

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

October 2012 Newsletter



Dear Dharma Friends

Fall is with us here - the nights are chilly - sometimes freezing - the days are warm. The leaves in the trees are starting to change - beautiful reds, yellows, and browns replacing the lovely greens of summer. So it is in our own lives - the seasons change - the time of life quietly draws to an end - for another year - for another lifetime - for just a moment.

In this moment - right now - our whole life can be present - right here, right now - there is nothing more than this. Celebrate this moment with great joy - laugh and be happy - this is it!

The journey of being right here and now is about us being willing to wake up. A sage tells us that there are 3 components to waking - great faith, great doubt, and great diligence; may we all have just the right amount of each.

May all beings find peace.

In Loving Kindness, Thich Minh Tinh

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

join us for a surprisingly wonderful opportunity

Play for Peace

**SATURDAY -
OCTOBER 6
from noon -
4pm**



Services & Meditation

Morning Services 6:30AM
M-F mornings

Evening Services - 6:30 PM
Thursday and Friday
Evening

Weekend Services 9AM
Saturday Morning

Calendar

OCTOBER

6 Saturday Service 9am
Quan Te Am Bo Tat -
Celebration of
Compassion and Mercy
6 NWDA Teacher's
Meeting
6 PLAY FOR PEACE
noon-4pm
8 Kozen to CRCC Prison
13 Saturday Service 9am
Celebration of Bodhi

Join the World Peace Tour 2012!

Hosted at **Trout Lake Abbey** 46 Stoller Road Trout Lake

Time: 12 noon-4pm

Date: October 6th, 2012

Cost: Free but donations will accepted to cover expenses and support the abbey

In light of the recent tragedies of hate and violence, 4 educators are traveling from Coast-to-Coast spreading the message of peace and cooperation through play.

Launching their journey on World Peace Day September 21st in Los Angeles, four **Play for Peace** educators from different cultures, generations and religions come together to bring the joy of cooperation, inclusion, caring and fun to people across the US and then to Asia.

Bring a sack lunch, a friend and playful spirit. Playful people of any age are welcome!

Please print out the poster at the end of this newsletter and place copies everywhere. Thank you.

Two New Meditation huts have been completed.

Dharma
19-21 Unitarian Youth
retreat
19-21 Taiji Retreat
NCNM
20 Saturday Service 9am
20-29 Kobai retreat here
27 Saturday Service 9am

NOVEMBER

3 Saturday Service 9am
3 Druid - Samhain
5:30pm
5 Kozen to CRCC prison

10 Saturday Service 9am
Celebrating Veterans
service
16 - 18 Metta Retreat
loving Kindness
17 Saturday Service 9am
Celebrating Thanksgiving
24 Saturday Service 9am

DECEMBER

1 Saturday Service 9am
3 Kozen to CRCC Prison
8 Saturday Service 9am
8 Bodhi Day - celebration of
Buddha's birth - (Japan).
Temple gift exchange
15 Saturday Service 9am
22 Saturday Service 9am
29 Saturday Service 9am
31 Midnight meditation
11:30pm - 12:30 am

Vietnamese Dharma

Words of Wisdom by His Holiness the Dalai Lama

Be kind whenever
possible. It is always
possible.

Happiness is not
something ready made.
It comes from your own
actions.

This is my simple
religion. There is no
need for temples; no
need for complicated
philosophy. Our own
brain, our own heart is
our temple; the
philosophy is kindness.

All major religious
traditions carry
basically the same
message, that is love,



Our Handicapped hut is almost done. Lots of wonderful opportunities for meditation. Thank you for all who have helped make these huts possible. The huts have no electricity and no running water.

Lam Rim Retreat - a wonderful success.



Molly, Lhundup Chodon, and Thay Kozen at the end of the retreat.

The stages of the path, or Lam Rim in Tibetan, is a series of 21 meditations on the stages of the path to enlightenment. Participants in this retreat engaged in these meditations and gained confidence to begin or renew their own daily practices.

compassion and forgiveness the important thing is they should be part of our daily lives.

It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come.

Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day.

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

In the practice of tolerance, one's enemy is the best teacher.

Sleep is the best meditation.

Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent.

It is necessary to help others, not only in our prayers, but in our daily lives. If we find we cannot help others, the least we can do is to desist from harming them.

The purpose of our lives is to be happy.

Words of Wisdom
What
we



Attendees in front of the altar for a final photo.

YOGA RETREAT



Meredith Holcomb led a yoga retreat here at the Abbey in September. The teacher and students were alive and fun filled as they practiced the great journey of "union". For more information on yoga contact Meredith at meredithyoga@mac.com.

Resources

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

Buddhist Woodworking - Ken's Workshop

Reverend Ken McGuire and his wife Rev. Fern McGuire have died and I am sad that his woodworking and life working must be part of that passing. gate gate pāragate pārasaṃgate bodhi svāhā - going, going, going on beyond all going on, always becoming Buddha - yes! You are missed old friends - Kozen

Free Trade coffee that goes for a good cause:

The Presbyterian Coffee Project provides free trade, sustainable, worker friendly coffee. In the greater Trout Lake area you can purchase it from The Farm Store at Trout Lake Abbey. *Proceeds are shared between the Trout Lake Presbyterian*

**think,
we
become!
Buddha**

**From Venerable
Nagarjuna**

The logs of wood which
move down the river
together Are driven apart
by every wave. Such
inevitable parting Should
not be the cause of
misery.

Although you may spend
your life killing, You will
not exhaust all your foes.
But if you quell your own
anger, your real enemy
will be slain.

If you desire ease,
forsake learning.

There is pleasure when a
sore is scratched, But to
be without sores is more
pleasurable still. Just so,
there are pleasures in
worldly desires, But to be
without desires is more
pleasurable still.

Things derive their being
and nature by mutual
dependence and are
nothing in themselves.
So, to praise others for
their virtues can but
encourage one's own
efforts.

church and the Mt. Adams Zen Buddhist Temple. You can purchase coffee, tea, and chocolate along with our fresh produce and eggs at the Trout Lake Abbey Farm Store.

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

Trout Lake Presbyterian - Sunday service in winter at 11:15 am
<http://www.troutlake.org/main/custom.asp?recid=15&id=38>
Sunday Service at in summer 10AM

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://mceuuf.org/index.php>
Sunday Service at 10AM at the Rockford Grange, Hood River

Pacific Hermitage <http://hermitage.abhayagiri.org/>
65 Barnedt Road
White Salmon, Washington 98672

Co Lam Pagoda
3503 S. Graham St. Seattle WA 98118
Some monks speak English well

Minh Quang Temple
14719 SE Powell Blvd. Portland, OR
non-english speaking monk

Hood River Zen - Hood River OR
www.hoodriverzen.org (affiliated with Dharma Rain)

Local Providers of Compassionate Care

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

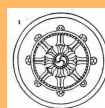
Karen Hoffman LMT Massage Therapist
offices in Trout Lake and White Salmon cell 509.637.4995

Dave Martin MSOM, LAc Acupuncture and Classical Chinese Medicine
Trinity Natural Medicine <http://www.trinitynaturalmedicine.org/>
410 E. Jewett Blvd, White Salmon WA
office 509.493.1241

Denise Morrison PA-C
North Shore Medical Group
<http://www.northshore-medical.com/Default.aspx>

Jennifer Silapie ND Naturopathic Physician
Mountain Sage Medicine
http://www.mountainsagemedicine.com/Site/Mountain_Sage_Medicine.html
302 W. Steuben, Bingen, WA 98605.
509.493.3300

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



MEDITATION SERVICES

- + Join us Monday - Friday at 6:30 AM for our usual daily service.
- + Thursday and Friday Evenings at 6:30pm
- + Saturday Morning at 9 AM

Tuyệt Sơn Thiền Tự + Mt Adams Zen Buddhist Temple + 雪山禪寺

PO Box 487, Trout Lake WA 98650 www.MtAdamsZen.org
509.395.2030 (e-mail -put in the @ sign) kozen1 at embarqmail.com



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Sam Tower worked for 23 years as an experiential educator for the Washington State University 4-H youth development program. His wife Sarah is a retired high school chemistry teacher. In 2005 and 2006, Sam and Sarah worked as volunteers for Play for Peace in India making deep life-long connections with Swati Bhatt and her husband Agyatmitra. Agyat and Swati are co-founders of PLAY (Peace Leadership And Young people) and have almost 30 years combined experience in Play for Peace.

**Stand up and play with these courageous educators who say that
peace is possible.**

Join the World Peace Tour 2012!

Questions? Jeff Albin skydogalbin@gmail.com or 509-261-0275

