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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

September 2018

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

Dear ones,

We are having our **Fall Meditation Retreat on September 7-9**. Please think of joining us.

Do contact us to reserve your space. You can see the schedule below.

Our New Temple will start Building in the Spring of 2019. We are excited about making a new Dharma Hall and having a handicapped accessible temple.

We have the following costs - can you help us pay for any of them?

Sakyamuni (without Lotus) 50.000.000đ

Avalokiteśvara Bodhisattva 10.000.000đ

Kṣitigarbha Bodhisattva 10.000.000đ

Lotus foundation 15.000.000đ

2 lions length 90.000.000đ

1 bird man 50.000.000đ

1 Vietnamese Patriarch 20.000.000đ

2 reliefs stones no charge

2 stones for water 10.000.000đ

3 incense bowls tall 40.000.000đ

295.000.000đ (Vietnamese Dong)

Total cost for Stone Carvings \$12.655,00 USD

plus

Shipping \$7.700,00 USD

for a total of \$20,355

(Private individuals have already donated some of the money but we need more help to be able to have these items here for our new temple)

I am sad about asking for money. Our new temple will involve a lot of fund raising. It is my belief that the practices of our historical teacher Sakyamuni Buddha will touch the hearts of many people and help us all find peace.

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

Our Temple Retreats & Practices

September

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

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

7-9 Fall Meditation Retreat at our temple

12-15 Thich Nhat Hanh Group Retreat

19-27 Kozen on retreat - Temple is open

22 ADF Autumn Equinox - Druid Event - 6pm

27-30 Amitabha Retreat - Tibetan Buddhist Retreat

October

5-7 LGBTQ+ retreat at our temple CANCELLED

5-6 Qi Gong Retreat- PRIVATE

12-14 Qi Gong retreat - PRIVATE

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

November

3 ADF Samhain - Druid Event 5pm

10 Medicine Buddha Day

9-11 Woman's retreat

December

1-2 Woman's Dharma Retreat

8 Rohatsu midnight meditation

22 ADF Winter Solstice - Druid Event 3:30pm

31 Midnight Meditation

Dates subject to change, other retreats may be added

Fall Retreat 3 day meditation practice

7-10 September

Join us in our fall meditation retreat. Friday evening - Sunday afternoon. All are welcome to join us in our practice of the Buddha's teachings and fellowship with the Sangha. Teachers from 2+ different traditions will be present to help with practice issues and Dharma teaching.

Suggested donation \$250, we would rather have you than your money so do not let finances be an obstacle



Fall Retreat Schedule

Friday Evening

5:30-6:30 Gathering and Casual Dinner
6:30 -7:30 Evening Service
7:30 – 8:30 on your own meditation

Saturday Schedule

5:45 Metta Practice
6:15 One period of seated meditation
6:45 Informal Breakfast
7:30 Clean up break period
8:00 Orientation for Retreat
9:00 Morning Service
10:00 ORDINATION / PRECEPTS ceremony
10:45 – 11:45 Mindful Work
11:45 Two periods of meditation divided by walking meditation
1:00 Lunch- Soto style Oryoki (Mindful eating)
2:00 Clean up and Break
3:45 Two periods of meditation w/walking meditation & private meeting with teacher
5:00 Half hour of walking meditation (outside)
5:30 Dinner-Soto style Oryoki (Mindful eating)
6:30 Clean up and break
7:00 Metta Practice
7:30 One period of seated meditation
8:00 Tea and Dharma talk
9:00 Time for Bed

Sunday Schedule

5:45 Metta Practice
6:15 Two periods of seated meditation divided by walking meditation
7:30 Informal Breakfast
8:30 Clean up
9:00 Morning Service
10:00 Samu (work period)
11:30 Two periods of meditation w/walking meditation & private meeting with teacher
12:45 Informal Lunch
1:45 Clean up and Break
2:45 One period seated meditation
3:15 Tea and Group discussion
4:15 Retreat Ends

Thich Vinh Minh will be in the USA on September 10, 2018 .

He has been granted an R1 visa which means he can stay here for up to 3 years.

We look forward to his presence and teaching at the Abbey.

Thich Minh Thien, Abbot of Budding Dharma



...ORDINARY vs. EXTRAORDINARY...

Every month, towards the end of the calendar, I panic just a little bit about what will the topic be for this newsletter. I know that there is no need to panic as each month something comes forth to write about. With that said however, after about 3 years of writing here, one might think that I should be able to avoid the mini-panic over a subject to write about. The panic has become an ordinary reaction to this monthly commitment. I began to wonder about how to change this monthly mini-panic into something I might not stress about which then could mean it might be viewed as an extraordinary opportunity. As I thought more about this, I realized that many things in my life that occur might be stressors I would rather avoid and could be looked at in a different way if I could see them as extraordinary opportunities to be mindful. I began to see that my path, my way to the Buddha, could be different by having a focus on daily life and

all that this entails as part of my actual spiritual practice; elevating the mundane tasks of everyday life or the wish to avoid some tasks could change by seeing them in a different way. This would involve changing my view of ordinary experiences to seeing more things in an extraordinary way.

This reminds me of a story which my Teacher and I joke about. It occurred when I was spending some time at the Mount Adams Zen Buddhist Temple in the latter part of the year. Trout Lake had just been blanketed in snowfall and was truly a winter wonderland to behold. We were off on a drive to visit friends and my Teacher just couldn't help himself from commenting on the beauty of the snow. I was driving, and it seemed like at each curve of the road he could not restrain from expressing such joy about the beauty of nature he was seeing in the mountains, in the trees, and in the ice and snow as it caressed the local landscapes. After about the 20th expression of delight, I finally responded, "...mountains, trees, ice, snow...pretty...I got it!". I now see the difference between how my Teacher was viewing it versus how I saw it was that he was benefiting and being fed by his extraordinary view of life while I was limiting my experience by my ordinary understanding; "...mountains trees, ice, snow...pretty...I got it!". Such a profound lesson!

And so, this path of the Buddha encourages us in all ways to be mindful and live in gratitude, especially for those things that we might hope to avoid or want to be different. Our health, our daily routines, our mundane tasks, our relationships, our view of life are all impacted by whether we view things as just ordinary or look deeper to find the extraordinary in every opportunity of life. Now, the practice of Gathas makes even more sense to me. Gathas are short verses that help us practice mindfulness. When we focus our minds on a gatha, we return to ourselves and become more aware of each action. Our contemporary teacher, Thich Nhat Hahn points out, "Dwelling in the present moment, we can see so, many beauties and wonders right before our eyes – a child's smile, the sun rising the autumn leaves. We can be happy just by being aware of what is in front of us".

What choice will you make? Ordinary or Extraordinary. As a child of the Buddha, we are all already Extraordinary in all ways. May these wonderful teachings become our way of life so that suffering decreases and our joy becomes our constant companion.

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.

Zencare by Martine Geeraert

503.473.3816 geeraertmartine@gmail.com
www.zencarehr.com



Poetry from Venerable Fa Sing (Thich Tâm Minh)

How do I live
"One breath at a time"
When even the air
Chokes on the smoke
Of a burning world?

I don't always know
Where I'm supposed to look
In gardens full of flowers;
But roadside weeds
Can catch my attention
Without so much as trying.



Half blind and half deaf,
The old monk wanders through life
Feeling sorry for those
Who see only with their eyes
And hear only with their ears.



Cascade Mountain School September 21-23 Fall Forest Retreat

Cascade Mountain School is excited to offer a new adult program this fall combining backpacking with meditation and mindfulness. Whether you are new to both backpacking and meditation or have lots of experience with both, you will have the opportunity to grow and learn in a supportive community on this weekend journey to explore both inner and outer wildernesses.

For thousands of years, leaving civilization behind and traveling into the wild has been a tried-and-true path for those seeking clarity and insight in a complex world. Following in these footsteps (literally), we will hike into the Indian Heaven Wilderness carrying only the essentials on our backs.

Instruction will be provided for both backpacking basics and sitting and walking meditations in the Buddhist tradition (no particular beliefs, worldviews or ideologies are needed; the practices offered will be appropriate for those of all backgrounds). In addition, we may have the opportunity to explore some mindful listening, speaking and working practices.

On Friday evening, we will meet and camp in the shadow of Mount Adams at the Trout Lake Abbey, a beautiful spiritual retreat center and organic farm. There, we will have the chance to meet each other, prepare for our journey, and check our camping and backpacking gear.

On Saturday morning, we will rise early and drive to the trailhead, where we will walk together approximately 4-8 miles into the backcountry to our campsite. We will return the next day to the Abbey by early evening.

During our time together, there will be a mix of structured and unstructured time and all activities offered will be "challenge by choice," allowing everyone to find their place of challenge, rest and growth. Those

without any meditation experience will be given basic instruction that will be useful both in nature and at home, while those with an established meditation practice will be given the opportunity to bring their practice into a new setting which can offer new insights.

While many of us use the outdoors as a setting for exciting adventures and sports, many of us (often the same people) also instinctively steer towards nature when we need solace or clarity. This retreat will provide us opportunities for growth and a community of supportive people and the guidance of experienced outdoor guides and meditation practitioners.

The retreat will be led by Scott Cushman, Buddhist practitioner and former Outward Bound Instructor, Emily Martin, Outdoor Educator and Mindfulness Practitioner (and CMS founder).

Cost: \$200/person, includes all expenses associated with the weekend, including lodging and the following meals: Saturday and Sunday breakfast, Saturday and Sunday lunch, and Saturday dinner.
Begin: Friday, September 21st, at 6 pm at Trout Lake Abbey ([46 Stoller Road, Trout Lake, WA](#))
Middle: Backpacking as a group approximately 6-10 miles in the Indian Heaven Wilderness
End: Sunday, September 23rd, at 6 pm at Trout Lake Abbey ([46 Stoller Road, Trout Lake, WA](#))

Gear: Cascade Mountain School has personal gear for participants to borrow, such as backpacks, sleeping pads, tents, and sleeping bags. Cascade Mountain School guides will provide group cooking gear, first aid kits, water purification, and emergency provisions. Please plan to completely unplug from electronics during the trip.

For more information or to register visit:

www.cascademountainschool.org/events/fall-forest-meditation-retreat

2018 Other Faiths, Days of Respect, and National Holidays

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 Druid event at the Abbey

30- Oct 2

October

4 St Francis Day (Christian Holiday)

8 Native American Day (National Holiday)

18 Dasera, Dussehra or Vijyadashmi (Hindu Holiday)

31 Halloween (National Holiday)

November

3 Samhain 5pm Druid Event at the Abbey

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)

22 Winter Solstice 3:30 pm Druid event at the Abbey

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

31 New Year's Eve

Mt. Adams Zen Temple Sponsored

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
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Trinity Sangha Study Group

1st and 3rd Wednesday Evenings - Time 6:30-8:00pm

Where: at Withers residence, 1829 5th St., Hood River (Sieverkropp Development behind Rosauer's)
Next meeting September 5th. For further information, contact Bonnie at (414) 807-4415.

Other Meditation Groups in the Gorge

Friday Morning Guided Meditation with Emily . 6:30 - 7:00 am at Trinity Natural Medicine at 1808 Belmont Ave, Hood River, OR 97031

11th Step Recovery Meeting #1 WHITE SALMON - A Fresh Step Forward in Recovery Sunday evenings 6:00pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: Richard.withers@att.net ; 414-587-4065

11th Step Recovery Meeting #2 HOOD RIVER - On the last Thursdays of August (30th) and September (27th) the Hood River 11th Step meeting will hold a "Hood River 11th Step Reunion". This is a Meditators' reunion and an introduction to Meditation Practice for newcomers in recovery. Contact Dick Withers for details : Richard.withers@att.net ; 414-587-4065

Pacific Hermitage Meditation and Dharma 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