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Happy Lunar New Year - Tet

The Year of the Rooster

Chúc mừng năm mới.

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Dear Ones,

Happy Lunar New Year. We are now in the year of the Cock (Rooster). It is a time of letting go of behaviors and thoughts that did not work well for us and embracing actions and thoughts that may work better for us. All beings are constantly in motion - juggling for survival and peace - making steps to make our lives better. May we choose wise steps.

It is a time of fear, confusion, and angst for some of us. We have a new president and change is happening. Let us return to our historical teacher's dharma. Change is our only constant - it is our task to accept it.

Remember that "where there is mind there is Buddha, where there is no mind there is no Buddha" (Ven. Phap Loa). All of us get caught in desire (lust), anger, and ignorance - these things keep us unsatisfied with our lives (in suffering).

By seeing every being as a "child of God" or an aspect of Buddha we can extend loving kindness to all beings. That doesn't mean we have to accept or tolerate every being's behavior, it does mean that we as Buddhists must see everyone as doing the best they can with what they have. When we let go of judgements about individuals we can remain in metta (loving kindness) for ourselves and others.

So what is the Buddhist path? If we are activists for any cause, then we must work for change. Remaining in loving kindness allows us to be free of anger and frustration and allows us to practice our faith with kindness and respect for all. Mahatma Gandhi tells us, "be the change you want to see".

My favorite mantra:

Use this whenever you find yourself angry or frustrated with another being.

May I be well, May I be happy, May I know love, May I know peace.
May you be well, May you be happy, May you know love, May you know peace.
May all be well, May all be happy, May all know love, May all know peace.

A wise nun told me "when in doubt, love more". It is great advice.
May we all be well and happy. Thay Kozen



Thich Minh Thien's Column

The Third Mindfulness Training - True Love

This month, we move forward in the Mindfulness Trainings that I have been sharing from an article by Venerable Thich Nhat Hahn.

These Five Mindfulness Trainings are his re-formulation of some of the Buddha's core teachings. This month's topic is on what

Thich Nhat Hahn describes as the third training; namely, "**True**

Love". Thich Nhat Hahn describes it this way : *"Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families and society"*.

This training encourages us to see that our sexual nature and desires do not always represent this concept of "**True Love**". Our sexual natures are driven by our animal nature, combined with a dose of our egoic mind fantasies. Animals automatically follow their instincts, but humans are different. We do not need to satisfy our cravings the way animals do. We can decide that we will have sex only with love. It is said that to engage in a sexual act without understanding or compassion is to act with violence. In a society where sexual education is limited in scope, many do not know how to handle their bodies or their feelings. They may not realize that an act of only a few moments can damage and even destroy the life of another person. Sexual misconduct has translated to a heavy burden on society. Many times, the victims continue the sexual misconduct to which they were subjected. How many families have been broken and disintegrated by a lapse of "**True Love**" principles between partners and spouses.

This Mindfulness Training of "**True Love**" calls for a mindful sexuality and a strong degree of commitment in our relationships. It moves us to a deep commitment of protecting children from sexual abuse and whenever possible, keeping the family unit together. It is here where our perspective, wisdom and strength can be called forth to give us the wider view of life and what is truly important. Being honest and authentic in all your relationships allows one to match who you are at your core with others in your life. The strength of honesty usually requires the strength of bravery. This bravery is crucial to share who you are and to face any

sexual improprieties in your life (past or present) and/or to speak against any sexual misbehaviors witnessed against children, adolescents or adults.

Certainly, the physical expression of love is beautiful and transcendent. The sexual act can be a sacred expression of love and responsibility. If you have a sexual relationship without love and caring, you create the atmosphere of suffering for both yourself and your partner, as well as for your family and our entire society. In a culture of peace and nonviolence, civilized sexual behavior is an important protection. Such love is not sheer craving for sex; it is "**True Love**" and understanding. We **can** cultivate the deepest love, harmony and nonviolence. For humans, to engage only in nonviolent sexuality means having respect for themselves and each other.

May All Be Well....May All Be Happy....May All Know Love....May All Know Peace

Namo tassa bhagavato arahato samma sambuddhassa

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Buy on Amazon at <http://smile.amazon.com/ch/30-0468937>
Whenever you order from Amazon.com use this link and your regular passwords and the temple will receive a small amount of the purchase price.



We are a 501(c) 3 organization and direct monetary donations to the temple may be tax deductible.

WE HAVE SENT OUT OUR TAX INFO LETTERS. IF YOU DONATED MONEY THIS YEAR YOU SHOULD HAVE A LETTER FROM US SAYING SO. IF YOU DID NOT RECEIVE A TAX LETTER, PLEASE CONTACT US.

Spiritually based healings starting on Tuesdays in March

A dear friend, Sylver, will be starting a new program at the Abbey. He will be here once a week to help with Spiritually Based Healing.

He is a retired Chiropractor who has been on a journey of spirit and awareness for some time and is willing to share his healing energy with others.

He is doing this by donation (suggested minimum is \$20.00) and will be at the Abbey on Tuesdays from 10am - 2 pm. You can set up an appointment with him at 352.284.9588.

He has been helping Kozen recover from his knee surgery.

"Sylver's work is kind and loving, he has helped me a lot". Kozen

If you have chronic or acute physical problems, give Sylver a call and see if there are perhaps some psychological or spiritual components that he can help with.

Winter, lots of snow and ice, and cold weather are still with us



Thay Kozen out for a walk



Looking out our front door



Quan Yin and Mt. Adams in the snow and mists

**Meditation and Recovery in Hood River
starting soon....**

11th Step Meditation Meeting

- for persons interested in participating in a 12-step recovery program for any addiction

1st Organizational Gathering

Thursday, February 2, 2017

7:00 p.m. to 8:30 p.m.

Home of Dick (and Bonnie) Withers

1829 5th Street

(between Pacific and Sieverkropp in The Hood River Heights - you know, behind Rosauer's...)

Take Pacific off 12th and go past Hawks Ridge and Horizon School - then turn right)
(414) 587-4065

Organizing Meeting Agenda

Welcome and Introductions - review and adjust the proposed agenda

Brief silent, seated meditation (10 minutes)

Sharing any or all of the following:

- a) your previous experience with meditation practice and recovery?
- b) why are you interested in an 11th step meditation meeting?
- c) what do you imagine an 11th-step meeting experience could entail?

Break for tea, coffee, snacks

Discussion:

Day and Time : (for example, Thursday, Friday or Sunday evening?)

Place : (HR Adult Center, Riverside Church, Trinity Acupuncture, other)
think about amenities - cushions, comfort, tea, parking, quiet, etc.

Program : for example, 20 minute sit followed by 10 minute walking meditation,
brief break for tea and socializing,
share a reading for discussion,
individual response and sharing.
Total time 1.5 hours?

Process: for example, Quarterly 'how are doing' meetings (potluck?)

Resources: *One Breath at a Time: Buddhism and the 12 Steps* by Kevin Griffin
Mindfulness and the 12 Steps by Therese Jacobs Stewart
12 Steps on the Buddha's Path: Bill, Buddha and We by Laura S.

Next Steps! Fresh Steps!

Thay Z and Thay Kozen's Arizona trip



We visited with our Theravada friends at Wat Sakol Sutano, a local Thai Temple, in Tucson, AZ. Right to left Ajahn Wirot Chandhammo, Thay Kozen, Thay Z, unknown name, and unknown name. Ajahn Wirot is an old friend of Thay Kozen.



Right to left Thay Kozen, Ajan Sarayut, Thay Z visit at Wat Buddhometta, Tucson Arizona.
contact Ajan Sarayut via Ajahnsarayut@gmail.com

Thay Z and Thay Kozen also presented a Dharma talk at the Federal Prison in Tucson. Ed, a long time student of Kozen, provides meditation and dharma to the men at the prison once a week. Thay Z and Thay Kozen visit once a year and we've been impressed at the quality of the prison Sangha.

2017 Calendar

This is not 100% complete. An undated
schedule will appear each month

February



3-5 Mamma Bears Retreat
18 Visit Temples with Buu Hung Monastery - Portland
22-March 1st - Kozen on Retreat, (temple closed)
17 - 19 NUNM Qigong Retreat - Private

March

3-5 NUNM Qigong Retreat - Private
20-24 Oregon Episcopal School Retreat - Private
25-26 Eight Precepts Spring Retreat with Buu Hung Monastery - here
29 - April 1st Deerpark Retreat in California (temple closed)

April

2-11 Spring retreat, Desert Zen Center CA, (temple closed)
22 Earth Day - 9 am service
29 Beltane (Druid Event)19-20

May

6 Buddha's Birthday Celebration 9am
5-7 Laurie VanCott Yoga retreat (541.490.7420)
19-21 NUNM Pik Shan Ko Taiji Retreat - Private
27-29 Buddhist retreat, Thay Hang Toan, from the city of 10,000 Buddhas will be the Guest Master

June

7 Buddhist Festival - Portland
15-22 Yoga / Astrology Retreat - Private
24-30 Kozen on Retreat - (temple closed)

July

1-5 Ziikr Retreat - Private
7-8 Thich Nhat Hanh group retreat
13-16 Eight Winds Festival (Druid Event)

August

12-18 Vedanta Retreat housing only
19-20 Precepts Retreat by Buu Hung Monastery - here
23-28 Beyond The Gates (Druid Event)
27 - Ullambana - Buu Hung Monastery - Portland
31 - 3 Sept Xinglin Institute Private

September

31 August - 3 September Xinglin Institute (private)
23 Autum Equinox (Druid Event)
29- 1 October NUNM Private

October

Sept 29-Aug 1 NUNM (Private)
13-15 Fall Retreat Zen - here

November

No scheduled group retreats
Private retreats welcome

December

9 Bodhi Day - meditation 11:30 pm - 12:30 am
31 meditation 11:30 pm - 12:30 am

Weekly Temple Services

Monday -Friday 6:30 am Meditation

Saturday 9am full service + meditation

Regular Groups 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

11th Step Recovery Meeting - place, dates, and time to be arranged contact Dick at 414.587.4065

Buu Hung Monastery - Vancouver WA
The Activities Plan of Yearly Buddhist Ceremonies (2017)

Friday,	1/27/17,	New Year Eve's Celebration
Saturday,	1/28/17,	New Year's Celebration
Saturday,	2/18/17,	Visiting Temples in Portland
Sunday,	3/19/17,	Quan Yin Celebration
Sat +Sun,	3/25,26/17,	Eight Precept Spring Retreat
Sunday,	5/7/17,	Buddha 's Birthday Celebration
Saturday	June ,	Buddhist Festival in Portland
Sunday,	8/6/17,	Quan Yin Celebration
Sat+ Sun	8/19,20/17	Eight Precept Summer Retreat
Sun	8/27/17	Parents ' Celebration (Ullambana)
	Sun	11/5/17 Quan Yin Celebration

These services are in Vietnamese at our sister temple in Vancouver WA

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STAY CONNECTED:

