist statues tell a story of peaceful and loving teachings. Their intent is to inspire followers to be kind, loving, and tolerant and to follow the peaceful and gentle teachings of our faith.

Please visit the temple on every Saturday from June - September
for Volunteer Day grounds cleanup 10:30 AM - 3:30 PM
(weeding, lawn care, fruit preservation, sweeping, gardening)

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

[Donate to Temple Building Fund](#)

What's Happening at the Temple



Khenpo Karten Rinpoche and Thay Kozen meet in Portland during an Amitābha retreat. The lama's Dharma center, Manjushri Dharma Center is in California.



Emme, a firefighter injured on duty has been staying at our facility as our guest. He has been a joy to have here as he recovers.



Steel "I" beams are in place to hold up the roof of the new meditation hall.



Midnight lightning strikes behind Mt. Adams light up the night and start a few fires.

[Click here for India Trip Details](#)

Buddhist Pilgrimage November 23 -December 9

Deadline is here! We are finalizing our trip to the Buddhist Holy sites in Northern India. 14 days, 13 nights, meet in New Delhi, cost \$2,900 includes lodging, Nepal visa, ground transportation and meals. Cost of flight \$900 - 1,300 (on your own).

Travelers will need to apply for visas, receive immunizations, and make plans to acclimate to the time change, so if you are interested you must decide now!

Please contact asap Thay Kozen if interested in making the journey



Bodh Gayā, India
home of Buddha's
enlightenment



Dhamek Stupa,
Sarnath, India
Buddha's first sermon



The Dalai Lama's Temple in
Dharmasala

UPCOMING TEMPLE RETREATS & OBSERVANCES

30 Aug - 2 Sept Many Rivers Order of interbeing Sanghas
Thich Nhat Hanh Sangha
(contact: alexasingertelles@gmail.com)

6-8 Sep Precepts Retreat by Buu Hung Monastery
(contact: huehuong7@yahoo.com)

13-15 Sep Yoga Retreat with Lori VanCott
(sign up at www.gorgeyoga.com/retreats)

15 Hoa Thuong Thich An Giao Memorial Service At The Desert Zen Center in Lucerne Valley CA

24-29 Sep Mindful Yoga with Kimberly & Jim
(contact kimberlycarson12@gmail.com)

28 Sep Zen Archery with Dave Martin
[Info & Registration](#)

5,12, & 19 Oct Taking Refuge & Precepts
(3 one half hour study sessions 10-10:30 am on ZOOM
<https://zoom.us/j/5093952030> & in person

26 Oct Taking Refuge & Precepts Ceremony
at the temple and on Zoom 8:30am - 10:00 am

26 Oct Zen Archery with Dave Martin
[Info & Registration](#)

23 Nov-9 Dec India Buddhist Holy Sites Pilgimage
see above article and link

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

I encourage everyone to do a minimum of a 1 week retreat and 2 additional 1-2 day retreats every year. Recommended retreat centers are Cloud Mountain in Castle Rock WA, Great Vow in Clatskanie OR, Deer Park in Escondido CA.
...Thay Kozen



Cloud Mountain Retreat Center



Great Vow Monastery

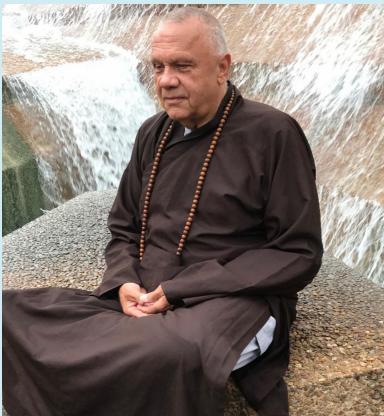


Deer Park Monastery

[Visit website](#)

[Visit website](#)

[Visit website](#)



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

Expectations and Impermanence

This month I have been evaluating my expectations in terms of my understanding of impermanence. Buddhism, is a spiritual philosophy that many of us are attempting to follow and understand that delves deep into the nature of existence and provides valuable insights into our human condition. A central teaching

within this practice encourages us to examine and understand the transitory nature of all things. As we all have our expectations, it is interesting to consider how our expectations relate to the concept of impermanence.

Impermanence, also known as "anicca" in Pali, is one of the three essential characteristics of existence found in Buddhism; the others being suffering (dukkha) and non-self (anatta). Impermanence teaches us that nothing in this world, including ourselves and our experiences, remains fixed or permanent. Whether it is the changing seasons, the birth and death of living beings, or the constant flux of thoughts and emotions, Buddhist dharma asserts that impermanence is an inherent quality of existence. The attachment and craving for permanence often lead to disappointment, frustration, and ultimately, suffering. By acknowledging and embracing the transient nature of all things, we can develop a deeper understanding of the impermanence of our own lives, paving a way for liberation from attachment and suffering.

Our expectations are deeply intertwined with our perceptions and experiences, and we learn that expectations arise as a result of ignorance and the illusion of control. Perhaps you have found yourself clinging to expectations in an attempt to find stability and security, and when we experience our expectations going unfulfilled or not lasting as we hoped they would, dissatisfaction and suffering often follow. Our practice suggests that expectations arise from attachments to outcomes, people, or circumstances, and by clinging to fixed expectations, we limit ourselves and create barriers to experiencing the present moment fully. Recognizing this, we are encouraged as individuals to try to detach from expectations and embrace each moment as it unfolds. By being open to whatever arises and cultivating non-judgmental awareness, we can develop a state of equanimity that transcends the turmoil caused by any unmet expectations.

I am finding that the interplay between impermanence and expectations lies at the heart of so many Buddhist teachings. Impermanence reminds me that

change is the only constant and attempting to hold onto my own expectations contradicts this fundamental truth and often leads to suffering when confronted with the unyielding and natural forces of impermanence. When we embrace impermanence and understand the limitations of expectations, we begin to transition towards mindfulness and acceptance. With our acceptance of impermanence and letting go of expectations we begin to experience inner peace. When we release the need for things to be a certain way, we free ourselves from the burden of control and open ourselves up to the possibilities of the present moment. This acceptance enables us to appreciate the beauty and wonder of each fleeting experience without being caught up in unrealistic expectations.

Impermanence illuminates the transient nature of existence, reminding us to let go of fixed expectations and to embrace the present moment. By acknowledging impermanence and detaching from expectations, we can cultivate a deeper sense of mindfulness, acceptance, and inner peace. This beautiful practice we embrace offers invaluable experiences and teachings that encourage us to navigate the ebb and flow of life with equanimity, creating space for growth, transformation, and the development of genuine well-being.

Namo tassa bhagavato arahato samma sambuddhassa

[Visit the Budding Dharma Website](#)

To Be In Awe

This video is a beautiful testament to being in the now and accepting what is real. Enjoy!

[View Video](#)



VOLUNTEER OPPORTUNITIES WITH THE TEMPLE

[Mindful Gardening, Cleaning,
Fruit Preserving - This
Saturday and every Saturday!](#)

Looking for a way to serve the Mt. Adams Buddhist Temple and Trout Lake Abbey? Want to spend a mindful day in the glory of Mount Adams? Work side by side with fellow practitioners and make new friends?

Work is one way to practice dharma mindfulness and sangha.

"Zen is not some kind of excitement, but concentration on our usual everyday routine." – Shunryu Suzuki

Join us on any Saturday in August and the first Saturday in September to help keep the lovely grounds of the Abbey beautiful and under control. We'll be sprucing up the outside and cleaning the temple. Please bring work gloves. We will also begin fruit drying this month!

No experience or RSVP necessary. The workday starts at 10:30am and

ends at 3:30pm or whenever you need to leave.
46 Stoller Rd Trout Lake WA

If you'd rather come help on a weekday, email Thay Kozen to arrange it!

[Email Thay Kozen RE: Volunteer during the week](#)

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.

Buddhist Women

A Recipe for Peace

-- Rev. Emily Martin

As I was reflecting on what to share in my latest Saturday dharma talk, I remembered my teacher Thay Kozen's words: *"Be an emissary for peace and love."* If this is our task, how might we actually go about doing this? How might we act in the world if this was our one primary mission?

To state the obvious, one must first embody the qualities of peace and love to be an emissary for them. To that end, I started pulling together a recipe for how to Be Peace", drawing from a variety of Buddhist teachers and perspectives. The first resource I rested in was the 8-fold path, which is the Buddha's prescription for alleviating suffering and attaining liberation. From there, I researched Thich Nhat Hanh's peace writings and poetry. A resource I stumbled upon was a book called "Feeding Your Demons" written by Tsultrim Allione, a Tibetan Buddhist nun.

The book describes in step-by-step straightforward detail an ancient Tibetan Buddhist practice to heal those parts of yourself that hold you back. These "demons" are our shadow parts rooted in past trauma or experiences that manifest in addictive patterns, shame and fear. Being Peace must entail resolving our own inner conflict.

Slowly, my Peace Recipe started coming into shape:

- **Go often into the field of love and rest for extended periods of time in this no-thought place.** The entry point will be unique for each of us, but can come from concentration practices, spending extended time in nature, making love, and playing and listening to music to name a few.
- **"Stay in touch with the happy, joyful seeds inside us and around us....** Ask what's not wrong and be in touch with that" teaches Thich Nhat Hanh. I often think of this work much like a gardener who is weeding out the seeds of anger, hate, and fear and nurturing the seeds of goodness and wholesomeness.
- **Resolve inner conflict.** I highly recommend the "Feeding Your Demons" process. This process was so compelling that I started practicing it on my own during a solo hiking trip in the Pyrenees this summer. I still can't believe the incredible information I've gained and the powerful results that have emerged.
- **Be peace in every moment.** Peace isn't only the end-goal, but peace is the way. As Thich Nhat Hanh said, "Peace is Every Step." An unattributed quotation reads on a quilt in my bedroom: "If you take care of each moment, you take care of



Lama Tsultrim Allione is the author of Feeding Your Demons (2008) and other books. She is the founder of Tara Mandala, a 700-acre retreat center temple and library dedicated to the divine feminine in the Buddhist tradition near Pagosa Springs, in southwest Colorado. She leads a vibrant international community with over forty groups around the world.

Born in New England, she traveled to Asia in her late teens and in 1970 at the age of 22 in Bodhgaya, India she became the first American to be ordained as a Tibetan Buddhist nun.

all time.” Again, if we attend to the present moment (which is the only moment we have), then we take care of all time..

- **Connect with the energy of an ascended master or another holder of peace wisdom** by meditating on them and bringing their elevated consciousness into your heart. To do this, invite an ally of peace to sit in front of you and ask them directly “What does peace feel like?” Then allow yourself to exchange places with the ally to experience their consciousness and answer the question. Finally, return to your own self, look at them, and melt them into your heart and mind. When we experimented with this as a sangha on a Saturday morning, I had the most peaceful day of my summer even though I was packing up my rambunctious family for a backpacking trip and had a long list of errands to run before being able to leave town. Normally, that would have been a recipe for frustration, but I was filled with peace. Wow!

I shared this recipe with the Saturday sangha and our collective experimentation was fun. We have such a wealth of collective wisdom, and I’d love to hear your “being peace” recipes. Perhaps you have experience with the Feeding Your Demons process? I’d love to continue the conversation.

[Email Rev. Emily](#)

George Forest Bathing

SATURDAYS :

SEPT 21: WHITE SALMON RIVER

OCT 12: KLICKITAT RIVER

NOV 9: POST CANYON

FEB 15: HOOD RIVER TRAIL

MARCH 15: CATHERINE CREEK

APRIL 19: COLUMBIA HILLS PARK

MAY 17: PUNCHBOWL FALLS

10 AM TO NOON

JOIN FOR A MINDFUL WALK IN THE WOODS

EXPLORE DIFFERENT TRAILS &

MEET OTHER CONSCIOUS HIKERS

RELAX INTO NATURE'S HEALING POWER

DEEPEN CONNECTION TO SELF & EARTH

SUGGESTED DONATION: \$20/ADULT

(KIDS FREE)



PRESENTED BY:
www.emilygoodwinmartin.com &
GOOD RIVER WELLNESS

Impermanence: What is a Death Doula?

A Death Doula, or End-Of-Life Doula is “one who serves,” providing non-medical, holistic support and comfort to the dying person and their family. We offer compassionate support during the end-of-life process and recognize death as a natural part of life and aid in supporting individuals and their loved ones with dignity and honor as a person exits life. My mission is to preserve the innate rights of families and communities to care for their own dying and dead in a personal,



Tamara attends our Tuesday at

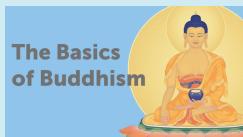
respectful, environmentally sound, and culturally nurturing manner. This service is a complement, not a replacement, to other care services such as hospice, medical professionals, assisted living, hospitals, clergy, family caregivers, etc.

noon sangha in Hood River.

Email
Tamara

"I am passionate about advocating and educating in this reclaimed field of Death Doulas and reconnecting to our traditions and empowering individuals, families, and communities. Some of the services I provide are; Supportive companion assisting people toward a more conscious dying experience. Personal consultation and education for natural family-directed home funerals. Resources and referrals that provide choice to honor the dying and dead, including end of life planning. Community education presentations along the spectrum of living, dying, and death. Because the nature of life includes the eventual miracle of death. Let's talk about it. Join my blog on Facebook – Speaking of Death With Tamara Thiel. Or email me directly at GorgeDeathDoula@gmail.com. "

--Tamara Thiel, Columbia Gorge Death Doula



The Bodhisattva Vows

-- Brother River (Yin Xin)

At Mt. Adams Buddhist Temple, we take the Bodhisattva Vows when we Take Refuge, or state our intention to follow the Buddhist path. In his book "Taking the Path of Zen," Robert Aitken Roshi wrote, "I have heard people say, 'I cannot recite these vows because I cannot hope to fulfill them.

...Avalokiteśvara, the incarnation of mercy and compassion, weeps because she cannot save all beings. Nobody fulfills these 'Great Vows for All,' but we vow to fulfill them as best we can. They are our practice." A bodhisattva is any person who is on the path towards Buddhahood.

Sentient beings are numberless, I vow to save them all.

What does this mean? Who is doing the saving? Is it I who is doing the saving? No, everyone already possesses the true nature of enlightenment. By cultivating wisdom and practicing skillful views, they can let go of delusion and ignorance, thus saving themselves. By taking this vow, we acknowledge that we will develop these qualities within ourselves to assist others, and to act as an example of what is possible. Through our example, we can give hope to others, thus paving the way for them to find liberation. In the words of Master Thich Nhat Hanh, "Let your life be your lesson."

Deluding passions are inexhaustible, I vow to end them all.

This is the practice of letting go of our habit behaviors and replacing the unhealthy ones, "Deluding passions," with healthier ones. As we learn in the 4 Noble Truths, desire and attachment are the source of our suffering. By letting go of unwholesome actions, we make way for more wholesome ones, paving the way for a purified mind free from attachments and delusions.

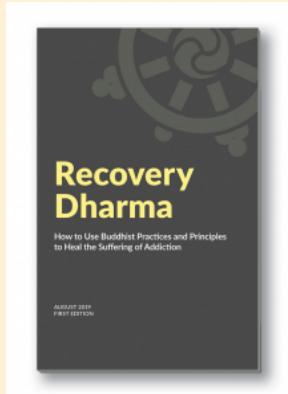
Dharma gates are limitless, I vow to master them all.

What is a Dharma Gate? Basically, it's a metaphor for when we encounter an obstacle or limitation and find our way through it, gaining knowledge, understanding, or something that we've yet to experience. Any time we're presented with a challenging situation, we can view it as a Dharma Gate - an opportunity to let go of delusions, and allow wisdom, compassion, and kindness to grow. This vow suggests that there is hope and that we can get through these "gates," through the practice of compassion, deep wisdom, and skillfulness.

Buddha's Way is Supreme, I vow to attain it.

This is the practice of humility, compassion for all beings, letting go of delusions, and avoiding attachments. Thus arises wisdom and enlightenment. At the core of each being lives an "awakened one" or Buddha. If we can meet ourselves and every being we encounter with the eyes of compassion and the awareness that before us stands a Buddha, we will find that we awaken to spiritual peace.

Brother River was ordained at Open Gate Zendo in Olympia, and is also a member of the MABT sangha. River shares their home with a sun-loving, mindful parrot.



Recovery Dharma--Transforming Addictions and Other Harmful Habits

From the book *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 together.

[Visit the Recovery Dharma Website](#)

[Download or Buy Recovery Dharma Book](#)



Give Well: Kiva

We all receive many requests for our donations. It's often hard to tell which gifts are truly going to a good cause. If you're like me, I like to know my time or donations make a difference for those who are served. Kiva is a microfinance organization that makes tiny loans to ordinary people throughout the world - those who would normally not have access to the small amounts of money that we often take for granted but can make a huge difference.

Public Interest Registry announced Kiva is a finalist for the 2024 .ORG Impact Awards. This esteemed global awards program honors exceptional mission-driven organizations for their significant contributions to society. Chosen from over 1,700 applications spanning nearly 90 countries, Kiva was recognized in the Community Building category, which recognizes organizations whose efforts have contributed to changing or enhancing the

lives of those in the community the nominee serves, whether on a local, national, or global level.

You can donate as little as \$25, and choose the cause, country, and person you want to support. It's nice to complete a loan for someone who's just that much from being financed. Check it out at the link below, and read the story of one woman who borrowed through Kiva. Make a difference in your world!

[One Borrower's Story](#)

[Kiva Website](#)

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.

"Bon
us
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://www.mtadamsbuddhisttemple.com/>

You can pass this newsletter on to a friend or have them sign up on our website.

We now have 2,835 people receiving our newsletter

[Visit our website](#)

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