

Tuyết Sơn Thiền Tự
Mt Adams Zen Buddhist Temple

雪山禪寺

May 2014 Newsletter



Dear Dharma Friends,

There have been two recent deaths that have touched our lives here at the Abbey. One of the deaths was of a dear friend's son, the other a wonderful musician. My condolences to both families.

Life with all it's suffering is our lot. It calls to mind a quote from the Buddha:

THE FIVE REMEMBRANCES

1. I am of the nature to grow old. There is no way to escape growing old.
2. I am of the nature to have ill health. There is no way to escape having ill health.
3. I am of the nature to die. There is no way to escape Death.
4. All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.
5. My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

May all of us live well, laugh often, love much and awaken. Kozen Thich Minh Tinh

Buddha was asked, "What have you gained from meditation?"
He replied, "Nothing!"
However, Buddha said, let me tell you what I lost :
Anger, Anxiety, Depression,
Insecurity, Fear of Old, Age and
Death."

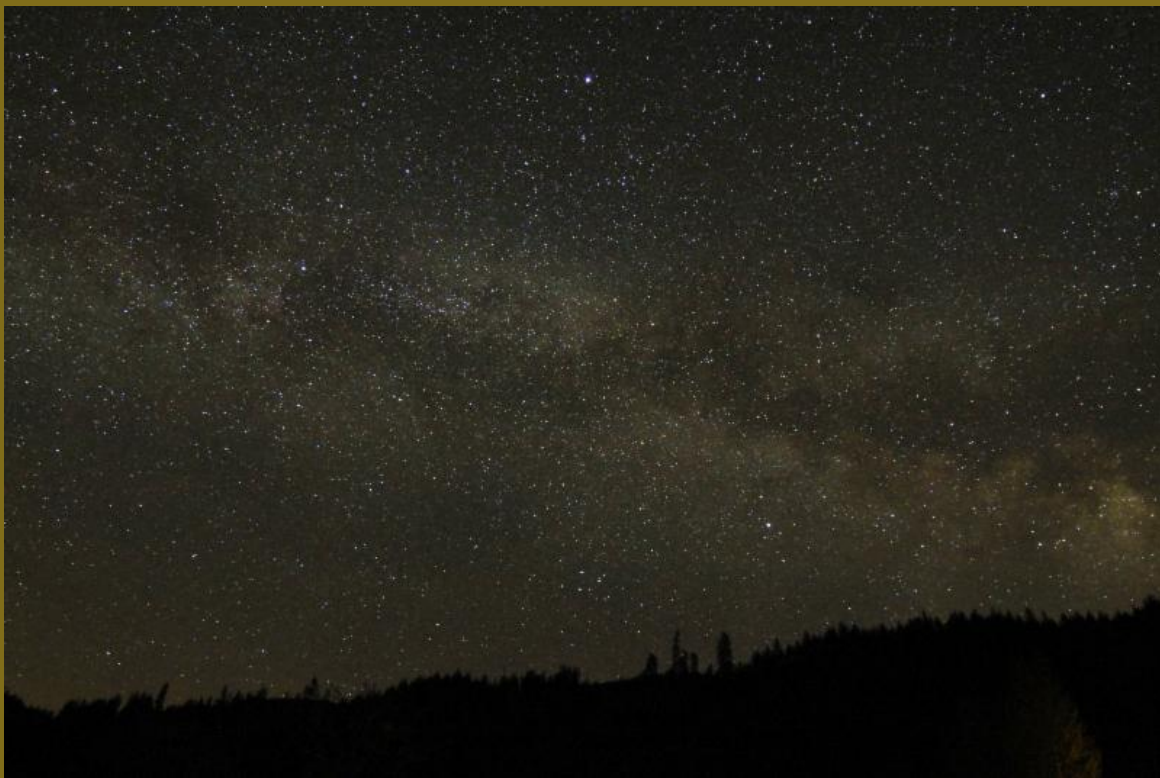


Rick Huelett - a life worth living



It is with sadness that we share the news of the death of Rick Huelett, who fought a long and courageous battle with cancer while living life to the fullest. To his family and all who loved him, we offer our condolences and our love. May he be well remembered and his family find peace. We miss you Rick.

Every day of life is so very precious, how silly of us to waste even an hour.



Ven. Miles captured the Milk Way in a photo from our temple during a recent stay here. The beauty of our night sky is really something to look at - it is so very beautiful and humbling.

New - Hood River Meditation and Metta Practice

We are starting a new 1 hour Meditation and metta class on Sunday evenings at 6:00pm at Trinity Natural Medicine, 1808 Belmont Ave. Hood River. Call for info 541.386.2025. Trinity Natural Medicine offers acupuncture, Chinese medicine, yoga, martial arts training and more - visit their website <http://www.trinitynaturalmedicine.org/>

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



Happy Birthday Buddha

Ceremony - Saturday May 3 at 9 AM
Join us for a special ceremony of bathing the baby Buddha, meditation periods, and Dharma talks.

6:30 AM morning meditation

7:45 AM - walking meditation

8:15 AM - working meditation

9:00 AM - bathing the baby Buddha ceremony

10:30 AM - Coffee and sweets

New Services & Meditation

Morning Meditation
6:30AM

Tuesday - Saturday

Morning Service
9 AM

Tuesday - Saturday

Evening Meditation
6:30 PM

Thursday - Saturday

Evening Meditation in Hood River
Sunday at 6:00pm

Are You or your Sanga part of the Northwest Dharma Association?

if not, it is time to join! If you are a solitary practitioner or without a sanga you can still donate dana (money). They are a clearing house for Buddhist Activity in the Northwest and need our support. Read more about the NWDA at <http://www.northwestdharma.org>

Master Wang Xing

Calendar

MAY

3 Wesak or Buddha day The most important of the Buddhist festivals. It celebrates the Buddha's birthday, enlightenment and death.

16-18 NCNM Taiji retreat
17 Buddha Day CRCC
21-27 Master Wu Qigong

JUNE

1-5 Master Wu Qigong
6-8 Self as Source
16-30 Kozen travels
27-30 Meridith Holcomb retreat

JULY

6-13 California monk's retreat
Retreat

A Cup of Tea

Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring.

The professor watched the overflow until he no longer could restrain himself. "It is overfull. No more will go in!" "Like this cup," Nan-in said, "you are full of your own opinions and speculations.

How can I show you Zen unless you first empty your cup?"

Finding a Piece of the Truth

One day Mara, the Evil One, was traveling through the villages of India with his attendants. He saw a man doing walking meditation whose face was lit up on wonder. The man had just discovered something on the ground in front of him. Mara's attendant asked what that was and Mara replied, "A piece of truth."

"Doesn't this bother you when someone finds a piece of truth, O Evil One?" his attendant asked. "No," Mara replied. "Right after this, they usually make a belief out of it."

So very true...Kozen



Master Wang Xing's new book, *Seclusion and Awakening:*

A Buddhist memoir of Master Wang Xing Shi will be available on Amazon.com next week. This is a wonderful Dharma book about the spiritual journey of a Buddhist Sage as he searches for enlightenment. Our temple is a proud sponsor of publishing this book in English and we're excited about making this Dharma available to English speakers.

Our temple members will be visiting Master Wang Xing's temple in October.

The Natural Order

A rich man asked a Zen master to write something down that could encourage the prosperity of his family for years to come. It would be something that the family could cherish for generations. On a large piece of paper, the master wrote, "Father dies, son dies, grandson dies."

The rich man became angry when he saw the master's work. "I asked you to write something down that could bring happiness and prosperity to my family. Why do you give me something depressing like this?"

"If your son should die before you," the master answered, "this would bring unbearable grief to your family. If your grandson should die before your son, this also would bring great sorrow. If your family, generation after generation, disappears in the order I have described, it will be the natural course of life. This is true happiness and prosperity."

Tai Chi classes at the Abbey



Tai Chi - Tuesday at 9 am Instructor Scott Dinger

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Fee \$7.00 class

We'll See...

Once upon the time there was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically, then asked "whatever shall you do?"

"We'll see," the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed, "you are so fortunate, whatever will you do?"

"We'll see," replied the old farmer.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune, "Oh it is such bad luck - how will you live without your son to help you?"

"We'll see," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out, "How fortunate your son was not conscripted!"

"We'll see," said the farmer.

Cascade Mountain School



Cascade Mountain School is a Science, Technology, Engineering, and Math (STEM) focused educational program for middle and high school students. It is grounded in community and ecological standards. Trout Lake abbey hosted one group here last summer and the experience was wonderful for the kids attending and our staff.
Contact the school at cascademountainschool.org or 541.645.0688

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