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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

August 2018

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

Transitions



Marie Mannatt, our dear business office manager, passed away on Sunday 29 July 2018. Her four children and their families provided care and love until her last breath. Marie was ordained as a Buddhist nun shortly prior to her death, fulfilling some of her Naropa University training. She was a kind and loving woman and we will miss her. As she became sicker, she grew more and more awakened, sharing her loving kindness with all. May her rebirth be close to family and friends.



Minh Phap (Drew Polito) has come to the temple seeking to become a monk. He'll live here for a while as a lay person and when he's ready he may be ordained as a novice. If you visit our temple, please wish him well. It is a difficult journey to become a monk, especially at such a young age. May he awaken and save many beings.

Community Work Day

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. Bring a sack lunch



Master Nguyen Kim passed away on July 30, 2018. Ceremony will be held on Sunday, August 5, 2018 at Dao Trang Nhan Qua, 10801 Trask Ave. Garden Grove, CA 90843

Master Kim was a dear friend and a great Master. Master Kim was born in Vietnam about 1943, survived the war and the 1968 Tet offensive in a temple in Hue, eventually coming to the U.S. about 2000, and living for many years at Co Lam Pagoda in south Seattle as well as at other temples, transmitting the Dharma, teaching Vietnamese and English, bringing together Asian and Western Buddhists of every tradition, visiting prisons, and sharing his humility and kindness. Kim poured his heart into poems, describing his experiences during the war, and his love of family and all humanity.

Thay Nguyen Kim (Ngan Le) da qua doi ngay 30 thang 7 nam 2018.
Le Cau Sieu to chuc ngay Chu Nhat, 5 thang 8 nam 2018 tu 10 gio sang den 2 gio chieu tai Dao Trang Nhan Qua, [10801 Trask Ave. Garden Grove, CA 90843](http://10801TraskAve.GardenGrove,CA90843).
Chi tiet se thong bao sau.



**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



We've put up a sign announcing our plans to build our new temple. A family donated three statues which are being carved in Vietnam and will be shipped here in November.

We will begin construction in Spring 2019



Thich Minh Thien's Column (Thay Z)

...BEING WILLING...

This month I am called to discuss a favorite saying or expression that has been in my life for more years now than I can accurately number. That expression is "Are You Willing", and it has played a huge part in my understanding of giving, gratitude, spiritual expression and in most of my relationships. Sometimes this simple statement comes up when I am asked to do something by someone else. Sometimes it becomes evident when I am struggling with a choice and usually is asked after I have considered and am weighing the pros and cons of a situation. Sometimes it arises when evaluating a commitment where the amount of time and energy involved bumps up against the resolve to continue. Today, it becomes a constant question as Mindful Living and Meditation raise an

awareness of commitment and resolve that maybe were not quite so evident before these practices became so essential in daily living.

As we try to live each moment in mindful ways, old habits and practices fall away and new ones hopefully take their place. As I brush my teeth or hand-wash dishes, I become aware of the precious resource that is so wasted and fouled today. As I turn on the water and that plentiful and seemingly never-ending flow appears, the question arises; ...am I willing to adopt a different practice in these simple tasks to conserve this precious resource. As I drive or walk by a homeless person standing on a corner, am I at least willing to meet their gaze and offer a smile and words of encouragement rather than hiding in my own feelings of being uncomfortable and acting like they don't even exist. Do I take my own non-plastic shopping bags with me so that I can help reduce the obscene amount of that substance in the environment or do I shop without my own bags sometimes because I forgot them, and postponing shopping is not convenient. Do I consciously choose what I consume in relation to how it is processed and how those who produce it are compensated or do I choose convenience over harder choices. As I live in more mindful ways, more and more of these questions arise about Are You Willing to change unmindful practices and habits.

In choosing a meditative practice, it seems there is no way to avoid the question Are You Willing as we become attuned to who we really are and strip away avoidance to questions that arise when we quiet the foolishness that sometimes erupts from our thoughts. In choosing life practices like mindfulness and meditation, we follow the teachings of the Buddha to remove our attachments to the way we want things to be, and instead, begin to see them as they really are. This helps with our own suffering and the suffering in the world and gives us the opportunity to increase our happiness and joy in this thing called life. As our contemporary teacher, Thich Nhat Hahn has taught, there is nothing we experience – from the

simple act of eating to the complications of work and relationships – that we cannot approach with the mindfulness and compassion we develop in our meditation. And as we change our thinking and acting, we identify and resonate with the Fifth Remembrance... My actions are my only true belongings. They are the ground on which I stand.

So, the question continues to arise, ... Are You Willing?

namo tassa bhagavato arahato samma sambuddhassa



Zencare by Martine Geeraert

With deep care and integrity, I guide you on the path of self discovery and self healing using TCM (Traditional Chinese Medicine) and Ayurvedic practices.

Ayurveda means the science of life. It is a systematic approach to discovering how our bodies interact with the natural world. It works on harmonizing the flow of vital energy through nutritional care, herbs, meditation, yoga and treatments. The treatments at Zencare are healing touch, energy work and body movement through the lens of yogatherapie.

By understanding the underlying energetic cause of body conditions, we'll work together to harmonize the flow of your vital energy.



Poetry from Venerable Fa Hsing (Thich Tâm Minh)

O what does the butterfly dream,
If my dreams of summer
Are his waking life?

I rarely hear
The kettle sing
When I dwell
In waiting,
But never miss
A single note
When I dwell
In silence.

Beware the monk
Who does not sweat,
Fear the priest
Who does not play;
If all they do
Is pray and fret,
How can they hope
To find the way?

Upcoming Months Schedule

August

4 Lughnasadh Druid event

9-20 Kozen in Chicago (**Temple is open**)

18 Community Work Day at our temple 10:30 am - 4pm (bring a sack lunch)

25 Rumi Workshop

30 Thursday 11th Step "Reunion" planned for Thursday, August 30 at 5 p.m. at Good Medicine Healing Arts Lounge in Hood River.

September

1 Day Retreat Listening

7-9 Meditation - Fall Retreat

8 Ksitigarbha Day

8 Organic farming Class

19- 25 Kozen on retreat, **Temple is open**

15 Community Work Day at our temple

12-15 Thich Nhat Hanh Group Retreat

October

19-21 LGBTQ+ retreat **CANCELLED THIS YEAR**

20 Community Work Day at our temple

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

Have you been meaning to pause?

Per the company:

"Today we move too fast – we are all so very busy trying to *get it all done* . Try as we might we may not be consciously in control of our thoughts. Our heads are filled with lists, errands, work, family and the chaos of everyday life...

The experts have told us that pausing several times during the day to reframe our thoughts will truly allow us to live our best life. The challenge is that we don't know HOW to do this. How can we remember to remember?

If your goal is to achieve greater mindfulness throughout each day, our bracelet is a wonderful **tool** to help you reframe your thoughts and enhance your resolve. *meaning to pause*®



The great Zen Master Thich Nhat Hanh has a chime ring regularly at his monastery. This bell calls us to stop doing whatever we are thinking or doing and be mindful. When I wear this bracelet it

bracelets provide a gentle vibration every 60 or 90 minutes prompting you to redirect your thoughts and focus on what is important to you".

<http://www.meaningtopause.com/>

buzzes hourly on my wrist - a call to mindfulness practice. Ed, a visiting student, gave this mala to me and I have worn it daily since. It is part of my ongoing mindfulness practice.

*We do not get any commission or income from endorsing this mala - it is just a great training tool.
i n metta, Thay Kozen*



Silas (Ben) Wright, NCC, LPC

My belief is our work together may help you navigate the process of change, gain new perspectives, experience emotional opening, and overall personal growth. I look forward to working with you and would be honored to hear your story. I work with adults and adolescents on concerns of PTSD, anxiety/depression, relational intimacy, men's issues, gender/sexual identity, and chronic illness/pain. Much of my experience has been dedicated to working with Native Americans as well as Pacific Rim and Latin American immigrants.

Hood River Counseling Service

Rhizome Counseling LLC

Location: 1029 May St #C in Hood River on the 2nd Floor in the Good Medicine Healing Arts Building

Phone: 971-266-1558

Email: rhizomecounseling@gmail.com

2018 Other Faiths, Days of Respect, and National Holidays

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

Every Wednesday - 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: 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

Other Buddhist or Meditation Groups in the Gorge

11th Step Recovery Meeting #1 - Sunday meetings will resume on September 9. *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 ; 414-587-4065

11th Step Recovery Meeting #2 - On vacation for the summer

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:
(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; 925-708-5652)

Scott Rower, PhD 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