



Tuyết Sơn Thiền Tự Mt Adams Zen Buddhist Temple

We are a small Thien (Zen) Buddhist Temple practicing "laughing farmer zen" - living our practice, sitting zazen, being here - right now!

Jan 30 - 12:30 Imbolc ceremony - Druids
(call Kirk 509.395.2030)

February Happenings -

- 2 - New Moon*
- 3 - Chinese New Year
- 4 - World Cancer Day
- 11- Temple potluck lunch (call Debbie 360.951.2329)
- 14 - Valentine's Day
- 18 - Full Moon*
- 19 - Buddhist Pilgrims travel in OR and WA
- 21 - Prison Ministry CRCC
- 21 - President's Day
- 26 - NWDA Meeting in Portland

* Buddhist Ceremonies

Transformational Voice Training Institute is

providing an **Authentic Voice Workshop** in Trout Lake, WA, on March 18-20. Per founder, Linda Brice, "Life Force is at work in the lives of Artists. Making art is creating as Life Force also creates, and is therefore a sacred activity, good, healthy, and joy-producing. Artists experientially feel Source working through them as being "in the zone" or in a bliss-state, and as a loss of self or ego. Observers of art

Newsletter



February 2011

Dear Dharma Friends,

Tết Nguyên Đán! Happy Chinese (Lunar) New Year! Begins on Feb 3 - the Year of the Rabbit



According to tales and legends, the beginning of Chinese New Year started with the fight against a mythical beast called the Nien.

Nien would come on the first day of New Year to devour livestock, crops, and even villagers, especially children. To protect themselves, the villagers would put food in front of their doors at the beginning of every year. It was believed that after the Nien ate the food they prepared, it wouldn't attack any more people. One time, people saw that the Nien was scared away by a little child wearing red. The villagers then understood that the Nien was afraid of the colour red. Hence, every time when the New Year was about to come, the villagers would hang red lanterns and red spring scrolls on windows and doors. People also used firecrackers and fireworks to frighten away the Nien.

One lovely Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. 2011 is the year of the Rabbit. Those born

experience Source's role in art as "the chill factor," or the "aesthetic response" of awe, for which there are no words."

There will be an additional free 2 hour class on Thursday, March 17 at the Trout Lake Grange from 7-9PM. Please see details at the web-page

<http://transformvoice.com/>

Linda, the program founder had a transformational experience that brought about this workshop. Visit the website.

in the year of the Rabbit (1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011) are popular, compassionate, articulate, talented, ambitious and sincere.

Regardless of our own belief or disbelief in astrology, the Chinese New Year is an important holiday throughout much of Asia; it is a time for family and friends. Be sure and wish your Asian friends Happy New Year at the start of February. **May our year be filled with health, peace, prosperity, and joy.**

In joy and peace, Minh Tinh



Our Daily Mantra,

The Prayer of Blessing

We surround all forms of life with infinite love and compassion.

Especially do we send out compassionate thoughts to those in suffering and sorrow, to those in doubt and ignorance, to all who are striving to attain truth and to those whose feet stand close to the great change called death, we send forth all wisdom, mercy, and love.

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.

Dogen Zenji's Corner

"Enlightenment is like the moon reflected on the water. The moon does not get wet, nor is the water broken. Although its light is wide and great, the moon is reflected

Good Works

Good works is an ongoing process of mindfully easing suffering a small bit at time. It might be as simple as a prayer for peace and an incense offering or it may be a donation or volunteer time. The intent to help without personal gain is the goal.

This month we'd like to use one of the folks here at the Abbey as an example. Bonnie Henderson is a long-time resident of Trout Lake, and one of the employees here. Last week we discovered Bonnie and a friend of hers had decided to cook and deliver meals for shut-ins, the elderly, and folks with special needs in Trout Lake. Bonnie and Martha were doing this without pay and without charge to their neighbors, Their inaugural light supper was a great success. They made soup, biscuits, and cookies and drove the meals out to 12 residents despite the recent snowfall. Their plan is to continue through March. What a wonderful way to help out! The practice of loving kindness is not limited to any one faith or belief system.



The Fourth Noble Truth: The Path to the Cessation of Suffering

Rick McClure

Many spiritual and religious traditions use the analogy of path or journey to describe the means by which a person can achieve greater understanding, awareness, and realization of the most fundamental and basic principles of why things are the way they are and how we as humans fit into everything. As sometimes expressed, if you're on the path, you're on the way to seeing and understanding, but if you stray from the path, you could lose sight of those things - lose your way, metaphorically.

In the Buddhist tradition, the use of the word "path" comes from the Sanskrit marga, translated as "way" or "path." This came, in turn, from the Pali samma, translated as "in the right way" meaning straight, not crooked (or, more direct). When the historical Buddha gave his famous discourse at Deer Park, Varanasi, as recorded in the Mahaparinibbana Sutta, he described the right way to live as the Middle Way. This is the means to seeing and understanding, and the basis of peace, knowledge, awakening, and nirvana.

even in a puddle an inch wide. The whole moon and the entire sky are reflected in one dewdrop on the grass." - Dogen.

Mind Is Without Form

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Thich Nhat Hanh

"Miraculous powers and marvelous activities are drawing water and hewing wood!" Chinese Zen poet P'ang-yun

"People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar."

- Thich Nhat Hanh

No snowflake ever falls in the wrong place.

Sitting peacefully doing nothing
Spring comes and the grass
grows all by itself. Zenrin Kush

"Normally, we do not so much look at things as overlook them" Alan Watts.

Empty Mind sayings

The Wise Man

Irrigators guide water;
fletchers straighten arrows;
carpenters bend wood;
wise people shape themselves.
The Dhammapada (80)

We shape clay into a pot, but it is the emptiness inside that holds whatever we want. Lao Tzu

"Emptiness is in fact form when we forget the self. There's nothing in the universe *other* than ourself. Nothing to compare, name, or identify. When it's the only thing there is, how can we talk about it"??
- Taizan Maezumi

Northwest Buddhist Resources

click on links below
Dharma Rain

The right way, or Middle Way, as fully realized by the Buddha, is characterized as the path of liberation from suffering. Moral discipline, concentration, and wisdom are the foundation of the path set forth in the Buddha's teachings and known as the Noble Eightfold Path. In the Chinese Buddhist tradition, this is sometimes translated as the "Path of Eight Right Practices." Vietnamese Buddhist scholar Thich Nhat Hahn aptly refers to this more simply as the Path to Well-being. If we follow the Path, we cultivate well-being and our life will be filled with joy, ease, and wonder. The Path is really about putting this into practice, every moment of every day.

The Path, then, is our most basic guide to Buddhist practice. The eight components are Right Understanding, Right Thinking, Right Mindfulness, Right Speech, Right Action, Right Effort, Right Concentration, and Right Livelihood. All are intimately interconnected; much has been written about each. Following this path has everything to do with the real difficulties we face in everyday life. It is the means to embrace the suffering we encounter along the way.

Profoundly, the Sanskrit word marga, for "Way" or "Path," also means "absolute truth." In the Buddhist tradition, absolute truth is also known as dharma, the means of seeing absolute reality, of attaining liberation. The Chinese Zen master Linji simplified this further, saying "The way is the ordinary mind." Ordinary mind is pure mind. Pure mind is the Buddha. Therefore, the Path becomes Buddha and Dharma - they are one. The Path is concrete practice. "If we are on the Path," says Thich Nhat Hahn, "then from within us a stream of loving kindness rises and our suffering eases." This is the essence of the Fourth Noble Truth, and the essence of our journey on the path as Buddhists.

Part of our Buddhist Practice includes living well with the earth and all the creatures that abide here. Our Certified Organic Farm and mindful practice of Loving Kindness includes a sustainable and harm free life style. May we all find peace.



Green Living

Animal Welfare Approved is an organization that has set the highest in Humane and compassionate standards for the raising, care, and processing of animals for food. It is the highest rated organization of its kind by the US Humane Society. Visit their website: <http://www.animalwelfareapproved.org/>

As part of our Buddhist practice we may choose to look into the well-being of all creatures great and small. This organization provides standards to humanely raise and slaughter food animals. While we encourage a Vegetarian diet, if one does eat meat, we can treat the animals with kindness and compassion.

THE 3 ROUTES TO ENLIGHTENMENT IN BUDDHIST PRACTICE

Theravāda (Teachings of the Elders). In the past it was called "Hīnayāna" (Lesser Vehicle) but that name is no longer in use. The Theravada tradition has changed some over the years since the Buddha. However, it is the most traditional and conservative of the schools of Buddhism and it keeps many of the original rules of the Buddha's teachings. Monks are usually in saffron robes and have a mendicant (relying on donations) practice for all their needs. This school is the smallest branch of Buddhism and is common in Sri Lanka, Thailand, Cambodia, Laos, and Burma. Vipassanā style practices are usually found in the

Cloud Mountain Retreat Center
Northwest Dharma Assoc.
Pacific Hermitage
Portland Buddhist Priory
Zen Community of Oregon



Who Are We?

Mt Adams Zen Buddhist Temple

at Trout Lake Abbey
(Part of the Arizona Soto Zen Centers a 501(c) 3 tax exempt organization)

46 Stoller Road
Trout Lake, WA 98650
e-mail: sokozen@azszc.org
509.395.2030
website
<http://www.mtadamszen.org/>

Temple Services:
Monday - Friday 6:30 AM
Thursday & Friday 6:30 PM
Saturday 9:00 AM
Sunday Closed

We are affiliated with the Arizona Soto Zen Centers and the Desert Zen Center
We are of Soto (from Japan) and Rinzai (from Vietnam & Japan) Zen traditions in the teaching of Rev. Soyu Matsuoka Roshi, Saito Seiwa Roshi, Venerable Thich Anh Giao, and Most Venerable H.T. Thich Thi  n .



Monk receiving dana

Dana

The temple currently has no outstanding debts.

Thank you to the many individuals who support our efforts. We're saving up our money for a new foundation underneath the temple.

Theravada traditions (although they may also be found in Mahayana practices).

Mahāyāna (Great Vehicle), is easily assimilated in most countries. The Mahayana School of Buddhism practices most of the rules of the Theravada School, but has changed guidelines as they become antiquated and adapts new practices based upon need or the country of practice. Loving Kindness is seen as one form of Bodhisattva (a future Buddha) practice (for the benefit of all sentient beings), which is common to many of the Mahayana Schools of Buddhism. Some of the denominations include Pure Land, Thien or Ch'an (Zen), Tiantai, Nichiren, Yogacara, and Madhyamaka. Thich Nhat Hanh & Shunryu Suzuki Roshi are Mahayana Monks.

Vajrayāna, or Tibetan Buddhism (which also includes the Japanese Shingon school). Some scholars include Vajrayana as a form of Mahayana Buddhism. It may also be known as Tantric Buddhism, Tantrayāna, Mantrayāna, Secret Mantra, Esoteric Buddhism and the Diamond Vehicle. Vajrayana is a complex and multifaceted system of Buddhist thought and practice, which has evolved over several centuries and has numerous and sometimes contradicting sub-groups. Its main scriptures are called Tantras. A distinctive feature of Vajrayana Buddhism is rituals, which are Skillful Means (Upaya), used as a substitute for other meditations. Some teachings and rituals are secret and only a teacher can reveal them to their students. Reincarnation and rebirth are a strong component of this faith. His Holiness The Dalai Lama is a Vajrayana monk.

All of these "routes" (branches or schools) of Buddhism have similar values and practices. While there are many differences, the heart of Buddha's teachings are present and honored in all. Choosing your own practice and how you follow the Buddha's teachings is a personal preference. I encourage you to experience all the schools of Buddhism and then choose the one that suits you best. Ultimately there is only 1 Buddha, 1 Dharma, and 1 Sangha. The important thing is your practice - life is short - don't waste it!



Dave Martin MSOM, LAc opens his new office

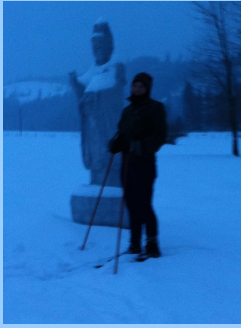
Trinity Natural Medicine
Acupuncture and Classical Chinese Medicine
410 E. Jewett Blvd, White Salmon WA
509.493.1241

Dave wants folks to experience acupuncture and to know about his new office. Through February 2011, all office visits are \$25.00.

I have been going to Dave for several months and I am very pleased with his work. He is kind, loving, and competent. I encourage you to call him if you have health issues. Kozen

Resources

Buddhist Woodworking



Skiing to sit!

Katrinka arrived for morning (6:30 am) meditation on skis. A most wonderful and "wake up" kind of transportation.



Northwest
Dharma
Association

NWDAs Annual Gathering

Visit their website for information
<http://www.northwestdharma.org>

The Annual Gathering will take place on **February 26**, from **10AM to 4PM** in **Portland, Oregon** at the **Portland Insight Meditation Center** at **6536 SE Duke St.** Anyone interested is invited to the Annual Gathering and there is no charge, although donations are welcome.

Our keynote speaker is **Dr. Sharif Abdullah**, an author and advocate for inclusivity and the social/spiritual transformation of society. Sharif works in many different countries to align our global human societies...

Kozen will be going - anyone want to join him?

Reverend Ken McGuire has started a new woodworking company specifically for Buddhist Altars and supplies. You can view some of his wonderful work at the Trout Lake Zen Temple or online at <http://zenfurnishings.net/> by Ken's workshop.

Free Trade coffee that goes for a good cause:

The Presbyterian Coffee Project provides free trade, sustainable, worker friendly coffee. In the greater Trout Lake area you can purchase it from our temple or the Trout Lake Presbyterian Church.

Local Churches that teach and practice an embracing, kind, and loving faith.

Trout Lake Presbyterian - Sunday service at 11:15 am
<http://www.troutlake.org/main/custom.asp?recid=15&id=38>
Sunday Service at 10AM (Summer schedule), Trout Lake

Bethel Congregational Church (United Church of Christ)
<http://church.gorge.net/bethel/>
Sunday Service at 10AM in White Salmon

Mid-Columbia Unitarian Universalist Fellowship.
<http://mceuuf.org/index.php>
Sunday Service at 10AM at the Rockford Grange, Hood River

Minh Quang Temple 14719 SE Powell Blvd. Portland, OR

Local Providers of Care

Cookie Gilpatrick LMT
Massage Therapist
Yoga Instructor
Trout Lake and Hood River
cell 541.490.9077 home 509.395.2468

Karen Hoffman LMT
Massage Therapist
Trout Lake and White Salmon
cell 509.637.4995

Newly Opened

Dave Martin MSOM, LAc
Acupuncture and Classical Chinese Medicine

410 E. Jewett Blvd, White Salmon WA
office 509.493.1241

Denise Morrison PA-C
Mid Columbia Family Health Center
<http://www.mcfhc.com/>

Jennifer Silapie ND
Naturopathic Physician
251 N. Main Ave, White Salmon
509.493.3300

These individuals are recommended because of the quality of their practice, not because of any religious beliefs.

Trout Lake Washington Summer Activities 2011

We're very proud of Trout Lake and it's setting in a natural wonderland of forests, mountains, and rivers. Think about a vacation to our little village.

Trout Lake Bike Tour - June 25

Festival of the Arts - July 15

Trout Lake Fair - Aug 5-7

Community Foundation Rummage Sale - Labor Day Weekend (September 2-4)

Saturday Market - every Saturday in July & August

