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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

March 2020 Newsletter

Weekly Temple Services

Monday - Friday 6:30 am and 6:30 pm Meditation , Saturday 9am full service + meditation

for a full list of al events at Trout Lake Abbey <https://www.tlabbey.com/upcoming-events/>



Dear ones,

Our good friends Venerable Nandha Medha and Venerable Esika, monks from Myanmar, visited us for a week. We hope to see them again.

Thai Restaurant, Sa Bai Thai Cuisine, at 4440 NE 131st Place, Portland OR was very kind to our visiting Myanmar monks and Thay Kozen. They have great food and kind hearts.

Many of us have thought or said, "you should do this, I like this, I don't like that, I want this, I don't want that" over and over again all day. Judgements are part of our everyday life and we may make hundreds of them every day. In our inward journey to find the practice of Buddhism, the great teachers tell us that

"When opposite arise, the Buddha mind is lost". We're encouraged to go past wrong and right, good and bad judgements. As a personal gatha practice, we can stop whatever we are doing when a "should" (like or dislike) arises in thought, take a deep breath and recognize that a judgement is being made.

Recognising the judgement allows us to be inner-aware. As we then go on with our day.

With the great concerns about the Novel Corona Virus all around us, please may we all take good care of ourselves and others.

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

Mt Adams Buddhist Temple Clergy Programs

Mt Adams Buddhist Temple 2020 Monks

Graduated Monks

Ven. Ron Zimmerman Arlington TX

Ven. Jeff Miles Aberdeen WA

Current Monks in training

none

Mt Adams Buddhist Temple 2020 Ministerial Program

Graduated Ministers

Debbie Nelson Trout Lake WA

Current Ministers in training

Valerie Grigg Devis Corvallis OR

Jean-Luc Devis, Corvallis, OR

August Jensen Trout Lake WA

Ed Reis Tucson AZ

Scott See Vancouver WA

Dave Sheppard White Salmon , WA

Emily Martin, Hood River OR

The Five Precepts of Service by Frank Ostaseski

Mindful and compassionate Buddhist End of Life Care Precepts

The first precept:

Welcome Everything. Push away Nothing.

The second precept:

Bring Your Whole Self to the Experience

The third precept:

Don't Wait.

The Fourth Precept:

Find a Place of Rest in the Middle of Things.

The Fifth precept:

Cultivate Don't – Know Mind.

If you want to learn more about the precepts and Frank Ostaseski's work, please visit

www.mettainstitute.org

Snow Sound Sutra

by Ryan Warren January 2020

Crao Crao Crao Crao

The sound that sifts

Up as my boots chew through

The fog-sodden snow, frozen

To a fine crust.

Swallowing the winter sky,

The White Mountain,

A mist that melts to rain

The pine coated hillsides,

Granite-shouldered, white-footed,

Sliding in and out of view.

Frish Frish Frish Frish

Was yesterday's sound

So much rain

I almost didn't come.

Now night, wandering in the velour

Darkness, unless, starless,

Post-holing past half-buried Buddhas

At the near end

Of a deep-drifted field,

Chao Chao Chao Chao

Is now the sound

But changing with the hour

With every extra inch of mist

Every night's fresh freeze, thaw.

I look down, lamp-lit

The prints of a pawed animal

Loping through the deep snow, too,

Maybe two days old, maybe Ten,

The big farm dog, maybe not.

I follow them for a bit before
I bend back to my bed.
Looking up at the sky
The ever-falling mist
Has frozen into snow.

The urgency of tomorrow's investigation
Becomes apparent.



Walking Meditation

by Venerable Esika

The Buddha said that mindfulness must be applied to the four postures of the body, i.e. walking, standing, sitting and lying down.

- While you are walking, you must be mindful of it as it is-
- While you are standing, you must be mindful of it as it is-
- While you are sitting, you must be mindful of it as it is-
- While you are lying down, you must be mindful of it as it is-

So, in every posture, there must be mindfulness.

We instruct meditators to practice walking and sitting meditation alternately so that they can concentrate more easily and hence attain insight into the walking and sitting processes. Every session of sitting must be preceded by walking because in walking meditation, the movement of the foot is more distinct than the abdominal movement when sitting. When your meditation practice matures, you may then need sitting meditation for a longer period than walking. When you have reached the sixth stage of insight knowledge, you may practice sitting meditation longer than walking you may sit for two or three hours and walk one hour. At that stage, your concentration is good, deep and strong enough to realize the dissolution of nama and rupa (mental and physical phenomena). But in the beginning of the practice, you need walking meditation longer than sitting because you are not yet able to sit for long but can walk longer. You can attain some degree of concentration more easily in walking than in sitting.

So first of all, you should practice walking meditation by being aware of stepping. When you make a left step, note it as left. When you make a right step, note it as right. In this way, note left, right, left, right, or just stepping, stepping. Labeling or naming is not so important as the mind that observes the movement of the foot. You should lay stress on awareness, sharp awareness of the movement of the foot.

When you practice walking meditation, you must not close your eyes. Instead, your eyes must be half closed (that means, relax and keep your eyes normal) and you should look at a place on the floor about four or five feet in front of your foot.

You must not bend your head too low. If you bend your head too low, you will soon feel tension in your neck or shoulders. Also, you may have a headache or dizziness. You must not look at your foot. If you look at your foot, you cannot concentrate well on the movement. Nor must you look around here and there. Once you look around, the mind goes with the eyes; then your concentration breaks. You may have a tendency or desire to look around when you feel that someone is coming towards you or passing in front of you. That tendency or desire to look around must be very attentively observed and noted as tendency or wanting to look until it has disappeared. When the tendency or desire has disappeared, you won't look around. Then you can maintain your concentration. So, please be careful not to look around so that you can maintain your concentration and make progress in your attainment of concentration by walking meditation. Your hands should be locked together in front or behind. If you feel you should change the position of your hands, you may do so, but mindfully.

When you have an intention to change position, you should note intending, intending. Even then, you should change the position very slowly and every action and movement involved in the act of changing must be observed. You must not be unmindful of any movement or action. When you have changed the position of your hands, then you should continue to note the movements of the foot as before.



In many cultures, the concept of Winners and Losers has a definite impact on who we think we are. From the earliest of my recollections, in school, in sports, even in family dynamics, I can remember how this judgement of winning or losing influenced how I was viewed, how I felt and in many ways, how I made choices. Even today, after seven decades of life, this still influences some of my actions. Certainly the politics in this country, in

this day and age is consumed with the concept of Winners and Losers. We label so many things that way. How many times have we heard statements like ... “what a loser” ... or “that was a winning strategy” ... or ... “you won’t win doing it that way”, in our conversations with others, or maybe even in judgements we internally make about ourselves.

Using terms like Winners and Loser, we might get the implication that it is about something that is right or something that is wrong. Even one of the key elements in some of the translations of our historical teacher’s the Noble Eightfold Path, assigns the word “right” to his philosophy and teachings for living a life with less suffering. We are encouraged to follow choices that incorporate Right View, Right Intention, Right Speech, Right Attitude, Right Livelihood, Right Effort, Right Concentration and Right Meditation. One might argue that this certainly opens the door to judgements about wrong views, intentions, speech, attitude, livelihood, efforts, concentration and meditation. When we assign labels like right or wrong or winners or losers, we can wall off the opportunity to see things in reality; more clearly, more broadly, with more love and compassion. It is easy to write-off a loser or to admire a winner however the challenge is to see deeply that there are more layers to a person’s actions and choices than may be evident at first glance.

In the book Recovery Dharma, I was impressed with how the author substitutes the word “Right” with the word, “Wise” in talking about the Noble Eightfold Path. This broadens the use of the word “Right” with the deeper concept of making choices in our lives that are “Wise”. I know that as I grow in wisdom following this Buddhist philosophy, through the choices I make, or the directions I take, I see life in a much broader spectrum beyond making a judgmental assignment of right or wrong, or calling winners or losers.

I see in my own attempts at mindful living and in my meditation practice, that there is a softening of judgements, not only against others, but also against myself when viewed more broadly through the spectrum of Wisdom. I can more clearly see that some choices that I make or words that I use, could have been more wise and thereby opens up the possibilities of making different choices in the future. Our ability to change in each moment offers us hope that we no longer hold others or ourselves under a

banner of Winner or Loser. So life becomes more about walking the path of mindfulness seeking wisdom and seeing things more realistically rather than just as a scorecard about winning and losing.

Namo tassa bhagavato arahato samma sambuddhassa



Ven. Jeff Miles
Fa Hsing 法行, Tâm Minh 心明

quiet morning —

the sound of rain
fills the spaces
between my thoughts

dreaming of blossoms —

a single petal falls,
and I awaken.

We call our practice here Laughing Farmer Zen

We call our temple practice Laughing Farmer Zen. We take joy in the practice of work. How we look at everything is a matter of perspective.

The Zen Pig Farmer went out to slop the hogs one day. He poured the slop into the trough, and the pigs came quickly and started eating. He stood and watched. After a bit, one pig looked up at him. Licking slop from its chin, it said, "You know, every day you come here and bring us our food. All we do is lie around and eat, yet you see to all our needs. Why do you do this?" The Zen Pig Farmer stroked his beard slowly and said, "They call me The Zen Pig Farmer because of what I do." The pig went back to eating.

A little later the pig looked up again. It said, "Did you ever consider that maybe you are called The Zen Pig Farmer because you are a pig farmer and I am the Zen Pig?" The farmer said, "Um... no..."

located somewhere on the internet by Scott See

Mt. Adams Buddhist Temple Calendar of Events 2020



Retreats

- Trinity Sanga Daylong** March 15
A one day practicum of sitting & walking meditation and metta (loving kindness) practices. Weather permitting we'll be walking the Cretan labyrinth.
- Women and Dharma Daylong** April 26 & Nov 1
In this biannual series, we gather nourishment for our journey with visiting teachers from a variety of traditions within the Buddha Dharma. ALL women are welcome, from across the vast gender spectrum. Come as you are. Led by Kaye Jones/ Broadfork Farm
- Sayadaw U Indaka + Kate Drescher Vipassana Retreat** May 8-18
Join in a 5- or 10-day intensive retreat to deepen in the practices of Metta (Loving Kindness) and Vipassana (Insight) meditation.
- In The Footprints of Rumi Workshop** June 6-7
Rumi's poetry is an invaluable map of the heart and the spiritual realm, but layers of meaning are lost without understanding the mystical language and background. Explore this well known scripture in a new way, with native Persian speaking Pouria Montezeri.
- 3-Day Vipassana Meditation Retreat** June 25-28
Through meditation, we develop our capacity to stay with our experiences of pain, rather than trying to fix or eliminate them. We can learn to use these inevitable difficulties to awaken our hearts and minds, so that we are prepared for anything in this life—even our own death. With Rev. August Jensen, MAZBT dharma teacher and mindfulness based psychotherapist.
- Precepts Retreat** July 11-12
A two day retreat with the Buu Hung Monastery of Portland, focusing on precepts- living the Buddhist teachings.
- Mandala Family Camp Retreat** July 17-19
A weekend to gather and honor where family life and spirituality converge. With teachings offered by participants themselves in the form of yoga, qigong, meditation, family dance, arts & crafts, etc.
- Fall Retreat - Meditation and Metta** Sept. 11-13
Meditation, meditation, and meditation. Held in partnership with the Mountain Way Zen sangha.

More information at
www.tlabbey.com/events

Celebrations

- TET** Jan 25
Celebrate the lunar new year during our 9 am service.
- Quan Yin's Birthday** March 14
9 am service, with our Metta Day of Practice retreat to follow.
- VESAK** May 2
Vesak is the most important Buddhist holiday and festival, commemorating the birth, enlightenment and death of the historical Buddha. Join us for morning temple at 9 am and a potluck lunch to follow.
- Quan Yin's Enlightenment** August 8
9 am service, with our Walking and Moving Meditation daylong to follow.
- Ullambana- Celebration of Parents** Sept 2
Join us for morning temple at 9:00am and a potluck lunch to follow.
- Oct-Sober-fest** Sept 26
Spend a day with family, fun, BBQ, and a sober group of friends. Led by Dick Withers
- Quan Yin's Renunciation Day** Nov 14
9 am service, with our Living with Grief daylong to follow.
- Midnight Meditations** Dec. 5 & Dec. 31
Celebrate the time of great change with two opportunities to meditate from 11:30 pm to 12:30 am and spend the night in our temple or elsewhere at the Abbey. On NYE we will ring the great bell together 108 times.

Classes

- Metta Day of Practice** March 14
A dedicated day of practicing loving kindness, 10-3 pm
- Tea is Zen, Zen is Tea** April 18
Explore the history, practice, and use of Tea in Zen with Venerable Fa Hsing. 10:30-noon
- Impermanence and Death Awareness** June 13
Explore conscious death and dying, home funerals and green burials with one of the gorge's death doulas, Tamara Thiel. 8:30-5 pm
- Walking & Moving Meditations** August 8
Spend a day practicing walking and movement meditation, 10-3 pm
- Living with Grief** Nov 14
A day to honor and learn about grief from a Buddhist perspective, 10-3 pm
- Alternative Health** TBD
Janet Essmoy will be teaching this introductory class on Qigong, a Chinese system of physical exercises and breathing control.



MT. ADAMS BUDDHIST TEMPLE'S

METTA DAY OF PRACTICE

.....Cultivating our capacity for loving kindness.....

SATURDAY MARCH 14, 2020

9 AM - 3 PM

\$40 SUGGESTED DONATION

AT TROUT LAKE ABBEY & MT ADAMS BUDDHIST
TEMPLE



To join us, please visit

www.tlabbey.com/events/metta



Death Discussion



What is a Home Funeral?

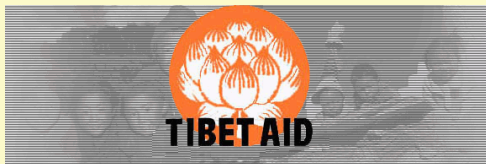
Reviving the Family-Directed
Death Care Practice at Home

Thursday, March 12 at 6:30-8:30 PM

At the Rockford Grange
4262 Barrett Drive, Hood River

Sponsored by the Rockford Grange and
Mid-Columbia Unitarian Universalist Fellowship

For more information and directions go to our website:
www.rockfordgrange.net
Suggested \$10 Donation at the door appreciated



Tibet Aid

Each year our temple sends money to 2 Tibetan Children who are refugees living in India. We also send money to 2 refugee Tibetan monks living in India.

Our temple contributes the following amount yearly

ANNUAL DONATION	SUPPORTING
480.00	Monk HN-303 Lobsang Nyima at Sera Jhe Monastery
480.00	Monk #723 Lobsang Legden (Tashi Lhunpo Monastery)
150.00	TCV Gopalpur School
480.00	Student (08-10875-10) Sonam Choetso at Gopalpur
480.00	Student (08-10876-10) Dechen Youdon at Gopalpur
120.00	Pocket money for Sonam Choetso
120.00	Pocket money for Dechen Youdon
150.00	General support for Tibet Aid

\$2,460 Total

Private Donation

One temple member has donated \$1000 a year for a 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 \$6,126 saved up so far - A most wonderful start of a new life for both girls.

Please Donate To

www.tibetaid.org, (845) 679-6973, info@tibetaid.org



'ĪPUKA

Sanctuary Park and Natural Burial Ground

A Doorway Into Light Project

'Īpuka's Sanctuary Park and Natural Burial Ground is a sacred story of life and death interweaving in healthy community life, protected and cared for by a nonprofit organization in perpetuity. "We enter the world through a doorway, pass through many in the course of our lifetime, and leave at the end through another." <https://www.ipuka.org/>

2020 Temple Event Calendar

**Please click on links to register or find more information, links will be added as more registrations open*

MARCH

- 14 - Quan Yin's Birth & **Metta Day of Practice daylong**
9am holiday service, 10am-3pm retreat
- 15 - **Trinity Sangha Daylong Retreat**

APRIL

- 18 - **Tea is Zen, Zen is Tea** class with Ven. Fa Hsing
- 26 - **Woman* & Dharma** daylong retreat w/ Kaye Jones
*all self identifying women welcome

MAY

- 2 - Buddha's Birthday/Vesak 9 am holiday service
- 8-18 - **Sayadaw U Indaka & Kate Dresher Retreat**
Vipassana + Metta Retreat
options for 5- or 10-day intensive

JUNE

- 6-7 - **In the Footprints of Rumi** w/ Pouria Montezeri
- 13 - **Impermanence & Death Awareness** daylong workshop w/ Tamara Thiel
- 25-28 - **Mindfulness in Daily Life** w/ Rev. August Jensen

JULY

3-7 - **Zikr Retreat** with Bodhi & Leilah
11-12 - **Buu Hung Monastery Precepts Retrea t**
17-19 - **Mandala Family Camp**

AUGUST

8 - Quan Yin Enlightenment Day & **Walking/Moving Mediation Daylong**
9am holiday service, 10am-3pm retreat

SEPTEMBER

2 - Parent's Day (Ullambana) 9am holiday service
11-13 - **Fall Buddhist Retreat**
27- OctSOBERfest

OCTOBER

NOVEMBER

1 - Women & Dharma daylong retreat w/ Kaye Jones
14 - Quan Yin Renunciation Day & **Living with Grief daylong**
9am holiday service, 10am-3pm retreat

DECEMBER

5 - **Buddha's Birth/Death & Enlightenment Day** - midnight meditation
31 - Midnight Meditation and ringing the great bell 108 times at midnight
to welcome in the new year

Many other groups and activities will attend meetings at The Abbey. Look at the calendar on
www.TLAbbey.com/events



Mt. Adams Buddhist Temple

Trinity Sangha
Meditation
Mondays 12-1 pm
@ Trinity Natural
Medicine

Insight Mindfulness
Meditation
w/ Rev. August Jensen
and Kaye Jones
Thursdays 5-6 pm
@ the Foundation for
Vibrant living

Trinity Sangha Study
Group
2nd and 4th
Wednesdays
6:30- 8:00 pm @
Withers' home

Counseling Support
August Jensen
august@gorge
counseling.com

Recovery Support
Dick Withers
richard.withers@att.net

Join the Columbia Gorge Mindfulness Facebook page
Scott Rower's Event Calendar

MEDITATION GROUPS

IN THE GORGE 2020



Other Practice and Study Groups

Pacific Hermitage Meditation and Dhamma talk w/ Thai Forest monks - Tuesdays 6:30-8 pm @ Yoga Samadhi

Meditation/Buddhism Study Group- 3rd Wednesdays of the month
1:30- 3:00 pm @ Cascade Park Community Library
(study, practice and discussion, no experience necessary)

Heart Journey Community Mindfulness Group every Sunday
6-7:30 pm @ Shepherd of the Hills Lutheran Church, Stevenson, WA

Recovery Dharma Wednesdays 7:45-9pm & Sundays 6:15-7:30pm
@ St. Marks Episcopal Hood River, OR AND the 2nd Sat of each
month 11 am-12:30 pm @ Mt Adams Buddhist Temple

Mindfulness & Meditation Group first Sunday of each month
4-5:15 pm @ Body Bliss Yoga Studio in Camas, WA

More at Trinity Natural
Medicine:

Haven
Wednesdays 7-8 am

Jing Luo Qi Gong
Thursdays 8-9 am

*Please see their full
schedule for yoga & other
offerings

2/11/20

*Sunrise on a snowy morning,
Avalokiteshvara welcomes the sun
on the mountain*



*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