

# October 2011 Newsletter



## Tuyết Sơn Thiền Tự Mt Adams Zen Buddhist Temple 雪山禪寺

We are a small Thien (Zen) Buddhist Temple practicing "laughing farmer zen" - living our practice, sitting zazen, being here - right now!

### Meditation Times at the temple

Morning Services - 6:30 AM  
Services are M-F mornings

Evening Services - 6:30 PM  
Thursday and Friday Evenings

Weekend Services - 9AM  
Saturday only

### Event Calendar

#### October

1- NWDA Teacher's meeting  
(Kozen will be out of town from Sat 1 Oct to Thursday 6 October)  
The temple is unlocked - please go sit.

4,11,18,25 -  
Theravada teachings at Yoga Samadhi in White Salmon

7 - Buddhist Lunch and housewarming at Denise's (509.637.4728) RSVP

**10 - Buddhist Movie Night @ The Abbey**

**15 Quan Yin festival - a celebration of Peace and Compassion @ The Abbey.**

17 - Prison meditation - CRCC

12 - Full Moon

31 - Kozen to Vietnam

#### November



Dear Dharma Friends,

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

These 4 simple sentences can change your life. Think of a loved one or an enemy and say them. It works well in either circumstance.

In loving kindness,  
Thich Minh Tinh

**Giftng - Dana** A Vietnamese family recently came to our temple and made a cash donation. When I started filling out a 501(c)3 taxform, they stated, "please no - we do not need a form". Then they explained to me that "a gift to Buddha needs no return from our government or other men. A gift to Buddha is part the natural order of Buddhist practice and to ask for any credit or cash back would be a lessening of the gift". YIKES - not the way most Americans think of it. Yet, in a sense of Dana, it was a wonderful and heart felt sentiment. Regardless of anyone taking a 501(c)3 form or not, dana or gifting to Buddha from the heart is a blessing to the giver.

## Festival of Compassion and Peace

**Thich Nhat Hanh Speaks:**

"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle."



"Life and death are of supreme importance. Time swiftly passes by and opportunity is lost. Each of us should strive to awaken. Awaken. Take heed, do not squander your life."

Dogen

Zenji

"Enlightenment is like the moon reflected on the water. The moon does not get wet, nor is the water broken. Although its light is wide and great, the moon is reflected even in a puddle an inch wide. The whole moon and the entire sky are reflected in dewdrops on the grass, or even in one drop of water. Enlightenment does not divide you, just as the moon does not break the water. You cannot hinder enlightenment, just as a drop of water does not hinder the moon in the sky. The depth of the drop is the height of the moon. Each reflection, however long or short its duration, manifests the vastness of the dewdrop, and realizes the limitlessness of the moonlight in the sky.

**Dogen Zenji (1200 - 1253)**

**Empty Mind Sayings**

**The religion of the future will be a cosmic religion. It should transcend a personal God and avoid dogmas and theology. Covering both the natural and the spiritual, it should be based upon a religious sense arising from the experience of all things, natural and spiritual and a meaningful unity. Buddhism answers this description. If there is any religion that would cope with modern**



**Join us for our Quan Am Festival (known as Quyn Thê+m+Quan Yin+Avalokiteshvara+雪山禪寺)**

**Saturday, 15 October 2011**

at Trout Lake Abbey.

Bring a potluck offering and stay for the afternoon.

Schedule

11AM - 12 Noon

**Meditation**

Sitting & Walking

Noon - 1 PM

**Lunch**

Vegetarian Pot Luck

1PM - 2PM

**Chanting Service**

English & Vietnamese

2:15PM - 4:00PM

**Dharma Talk & Tour**

**Living in the moment**

The ancient Greeks had 2 words for time.

From Wikipedia:

Kairos (καιρός) is an ancient Greek word meaning the right or opportune moment (the supreme moment). The ancient Greeks had two words for time, chronos and kairos. While the former refers to chronological or sequential time, the latter signifies a time in between, a moment of indeterminate time in which something special happens. What the special something is depends on who is using the word. While chronos is quantitative, kairos has a qualitative nature.

When I came across this definition, I realized that mindfulness is living in perpetual Kairos and letting chronos be a perceptual formation.

scientific needs it would be  
Buddhism.  
Alber Einstein

## Northwest Buddhist Resources

*click on links below*

- Dharma Rain
- Cloud Mountain Retreat Center
- Northwest Dharma Assoc.
- Pacific Hermitage
- Plum Mountain Buddhist Community
- Portland Buddhist Priory
- Zen Community of Oregon

## Our Board of Directors

Ron, Ed, Rick, Kirk, & Kozen provide for ongoing support and guidance for our mission. Thank you for your many kindnesses and Dana.

"Zen is not a philosophy, it is poetry. It does not propose, it simply persuades. It does not argue, it simply sings its own song." Osho

"Whether talking or remaining silent, Whether moving or standing quiet, The Essence itself is ever at ease." Daishi

"There is more to life than increasing its speed."  
Gandhi

"The quieter you become, the more you can hear."  
Baba Ram Dass

"Zen does not confuse spirituality with thinking about God while one is peeling potatoes. Zen spirituality is just to peel the potatoes." Alan Watts

"The wind has settled, the blossoms have fallen; Birds sing, the mountains grow dark -This is the

Living here ...right now, ...right now, ...right now - just in this moment, no... in this moment, no... in this moment...

Finding this peace involves mindful living. Many of us walk around having a "near life experience" - dwelling in the past or the future - busy with our conceptual formations - and completely missing the present. Let us be mindful, living in the now, in Kairos, a moment of indeterminate time in which something special happens - mindfulness.

A simple action to experience now. Breathe in an out through the nose. Your belly should expand as you take in a breath and flatten as you breath out.

breath in - visualizing ourselves inhaling peace

breath out - visualizing ourselves breathing out love to all beings

Mindful peace is only a breath away!

## Resources

### Buddhist Woodworking

Reverend Ken McGuire has started a new woodworking company specifically for Buddhist Altars and supplies. You can view some of his wonderful work at the Trout Lake Zen Temple or online at <http://zenfurnishings.net/> by Ken's workshop.

### Free Trade coffee that goes for a good cause:

free trade, sustainable, worker friendly coffee. You can purchase it from our temple at our farm store.

### Local Churches

*that teach and practice an embracing, kind, and loving faith.*

**Trout Lake Presbyterian** - Sunday service at 11:15 am  
<http://www.troutlake.org/main/custom.asp?recid=15&id=38>  
Sunday Service at 10AM (Summer schedule), Trout Lake

**Bethel Congregational Church** (United Church of Christ)  
<http://church.gorge.net/bethel/>  
Sunday Service at 10AM in White Salmon

**Mid-Columbia Unitarian Universalist Fellowship.**  
<http://mcuuf.org/index.php>  
Sunday Service at 10AM at the Rockford Grange, Hood River

**Pacific Hermitage in White Salmon.**  
<http://hermitage.abhayagiri.org/>

**Hood River Zen - affiliated with Dharma Rain**  
[www.hoodriverzen.org](http://www.hoodriverzen.org)

## Local Providers of Care

wondrous power of  
Buddhism." Ryokan

**Cookie Gilpatrick LMT** Massage Therapist  
Yoga Instructor  
Trout Lake and Hood River  
cell 541.490.9077 home 509.395.2468

**Karen Hoffman LMT**  
Massage Therapist  
Trout Lake and White Salmon  
cell 509.637.4995

**Dave Martin MSOM, LAc**  
**Acupuncture and Classical Chinese Medicine**  
410 E. Jewett Blvd, White Salmon WA  
office 509.493.1241

**Denise Morrison PA-C**  
Mid Columbia Family Health Center  
<http://www.mcfhc.com/>

**Jennifer Silapie ND**  
Naturopathic Physician  
251 N. Main Ave, White Salmon  
509.493.3300

*These individuals are recommended because of the quality of  
their practice, not because of any religious beliefs.*

**Mt Adams Zen Buddhist Temple, PO Box 487, Trout Lake WA 98650**

509.395.2030 (e-mail -put in the @ sign) [kozen1@embarqmail.com](mailto:kozen1@embarqmail.com)

Temple name in Vietnamese: Tuyết Sơn Thiền Tự

Temple name in Chinese & Japanese: 雪山禅寺

Meditation

+ Join us **Monday - Friday at 6:30 AM** for our usual daily service. *(We have an extra early sit at 6  
AM M-F for those wishing more meditation time).*

+ **Thursday and Friday Evenings at 6:30pm**

+ **Sunday Morning at 9 AM**

