

2. **LGBTQ+ Retreat** 20-22 October. Register at <https://www.facebook.com/Trout-Lake-Abbey-Queer-Meditation-Retreat-253537818482126/> or <http://events.eventzilla.net/e/trout-lake-abbey-queer-meditation-retreat-2138899248>

Retreat in November

Woman's Retreat 10-12 Register at 509.395.2030 (here)

To all of our brothers and sisters effected by shootings, earthquakes, and storms we send out compassionate thoughts and well wishing. May you all be well and at peace.

in Metta, Thay Kozen

Thich Minh Thien's Column



CHANGE OF SEASONS...

We recently moved into a change of seasons and I became aware of it only because the morning news announcer said, "Welcome to the first day of Fall". Being in Texas, the visual changes are sometimes so brief or non-existent that the awareness of the change of some seasons is overlooked. In other areas of our country, temperatures begin to modulate to a cooler level and nature begins to dip into her color palette to share wonderful fall colors. I can remember living in New England for many years where the changing pattern and availability of light reflected the cycle of the Fall season with a sense of another year passing and the coming of Winter. You may, as many do, feel a personal response to the fading light; experiencing it as a call for endings and the need for new beginnings. Do you find yourself resolving to make changes in your work, your home life, or in yourself as the winter solstice approaches? Warmer clothes come out, seasonal tools to handle new chores for raking leaves and shoveling snow are retrieved, and we prepare to add new seasonal activities on our to-do list.

In practicing Mindfulness, we become attuned to the pattern that mirrors other living creatures on Earth as they prepare for winter and then hibernate until the warmth returns, reflecting the cycle of the Earth itself around the Sun. As I have grown older, the changing of seasons suggests the preciousness of my own dwindling time and a deeper consideration for the impermanence of all things. Gaining a deeper insight into impermanence is central to our Buddhist practice. In a talk by Gil Fonsdale, he once said, "Buddhist practice points us toward becoming Equanimious amid change and wiser in how we respond to what comes and goes. In fact, Buddhism could be one extended meditation on transience as a means to freedom." He references the Buddha's last word which were reported to be, "All conditioned things are impermanent. Strive on with diligence."

In first learning Buddhist principles, I equated impermanence as the main cause of the suffering that Buddhist teachings highlight in the "Four Noble Truths" and in the "Five Remembrances". As I am more mindful of the change and impermanence of all things, I begin to realize that the suffering I originally associated with impermanence becomes a comforting reality that maybe some of us overlook or deny. So, the aches and pains, the greying hair, the aging countenance are all immediate and mindful ways of seeing things as they are. Acceptance brings a sense of peace and joy. Instead of bemoaning this season of changes, I look for the joys of having another day to experience whatever comes along. I read that certain spiritual masters in Tibet used to set their teacups upside down before they went to bed each night as a reminder that all life was impermanent. When they awoke each morning, they turned their teacups right side up again with the happy thought, "I'm still here!" This simple gesture is a wonderful reminder to celebrate every moment of the day. I have thought of using this as a Gatha to symbolize my joy in this present moment and the hope that comes with the morning. So as temperatures cool and leaves change color and fall from the trees, I will be mindful that everything is in the cycle of impermanence. I will set my teacup upside down each night. Each day, when I turn it over again, I will be grateful for the opportunity to continue this practice. As a line from the Metta Sutra states, "...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...".

Namo tassa bhagavato arahato samma sambuddhassa

Donate today!

WE ARE BUILDING A TEMPLE

and we need your help

We have started on our plans to build a temple on our 23 acre farm. Our temple proposal has been approved for up to 4000 sq. ft by the Klickitat Planning Commission, now all we need is the money to start building. Please help us by donating to our building fund.

1. Donate directly to the temple (Mt Adams Zen Buddhist Temple PO Box 487, Trout Lake WA 98650

2. you can donate on line at www.gofundme.com/ywdqkc .

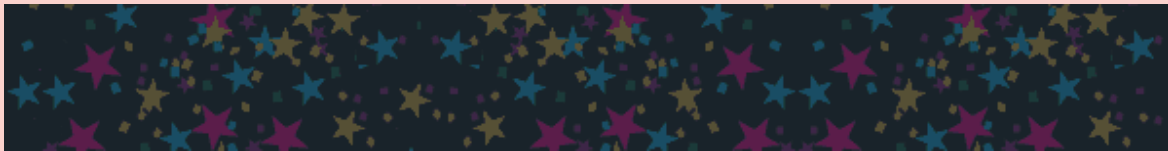
3. Buy on Amazon at <http://smile.amazon.com/ch/30-0468937>

Whenever you order from Amazon.com use this link and your regular passwords and the temple will receive a small amount of the purchase price.



We are a 501(c) 3 organization and donations to the temple may be tax deductible.

We've been here for 8 years. Our retreat area is complete, our gardens are complete, now is the time to start on building a temple. We have been approved for a 4000 square foot structure by the county and we want to raise \$275,000 to build a Dharma Hall. This will be one of the very few Buddhist Temples in our county.

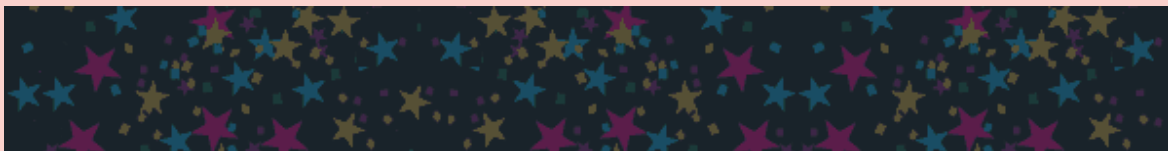


As of 18 September 2017 we have \$55,003.74 in savings.

Our goal is \$250,000

We now have one fifth of the money we need to build our new temple.

Thank you for your support!



Venerable Suco Chodren

Presented a class in Portland on 9 September for a Thich Nhat Hanh group



Our new Belfry

"Listen, Listen, Listen, the sound of the bell brings us to our true home." Ven. Thich Nhat Hanh





Our bell was donated by the kind donations of Ven. Su Co Le Nguyen and Bang Truong .

The Venerable Khenpo Karten Rinpoche

from California (www.khenpokarten.org).

Was the master of an Amitabha retreat for the Northwest Tibetan Cultural Association

We were very happy to host this retreat here. We made many new friends in the Tibetan Community and look forward to more interactions with them.



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NORTHWEST TIBETAN CULTURAL ASSOCIATION

The Tibetan Community of Oregon and Southwest Washington



Northwest Dharma News

Latest newsletter - <https://northwestdharma.org/fall-2017-volume-30-3/>



Northwest
Dharma
Association

2017 Calendar

October

Sept 29-Aug 1 NUNM Qigong Retreat (Private)

6-8 NUNM Qigong Retreat (Private)

13-15 Fall Meditation Retreat - here

20 - 22 Queer Meditation Retreat (LGBTQ) - [https://www.facebook.com/Trout-Lake-Abbey-](https://www.facebook.com/Trout-Lake-Abbey-Queer-Meditation-Retreat-253537818482126/)

[Queer-Meditation-Retreat-253537818482126/](https://www.facebook.com/Trout-Lake-Abbey-Queer-Meditation-Retreat-253537818482126/) or

<http://events.eventzilla.net/e/trout-lake-abbey-queer-meditation-retreat-2138899248>

click on the above links to sign up

28 - Samhain (Druid Event)

November

3-5 Yoga Immersion - Cat Mc Millian

11-12 Woman's Heart Retreat - sign up with e-mail vensucothichchodron@gmail.com

December

9 Bodhi Day - meditation 11:30 pm - 12:30 am

16 Winter Solstice (Druid)

31 meditation 11:30 pm - 12:30 am



2018 Schedule - Buddhist

This Schedule may change some during the year

January

private retreats

February

10 Parinirvana (one day meditation retreat)

16 Lunar New Year

17 Maitreya (Di Lac) Day

17 CLASS Advanced Computer and Internet (10:30 – 1:00pm)*

March

3 House Holder's Zen (10:30 – 1:00pm class)

16-18 Spring Retreat Here

24 Gautama Buddha left home Regular Morning Service

31 Buddha's Nirvana

31 Quan Yin day + (10:30 – 1:00pm class)

April

1-9 Spring Retreat with Most Ven. Thich An Giao in S. California (our temple closed)

6 Samantabhadra Day (Pho Hien Bo Tat)

21 CLASS Couples (10:30 – 2:30pm class)

May

5 Avalokiteshvara – one thousand eyes and arms

5 – CLASS Shaman Healing – Sylver and Kirk*

19 CLASS Tea and Zen – Ven Tam Minh*

19 Manjusri Day

26 Buddha BD

June

1-3 Meditation Retreat

3 Thich Quang Duc burned himself

9 CLASS Websites - navigation and building*

July

14 CLASS Art and Zen*

August

11 CLASS Organic Living*

25 Ancestor Day Ulambana

September

1 CLASS - Listening Skills*

8 Ksitigarbha Day

8 CLASS - Organic farming*

20-23 Thich Nhat Hanh Group Retreat

October

5-7 LGBTQ+ retreat

12-14 Fall Retreat

November

10 Medicine Buddha Day

9-11 Woman's retreat

December

8 Rohatsu midnight meditation

22 Amitabha Day

31 Midnight Meditation



Mt. Adams Zen - Outside Of Our Temple

1st Sunday of the month, Buu Hung Monastery at 3pm

17808 NE 18th St. Vancouver WA 98684

contact Venerable Su Co Hue Huong, huehuong7@yahoo.com

Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon

1808 Belmont Ave, Hood River, OR 97031

1st and 3rd Wednesday Evenings - Trinity Sangha Study Group Time 6:30-8:00pm

Where: at Withers residence, 1829 5th St., Hood River (Sieverkropp Development behind Rosauer's)

Book to be studied: Peace in Every Breath by Thich Nhat Hanh

11th Step Recovery Meeting - A Fresh Step Forward in Recovery Sunday evenings 6:30pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: Richard.withers@att.net ; 414-587-4065

Other Meditation Groups in the Gorge

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 in the Bamboo Room of Cascade Acupuncture, located at 104 5th St. Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: kjtreiman@yahoo.com

Monday evenings from 7:00 - 8:30 pm , at Bethel Congregational Church in White Salmon

Contact Kyri Treiman: (kjtreaman@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/>

Washougal Mindfulness + Meditation Group

Last Sunday of each month from 4:00-5:15pm

Washougal Acupuncture & Massage: 1436 A Street Washougal, WA 98671

Contact: Emily Olson 503-928-2478 emily@washougalacupunctureandmassage.com



2018 Calendar of Other Retreats & Holidays

Special Retreats, Other Faith's and National Holidays

January

1 New year

6-epiphany (Christian Holiday)

15 MLK Jr Day (National Holiday)

19-21 NUNM*

26-28 NUNM QI GONG*

February

3 Imbolic (Druid Event) 4:30 pm*

2 Ground hog day (National Holiday)

4 Rosa Parks Day (National Holiday)

14 Ash Wednesday (Christian Holiday)

14 Valentines Day (National Holiday)

23-25 NUNM Qi Gong*

March

1 Purim (Jewish Holiday)

1 Holi - Festival of Lights (Hindu Holiday)

8-11 Yoga, meditation and Zen Koans to Open the Heart*

17 St Patrick's Day (National Holiday)

11 Day light Savings time begins

24 Spring Equinox (Druid Event) 6pm*

25 Palm Sunday (Christian Holiday)

31 Cesar Chavez Day (National Holiday)

31 Passover (Jewish Holiday)

April

1 Easter (Christian Holiday)

5-11 Advanced Chinese medicine – Ed Neal*

20-22 NUNM*

28 Beltane (Druid Event) 7pm*

30 Theravada New Year

May

3 National Day of Prayer (National Holiday)

6 National Nurses Day (National Holiday)

11-13 Yoga Laurie Van Cott *

13 Mother's Day (National Holiday)

13-18 Cascade Mountain School *

16 Ramadan to June 15 (Muslim Holiday)

25 Missing children's day (National Holiday)

18-20 NUNM Qi Gong *

22-28 Theravada Retreat Here *

28 Memorial Day (National Holiday)

29 Vesak

June

3-8 Cascade Mountain School *

14 Flag Day (National Holiday)

15 Eid al-Fitr end of Ramadan (Muslim Holiday)

17 Father's Day (National Holiday)

23 Summer Solstice (Druid Event) 6:30 pm *

28- 3 July Zikr (Sufi / Muslim) *

July

28 June – 3 July Zikr Retreat (Sufi / Muslim) *

4 Independence Day (National Holiday)

6 HH Dalai Lama BD

22 Parent's Day (National Holiday)

August

4 Lughnasa (Druid Event) 7pm *

19-24 Hajj (Muslim Holiday)

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 (Druid Event) 6pm *

October

4 St Francis Day (Christian Holiday)

8 Native American Day (National Holiday)

18 Dasera, Dussehra or Vijyadashmi (Hindu Holiday)

28 Samhain (Druid Event) 5pm *

31 Halloween (National Holiday)

November

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)

18 Feast of Epona (Druid Event) 4pm *

22 Winter Solstice (Druid Event) 3:30 pm *

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

31 NY Eve

*** Events Held here**

*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