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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

October 2019

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

Dear ones,

We seem to be a nation torn apart by politics and likes and dislikes. A friend recently told me that they hated members of a political party. Politics and religion may cause some of us to rise up in great passion; Let us remember that we can all still be kind, respectful, and loving even if we disagree.

A recent short film, **Cultivate Compassion**, addresses the stigma of alcohol and drug dependence and mental health issues. It is a short film about 10 minutes and well worth watching. You can view it at <https://vimeo.com/355458333/ab9ddb0057>.

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

Upcoming Retreats and Practices

Oct 6 Women & Dharma

Oct 25-27 octSOBERfest

Dec 7 and Dec 31 Midnight Meditation (11:30pm - 12:30 am)

May 8-18 Metta and Vipassana Meditation Retreat

Loving Kindness at Treebird Farm

A neighbor farmer, Michael, raises chickens, pigs, and lambs for meat. He slaughters them on his property and sells them to others in the area. I went to visit his farm on a day when he was slaughtering a lamb, he sat on the lamb and cut it's neck. letting the blood run out on the ground. As a vegetarian and a monk it was not a scene I am used to and it was disturbing.



A humanely slaughtered lamb at Treebird Farm. Compassionate animal farming. Far kinder than plastic wrapped meat at the supermarket.

As I talked to Michael about his work, he spoke of wanting to cause a minimum of suffering to the animal he was slaughtering. He had visited slaughter houses and thought that they were often unkind and caused needless suffering. So while he took animal life, he was as compassionate as possible in the practice.

In thinking about it, animals raised on his farm live a good life. They are slaughtered with as little suffering as possible, and he agonizes over reducing the suffering as much as he is able to.

I think his farm is far kinder to animals than a large commercial meat processing facility. While I would ask us all to consider giving up meat, if one decides to eat meat, then meat from Michael & Rebecca's [Treebird Farm](https://treebirdorganics.grazecart.com/about-our-farm) seems the very best way to live in kindness. <https://treebirdorganics.grazecart.com/about-our-farm>

— octSOBERfest —

- in the Columbia Gorge -

Oct. 25-27, 2019

Come for The Whole Weekend or for
Saturday's Speaker & Barbecue

At The Trout Lake Abbey: 46 Stoller Rd, Trout Lake, WA 98650

Contributions appreciated but there are no fees for programs and meals
- see below for overnight accommodations and costs

Friday 4 pm: Check-in begins for overnight (light dinner)

Saturday 10:30 am: Speaker Gary Sanders

**Saturday Barbecue-Picnic, 1 to 5 pm
Music, Abbey Tours, and More**

All are Warmly Welcome to attend the Barbecue: Grills and food provided (and you can bring your own)

Please RSVP To Richard: richard.withers@att.net (414) 587-4065

Find out more about spiritual renewal in recovery programs including: Recovery Dharma, "11th Step" Meditation, Restorative Yoga, Mindfulness in Recovery. Activities include options for meditation, labyrinth-walking, sharing information about recovery support

Limited accommodations and camping are still available Friday & Saturday nights: for information and to make reservations call Claire, The Abbey Business Office: (509) 395-2030 or business@tlabbey.com

Sponsored by:

The Mt Adams Zen Temple, mtadamszen.org, at The Trout Lake Abbey, tlabbey.org and by

A Fresh Step, a community program of CultureSeed
Go to cultureseed.org to donate to OctSoberFest



Oct 6th, 9-4 pm

Join us THIS SUNDAY for a day of dharma in the company of other women, as we explore together our experience as female practitioners in this tradition.

We are blessed to have Erin Mychele Selover as our visiting teacher in October, and our

[MORE INFO AND REGISTRATION HERE](#)

day is entitled "Taking our Seat: Embodying the Soft Power of the feminine."

Who is Scott?

In the practice of Thien (Zen), sometimes a Koan arises from our own mind; sometimes a teacher assigns the "question". In pursuing the "answer" one can look into one's own nature.

Per Barbara O'Brien, " Zen Buddhism has a reputation for being inscrutable, and much of that reputation comes from koans. Koans (pronounced KO-ahns) are cryptic and paradoxical questions asked by Zen teachers that defy rational answers. Teachers often present koans in formal talks, or students may be challenged to "resolve" them in their meditation practice ." (<https://www.learnreligions.com/introduction-to-koans-449928>) .

Here are the thoughts of one student looking at his Koan, "Who is Scott".

I am that which emerges when I get out of my way.

I am not anything I point to and think, "This is me."

I am just me, here and now.

I am not different from you.

I am where the ink of the brush meets the paper.

I am not solely responsible for creating anything of myself.

I am the sun.

I am not any more special than the pebble I keep in my pocket as a remembrance of who I am.

I just am.

Per Eric E inhorn

I came across a couple maxims recently that I thought you would appreciate:

- 1) If you don't change direction, you'll probably end up where you're heading.
- 2) You can't change your first thought, but you can change your second thought.



Thich Minh Thien, Abbot of Budding Dharma

Arlington, Texas

OUT OF THE MOUTHS OF BABES

Dear Dharma Sisters and Brothers...this month as the seasons begin to change, we are experiencing weather patterns that again, are most unusual. Horrific hurricanes, melting glaciers, excessive heat, drought and fires remind us of the catastrophes awaiting future generations as a result of mankind's lack of attention to climate change and ignoring the man-made contributions to this assault on our planet.

Instead of my thoughts this month, I thought I would share with you the accusations and plea of one 16 year old young lady, Greta Thunberg, as she addressed many world leaders at the U.N. this month. I hope it moves you as it did me.

"My message is that we'll be watching you.

This is all wrong. I shouldn't be up here. I should be back in school on the other side of the ocean. Yet you all come to us young people for hope. How dare you! You have stolen my dreams and my childhood with your empty words. And yet I'm one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!

For more than 30 years, the science has been crystal clear. How dare you continue to look away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight. You say you hear us and that you understand the urgency. But no matter how sad and angry I am, I do not want to believe that. Because if you really understood the situation and still kept on failing to act, then you would be evil. And that I refuse to believe.

The popular idea of cutting our emissions in half in 10 years only gives us a 50% chance of staying below 1.5 degrees [Celsius], and the risk of setting off irreversible chain reactions beyond human control. Fifty

percent may be acceptable to you. But those numbers do not include tipping points, most feedback loops, additional warming hidden by toxic air pollution or the aspects of equity and climate justice. They also rely on my generation sucking hundreds of billions of tons of your CO2 out of the air with technologies that barely exist. So a 50% risk is simply not acceptable to us — we who have to live with the consequences.

To have a 67% chance of staying below a 1.5 degrees global temperature rise – the best odds given by the Intergovernmental Panel on Climate Change – the world had 420 gigatons of CO2 left to emit back on Jan. 1st, 2018. Today that figure is already down to less than 350 gigatons.

How dare you pretend that this can be solved with just 'business as usual' and some technical solutions? With today's emissions levels, that remaining CO2 budget will be entirely gone within less than 8 1/2 years. There will not be any solutions or plans presented in line with these figures here today, because these numbers are too uncomfortable. And you are still not mature enough to tell it like it is.

You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you. And if you choose to fail us, I say: We will never forgive you. We will not let you get away with this. Right here, right now is where we draw the line. The world is waking up. And change is coming, whether you like it or not.

Namo tassa bhagavato arahato samma sambuddhassa

Tibet A Gift

(a wonderful Tibetan gift shop)

3848 SE Division St

Portland OR 97202-1641

<https://tibetanprayerflag.com/>

Please call the shop owner, Jampa, if you have questions at (503) 810-7355

We built our prayer flag pavilion from the flags we got at this store.



Poetry from Venerable Fa Sing (Thich Tâm Minh)

s till and quiet,
with a mind of clear water
and the gaze of a raven,
I sit and reflect



on my morning tea

I sought in vain
a way out of pain,
gazing ever higher and higher;

Until at last,
with my eyes downcast,
I found it right here in the mire.

The Noble 8 Fold Path



Kaye Jones

This summer I've had the opportunity to travel in Switzerland to my family's ancestral place on my mother's side. In 1921, my grandfather came over on a boat to the United States with his mother and older brother when he was two years old. The (much loved) story goes that my grandfather, upset about leaving home, took to biting the other passengers during the voyage across the Atlantic. In America, as a child of the Great Depression, he carefully conserved his resources, working his way out of poverty, tending his new home. He was a builder of trails, lover of the mountains, and especially of birds. He passed his love of life on to my mother, his only child, and to my brother and me. He died recently at age 96, and one of my unexpected blessings was to be with him, holding his still strong hands, as he drew one last breath and let it go.



These weeks in Switzerland I feel a joy in my body down to my bones, the mountains seemed to fill my heart. Each day we take the tram up to the higher elevations to hike. People of every nationality and ability pass by, exchanging greetings. Different languages float by on the breeze. We rejoice to be out of America and part of the wider world beyond.

A few days ago we were sitting on a rocky shelf by a high lake, mountains stretched out and folded in every direction, my nine year old son Rye asked me, "Is this God?" "Yes," I said. "These mountains, this earth, these living creatures are holy, they have God in them." Not a transcendent God somewhere out far away, but immanent presence, right here on this earth. I want him to see that everything that arises can be an expression of wisdom and a gate to awakening, and to love. I think he already knows.

One hundred or so years later after my Great grandparents left their homeland, we've made our lives in another grassy valley with cows under the mountains. Our three generations are learning again to live in place. The land is patient with us, teaching us how to pay attention. Some of my grandfather's ashes have fertilized my mother's garden at the north end of the valley and the rest sit on my altar.

When my mother was a small girl, her grandmother would adamantly tell her in native "Switzerdeutsch" to 'deep breathly' whenever they were in a beautiful place. If you would like to join us in "deeply breathing," August Jensen and I welcome you to our weekly meditation group in Hood River, Thursdays, 5-6pm, at the Hood River Foundation for Vibrant Living.

Can you help with this creative project?

This team approached our temple looking for individuals to share their journey discovering the diversity and richness of Buddhism for a multimedia project, Beyond the Cushion. The project is

lead by Jack Huynh, a Buddhist practitioner and photographer of 20 years.

The focus of the project is to document the many ways practitioners are manifesting their path in their daily lives — beyond the cushion.

The proceeds will be donated to [Tsoknyi Nepal Nuns](#) , an international organization that supports a growing number of Tibetan Buddhist nuns in Nepal and Nangchen in Tibet.

Jack will be traveling through Washington in early October and will be available to interview and photograph participants, so please do reach out to him ASAP if you are interested in being interviewed.

If you would like to learn more about the project and the narrative/portraits of previous participants, check out the [website here](#) - [Beyondthecushion.com](#) .

Please feel free to reach out to Michael VanConant at michaeljvanconant@gmail.com or 517-204-3149 with any questions or to schedule an interview.



Mt. Adams Zen Buddhist Temple

Trinity Sangha
Meditation
Mondays 12-1 pm
@ Trinity Natural
Medicine

Insight Mindfulness
Meditation
w/ Rev. August Jensen
and Kaye Jones
Thursdays 5-6 pm
@ the Center for
Vibrant living

Trinity Sangha Study
Group
1st and 3rd
Wednesdays
6:30- 8:00 pm @
Wither's residence:
1829 5th St.,
Hood River

Counseling Support
August Jensen
august@gorge
counseling.com

Recovery Support
Dick Withers
richard.withers@att.net

Contact scott@scottrowerphd.com
to join the Mindfulness in the Gorge Facebook page

MEDITATION GROUPS

IN THE GORGE 2019



Other Practice and Study Groups

Pacific Hermitage Meditation and Dhamma talk w/ Thai Forest monks -Tuesdays 6:30-8 pm @ Yoga Samadhi

Hood River Zen walking and sitting meditation on 2nd & 4th Sundays 4-6 pm @ Good Medicine Lounge, Hood River

White Salmon Dharma every other Sunday evenings @ Atlan (rscottcush@gmail.com)

Meditation/Buddhism Study Group- 3rd Wednesdays of the month 1:30- 3:00 pm @ Cascade Park Community Library (study, practice and discussion, no experience necessary)

Heart Journey Community Mindfulness Group every Sunday 6-7:30 pm @ Shepherd of the Hills Lutheran Church, Stevenson, WA

Refuge Recovery Group every Wednesday 7:45-9 pm @ St. Marks Hood River, OR

At Trinity Natural Medicine:

Sunrise Meditation
Tuesdays & Thursdays
6:15-7 am
Mindful movement +
30 min sit

Monday Breathe
Yogic breath work
Every Monday 5:15-5:45 pm

8.27.19

*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