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# MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

## July 2018

### Weekly Temple Services

Monday - Friday 6:30 am and 6:30 pm

Meditation Saturday 9am full service + meditation

Dear ones,

I came back from Texas after visiting a sick friend. Thay Z was my driver and host and we also visited Thich Trung Sy. My plane arrived hours late and I slept for 3.5 hours prior to going to COSTCO on my way home. I was so tired that I forgot where I parked my car. After my wandering around a large parking lot, a woman rolled down her car window and asked if I had misplaced my car. "Yes" I said with an embarrassed smile. "I am old and tired and I just don't remember where it is". She responded with, "We've all been there" and drove me through the parking lot isle by isle until we found my car. Such a simple act of kindness, such a kind use of time to help another person, what a gift to me. As we practice loving kindness to even strangers around us we make the world a better place for all of us.

Thich Vinh Minh has received his R1 visa permit and will be allowed to enter and stay in the USA for up to 3 years as a religious missionary.

NOTE - we have a Community work day - 10:30 - 4pm to help upkeep the temple & grounds. It occurs on the THIRD Saturday of the month May - October. Join in our work and cleaning mindful practice.

Diana Butler Bass in a CNN article (<https://www.cnn.com/2018/06/20/opinions/methodist-and-southern-baptists-church-issues-opinion-bass/index.html>) wrote "Today, the Methodists and Baptists are not really fighting over mere "issues." They are fighting about whether women, people of color, immigrants, and LGBTQ people should, on the basis of human dignity and worth, have full rights, responsibilities and respect in their church communities. After all, as Shakespeare wrote, the past may be prologue, but what is to come is "in yours and my discharge." While history is busy repeating itself, the future depends on us. In the Metta Sutra, our historical teacher tells us "May all beings be well. May all beings be happy...may they live in safety and joy. Let none deceive another, Or despise any being in any state. Let none through anger or ill-will wish harm upon another." As Mohatmah Gandhi tells us, "Let us be the change we wish to see in the Universe" and may we look upon all people as a dear friend.

*May we all know love and peace. in metta,.....Thay Kozen*

**Upcoming Events - information 509.395.2030**

**July**

**14 Community work day - 10:30 - 4pm help upkeep the temple & grounds**

**14 Art and Zen** - by Dennis Hartley to be held at the artist's residence, 303 Little Mountain Rd.,

**27 - 29 Trout Lake Abbey Yoga Retreat** at the Abbey

## August

**11 Community work day - 10:30 - 4pm help upkeep the temple & grounds**

**11 Organic Living Class** (10:30 – 1:00pm class) Dave and Emily Martin

**25 Ancestor Day Ulambana**

## September

**8 Community work day - 10:30 - 4pm help upkeep the temple & grounds**

**8 Ksitigarbha Day** - regular Saturday Service - Death and Dying focus

**8 Organic Farming** Dave and Emily Martin

**12-15 Thich Nhat Hanh Group Retreat**

## October

**5-7 LGBTQ+ retreat at our temple**

**13 Community work day - 10:30 - 4pm help upkeep the temple & grounds**

**12-14 Fall Meditation Retreat at our temple**

### Art & Zen 14 July 10:30 - noon

Together we are going to explore the meaning of art, Zen, and how they relate to each other. Are we talking about Zen art, or bringing Zen into our art? We all have our own notions what art is- key words that come to mind are creativity, craft, point of view, concept, and design. I believe we are all artists, and have the potential to live artfully. How does this relate to Zen? Everyone is encouraged to share with the others their artistic expression with the group. I will share my own journey as a visual artist and Buddhist, and how I integrate the two. **Please call 509.395.2030 to register**

*Dennis Hartley is an architect emeritus who has lived in the Northwest since 1994. He began painting professionally in 1998 and shows his work in commercial galleries and non-profit settings from coast to coast. His work can be viewed at [www.dennishartleyart.com](http://www.dennishartleyart.com) . For questions or comments about this seminar he can be contacted at [dennishartleyart@gmail.com](mailto:dennishartleyart@gmail.com) .*



### Beyond Translations: Embodying Rumi's Teachings with Pouria Montazeri

Embodiment practices to turn Rumi's sacred poetry and teaching into portals for spiritual awakening and transformation.

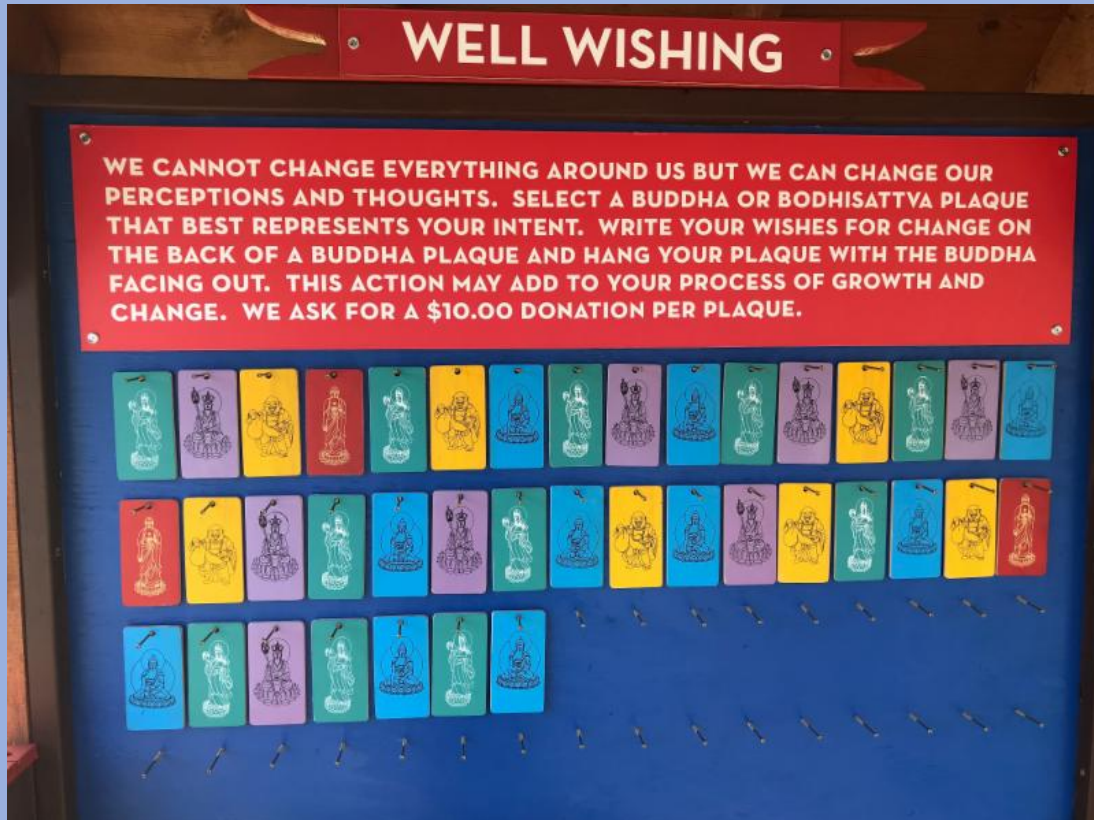
**August 25 8:30 am - 4:00 pm, Donation \$50**

Sacred remembrance practices (singing and movement)  
Guided heart-centered meditations and movements

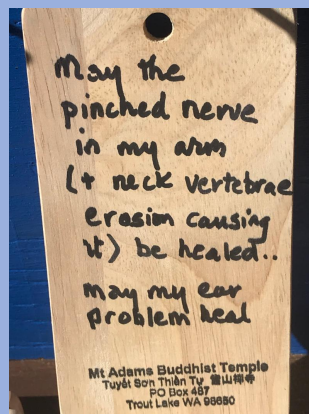
Sacred reading practices, journaling and offerings  
Introducing selected poems and discourses through exploring the spiritual and cultural context and idioms of Rumi's work.

Pouria Montazeri is a native Persian-speaking teacher and the founder of [www.footprintsofrumi.com](http://www.footprintsofrumi.com)

## Our New Well Wishing board is popular



The Amitabha Buddha is one of the many offering plaques. Non Buddhists are learning about different Buddhas.



You can write your wishes on the back of the Buddha plaque to state your wishes or needs



The Medicine Buddha is one of the many offering plaques. People are learning about the different Buddhas

## Sufi Zikr





Bodhi and Leilah, Sufi teachers, spent one week here helping 70 aspirants grow and practice loving kindness.



Deconstructing the ego and vanities of self is the Sufi path as they dance and sing the Universal Dances of Peace.



Sufis gathering in the shade of the Abbey backyard to begin their beautiful work.



Our own Marie, who is very ill, was carried here by her family to feel the loving energy of the Sufi songs and dance. The dappled sunlight provided a cooling gentle space.



### Thich Minh Thien, Abbot of Budding Dharma

#### ...DOING THE BEST WE CAN...

The heat of summer is upon us. Here in Texas we are already over 100 degrees Fahrenheit on certain days. It also seems that our politics and many issues here in our beloved country are also hot; and in some cases, inflamed. The investigation about the last presidential election and who may have been complicit with a foreign power influencing the outcome is still smoldering. Families being separated from each other because of immigration issues is hotly debated in Congress, in the media and by those of us strongly attached to our morality, our political views and party affiliations.

Our news sources are being vilified as “enemies of the people” rather than being respected as the intended fourth pillar of our democratic republic. Lies and misrepresentations are forthcoming daily from our president and from members of Congress and the Media; and these are not simply opinions, but rather actual recorded audio and video

content that anyone can simply watch or listen to and determine for themselves whether truth has been trampled upon or not. Some religious institutions are choosing to turn a blind-eye to issues and behaviors that are contrary to their dogma and have vacated the moral high ground that they previously claimed. Some say this is the worst conditions our country has been under in a long time. However, our minds and memories are also faulty and devious when it comes to memory. In my lifetime, I remember the battle for civil rights, the assassinations of our leaders, wars, sexual revolutions, expanding drug usage, the threat of nuclear holocaust, fuel shortages, the crashing of our economy and the decimation of our middle classes. All those seemed very impactful at the time as well.

So where does my Buddhist practice lead me with all this stuff swirling constantly around me all the time? It comes down to a very simple phrase ...We are ALL doing the best we can, with what we have right now... It is easy to become frustrated, angry, accusatory, fearful and even despondent when I allow myself to fall under the influence of my judgements and prejudices. It is a familiar and easy path to assign blame and derision to those who I disagree with. Perfection is not in the purview of the human condition. But as the Buddha taught, Awakening is. When I see myself and others as ...doing the best we can, with what we have right now... judgment and blame decrease and compassion and loving kindness increase. Seeing others under the lens of... they are doing the best they can with what they have right now..., softens the anger and derision that is way too familiar and easy to go to.

Now some might say that this approach is looking at the world through rose-colored glasses and could be viewed as not seeing conditions with the seriousness they deserve. Certainly, we cannot turn a blind-eye to those issues and actions that push up against morality and ethics. But rather than becoming caught in our own suffering or sending it out to others, we can rely on our compassion and loving kindness to support us and others and reduce the angst and discomfort we are being deluged with in our world today. These are serious times we are living through. May the teachings of the Buddha lead us all to awaken to the truth of who we are...beings of Infinite Light, Infinite Life and Infinite Love.

*Namo tassa bhagavato arahato samma sambuddhassa*



**Trout Lake Abbey Yoga Retreat**

**July 27 - July 29, 2018**

**Visualize yourself here....**

Do you need to get away? Does life feel loud, busy, over stimulating? Do you long for silence, stillness, meditation and self inquiry? Have you made plans this summer to relax, renew and retreat? How often do you remember to honor and respect your own needs?

**Let Food be thy Medicine**



Join us for a three day, two night summer yoga retreat in July, Enjoy four delicious, organic, locally grown meals lovingly prepared for you.

Begin each morning with an all levels yoga session, followed by optional meditation. Saturday breakfast includes a fascinating talk about Ayurveda, and how this ancient wisdom is practical and necessary in today's busy, hectic world.

Deposit is \$250; average cost is \$450 for the weekend, depending on options. The afternoons are free for biking, hiking, journaling, massage with Kelly B, LMT, and ultimate relaxation. Evenings are perfect for star-gazing after a restorative yin yoga session relaxes you into the night.

Complete your retreat with a little Gorge style adventure on Sunday afternoon as we are expertly guided down the wild and scenic White Salmon River with Wet Planet. This is an optional excursion for those looking for a thrilling end to the weekend.

**Contact + Registration please contact Joanne Matson for inquiries and booking  
joannematsonyoga@gmail.com**



### Poetry from Venerable Fa Sing (Thich Tâm Minh)

Oh, to live as the bee  
And dwell amongst flowers;  
To while away years  
In a matter of hours.

-----  
Most of my friends  
Don't care for damp spirits,  
So they tend to like  
The sunny days best;

But I find that rain  
Rehydrates my soul,  
So I enjoy days  
When the sun takes a rest.

-----  
In this grove of trees  
Lies a hidden choir  
Of which every leaf is a member;  
On clear sunny days  
They forget their voice  
But the rain helps them remember.

## Mindfulness in the Columbia Gorge

where to learn & practice meditation

<http://scottrowerphd.com/mindfulness-in-the-columbia-gorge/>

By Scott Rower Ph.D.



**Transformational Voice®**

*Freeing the Authentic Voice and the Spirit Within*

## A Great Goodness has come to the Columbia Gorge

STUDIO ADDRESS: [210 Oak Street](#) , Mezzanine, Hood River, OR 97031.

<http://transformationalvoice.com/>

### Upcoming Months Schedule

#### July

14 Art and Zen

#### August

4 Lughnasadh Druid event

11 Organic Living Class (10:30 – 1:00pm class)

25 Ancestor Day Ulambana

#### September

1 Day Retreat Listening

8 Ksitigarbha Day

8 Organic farming

12-15 Thich Nhat Hanh Group Retreat

#### October

5-7 LGBTQ+ retreat

12-14 Fall Retreat

#### November

10 Medicine Buddha Day

9-11 Woman's retreat

#### December

8 Rohatsu midnight meditation

31 Midnight Meditation

**Dates subject to change, other retreats may be added**

**2018 Other Faiths, Days of Respect, and National Holidays**

## July

28 June – 3 July Zikr Retreat (Sufi – Muslim)

4 Independence Day (National Holiday)

6 HH Dalai Lama BD

22 Parent's Day (National Holiday)

## August

4 Lughnasa 7pm

19-24 Hajj (Muslim Holiday)

## September

9 Grandparent's Day (National Holiday)

10-11 Rosh Hashanah, New Year

(Jewish Holiday)

11 Patriot Day (National Holiday)

12 Hijra New Year (Muslim Holiday)

19 Yom Kippur Day of Atonement (Jewish Holiday)

22 Autumn Equinox 6pm

## October

4 St Francis Day (Christian Holiday)

8 Native American Day (National Holiday)

18 Dasera, Dussehra or Vijyadashmi (Hindu Holiday)

28 Samhain (Druid Event) 5pm

31 Halloween (National Holiday)

## November

4 Daylight Savings time ends

6 Election Day (National Holiday)

6-10 Diwali Festival of Lights (Hindu Holiday)

11 Veteran's Day (National Holiday)

21 Mohamed's Birthday, Mawlid al-Nabi (Muslim Holiday)

## December

2 Advent (Christian Holiday)



3-10 Hanukkah (Jewish Holiday)

7 Pearl Harbor Day (National Holiday)

18 Feast of Epona 4pm

22 Winter Solstice 3:30 pm

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

31 New Year's Eve

### **Mt. Adams Zen - Outside Of Our Temple**

**Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon**

1808 Belmont Ave, Hood River, OR 97031

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**Every Wednesday - Trinity Sangha, at Trinity Natural Medicine at 12 noon**

1808 Belmont Ave, Hood River, OR 97031

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**1st and 3rd Wednesday Evenings - Trinity Sangha Study Group Time 6:30-8:00pm**

**Where: at Withers residence, 1829 5th St., Hood River** (Sieverkropp Development behind Rosauer's)

ON HOLD FOR THE SUMMER - restarts in September

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**11th Step Recovery Meeting #1 WHITE SALMON - A Fresh Step Forward in Recovery Sunday**

evenings 4:30pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers:

[Richard.withers@att.net](mailto:Richard.withers@att.net) ; 414-587-4065

**11th Step Recovery Meeting #2 HOOD RIVER** - On the last Thursdays of June (28th), July (26th) and August (30th) the Hood River 11th Step meeting will hold a "Hood River 11th Step Refresher". This is a

Meditators' reunion and an introduction to Meditation Practice for newcomers in recovery". The Hood River 11th Step meeting will once again at Good Medicine Lounge, 10299 May Street, from 5:00 to 6:30 p.m. I'll prepare posts for the Meetup and Facebook sites.

### **Other Meditation Groups in the Gorge**

**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>

**Hood River Zen** Sunday afternoon walking and sitting meditation 2nd and 4th" Sundays Good Medicine lounge 1029 May Street, Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: (kjtreaman@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; 925-708-5652)

**Scott Rower, PhD** [scott@scottrowerphd.com](mailto:scott@scottrowerphd.com) has mindfulness classes - please contact him for details and to join the gorge facebook page - Mindfulness in the Gorge:

<https://www.facebook.com/groups/179582775875524/>

*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](http://www.Mtadamszen.org)