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

September 2016 Newsletter



Dear ones,
Thich Nhat Hanh advises us to "Meet every experience fully; and meet it as a friend".
I will be having my right knee replaced on October 12th. I am looking forward to having a new "friend" experience. My we all be well and happy. *Kozen*

We are collecting funds to build a temple

We have raised \$24,000 in the last year

YOU CAN DONATE DIRECTLY TO OUR TEMPLE OR GO TO
gofund.me/ywdqkc

MOTIVATED TO MEDITATE
by Thay Z (Thich Minh Thien)



Recently at a Sangha I attend in Dallas, Texas, we had a discussion about the Practice of Meditation. I was asked how often I did meditation and did I find it difficult to maintain a regular practice. Others in the group also commented and their answers varied. Some of us responded, though admittedly not many, that we had a daily practice anywhere from 10 to 40 minutes in duration. The vast majority of the other's responses were of varying frequencies and durations.

What did seem to be a common theme in the group was the overall perception that we all experience obstacles in maintaining a consistent routine of meditation. One of the most frequently mentioned obstacles was finding the time to meditate. Some of the reasons given were... life gets in the way ... I forgot ... I have priorities ... time just got away from me, etc. Some of the other obstacles mentioned were ... I can't seem to quiet my mind so I am more agitated after sitting ... my expectations for what I will get out of meditation just aren't met ... I use a variety of meditation techniques because just sitting is boring ... I get discouraged because it feels like I am doing it wrong ... there isn't a quiet place to sit in my house ... times that the Sangha sits are not conducive to my schedule, etc.

As each person shared their perceived obstacles I could remember feeling the same way. I don't think I can count the times that I would sit and meditate for a few days in a row and then for any number of reasons, the practice abruptly dropped off and I would not practice for a few days, or

even longer. For me, always finding other things to do kept me from meditating. I'd make the intention to practice but because I didn't view it as a priority, I would later find some other activity that would seem to hold me back from meeting the intention.

I have experienced the beauty and benefit of the practice first hand. Conversely, not every meditation meets the delusions of expectations I sometimes have for meditating. I sometimes struggle finding the quiet and peaceful place each time I sit, until, I let go and see each meditation for what it is; namely, a gift to see what is real, even if it's a brief glimpse. What I do know is that the practice is good for me.

But I also know that choosing certain foods over others is good for me or that daily exercise is good for me too. And still I fail in making those better choices from time to time. What I have also discovered is I get caught in a revolving door of guilt when I don't make the better choices and that this guilt moves me further away from getting back to choosing what I know is a better choice. Anything that you have desired in your life probably didn't come easily. There were always obstacles, obstacles obstacles. If you wanted to be proficient at a sport or playing a musical instrument or being fluent in another language, they all required persistence and practice.

If you struggle with what my Sangha sisters and brothers and I identified as our obstacles, maybe you can relate to the solutions we came up with as well.

+ First and foremost, the Buddha tells us that each moment provides an opportunity to start anew. Drop the anchor of guilt that keeps us from moving forward and begin again.

+ Pick a time that is most conducive for you on a daily basis as the target for the time to meditate. Be realistic in the amount of time you can devote to meditation. Ten minutes daily will probably produce better results than only sitting for thirty minutes once a week.

+ Find a quiet place and designate it for your meditation. Wherever it is, make it yours. A small altar with a Buddha figure, a candle and a little incense creates a warm and inviting environment to enhance your practice; but remember, in a pinch you can meditate anywhere. Sometimes just closing an office door and taking ten minutes to breathe and meditate will do the trick.

+ And finally, just keep at it. View it as a gift. Live in Gratitude and notice the benefits that result from your meditation practice.

Namo tassa bhagavato arahato samma sambuddhassa

Meditation, Metta & Dharma Talk

Sundays 3:00 -4:30 pm (The first Sunday of each month)

All Welcome!

Location: 17808 NE 18th St. Vancouver WA
(Buu Hung Monastery)



For Information:

Su Co Hue Huong , huehuong7@yahoo.com

It is OK for men to talk about Mental Health and Suicide Issues.

A simple hand gesture has taken on a very important meaning across social media over the past month.



When people post selfies with their thumbs and pointer fingers connected in a circle, commonly interpreted as a gesture of "OK" - they're actually trying to save lives.

As part of the **#ItsOkayToTalk** campaign, these photos are promoting the idea that encouraging conversation about mental health and suicide could reduce the stigma that prevents men from speaking up about their struggles.



The Rev. Canon Anna Carmichael gave her last sermon at St Mary's Episcopal church in Hood River on Sunday 28 August. She is moving to San Joaquin and we will miss her kind and loving presence in our community.

Mt Adams has been devastated by fires for several years. Here is the path to the South Climb approach. Many burned and dying trees. There were also many new young trees - maybe 3 feet tall, starting the regrowth of this lovely old forest.



Joanna Macy gave an ecology based Dharma talk to a small group in Trout Lake. We were seated in the forest, much like Buddha's original students. It was a wonderful talk.



For clergy interested in a local chaplain program

Kozen is the head chaplain at Skyline Hospital and we are developing a program for ongoing spiritual support. Please contact Kozen if you have any questions or sign up with Jessie Ramos at 509.637.2923 if you want to take the hospital orientation class .



CHAPLAIN TRAINING

OCTOBER 27, 2016

NOON TO 3 P.M.

SKYLINE'S DOWNSTAIRS CONFERENCE ROOM

LUNCH WILL BE PROVIDED

Please join us for a discussion on:

- Customer service
- Patient visitation
- Transitional care patient rounding
- Infection control
- Safety

FOR MORE INFORMATION CONTACT:

JESSIE RAMOS @ (509) 637-2923 JESSIERAMOS@SKYLINEHOSPITAL.ORG



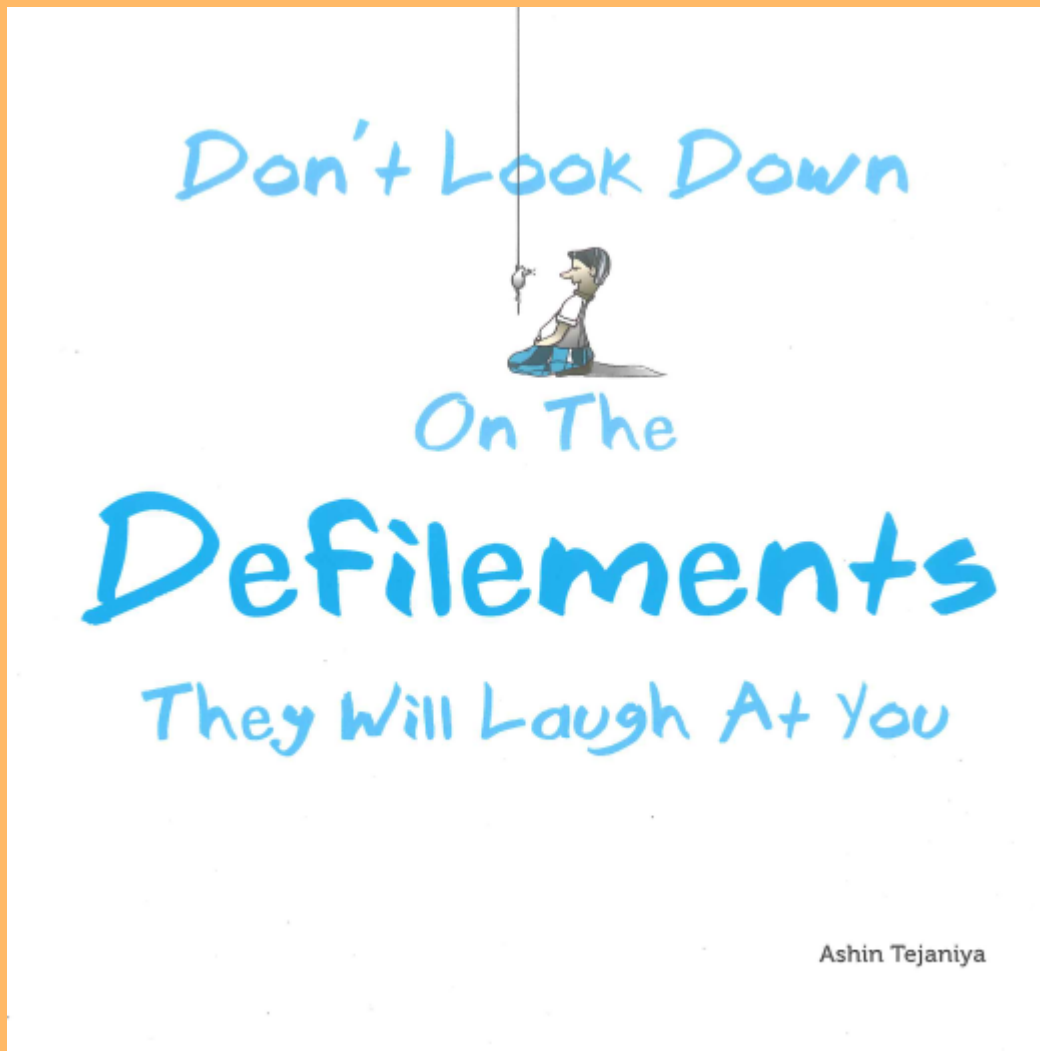
Morning Meditation

Here we are walking in the early morning before sunrise in our labyrinth. Mt Adams is highlighted by sun in the background. Come join us at 6:30 am Monday - Friday

Monday Noon Meditation
at Trinity Natural Medicine
1808 Belmont Ave., Hood River



One of the best books I have ever read about dealing with our own stuff



"The Buddha did not say that we should not think, talk, or act; what he said was that, instead of being driven by defilements, we should apply wisdom when thinking, talking, and acting". Ashin Tejaniya

We have a few copies at our temple or you can order this book from www.kmspks.org (Kong Meng San Phor Kark See Monastery). There is no charge for the book but there is a small charge for postage.

We are a small Thien
(Zen) Buddhist Temple
practicing "laughing farmer

**Địa Tạng (Jizo Botatsu , Ksitigarbha)
has gone wandering**

Every year we place 2 barrel containers on the Pacific Crest Trail and offer free food to the hikers who walk from Mexico to Canada. We place a small

zen" - living our practice,
sitting zazen, being here -
right now!

Calendar SEPTEMBER

10 Retreat - one day
Meditation - please
register +

10 - 18 Red Cedar Zen
hike

24 Autumn Equinox -
Druid Event

30-Oct 2 NCNM Qigong
Retreat - *Private*

OCTOBER

3 Grief group - The Dalles

7-9 NCNM Qigong
Retreat - *Private*

12 Kozen Surgery

14-16 NCNM Qigong
Retreat - *Private*

29 Samhain - Druid Event

NOVEMBER

18-20 FALL RETREAT

DECEMBER

8 Bodhi Day - meditation
12/7 at 11:30pm to
12:30am 12/8
Please Register +

17 Winter Solstice - Druid
Event

30 Midnight Meditation -
12/30 at 11:30pm to
12:30am 1/1 *Please
Register +*



shrine on a tree above these bear-proof-containers to honor the bodhisattva by providing food for those on a journey.

Our small shrine is missing. Perhaps someone decided they needed it or as we like to think, Địa Tạng has decided to walk the trail himself to aid all who suffer. At the left is a fuzzy photo of our shrine. If you happen to see the bodhisattva wandering about please do encourage him to return the shrine to our temple.

Services & Meditation

Morning Meditation + Monday - Friday
6:30AM

Morning Service + Saturday
9 AM

Remote Locations

Hood River, OR

Monday at Noon

Trinity Natural Medicine
1808 Belmont Ave., Hood River

Vancouver WA

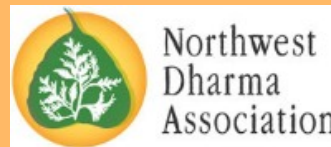
first Sunday of the month

at 3pm

Buu Hung Monastery
17808 NE 18th St.
Vancouver WA

Is your group part of the Northwest Dharma Association?

If not, it is time to join! If you are a solitary practitioner or without a sangha 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/>
*We just renewed our temple's membership and gave a "little extra" donation.
How about you - have you donated ?*

TUYẾT SON THIÊN TỰ + MT ADAMS ZEN BUDDHIST TEMPLE + 雪山禅寺

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