

Tuyết Sơn Thiên Tự
Mt Adams Zen Buddhist Temple
雪山禅寺

June 2012 Newsletter



Dear Dharma Friends, June is a special time in the Trout Lake Valley. Spring is really here - most frosty nights have passed, gardens are planted, the weather is cool at night and warm during the day. This morning about 3am, my dog, Gretta, and I went for a walk. The stars were spectacular, I could see thousands of them - the heavens were full. (We have almost no light pollution here, so our star gazing is rather wonderful.) The mountain glowed softly in the star light. We live surrounded by glorious physical beauty.

A recent visitor said, "it is easy to be spiritual here - it is so pretty." Laughing, I am not sure exactly what they meant by spiritual - maybe aware of ourselves in nature, maybe somehow touched by beauty - maybe just being quiet enough to be still. It is my thought that anywhere we are is a wonderful place to find this "spirituality" thing our guest spoke of. While seeing a beautiful place does touch our hearts - what we are is what we are - regardless of where we are; from the most crowded city to the most remote place on earth, we are what we are.

There is an unborn and undying unity to the universe, some call this unity God. As a Buddhist I believe we are Cosmic Theists rather than atheists. While we have no personal deity, we live with an awareness that all is sacred - nothing is apart from the sacredness - nothing is separate. A state of no good, no bad, no right, no wrong, just everything being what it is without any judgement needed on my part.

Hui-k'o (the patriarch successor to Bodhidharma) wrote a poem:

The Perfect Way is only difficult for those
who pick and choose;
Do not like, Do not dislike;
all will then be clear.

As we begin to see the divine in all people, we become aware of the divine in everything.

May all beings find peace. In Loving Kindness, Thich Minh Tinh

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

Services & Meditation

Morning Services 6:30AM
M-F mornings

Evening Services - 6:30 PM
Thursday and Friday Evening

Weekend Services 9AM
Saturday Morning



Huts...Huts...Huts

We have planning commission permission to start building our huts. We will break ground in May and hope to have 2 completed by the end of June.

The huts will be for meditation. A place to get away from everything and be alone for periods of meditation. We will plant trees and bushes around each hut to provide for privacy. You can arrange for a meal to be delivered in silence at noon each day so that your only activity will be meditation. These huts will be just a building - no electricity, no running water no bathroom facilities. There are showers and restroom facilities available nearby. Please call to reserve a place. 509.395.2030

Donation Boxes

Keith and Corkey Fredrickson have donated standing metal donation boxes for our shrines and special interest places. These dana or donation places allow for visitors to leave offerings and also allow casual visitors to support the works of the Abbey. They are currently in place awaiting signage.

Calender

June

2 Saturday Service
9 Saturday Service
10 All Day intensive Meditation
16 Saturday Service
17 - 22 Youth Food & farming
adventure (here)
18 CRCC Prison Ministry
23 Saturday Service
23 Midsummer Druid 8pm
28 Workshop with Bodhi
30 Saturday Service
30 Trout Lake Bike Tour

July

7 Saturday Service
9-13 Food and Farm Adventure
13 - 28 Wang Fengyi retreat -
NCNM
14 Saturday Service
16 CRCC Prison Ministry
21 Saturday Service
9 Saturday Service
29 - Joanna Macy workshop
(here)

Việt Nam Vietnamese Dharma

The body of man is like a flicker
of lightning
existing only to return to
Nothingness.

Like the spring growth that
shrivels in autumn.

Waste no thought on the process
for it has no purpose,
Coming and going like dew.
by - Van Hanh, 1018,
Vietnamese Buddhist
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"Hope is important because it can
make the present moment less
difficult to bear. If we believe that
tomorrow will be better, we can
bear a hardship today."
Thich Nhat Hanh

Dogen Zenji's and Zen, Chan Dharma



The name "Three Teachings" was
empty right from the
start--
Miss even one one and all go
wrong.
Looking inward or outward, see
there is no fixed self.
Break in the front door, if you
want to enter your home.
by - Zen Master Dogen Zenji,
1200 - 1253

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Why are people called Buddhas

All Day Meditation Intensive Sunday, June 10 (Zazen Kai)

June 10 will be a meditation intensive from 6:30am - 3:30pm. We will have sitting meditation, walking meditation, a vegetarian lunch, Dharma talks, work as meditation, and chanting as part of our day. Please call to reserve a place. 509.395.2030

Trout Lake Food & Farm Adventure - July 9-13: Hosted by Oregon Episcopal School Rob Orr, OES science teacher, and Emily Goodwin. Journey to Trout Lake, WA a quiet agricultural valley at the base of Mt. Adams, in the Columbia River Gorge for a fun week of exploring local farms, biking, and environmental science. Our "base camp" will be Trout Lake Abbey, a beautiful working organic farm. Each day we will bike to different farms and get our hands dirty helping out. Afternoons will find time for recreation, relaxation and enjoyment. In the evenings we will create delicious meals from what food we have harvested and helped with during the day. During the week we will have a chance to learn about a diverse spectrum of agriculture - organic dairy, artisan cheese making, beekeeping, vegetable and herb growing, as well as pastured livestock for wool and meat production. As we work and play, we will have conversations about the challenges and opportunities of farming and dive into relevant science and policy topics. If you love food, the outdoors, to learn and try new things, and if you are curious about organic farming - this week is for you. Grades 9-12, Cost: \$450. Interested students should email: cascademountainsemester@gmail.com. Students can register via the Oregon Episcopal School website: <http://www.oes.edu/summer/trips.html>

"The Light of Enlightenment Through Bodhisattva Siddhārtha's Vision"

an excerpt taken from the writings of Venerable Thich Trung Sy
(please see his You Tube presentation at
<http://www.youtube.com/watch?v=Qcc3YwIZYuY&feature=relmfu>)

In the both ancient history and in modern times, we know of religious and secular leaders whose efforts and achievements have become a lasting gift to humanity. Because they wanted to achieve much in their lifetimes, they first trained themselves in endurance, strong effort, and self-cultivation. Only then could they fully benefit others.

In the processes of learning patience, self-discipline and right effort, they educated themselves and others, and have become the great scientists, mathematicians, philosophers, entrepreneurs, artists, writers, and religious leaders that we know of today.

Bodhisattva Siddhārtha Gautama (the Buddha) is now known as a spiritual Master and perfect religious Leader, who was full of the qualities of virtue, loving-kindness, compassion, and wisdom. Before his enlightenment, however, the Buddha spent 6 years practicing asceticism in a deep forest with five brother monks. There he searched unceasingly for the truth while practicing meditation deeply. Finally, after 49 days and nights under the Bodhi tree, the Bodhisattva became the Buddha who is called Sakyamuni. He is honored by gods and human beings, and brings the light of enlightenment, love, and peace to all living beings.

The writer boldly titles this writing, "The Light of Enlightenment through Bodhisattva Siddhārtha's vision." This vision is the direct result of practicing contemplation meditation insight, and it contains the ability to clearly see the process of endurance, diligence, and concentration, which gains enlightenment. It then goes on to preach the Dharma, and to teach human beings about Bodhisattva Siddhārtha. In the title of this writing, we encounter such terms as "light, enlightenment, Bodhisattva, Siddhārtha."

Normally, when referring to the light, we think of sunlight, moonlight, evening star light, morning star light, electric lights, car lights, neon lights, etc. These kinds of lights are natural light, material lights, or artificial lights. Differing from these lights, the light which we will explore here is the light of enlightenment, which starts from the body and mind through meditation-concentration cultivation, endurance, effort, purification, and defilement transformation of Bodhisattva Siddhārtha.

Thanks to His training in meditation-concentration very purely and supernaturally, the Bodhisattva extinguished ignorance, defilements, lapses, attachments, etc., and achieved the fruits of perfect enlightenment. Towards the Bodhisattva - the awakened One, enlightenment authentically means the absence of ignorance,

After they die?

Because they don't grumble any more,
Because they don't make a nuisance
Of themselves any more.
by - Ikkyu
Zen and Zen Classics

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Words of Wisdom

Mind, mind, mind -- above
the Path.

Here on my mountain,
gray hair down,
I cherish bamboo sprouts,
brush carefully
By pine twigs.
Burning incense,
I open a book:
mist over flagstones.
Rolling the blind, I contemplate:
Moon in the pond.
Of my old friends,
How many know the Way.
by - Zengetsu, Zen Poems of
China and Japan

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Fishermen

by a rocky shore,
winds blowing wildly,
in a boat unmoored--
such is our condition.
by - Saigyō, 1118 -1190
Poems of a Mountain Home

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Leaves fall
where no green earth remains:
a person at his ease,
wears a plain, white robe.
With simplicity and plainness
his original nature still,
what need to practice
"calming of the heart."
by - Chia-Tao (779-843)
The Clouds Should Know Me By
Now

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I see a vision of a great rucksack
revolution, thousands or even
millions of young Americans
wandering around with their
rucksacks, going up the
mountains to pray, making
children laugh and
old men glad ...
Zen lunatics who go about writing
poems."
by - Jack Kerouac (1922-1969)

The Dharma Bums

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Clambering up the
Cold Mountain path,
The Cold Mountain trail
goes on and on:
The long gorge choked with scree
and boulders The wide creek, the
mist-blurred grass.

afflictions, attachments, lapses, suffering, and the end of the cycle of death and rebirth.

The light of enlightenment symbolizes Buddhism, the Buddha, the Dharma, and His disciples (Sangha). Buddhism is the religion of peace, the Buddha is the King of peace, the Dharma is the path of peace, and the disciples are the messengers of peace. Indeed, peace is authentically present whenever we each learn, understand, practice, and apply the Buddha Dharma in his/her daily life appropriately. When we understand and act like this, the light of the World-Honored One's enlightenment has the ability to shine all over the world. Moreover, we know in the factors of His enlightenment, there are still other substances such as right mindfulness, awareness, steadiness, relaxation, carefreeness, and leisureliness. Accomplishing those qualities, a practitioner can undoubtedly achieve peacefulness and joyfulness right here and right now in the present moments.

Enlightenment contains many different meanings and stages. Enlightenment of ordinary practitioners - through the process of cultivating, transforming defilements, applying, and practicing the Buddha Dharma in our daily lives - can be achieved, but may occur partially and/or gradually. Enlightenment of the Bodhisattva practitioner can be achieved through the process of having cut off afflictions, and discovering the truth of suffering (Dukkha), the origin of suffering (Dukkha Samudaya), the cessation of suffering (Dukkha Nirodha), and the path leading to the cessation of suffering (Dukkha Nirodha Gāminī Patipadā). Bodhisattva Siddhārtha had the ability to attain enlightenment, and became fully and perfectly enlightened.

Thay Sy has written a great deal more, sadly space prohibits placing all of it in this column.

Please contact Ven. Thich Trung Sy (sonyhappy123@gmail.com) if you would like a copy of his writings (it is in both Vietnamese and English).

Resources

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

Buddhist Woodworking - Ken's Workshop

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/>

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 The Farm Store at Trout Lake Abbey. *Proceeds are shared between the Trout Lake Presbyterian church and the Mt. Adams Zen Buddhist Temple.*

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

Trout Lake Presbyterian - Sunday service in winter at 11:15 am

<http://www.troutlake.org/main/custom.asp?recid=15&id=38>

Sunday Service at in summer 10AM

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://mcuuf.org/index.php>

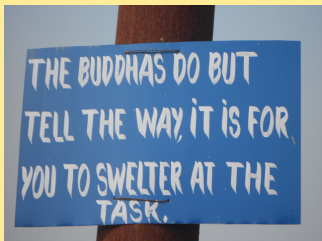
Sunday Service at 10AM at the Rockford Grange, Hood River

The moss is slippery, though
there's been no rain.
The pine sings,
but there's no wind.
Who can leap the world's ties
And sit with me
among the white clouds.
by - Han-shan
Cold Mountain Poems
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'If you treat a man as a beast, it
will be a beast. If you treat a man
as a criminal, it will be a criminal.
If you treat a man as a human
being, it will be a human being.'
by - Bear Heart, Heaven Is my
mother



Buddhist Flag



Sign at Limbini Nepal along the
walkway to Buddha's birthplace



Jizo Shrine getting ready to go on
th3 Pacific Crest Trail Food
Cache

Local Providers of Compassionate Care

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

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

Dave Martin MSOM, LAc Acupuncture and Classical Chinese Medicine
Trinity Natural Medicine <http://www.trinitynaturalmedicine.org/>
410 E. Jewett Blvd, White Salmon WA
office 509.493.1241

Denise Morrison PA-C
North Shore Medical Group
<http://www.northshore-medical.com/Default.aspx>

Jennifer Silapie ND Naturopathic Physician
Mountain Sage Medicine
http://www.mountainsagemedicine.com/Site/Mountain_Sage_Medicine.html
302 W. Steuben, Bingen, WA 98605.
509.493.3300

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not because of any religious beliefs.*



The Gorge Grown Food Network met here for a Board retreat. Good folks helping us to find good local food and to act locally and think globally.

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Joanna Macy Workshop
The Work That Reconnects: Opening Our Lives to the Adventure of Our Time

July 29 at Trout Lake Abbey

Eco-philosopher Joanna Macy PhD, is a scholar of Buddhism, general systems theory, and deep ecology. A respected voice in the movements for peace, justice, and ecology, she interweaves her scholarship with five decades of activism. As the root teacher of the Work That Reconnects, she has created a ground-breaking theoretical framework for personal and social change, as well as a powerful workshop methodology for its application.

<http://www.joannamacy.net/>
Contact Erika Rench [erench\(at\)gorge.net](mailto:erench(at)gorge.net)

Women's Body, Mind, Spirit Nutritional Detox Retreat

September 14, 15 and 16

Trout Lake Abbey, Trout Lake, WA

509-395-2468/ 541-490-9077 for reservations

cookieg@centurylink.net

MEDITATION SERVICES

+ Join us Monday - Friday at 6:30 AM for our usual daily service.

+ Thursday and Friday Evenings at 6:30pm

+ Saturday Morning at 9 AM

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

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