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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

January 2019



Weekly Temple Services

Monday - Friday 6:30 am and 6:30 pm

Meditation Saturday 9am full service + meditation

Dear Ones,

Well it is the start of the New Year. May we all live in peace, health, and happiness.

We had our usual New Year's Eve meditation and ringing the great bell 108 times, a most wonderful way to end 2018 in meditation and bring in 2019 with bell and more meditation.

To the many friends and Buddhist family members, thank you for your support and practice.

in Metta.....Thay Kozen

Thich Minh Thien's Column

Reflections

Another year around the sun, and here we are, starting what will be designated as 2019. The start of a new year includes reflections about what was just experienced and a look forward to hopes and setting intentions for next year. Get more sleep, lose weight, start that exercise program, spend more time doing what we love and with those we love, are just some of the common intentions many of us will make.

As each year ends for me, a recollection arises and I choose a personal mini retreat of sorts, with 3 days of increased meditation and reflection, done mostly in silence. I do this as a remembrance and reflection associated with a sad day 6 years ago.



There are a few who know some of the details; but most will not have this reference point. Those details however, are unimportant to know. The importance of this anniversary observance for me is a deepening recognition that life is a precious gift and time waits for no one. So during this retreat on the sixth anniversary of my personal remembrance, these poetic words I recently read, accurately describe what I see and experience and rediscover. I share them with you all now.

“What have I learned from life?”

We visit this life,
This world,
This human self, but briefly.
Around me I see
All beings digging holes,
Getting entangled in unnecessary stuff,
Believing it's the only thing that is real.
The webs we spin
Are only traps for ourselves.

But we must eat, we must love,
We must try,
To blend and merge,
To give and to be,
To thrill in this human form,
While we can.
To be awed by the life around us
And All that we meet
And dance with.

I am so grateful now knowing this.
I dissolve in humility,
As I sit,
And so am edgeless;
Emergent and enduring;
Formless and complete...”

I wish all a most Happy New Year with a reminder from the great Zen Teacher and Master, Dogen Zenji.

“Let me respectfully remind you...

Life and Death are of extreme importance. Time swiftly passes by and opportunity is lost.

Each of us must strive to Awaken; Awaken!

Take heed; do not squander your life.”

May All Beings Be Happy and Free

Namo tassa bhagavato arahato samma sambuddhassa

Ven. Jeff Miles
Fa Hsing 法行, Tâm Minh 心明

All that time spent
Looking for awakening,
Only to find it
Right where we left it -
Isn't that always the way?

Winter dawn -
A quiet rain
Slowly rinses
The night away.

Seeking silence,
I chase it away;
Stopping to rest,

It takes hold of me.



Budding Dharma Zen Buddhist Temple



Happy New Year from your sister temple in Arlington, Texas

2018 was a wonderful year for this small, simple temple and the Sangha continues to grow. We added a meditation session called "Zen-to-Go" at 1pm on Wednesdays. It is offered for those who find attending the full service at 7pm difficult due to work/school schedules or family obligations. It is a shorter service with a sitting meditation and the chanting of a Sutra. I wasn't sure whether there would be anyone interested, but like the old movie adage says, "...build it and they will come...". There is now a regular

group of people who join us at Zen-to-Go and the 7pm Sangha is growing as well. I am grateful for those who come to practice at Budding Dharma.

I am looking at adding another day of services in 2019. I also hope to offer a day Retreat or two as well. We are seeing an increase of students from the University of Texas at Arlington and I am grateful for their interest in developing a meditation practice and learning the teachings of the Buddha. I will also continue to teach at the Dallas Meditation Center on occasion.

Some of the offerings (dana) from Budding Dharma will be designated to help support the Tibetan girls Mt. Adams Zen Buddhist Temple supports as well as sending a small amount monthly to help support the monks at MAZBT. In the practice of Generosity as a Sangha, we increase our understanding of Compassion for all sentient beings.

May All Beings Be Happy and Free.

Tibet Aid

Each year our temple sends money to 2 Tibetan Children who are refugees living in India, and another girl who is in Nursing School. We also send money to 1 refugee Tibetan monk living in India. Private donations help us some with these costs.

Private Donations

\$480 for Dechen Youdon 08-10876-10
\$60 for Dechen Youdon 08-10876-10 spending money - via private Donation
\$100 for Tibet Aid
\$100 for TCV School Gopalpur, Village Darati
\$740 total

Temple pays

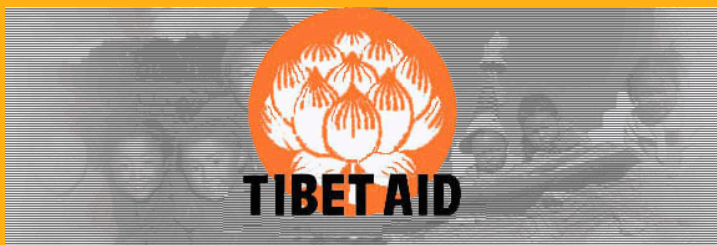
\$480 Lobsang Legden (monk)
\$120 (\$10 month spending for Lobsang Legden)
\$480 Sonam Choetso 08-10875-10 via 1/2 from private donation
\$60 Sonam Choetso 08-10875-10 Spending money via private donation
\$1140 total

Private Donation

\$1000 year for Tibetan Refugee girl to attend nursing school. She has completed her degree and passed the national nursing exam in India.

Children's savings for college

We have committed to sending our two young girls \$1000 each per year for 4 years of college. We have \$6,000 saved up so far - A most wonderful start of a new life for both girls.



Please Donate to

www.tibetaid.org

(877) 842-3824

info@tibetaid.org

Healthy Connections

After 20+ years of practicing traditional Internal Medicine in an increasingly challenging healthcare system – and suffering his own mysterious, unremitting symptoms- Dr. Jeff Horacek knew there were pieces of the healthcare puzzle that were missing for many of his clients (and himself). He saw too many people who – despite strong motivation and dedication to resolve their health conditions – simply did not improve. When he



discovered the exciting research and practice of Functional Medicine and a systems-biology, root-cause, holistic approach to healing, he knew this provided the answers to these previously un-resolvable cases! He wanted to open a clinic that not only helps clients improve their overall health, but also provides healthy connections, hope, empowerment, and personalized lifestyle practices to continue their progress for the rest of their lives. www.healthyconnectionsHR.com

Dr. Jeffrey Horacek and daughter during a visit at the Abbey.
Dr. Horacek's office phone 541.716.5786, 33 Nichols Parkway Suite 300, Hood River OR

Meat Production = Global Warming ????? Yikes!

We published this story in 2018 and it is just as true 1 year later

The boom in demand has been driven to some extent by the availability of new and better alternatives like plant-based burgers, but also the championing of more plant-based diets by chefs and celebrities. Actor and environmental activist Leonardo DiCaprio made headlines in the fall when his investment in Beyond Meat was announced.

There are also ethical concerns. Major changes in livestock production, including the spread of so-called mega-farms where large numbers of animals are reared in close confinement, has led to criticisms over what some see as unacceptable levels of animal welfare.

Beyond Meat CEO Ethan Brown told HuffPost he believes health concerns are the main motivation for reducing meat consumption. The World Health Organization has said eating processed red meat like burgers and sausages is linked to cancer, with 50 grams (about 1.7 ounces) of processed meat a day — less than two slices of bacon — increasing the chance of developing colorectal cancer by 18 percent. The environmental impact of meat production is also huge. Meat and dairy production is said to account for 14.5 percent of all man-made greenhouse gas emissions — slightly more than the emissions produced by every car, train, aircraft and ship on the planet.

Without cutting the over consumption of meat, it will be almost impossible to prevent global warming from passing the danger level of 2 degrees Celsius, according to international affairs think tank Chatham House.

Likewise, meat production is resource intense. Producing 1 kilogram, or 2.2 pounds, of fresh beef may need about 29 pounds of grain and 66 pounds of hay, research suggests, which in turn requires more than 26,000 gallons of water to produce.

Then there's the fact that feeding crops to animals to produce food is just not very efficient. Globally, one-third of the calories produced by the world's crops are used for animal feed, but only 12 percent of those feed calories contribute to the human diet, in the form of meat and other animal products.

It is these types of planetary costs, as well as potential human health risks such as antibiotic use in livestock operations, that have prompted calls for meat products to be taxed and the "true costs" of meat production to be accounted for.

from: https://www.huffingtonpost.com/entry/plant-based-protein-burger_us_5a392ed6e4b0860bf4ab477a



Avalokiteshvara, Guānshīyīn Púsà, Quán Tỳ Tậ Bồ Tát in the snow Dec 2018

2019 Temple Activities

this list is still under development, it may change

JANUARY

Dec 26 – Jan 3 Temple Closed

FEBRUARY

16 Tet Lunar New Year

MARCH

8-10 Spring Metta Retreat with Thay Z MAZBT

31 - April 7 Spring Retreat at Chua Thien An, Southern California

APRIL

31 - April 7 Spring Retreat at Chua Thien An, Southern California

6 Qi Gong 9am-12noon. Therapeutic Touch 1pm –4pm

with Janet Essley primordial energy flow Qi Gong 9am -12noon

& Kim Curtis Healing Touch 1pm - 4pm

20 Tea is Zen, Zen is Tea by Ven Jeff Miles

Ven. Fa Hsing (10:30 – 12:30) Tea history, service, and practice

MAY

18 Trinity Sanga

25 VESAK the most important Buddhist festival, commemorating the birth, enlightenment, and death of the Buddha, and celebrated at the full moon in the Indian month of Vaishaka (April–May)

25& 26 WOMEN'S Retreat with Kay & Erika

JUNE

1 Walking & Moving Meditations Class 10:30 – 1pm

Spend a morning learning and practicing walking and moving meditation

15 Living with Grief with Thay Kozen, An 8 hour class exploring grief and feelings. We'll review Buddhist beliefs as well as how we relate to our losses.

20-23 FAMILY CAMPING RETREAT A chance to spend a weekend with your family – camping and fun activities.

JULY

2-8 ZIKR with Bodhi Be and Leila

13 Mindfulness / Vipassana with August Mannett

22-27 VIETNAMESE FAMILY CAMPING RETREAT with Thay Vinh Minh

A week long camping adventure with education , Buddhist lectures, rafting, and family life.

AUGUST

3 Organic Living with Emily Martin Explore the nature of organic living as well as practical tips on how to bring more of the concepts into your own life.

10 ULAMBANA This is the day when the monastics complete their Rains Retreat.

It was considered that many monastics would have made progress during their retreat and therefore become a greater field of merit. Lay devotees make offerings on behalf of their ancestors and dedicate the merit towards those suffering in the preta realm to relieve their suffering.

SEPTEMBER

13-15 Fall Meditation Retreat

20-22 Thich Nhat Hanh Retreat

with Lucy Kingsley & Jeff Kerr

OCTOBER

12-14 LGBTQ+ Retreat with Josh Wright & Tushar Bhagat

26 October SOBERfest with Dick Withers

Spend a day with family, fun, BBQ, and a sober group of friends.

NOVEMBER

9 Alternative Health

Explore acupuncture, Qi Gong, Healing Touch.

DECEMBER

NOV 30 – DEC 1 WOMEN'S RETREAT with Kay & Erika

7 Midnight Meditation

Meditate from 11:30 pm to 12:30 am. Celebrate the time of great retreats. Spend the night in the temple

31 Midnight Meditation

MAZBT Meditate for 11:30 pm to 12:30 am Celebrate the time of great changes – ending the old year and

beginning the new year. Spend the night in the temple.

We will ring the great bell 108 times at midnight

2019 Religious Holidays

"Either we are all God's children or none of us are"

JANUARY 2019

1 Gantan-sai (New Years) - Shinto

Feast of the Holy Name of Jesus - Orthodox Christian

5 Twelfth Night - Christian

Guru Gobindh Singh birthday - Sikh

6 Epiphany - Christian

Dia de los Reyes (Three Kings Day) - Christian

7 Feast of the Nativity ** - Orthodox Christian

8 Feast of the Holy Family - Catholic Christian

13 Maghi - Sikh

17 Blessing of the Animals - Hispanic Catholic Christian

20 World Religion Day - Baha'i

Tu BiShavat * - Jewish

21-23 Mahayana New Year ** - Buddhist

FEBRUARY 2019

2 Imbolc - Lughassad * - Wicca/Pagan - Northern and Southern hemispheres

Saint Brigid of Kildare - Celtic Christian

3 Setsebun-sai (beginning of spring) - Shinto

5 Lunar New Year - Confucian, Daoist, Buddhist

8 Nirvana Day - Buddhism

14 St. Valentine's Day - Christian

15 Nirvana Day ** - Buddhist - Jain

26 Intercalary Days begin - Baha'i

MARCH 2019

1 Intercalary Days end - Baha'i

2 – 20 Nineteen Day Fast * - Baha'i

3 Transfiguration Sunday - Christian

6 Ash Wednesday - Lent begins- Christian

17 St. Patrick's Day - Christian

20 Equinox Ostara - Mabon * - Wicca/Pagan Northern and Southern hemispheres

21 Norooz (New Year) - Persian/Zoroastrian

Naw-Rúz (New Year) * - Baha'i

Hola Mohalla - Sikh

Magha Puja Day ** - Buddhist

Lord's Evening Meal - Jehovah's Witness Christian

Purim * - Jewish

28 Khordad Sal (Birth of Prophet Zarathushtra) ** - Zoroastrian

April 2019

3 Laylat al Miraj * - Islam

9 Mahavir Jayanti ** - Jain

14 Baisakhi (Vaisakhi) - Sikh

Palm Sunday - Christian

19-21 Theravadin New Year ** - Buddhist

19 Good Friday - Christian

20-27 Pesach * - Jewish

21 Easter - Christian

First Day of Ridvan * - Baha'i

Lailat al Bara'ah * - Islam

Palm Sunday - Orthodox Christian

28 Pascha - Easter - Orthodox Christian

29 Ninth Day of Ridvan - Baha'i

MAY 2019

1 Beltane - Samhain * - Wicca/Pagan Northern and Southern hemispheres

2 Last day of Ridvan * - Baha'i

National Day of Prayer USA - Interfaith

Yom HaShoah - Jewish

6 Ramadan begins * - Islam

9 Yom Ha'Atzmaut * - Jewish

18 Visakha Puja - Buddha Day ** - Buddhist

23 Declaration of the Bab * - Baha'i

Lag B'Omer * - Jewish

29 Ascension of Baha'u'llah * - Baha'i

30 Ascension of Jesus - Christian

JUNE 2019

1 Laylat al Kadr * - Islam

5-7 Eid al Fitr * - Islam

9 St. Columba of Iona - Celtic Christian

Pentecost - Christian

9-10 Shavuot * - Jewish

16 Guru Arjan martyrdom - Sikh

Trinity Sunday - Christian

20 Corpus Christi - Catholic Christian

21 Solstice Litha - Yule * - Wicca/Pagan Northern and Southern hemispheres

22 First Nations Day - Canadian Native People

23 All Saints - Orthodox Christian

JULY 2019

9 Martyrdom of the Bab * - Baha'i

13-15 Obon (Ulambana) ** - Buddhist/Shinto ?

16 Asalha Puja Day ** - Buddhist

AUGUST 2019

1 Lughnassad - Imbolc * - Wicca/Pagan Northern and Southern hemispheres

10 Tish'a B'av - Jewish

Waqf al Arafa * Islam

12-15 Eid al Adha * - Islam

SEPTEMBER 2019

1 Hijra - New Year * - Islam

3 Paryushana Parva * - Jain

8 Nativity of Virgin Mary - Christian

10 Ashura * - Islam

14 Elevation of the Life Giving Cross (Holy Cross) - Christian

23 Equinox Mabon - Ostara * - Wicca Northern and Southern hemispheres

30-October 1 Rosh Hashanah * - Jewish

OCTOBER 2019

4 St Francis Day - Catholic Christian

Blessing of the Animals - Christian

8 Dasara ** - Hindu

9 Yom Kippur * - Jewish

14-20 Sukkot * - Jewish

20 Birth of the Báb * - Baha'i

Installation of Scriptures as Guru Granth - Sikh

21 Shemini Atzeret * - Jewish

22 Simchat Torah * - Jewish

27 Diwali - Sikh - Hindu - Jain

28 Jain New Year - Jain

29 Reformation Day - Protestant Christian

31 All Hallows Eve - Christian

NOVEMBER 2019

1 All Saints Day - Christian

Samhain - Beltane * - Wicca/Pagan Northern and Southern hemispheres

2 All Souls Day - Catholic Christian

10 Mawlid an Nabi * - Islam

12 Birth of Baha'u'llah * - Baha'i

Birthday of Guru Nanak Dev Sahib - Sikh

15 Nativity Fast begins - ends Dec. 24 - Orthodox Christian

23 Thanksgiving - Interfaith

24 Martyrdom of Guru Tegh Bahdur - Sikh

26 Christ the King - Christian

Day of the Covenant * - Baha'i

28 Ascension of 'Abdu'l-Baha * - Baha'i

Thanksgiving - Interfaith USA

30 St. Andrew's Day - Christian

DECEMBER 2019

1-24 Advent - Christian

6 Saint Nicholas Day - Christian

8 Bodhi Day (Rohatsu) - Buddhism

Immaculate Conception of Mary - Catholic Christian

12 Feast day - Our Lady of Guadalupe - Catholic Christian

16-25 Posadas Navidenas - Hispanic Christian

21 Solstice Yule - Litha * - Wicca/Pagan Northern and Southern hemispheres

Yule - Christian

23-30 Hanukkah - Jewish

24 Christmas Eve - Christian

25 Christmas * - Christian

Feast of the Nativity ** - Orthodox Christian

26 Zarathosht Diso (Death of Prophet Zarathushtra) ** - Zoroastrian

St Stephen's Day - Christian

27 Saint John - Apostle and Evangelist - Christian

28 Holy Innocents - Christian

29 Holy Family - Catholic Christian

31 Watch Night - Christian

"Either we are all God's children or none of us are".

Mt. Adams Zen - Outside Of Our Temple

1st Sunday of the month, Buu Hung Monastery at 3pm

17808 NE 18th St. Vancouver WA 98684

contact Venerable Su Co Hue Huong, huehuong7@yahoo.com

Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon

1808 Belmont Ave, Hood River, OR 97031

1st and 3rd Wednesday Evenings - Trinity Sangha Study Group Time 6:30-8:00pm

Where: at Withers residence, 1829 5th St., Hood River (Sieverkropp Development behind Rosauer's)

Book to be studied: Peace in Every Breath by Thich Nhat Hanh

Other Meditation Groups in the Gorge

Heart Journey Each week there is a different presenter: Videos, teachers, mindfulness practices. Come join us. NO COST. **Meets every Sunday Night October 7, 2018 - June 2019, 6pm to 7:30pm Stevenson United Methodist Church** 325 NW Jefferson, Stevenson, Washington
Beginner to advanced practitioners welcomed! For information, contact heartjourneycenter@gmail.com or info@heartjourneycenter.org or call 427-5001

Friday Morning Guided Meditation with Emily . 6:30 - 7:00 am at Trinity Natural Medicine at 1808 Belmont Ave, Hood River, OR 97031

11th Step Recovery Meetings (Sundays in White Salmon and Tuesdays in Hood River) are cancelled until January. Please watch for further notice. Questions? Contact Dick Withers at (414) 587-4065.

11th Step Recovery Meeting #2 HOOD RIVER - Tuesday 5 to 6:30 at Medicine Lounge 1 029 May St, Hood River, OR. Contact Dick Withers for details : Richard.withers@att.net ; 414-587-4065

Pacific Hermitage Meditation and Dharma talk with Thai Forest Monks **6:30-8 pm every Tuesday evening** at Yoga Samadhi in White Salmon, WA. <http://pacifichermitage.org>

Hood River Zen Sunday afternoon walking and sitting meditation 2nd and 4th" Sundays G ood Medicine lounge 1029 May Street, Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: (kjtreiman@yahoo.com)

White Salmon Dharma Practice Group every other Sunday evenings at Atlan (near Northwestern Park outside of White Salmon). Contact: Scott Cushman: (rscottcush@gmail.com; 925-708-5652)

Scott Rower, PhD scott@scottrowerphd.com has mindfulness classes - please contact him for details and to join the gorge facebook page - Mindfulness in the Gorge: <https://www.facebook.com/groups/179582775875524/>

*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 Zen Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650 509.395.2030
www.Mtadamszen.org