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**Tuyết Sơn Thiền Tự**  
**Mt Adams Zen Buddhist Temple**  
雪山禪寺

**May 2017**

My Dear ones,

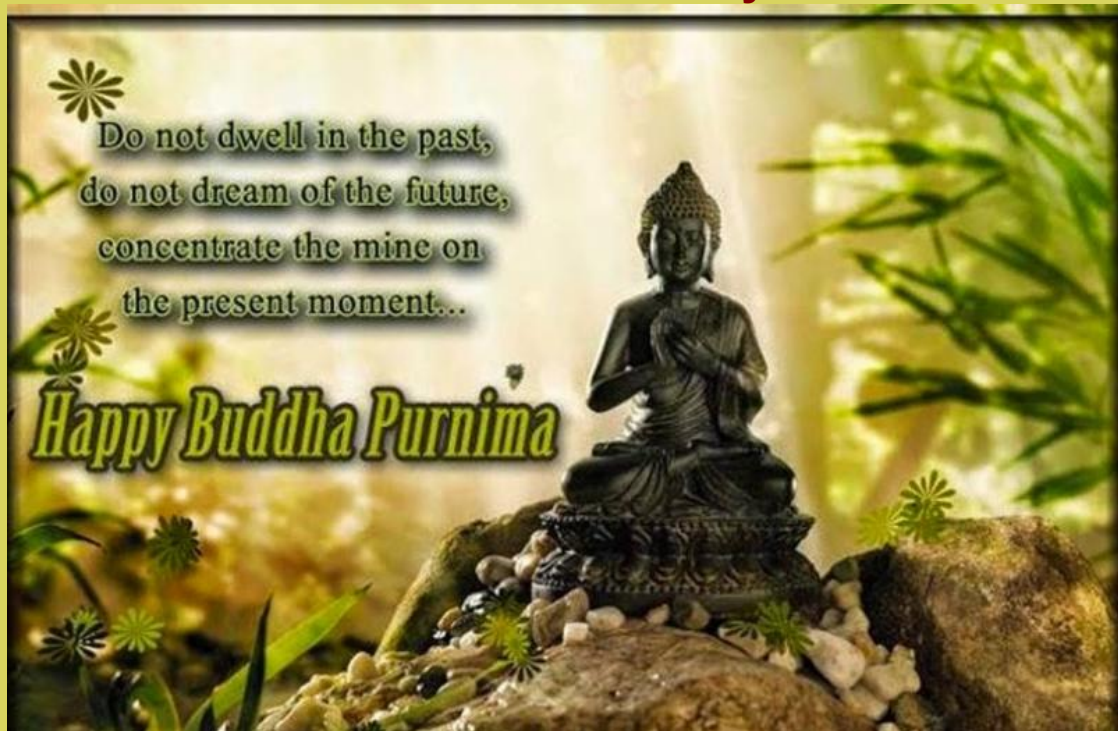
A wise teacher has said that you can see the whole universe in a flower. I have come to believe in that teacher's dharma. The Buddha tells us that as we approach enlightenment, that "little things that used to bother us, no longer bother us so much. And that we start to see how interconnected all things are and then we begin to experience the miracles". May we all experience Buddha's peace.

The nun Chodon Lhundup will be joining us here at the Abbey around the 10th of May. Please plan on stopping by to welcome her. We hope she will be joining in conducting some retreats and hopefully do a woman's retreat weekend this summer.

Spring is here, flowers are in bloom, no snow on the ground, lovely days remind us of taking each moment just as it comes.

*Your friend, Thay Kozen*

**Buddha's Birthday**

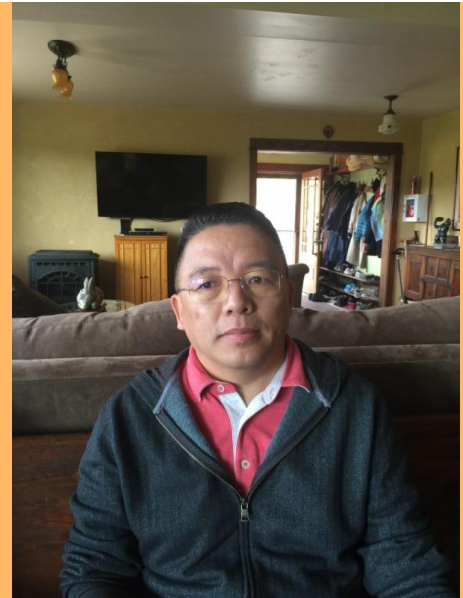






**Tsering  
Choephel (left)**

**Pema Choephel  
(right)**



**Vice President**

**Director of Spiritual Affairs**

These gentlemen visited our temple. NWTCA organizes various programs and events for Tibetans, while interacting with the greater Northwest community to promote awareness about the Tibetan culture and reinforce His Holiness the Dalai Lama's message of global peace and compassion. Their mission statement says:

1. Support the endeavors of the Central Tibetan Administration to resolve the issue of Tibet through the mutually benefiting Middle Way Approach.
2. Strive to enable the Tibetan youngsters in North America to acquire working knowledge of the Tibetan language.
3. Ensure the participation of 50% of the eligible voters in the future elections of the Kalon Tripa and the members of the Tibetan Parliament-In-Exile.
4. Improve the Green Book contributions by striving to increase at least 5 to 10 percent Green Book contributors annually.
5. Contribute individually or in group to enhance the education, economic, and social development inside Tibet.

We had a lovely visit with these gentlemen. We hope they will hold their community retreat here.



## **Thich Minh Thien's Column**

### **DIVESTING OF STUFF**

Most of the Christian world recently celebrated one of their great days of remembrance, which we all know as Easter. It is preceded by 4 weeks of Lent and the culmination of Easter celebrates the belief that on the third day, after being crucified, the Christ rose from the dead. The Lenten period is marked by a focus on repentance and preparation for the joyous occasion of the Resurrection. Many Christians adopt the practice of giving up something during this Lenten period. Many choose to give up eating meat on Fridays or other things like candy, chocolate or that daily Starbucks. In this giving up, the hope is

that there will be a cleansing of sorts and a sharing in the suffering that would be undertaken by the Christ.

As a Catholic, I participated in this practice for many years. Someone I know said that their practice of giving up something was going to be divesting themselves of one item each day and after the 40 days of Lent, all those things would be given to charity for the benefit of others. Now as a practicing Buddhist, I liked that idea and decided I would do the same thing during the Lenten period. This was the third year I adopted the practice, however this year, I began to think about the teachings of the Buddha; especially the Four Noble Truths. This teaching was about suffering and how attachments are the cause of this suffering. The good news in this teaching was that the cessation of suffering is attainable and the prescription for this cessation could be found in the Noble Eightfold Path.

I began to correlate my Lenten divesting of physical STUFF with my meditation practice and the work we all do in recognizing our attachments to things, concepts, beliefs, thoughts...the STUFF...that seems to keep our suffering and disappointments in place in our lives. So, each day, before meditation, I chose what physical item I was going to give up and then in preparation for my meditation, I thought about my own STUFF, and looked at my own attachment to it; be it judgements, delusions resulting through my thinking, beliefs, etc. After that, I started my meditation. Numerous times, thoughts and feelings came up during meditation and they seemed to be centered around the STUFF I thought about preceding the meditation. I recognized that I probably was front-loading that experience, however, I valued the increased awareness and work around my STUFF. This whole process became a mindfulness practice and who can't see the value in that?

The meditation practice joyfully continues and I will use the practice of Divesting of physical STUFF during the Lenten period each year. I felt joy in divesting my physical stuff and hopefully, those who received that which I gave, also had some need, some suffering lessened. My well-wishing today for all of us is that through our practice of mindfulness, we all find ways of divesting some of our STUFF and find joy, happiness, understanding and freedom.

Nomo Tessa bhagavato arahato samma sambuddhassa

## **WE ARE BUILDING A TEMPLE**

### **3 Ways you can help**

#### **1. SHOP ON AMAZON.COM**

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.

**amazon**smile

You shop. Amazon gives.

#### **2. DONATE DIRECTLY**

**Donate directly to the temple (Mt Adams Zen Buddhist Temple PO Box 487, Trout Lake WA 98650**

### **3. DONATE ON LINE**

**donate on line at [www.gofundme.com/ywdqkc](http://www.gofundme.com/ywdqkc)**

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

We have started on our plans to build a temple on our 23 acre farm. Our temple proposal has been approved for up to 4000 sq. ft by the Klickitat Planning Commission, now all we need is the money to start building. Please help us by donating to our building fund.

We've been here for 8 years. Our retreat area is complete, our gardens are complete, now is the time to start on building a temple. We have been approved for a 4000 square foot structure by the county and we want to raise \$275,000 to build a Dharma Hall. This will be one of the very few Buddhist Temples in our county.



## Spiritually Based Healing

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.

## Remembering our China Trip



Morning Qi Gong at the temple

Venerable Abbot Ming Chan



Venerable Ming Chan performs  
Thay Z's Ordination



Venerable  
Thich Tam Phap (RL Miles)  
and  
Venerable Thich Tam Minh (Jeff Miles)

seemed to find tea wherever they went in China. Ven Thich Tam Minh has become a delightful gourmet of all things tea.



Our temple took a two week trip to China several years ago. We're planning a trip again next year to China, Vietnam, and Cambodia.



## 2017 CALENDAR

THIS IS NOT 100% COMPLETE. AN UNDATED  
SCHEDULE WILL APPEAR EACH MONTH

### May

6 Buddha's Birthday Celebration 9am

5-7 Laurie VanCott Yoga retreat (541.490.7420)

13 Kozen attend Buddha Day at [CRCC - Prison Ministry](#)

19-21 NUNM Pik Shan Ko Taiji Retreat - Private

27-29 Buddhist retreat, Venerable Thich Hang Toan, from the city of 10,000 Buddhas, will be the Guest Master. In Vietnamese language.

### June

3-4 Master Thích Minh Hải will be Guest Master for an open retreat here in English and Vietnamese

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 - Vancouver

31 - 3 Sept Xinglin Institute Private

### September

31 August - 3 September Xinglin Institute (private)

23 Autumn 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



## 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

### EVERY MONDAY - TRINITY SANGHA, AT TRINITY NATURAL MEDICINE AT 12 NOON

1808 BELMONT AVE, HOOD RIVER, OR 97031

### 1ST AND 3RD WEDNESDAY EVENINGS - TRINITY SANGHA STUDY GROUP

TIME 6:30-8:00PM

WHERE: FIRST MEETING 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

**11th Step Recovery Meeting** - *A Fresh Step Forward in Recovery Sunday evenings 6:30pM*  
AT BETHEL UCC CHURCH IN WHITE SALMON, WA. CONTACT DICK WITHERS:

[RICHARD.WITHERS@ATT.NET](mailto:RICHARD.WITHERS@ATT.NET): 414-587-4065

## Walking Meditation

can be a calming and energizing practice. You do not have to be a Buddhist to meditate. People of all faiths have found meditation to be beneficial. Sean is practicing walking meditation in the Cloister.



**ONGOING LOCAL GORGE  
MEDITATION GROUPS:**



**MT. ADAMS ZEN BUDDHIST TEMPLE MORNING MEDITATION**  
**MONDAY-FRIDAY AT 6:30 AM AND SATURDAY AT 9 AM WITH VEN.**  
KOZEN SAMPSON AT THE TROUT LAKE ABBEY LOCATED AT 46  
STOLLER ROAD, TROUT LAKE, WA.

[HTTP://WWW.MTADAMSZEN.ORG](http://www.mtadamszen.org). CONTACT: KOZEN SAMPSON (  
[THAYKOZEN@MTADAMSZEN.ORG](mailto:THAYKOZEN@MTADAMSZEN.ORG); 509-395-2030)

**TRINITY SANGHA WITH VEN. KOZEN SAMPSON, MT. ADAMS ZEN**  
**CENTER, NOON TO 1 PM EVERY MONDAY** AT TRINITY NATURAL  
MEDICINE LOCATED AT 1808 BELMONT ROAD IN HOOD RIVER.  
SITTING MEDITATION AND LOVING KINDNESS MEDITATION.  
[WWW.TRINITYNATURALMEDICINE.ORG](http://www.trinitynaturalmedicine.org). CONTACT: EMILY MARTIN (  
[EMILY@TRINITYNATURALMEDICINE.ORG](mailto:EMILY@TRINITYNATURALMEDICINE.ORG); 503-358-1949)

**PACIFIC HERMITAGE MEDITATION AND DHAMMA TALK WITH**  
**THAI FOREST MONKS 6:30-8 PM EVERY TUESDAY EVENING** AT  
YOGA SAMADHI IN WHITE SALMON, WA.  
[HTTP://PACIFICHERMITAGE.ORG](http://PACIFICHERMITAGE.ORG)

**HOOD RIVER ZEN SUNDAY AFTERNOON WALKING AND SITTING MEDITATION EVERY OTHER**  
**SUNDAY 3 - 5 PM** IN THE BAMBOO ROOM OF CASCADE ACUPUNCTURE, LOCATED AT 104 5TH ST.  
HOOD RIVER, OREGON. [HTTP://WWW.HOODRIVERZEN.ORG](http://www.hoodriverzen.org). CONTACT KYRI TREIMAN: (  
[KJTREIMAN@YAHOO.COM](mailto:KJTREIMAN@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](mailto:RSCOTTCUSH@GMAIL.COM); 925-708-5652)

**11TH STEP MEDITATION: A FRESH STEP FORWARD IN RECOVERY**  
**SUNDAY EVENINGS 6:30 PM** AT BETHEL UCC CHURCH IN WHITE SALMON, WA. CONTACT DICK  
WITHERS:  
([RICHARD.WITHERS@ATT.NET](mailto:RICHARD.WITHERS@ATT.NET); 414-587-4065)

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## THE FIVE CULTIVATIONS OF A BUDDHIST

1. I VOW TO CULTIVATE HUMANITY.
2. I VOW TO CULTIVATE RENUNCIATION.
3. I VOW TO CULTIVATE STABILITY.
4. I VOW TO CULTIVATE HARMONY.
5. I VOW TO CULTIVATE PIETY.



Mt Adams Zen Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650 509.395.2030  
[www.Mtadamszen.org](http://www.Mtadamszen.org)

STAY CONNECTED:

