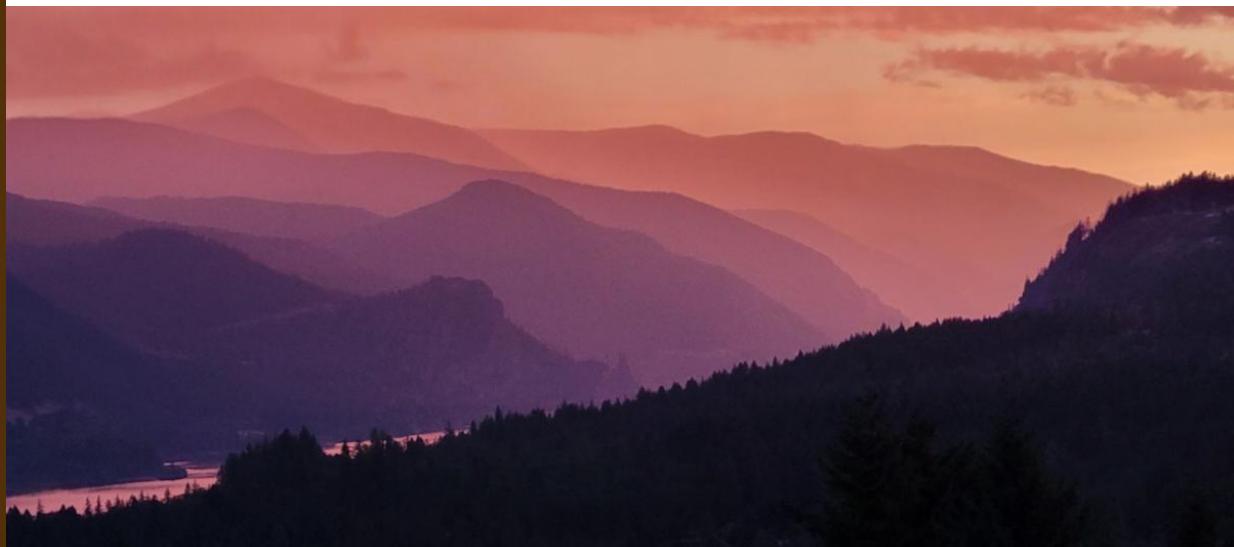


# MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

## September 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.*



*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.*



### RECURRING SERVICES - SUMMER 2024 SCHEDULE

all times are Pacific time

---

**\*\*Notice\*\* All Sangha meeting on Thursday August 7 at 6 am to discuss content for the morning service**

---

**Location: Mt Adams Buddhist Temple 46 Stoller Rd., Trout Lake WA  
IN PERSON & ZOOM**

**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 8:15-8:45am**

**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**

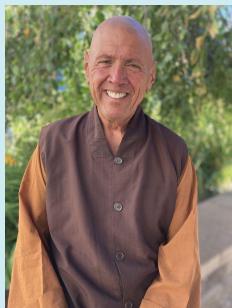
**with Brother River**

**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**



Dear Ones,

Well, summer is coming to an end and, we are preparing for the winter storms. The great changes which bring shorter days, snow, and cold. Much like our lives change as we live day to day, month to month, year to year; we too change. Somehow, we ignore the short span of our lives – we seem to think we will live forever. We seem to forget that each day is a gift and blessing, a chance to grow or not, to live well or not, the potential to embrace awakening or not.

The first part of His Holiness the Dalai Lama's morning prayer: *"Every day as you wake up, think that I am fortunate to be alive. I have a precious human life, and I am not going to waste it. ..."*

May we all live this moment now, following the great teachings of our historical teacher, Siddhartha Gautama, The Buddha. (*Gautama Buddha was an ascetic and spiritual teacher of South Asia who lived during the 6th or 5th century BCE. He was the founder of Buddhism and is revered by Buddhists as a fully enlightened being who taught a path to Nirvana, freedom from ignorance, craving, rebirth and suffering. According to Buddhist tradition, the Buddha was born in Lumbini in what is now Nepal, to highborn parents of the Shakya clan, but abandoned his family to live as a wandering ascetic. Read more at [https://en.wikipedia.org/wiki/The\\_Buddha](https://en.wikipedia.org/wiki/The_Buddha)*)

2 upcoming classes I am excited about attending:

**September 19 -21 is our Fall Retreat**. It will be a weekend of meditation, metta, forest bathing, and fellowship. Contact 509.395.2030 for reservations.

**November 2<sup>nd</sup>, 12:30 – 5:30 PM Our own death, Our own grief with others, Our own practice of following Kṣitigarbha's great**

**vow.** 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.

Moderated by Tamara Thiel and Thay Kozen.

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

## UPCOMING EVENTS

**Volunteer Saturday** at the Temple - every Saturday starting at 10:15. No RSVP necessary, just show up and give what time you can! Want more info? Text or call Denisa at 360-409-0529

**Gathering Resilience Yoga Retreat** - Sept 4-7 at the Abbey. More info here <https://www.truemovestudio.com/trout-lake-retreat-2025>

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

**Fall Buddhist Retreat** - Sept 19-21 at the Temple. Contact 509.395.2030 for reservations.

**Taking Refuge preparation** - Sept 13,20,27 Online class 3 weeks held @ 10:15 after Saturday morning service. No registration necessary.  
[Zoom Link](#)

**Trout Lake Market** - Sept 28 Come have fun and support the local community at the Trout Lake Market at the Trout Lake Grange with local vendors and artists, family activity, music and food from local caterers! <https://www.cavecreekfarm.com/events/troutlakemarketseptember3>

**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>

**Ullambana / Vu Lan** - Sept 20, 11-3 Day of remembrance ("Ghost Day") <https://mtadamsbuddhisttemple.org/event/ullambana-day/>

**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/>

**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

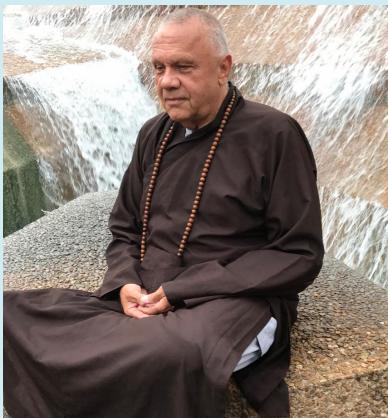
**Death, Dying, Rebirth** class and memorial offering - Apr 18

**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 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



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

### **Wise Concentration**

As the last of our summer season is upon us, this September article will also be the last in our exploration of the Noble Eightfold Path. Thus far we have looked at Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort and Right Mindfulness. So let's get right to it and explore the last of this noble path; namely, Right Concentration (or as I prefer to call it, Wise Concentration.)

Wise Concentration is an essential component of the Noble Eightfold Path, which is a fundamental teaching in all traditions within Buddhism. It is considered one of the factors that lead to the cessation of suffering and the attainment of enlightenment. Wise Concentration, also known as Right Meditation, is about cultivating a focused and unified mind through various

meditation practices. This state of concentration enables us to develop insight and wisdom, leading to spiritual growth and liberation from suffering.

The practice of Wise Concentration is deeply rooted in the teachings of our traditional teacher, the Buddha, who emphasized the importance of mental training and discipline. Through cultivating Wise Concentration, we can transcend the distractions and disturbances of the mind, ultimately leading to a state of deep tranquility and clarity.

As previously mentioned, the development of Wise Concentration is often associated with the practice of mindfulness meditation. This form of meditation involves paying close attention to the present moment, observing thoughts and sensations without attachment or aversion. By training the mind to be fully present and aware, we gradually develop the ability to enter deeper states of concentration.

In traditional Buddhist teachings, Wise Concentration is often described as a progression through various levels of meditative absorption known as jhanas. These jhanas represent states of deep mental absorption and tranquility, each characterized by specific qualities of consciousness. As we are able to progress through these stages, we are able to experience increasing levels of focus, equanimity, and joy.

Let us briefly look at these stages of jhanas. The first is often characterized by seclusion from sensory distractions. In this state, the mind becomes unified and focused on a single object of meditation. The second jhana involves a deepening of our concentration and a sense of inner tranquility, often accompanied by sustained joy. The third jhana is marked by a sense of the fading away of this joy, leaving behind a state of equanimity and mindful awareness. Finally, the fourth jhana represents a state of pure equanimity and mindfulness, free from pleasure and pain.

While these descriptions provide a framework for understanding Wise Concentration, it's important to note that the path to developing deep concentration does vary for each individual. Different meditation techniques and approaches often resonate differently with each of us, and the journey towards Wise Concentration is often a deeply personal one.

In addition to our formal meditation practices, cultivating Wise Concentration also involves integrating mindfulness into everyday life. We do this by bringing awareness to all activities – whether walking, eating, or engaging in daily tasks – with a sense of presence and focus. By doing so, we can develop continuity of mindfulness throughout our daily life.

*Namo tassa bhagavato arahato samma sambuddhassa*

**Visit the Budding Dharma Website**

## **VOLUNTEER OPPORTUNITIES WITH THE TEMPLE**

**Fruit Picking & Preserving,  
Mindful Gardening, Cleaning, -  
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?

Join us on any Saturday in September as we start to harvest & preserve fruit from our orchard. Please bring work gloves.

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

**Text or call Denisa to RSVP or for more info 360-409-0529.** 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, contact Denisa in the Abbey office to arrange it! 360-409-0529



### International Day of Peace - September 21

The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire.

[Read More](#)

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

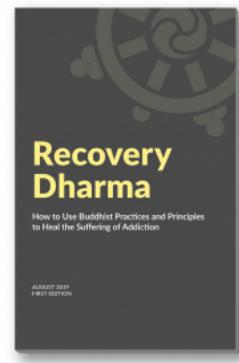
#### Health & Science

### Could Meditation Reverse Brain Aging?

From a study published in 2025 in *Psychology Today*:

"Meditation has long been studied for its neurological benefits. Regular practice appears to strengthen neuroplasticity, which is the brain's ability to form new connections. Research has also documented increased grey matter density in regions associated with attention, emotional regulation, and self-awareness in long-term meditators." "Perhaps most notably, meditation seems to affect telomeres, the protective caps on chromosomes. Several studies suggest meditation may help maintain telomere length, potentially slowing cellular aging processes that affect neurological function."





## 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!

[How Kiva Helps Refugees](#)

## Taking Refuge

In the  
Buddha  
Dharma  
Sangha



### Taking refuge

My soul is open  
Listening to my heart  
Listening to my soul  
Tears come to my heart  
Maybe it's because I have cancer  
Maybe it's just Realizing the preciousness  
    Of my life  
    Of all life  
The connection I feel  
    To everything  
That place where  
    I take a breath  
And feel that life  
    The Joy  
    I am here  
    And not here  
Listening to words  
    Yet  
Letting them pass  
    Through my soul  
And touch my heart

-- Norman



On Monday, September 15, The Mid-Columbia Unitarian Universalist Fellowship will be sponsoring the Hood River stop of the "Way of the Masks and Totem Pole Journey."

The event, which will begin at the Rockford Grange at 5:00 PM, will start with activities that include an invocation by a Native American elder, presentations by representatives of the Columbia Riverkeeper and the Friends of the Columbia Gorge, and a talk by the Indigenous carver of the totem pole. We will then adjourn outside where spiritual leaders from several traditions will perform the blessing of the totem pole. Thay Kozen has been invited to join in the blessing ceremony. Please join our Sangha there if you find this calls to your heart.

If you have ANY comments, complaints, or suggestions, please email the newsletter editor at [gvljohnsons4@gmail.com](mailto:gvljohnsons4@gmail.com).

"Bonus Click"

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 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.*

**Visit our website**

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

[Unsubscribe](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!