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# MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

## January 2018



### Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

Dear Ones,

Well the new year is here and I am very late in getting this Newsletter out, I apologize. The Golden Globes focused on women and their right to be equal in pay, position, power, and to be free from sexual harassment. May that wonderful thought of freedom be heard here in the US and around the world.

On the 15th of January we celebrate Martin Luther King Jr Day as a National Holiday. Let us all look into our hearts and accept diversity and differences. When we cut out anyone from our well wishing, our minds cut Buddha in pieces. We all get caught up in ignorance, desire (lust) , and anger; let us wish that we and every other being awaken into spiritual peace.

May your New Year Be Filled with peace, health, and Joy. Thay Kozen

## Thich Minh Thien's Column

### TEACHERS

We have just completed another journey through the 2017 calendar and in our traditional way of counting time, we welcome in a New Year that we label 2018. My wish for all in this new year is that you may be well, happy and know love and peace.

Much of the world just celebrated the birth of Jesus. As Buddhists, many recognize this man called "the Christ" as a great Teacher. One of our contemporary teachers, Thich Nhat Hanh said, "If you are a Christian, you feel that Jesus Christ is your home. It's very comfortable to think of Jesus as your home. If you are a Buddhist, then it is very nice to think of the



Buddha as your home.” On many levels, Jesus and Buddha taught how all could transform their lives through the choices they make. If we use the terms Thich Nhat Hanh used, the advice is go find your home.

When people are searching for this home, they frequently ask what can they do to move along in their own spiritual quest for awakening? I tell them, as I have heard my Teacher say, go find a teacher. As one who has found a spiritual haven in both the Christ and the Buddha, I recognize that the gifts our teachers offer, both contemporary and traditional, become invaluable as we try to live what we believe.

In life, we have exposure to many different teachers. As children, our parents and families act as our teachers, preparing us to enter the world where values and choices explode exponentially. In continuing educational and career endeavors, we are exposed to numerous teachers who offer knowledge and skills that we will need to contribute to the world and provide us the wherewithal to survive. An effective way to learn anything is

to study with teachers who have already mastered it...whatever “it” is. Meditation and spiritual practice is certainly no exception.

One thing that I have learned from my Teacher is that everyone and everything in life, when observed through mindfulness and supported by a meditative practice can become my teacher. I have found this to be especially true when I find myself in conflict because of what someone does or what someone says. My emotions and feelings initially move me towards a judgement of right versus wrong, or good versus bad. As I practice mindfulness, I now can more readily set aside the judgements and look inside as to why I am reacting the way I am. And certainly, when I get stuck, as I often do, my Teacher has a way of showing me other ways to understand the emotions or behaviors that are causing my suffering. I have become very fond of the saying, ...” when conflict arises, the buddha mind is lost...” My Teacher gave me that.

I have great gratitude for all the teachers in my life. I encourage everyone to seek teachers who support growth, compassion, love, wisdom and understanding. See every person and experience in your life as potential opportunities to know yourself better. Be willing to stand as a teacher when your experience and wisdom can benefit others and reduce suffering.

*Namo tassa bhagavato arahato samma sambuddhassa*

## 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

### 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

Please Donate to

[www.tibetaid.org](http://www.tibetaid.org)



(877) 842-3824

info@tibetaid.org

### Wonderful Quotes

*"We don't see things as they are, we see them as we are"* . Anais Nin

*"In times of deceit, telling the truth is a revolutionary act"*. George Orwell

*"It is not the strongest or most intelligent that will survive, but those who can best manage change"*.  
Charles Darwin

*"More important than just saying 'Merry Christmas' is to live it. That is, to live as Jesus did: To live a life of simplicity, a life of generosity, a life of service, a life of welcome and hospitality to others. And that's the conversation we should be having"* .*"It's very simple," he said. "Let's live our faith, let's respect each other, talk to each other and not confront each other."* Father Kevin O'Brien, dean of the Jesuit School of Theology at Santa Clara University

### Supermoon, Blue Moon?

On January 1, 2018, New Year's Day, the wolf moon will also be the first supermoon of the year. Supermoons occur when a full moon coincides with the time that the moon is closest to Earth.

They don't necessarily appear all that different from regular full moons, but this one is special because it's one of three happening in a row — and the super blue moon on January 31 will also coincide with a lunar eclipse. The whole event is made even a bit more special by the fact that this supermoon is one of three occurring right in a row. The first appeared on December 3, 2017; this one is on January 1; and we'll see the third of the trio on January 31, 2018.

From <https://www.aol.com/article/news/2017/12/29/first-supermoon-of-2018-will-appear-on-new-years-day/23319815/>

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

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](https://www.huffingtonpost.com/entry/plant-based-protein-burger_us_5a392ed6e4b0860bf4ab477a)

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## **Intuitive Development Practice Group**

by Emily Martin

I am excited to share with you an upcoming course offering. Will you please consider this class for yourself and/or pass this along to 3-5 of your friends or clients that may be interested in learning the basics of personal energy healing?

For 6 Monday evenings, starting January 22 and running through February 26, I will be hosting an Intuitive Development Practice Group at the Good Medicine Healing Arts Center (1029 May Street in Hood River). 7:30-8:30 pm. Cost is \$15/class or \$80 for the series. Flyer attached.

What is an Intuitive Development Practice Group? It's a group of people who want to practice together specific tools and techniques to hone their intuition and *experience more inner freedom and energetic resilience*.

The class is experiential and interactive, with minimal directed teaching time. We will spend the majority of our class time practicing and reflecting on our experience. In class, we will learn and practice specific meditations, visualizations, and other tools. The class is great for beginners, practitioners with a "beginner's mind," and anyone who likes learning with a group of people for support and insight. By working with our own personal experience, we can transform any judgements of "what is or isn't real" into something useful for our everyday lives. This class is not about believing what I tell you; it's about having your own authentic experience and moving forward with the tools that work for you.

It's not required, but participants are strongly encouraged to read [Body of Health: The New Science of Intuition Medicine](#) during the course. It is an amazing book which will inspire you to take your healing into your own hands. As a trained scientist, I love the book's no-nonsense approach.

Finally, as a recent convert to the "woo-woo" side of the world, I can assure you, this stuff is cool and you should come play with me!

If you'd like to learn more about me and Azule Healing, please visit: [www.azulehealing.org](http://www.azulehealing.org).

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## **2018 Temple Activities - at the temple**

### **February**

10 Parinirvana (one day meditation retreat)

16 Lunar New Year

17 Maitreya (Di Lac) Day

17 Advanced Computer and Internet (10:30 – 1:00pm class)

### **March**

3 House Holder's Zen (10:30 – 1:00pm class)

16-18 Spring Retreat Here

24 Gautama Buddha left home Regular Morning Service

31 Buddha's Nirvana

31 Quan Yin day + (10:30 – 1:00pm class)

## **April**

1-9 Spring Retreat with Thich An Giao in S. California

Temple closed – Kozen on Retreat

## **May**

5 Avalokiteshvara – one thousand eyes and arms, regular morning meditation

5 – Shaman Healing (10:30 – 1:00pm class) with Sylver and Rev Kirk Thomas

19 Tea and Zen - (10:30 – 1:00pm class) – Ven Tam Minh

19 Manjusri Day

22-28 Theravada Retreat

26 Buddha BD

## **June**

1-3 Meditation Retreat

3 Thich Quang Duc burned himself

9 Websites navigation and build (10:30 – 1:00pm class)

## **July**

14 Art and Zen

## **August**

11 Organic Living (10:30 – 1:00pm class)

25 Ancestor Day Ulambana

## **September**

1 Day Retreat Listening

8 Ksitigarbha Day

8 Organic farming

12-15 Thich Nhat Hanh Group Retreat

## **October**

5-7 LGBTQ+ retreat

12-14 Fall Retreat

## November

10 Medicine Buddha Day

9-11 Woman's retreat

## December

8 Rohatsu midnight meditation

31 Midnight Meditation

**Dates subject to change, other retreats may be added**

Our new gas heater is keeping the temple nice and warm.. We have had no real heat in the temple for the last 10 years - this is such a welcomed change. Thank you for all that made this possible.



## January

1 New year

6-epiphany (Christian Holiday)

15 MLK Jr Day (National Holiday)

*19-21 NUNM*

*26-28 NUNM Qi GONG*

## February

3 Imbolic (Druid Event) 4:30 pm

2 Ground hog day (National day)

4 Rosa Parks Day (National Holiday)

14 Ash Wednesday (Christian Holiday)

14 Valentines Day (National Holiday)

*23-25 NUNM Qi Gong*

## March

1 Purim (Jewish Holiday)

1 Holi - Festival of Lights (Hindu Holiday)

*8-11 Yoga, meditation and Zen Koans to Open the Heart*

17 St Patrick's Day (National Holiday)

11 Day light Savings time begins

24 Spring Equinox (Druid Event) 6pm

25 Palm Sunday (Christian Holiday)

31 Cesar Chavez Day (National Holiday)

31 Passover (Jewish Holiday)

## April

1 Easter (Christian Holiday)

*5-11 Advanced Chinese medicine – Ed Neal*

*20-22 NUNM*

28 Beltane 7pm

30 Theravada New Year

## May

16 Ramadan to June 15 (Muslim Holiday)

3 National Day of Prayer (National Holiday)

6 National Nurses Day (National Holiday)

*11-13 Yoga Laurie Van Cott*

13 Mother's Day (National Holiday)

*13-18 Cascade Mountain School*

25 Missing children's day (National Holiday)

*18-20 NUNM Qi Gong*

22-28 Theravada Retreat

28 Memorial Day (National Holiday)

29 Vesak

### **June**

*3-8 Cascade Mountain School*

14 Flag Day (National Holiday)

15 Eid al-Fitr end of Ramadan (Muslim Holiday)

17 Father's Day (National Holiday)

23 Summer Solstice 6:30 pm

28- 3 July Zikr (Sufi Muslim)

### **July**

28 June – 3 July Zikr Retreat (Sufi – Muslim)

4 Independence Day (National Holiday)

6 HH Dalai Lama BD

22 Parent's Day (National Holiday)

### **August**

4 Lughnasa 7pm

19-24 Hajj (Muslim Holiday)

### **September**

9 Grandparent's Day (National Holiday)

10-11 Rosh Hashanah, New Year

(Jewish Holiday)

11 Patriot Day (National Holiday)

12 Hijra New Year (Muslim Holiday)



19 Yom Kippur Day of Atonement (Jewish Holiday)

22 Autumn Equinox 6pm

### **October**

4 St Francis Day (Christian Holiday)

8 Native American Day (National Holiday)

18 Dasera, Dussehra or Vijyadashmi (Hindu Holiday)

28 Samhain (Druid Event) 5pm

31 Halloween (National Holiday)

### **November**

4 Daylight Savings time ends

6 Election Day (National Holiday)

6-10 Diwali Festival of Lights (Hindu Holiday)

11 Veteran's Day (National Holiday)

21 Mohamed's Birthday, Mawlid al-Nabi (Muslim Holiday)

### **December**

2 Advent (Christian Holiday)

3-10 Hanukkah (Jewish Holiday)

7 Pearl Harbor Day (National Holiday)

18 Feast of Epona 4pm

22 Winter Solstice 3:30 pm

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

31 New Year's Eve

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# MARTIN LUTHER KING JR. DAY COMMUNITY CELEBRATION

Monday, January 15th

Riverside Community Church, State Street, Hood River

*A Community Celebration of Unity and  
Justice for All.*

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Workshops 4:15 pm

- Conoce sus Derechos (en Español)
- Stories from Immigration detainees at NORCOR  
with visiting chaplains

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Celebration: 5:30 pm

With Riverside Gospel Choir, Los Amigos de la  
Sierra, and more!

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Potluck Dinner: 6:30 pm



Questions?  
541-241-6771

Preguntas?  
971-322-8927



### Chua Viet Nam in Japan

Our Thay An and Su co Bao are working in Japan to help a temple whose monk died.

#### **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

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

1808 Belmont Ave, Hood River, OR 97031

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**Every Wednesday - Trinity Sangha, at Trinity Natural Medicine at 12 noon**

1808 Belmont Ave, Hood River, OR 97031

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**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

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**11th Step Recovery Meeting #1 - A Fresh Step Forward in Recovery Sunday evenings 4:30pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: [Richard.withers@att.net](mailto:Richard.withers@att.net) ; 414-587-4065**

**11th Step Recovery Meeting #2 - A Fresh Step Forward in Recovery in Hood River, OR. Contact Dick Withers: [Richard.withers@att.net](mailto:Richard.withers@att.net) ; 414-587-4065**

#### **Other Meditation Groups in the Gorge**

**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 in the Bamboo Room of Cascade Acupuncture, located at 104 5th St. Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: (kjtreaman@yahoo.com)

**Monday evenings from 7:00 - 8:30 pm** , at Bethel Congregational Church in White Salmon

Contact Kyri Treiman: (kjtreaman@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](http://www.Mtadamszen.org)

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"