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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺



October 2020

Weekly Temple Services

Mon. NOON Meditation and Metta: <https://zoom.us/j/366450747>

Meditation Saturday 9am full service + meditation <https://us02web.zoom.us/j/89185285652>

New Videos on our website. <https://www.mtadamsbuddhisttemple.com/videos/>

Dear Ones,

Well Fall is here, and with it opportunities to grow or not, to love or not, and to practice or not.

In the practice of Metta (Loving Kindness) we need not take on the burdens of all the suffering around us. Rather, we can choose to enter a state of ongoing well wishing in each moment. When we find ourselves having unkind, judgemental, or disparaging thoughts we can begin the Metta Practice by going directly to:

"May you be well.
May you be happy.
May you know love.
May you know peace."

In doing this we can avoid the sympathetic burden of suffering for another being. As we come to increase our understanding of suffering, Such-ness, and Karma, we can experience the inter-connectedness of all beings. We truly are not alone and just one being.

It is a loving gift to share a time of trials with another - listening and being a witness is a most wonderful gift. AND we would do well to remember to also maintain well wishing for ourselves:

"May I be well.
May I be happy.
May I know love.
May I know peace."

Days of Faith and Remembrances

3 Saturday [First Day of Sukkot](#) Jewish
4 Sunday [Feast of St Francis of Assisi](#) Christian
5 Monday [Child Health Day](#)
12 Monday [Columbus Day](#)
12 Monday [Native American Day](#) & [Indigenous People's Day](#)
16-18 Friday - Sunday [Buddhist 3 day Fall Retreat](#)
17 Saturday [Navratri](#) Hindu
25 Sunday [Dussehra](#) Hindu
29 Thursday [The Prophet's Birthday](#) Muslim
31 Saturday [Halloween](#)
31 Saturday [Samhain](#) Druid

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

Upcoming Retreat - 3 Day retreat - 16 - 18 October

*Join us for Sangha sharing, metta practice, walking and sitting meditation,
Dharma talks, Qi Gong, Artful Zen, and much more. Sign up on www.mtadamszen.org*

Mental Health and Chemical/Alcohol Dependency

In this time of stress (politics, Covid Pandemic, Jobs...) many of us have turned to alcohol and substances use to cope. Sadly, for many, that coping method may cause far more harm than expected.

A film - worth watching again:

Gorge Wellness Alliance: Cultivate Compassion. <https://vimeo.com/355458333/ab9ddb0057>.

A book of an adult child of alcohol/drug using parents:

Stray by Stephanie Danler (https://www.amazon.com/Stray-Memoir-Stephanie-Danler/dp/1101875968/ref=sr_1_1?dchild=1&keywords=Stray+by+Stephanie+Danler&qid=1601560152&sr=8-1)

Using Buddhist Practices and Principles to Heal the Suffering of Addiction

Recovery Dharma <https://recoverydharma.org/>

The Essence & heart of the Buddha's teachings can be found in these topics from the sutras

- [The Four Establishments of Mindfulness](#)
- [The Four Right Efforts](#)
- [The Four Bases of Spiritual Strength](#)
- [The Five Faculties or The Five Powers](#)
- [The Seven Factors of Awakening](#)
- [The Noble Eightfold Path](#)

If you would like to follow the Buddha's core teachings, click on the link for each topic.

Thich Minh Thien, Abbot of Budding Dharma

Arlington, Texas

Bodhisattvas In Our Midst

About two months ago, I ignored a call from a number I did not recognize; my usual modus operandi regarding incoming calls. The caller did leave a voicemail indicating that he was calling from Medical City Arlington. I immediately called back, fearing that someone I knew had been admitted.



The gentleman who had called stated he was on the chaplain team at the hospital and was wondering if I might consider joining the volunteer group of chaplains providing ministry there. I was somewhat surprised because my experience as an ordained Buddhist minister was that unlike Christian, Jewish or Muslim ministers, Buddhists are sort of an unknown commodity. I did check that this gentleman knew I was one of those oddities. He acknowledged he did. He explained that some months ago, the paid chaplain position at the hospital retired and since that time, no one was coordinating the efforts of the team and therefore patient visitation had fallen by the wayside. He hoped to include someone from the Buddhist path on this team.

I thanked him for his consideration and agreed to meet at the hospital to discuss further. We met, had lunch and I agreed to join the volunteer team and could commit to two days per week. This hospital is a Level II Trauma Center and is rather large. My first challenges were just finding my way around and understanding where I should and should not go. My second challenge and one that I hoped to conquer, was how to best serve the myriad of patients having many, many differing spiritual paths, mostly connected to a deity concept. I am still working on that.

What I did see up close and personal was the awful suffering people were experiencing regarding their own health challenges. I also observed the loving caregivers charged with trying to return these patients to health. Each and every one that I have encountered as I do what I call, "my rounds" are angels in human form or in the Buddhist philosophy, true Bodhisattvas. Their professional skills are amazing to watch as they monitor and apply the treatments prescribed. Seeing their attitudes and high level of personal care and interaction with which they deliver these skills is heartfelt and sincere. I have yet to observe anyone being indifferent or uncaring. They not only have to deal with the fears and concerns of patients but also those of family and friends present. You can actually feel the love with which they deliver their expertise.

You might be thinking that this is all just part of their job and you would be correct. I come from a service industry and I can assure you that the frontline people I used to work with also had pressures. Assigning seats on an aircraft or checking bags however were not life and death issues. And, if I could have had the same attitudes from my agents and flight attendants that I am witnessing from these hospital workers, we would have easily been the number one airline year after year. I know there must be a "Nightmare Nurse" out there somewhere, but I have yet to experience one.

These angels are not the only Bodhisattvas out in the world. For example, we have teachers and caregivers who also are putting the welfare of our children and elders ahead of their own safety concerns. Many of those "essential workers" that we hear so much about during this pandemic are also walking the path of a Bodhisattva.

Every day when we do a review of all those to whom we can offer gratitude, please remember to include all these Bodhisattvas in our midst.

Namo tassa bhagavato arahato samma sambuddhassa

*Thay Z did a wonderful Dharma talk at the Dallas Meditation Center. You can watch the video at https://www.youtube.com/watch?time_continue=1948&v=6HExiQgc0OE&feature=emb_logo.
Thay Z's talk starts about 32:28. Thay Z is a great teacher... Thay Kozen*

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. Our pavilion was destroyed during a fierce wind storm. We'll be building a new one in November.



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

I'd rather be free as a weed
in a field of wildflowers,
than imprisoned like a rose
and gazed upon for hours.

*+++++++

Sitting quietly
in the cathedral of night,
I hear the answer to my prayers
in the song of the falling rain.

+++++++

already awake
at four a.m.
the stars are still
bright and clear
even though
they've been up all night

The Noble 8 Fold Path



New Farm Manager

James Jensen, a Trout Lake resident for the last 5 years, moved to the valley with his wife Brianna in order to raise their two girls (Sonja 5, Niko 3) in a place and manor befitting any proud Heathen. After spending his youth in the southern cascades, he studied Optical Engineering and Physics at CU Boulder, where he went on to work in Aerospace and Data Storage until joining a tech start-up in Scotland. He returned to the US in 2012 to found SkySight, an aerial cinematography company which he then sold in order to become a primary parent. After nearly 5 years on the humbling journey of primary parenthood, he joins the Abbey's team as Farm Manager in the hopes that what he lacks in experience, he can make up for with enthusiasm and dedication to this property, its offerings to our beloved community, and all forms of life.

Dave Hanken, our previous manager, has retired after working hard here for the last 10 years. He helped make the Abbey all that it is and he will be missed.



Mt. Adams Buddhist Temple

Temple Service
& Dharma Talk
Sat 9-10 am
via ZOOM
[https://us02web.
zoom.us/j/89185
285652](https://us02web.zoom.us/j/89185285652)

Trinity Sangha
Meditation
Mondays 12-1 pm
via ZOOM
[https://zoom.us/j/
366450747](https://zoom.us/j/366450747)

Counseling Support
August Jensen
(online + in person
w/health protocols)

august@gorge
counseling.com

Recovery Support

Dick Withers

richard.withers@att.net

MEDITATION GROUPS

IN THE GORGE 2020

COVID-19 CHANGES



Other Practice and Study Groups

Trinity Sangha Study Group - 2nd and 4th Wed 6:30- 8:00 pm -
contact bwithers261@gmail.com

Heart Devotion Meditation w/Emlcy Martin Sundays from 9-10 am via
ZOOM <http://bit.ly/heartdevotion>. More information @ sapphire
heart.org

Recovery Dharma - Wednesdays 7-8:15 pm & Sundays 6:15-7:30pm
via ZOOM <https://zoom.us/j/6585138476>

Second Saturdays 11-12:30 via ZOOM <https://zoom.us/j/754615114>

Mindfulness & Meditation Group - first Sunday of each month 4-
5:15pm check [HERE](#) for updates to online offerings

Yoga w/Laurie VanCott via Zoom - Mondays 5-6:15 pm [HERE](#) pswd:140400
Tuesdays 8-9 am [HERE](#) pswd:285192
Thursdays 8-9 am [HERE](#) pswd: 852204

Trinity Natural
Medicine is offering
numerous classes
online, please see
their full schedule
[HERE](#)

Join the Columbia
Gorge
Mindfulness
Facebook page

Scott Rower's
Mindfulness
Event Calendar

5/20/20

METTA SUTRA ⊕

This is the way of those who follow the Dharma. They have become skilled and peaceful, seek the good, and follow the path:

May they be able and upright, straightforward, of gentle speech and not proud.

May they be content and easy wherever they are.

May they be unburdened, with their senses calm.

May they be wise and not arrogant.

May they not seek followers or supporters.

May they live without desire for the possessions of others.

May they do no harm to any living being.

On this one should reflect:

May all beings be happy.

May they live in safety and joy.

All living beings, whether weak or strong, old or young, man or woman, smart or foolish, healthy or disabled, seen or unseen, near or distant, born or to be born, may they all be happy.

Let no one deceive or despise another being, whatever their status.

Let no one through anger or hatred wish harm to another.

As parents watch over their children, willing to risk their own lives to protect them, so with a boundless heart may we cherish every living being, bathing the entire world with unobstructed and unconditional loving-kindness.

Standing or walking, sitting or lying down, in each moment may we remain mindful of this heart and this way of living that is the best in all the world.

May this sublime abiding, holding no fixed views, obtain pure hearted clarity of vision and freedom from sensual desires. In this state one is free from the cycle of rebirth and death.

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