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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

October 2018

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

Ven Kempo Karten Rinpoche

from the Manjushri Dharma Center in Pacific Grove CA

led a Amithaba retreat at our temple in September



Tree planting Green Tara ceremony to honor our Tibetan brothers and sisters. The tree was planted to honor the struggles of the Tibetan people.



Leading his group in a walking and chanting meditation in our Labyrinth.

Dear ones,

The Buddha said,

“Once a person is caught by belief in a doctrine, he loses all freedom. When one becomes dogmatic, he believes his doctrine is the only truth and that other doctrines are heresy. Disputes and conflicts arise from narrow views”. “Attachment to views is the greatest impediment to the spiritual path”

"My teaching is not a doctrine or a philosophy. It is not the result of thought or mental conjecture...It is the result of direct experience. You can confirm them by all by your direct experience. My goal is not to explain the universe but to help guide others to have a direct experience of reality. Words cannot describe reality. Only direct experience enables us to see the true face of reality".

Excerpts from Old Path White Clouds by Thich Nhat Hanh

After politicians used his daughter's name to speak against undocumented mexicans, Rob Tibbetts, whose daughter, Mollie, was killed by an undocumented immigrant from Mexico, noted that his stepdaughter — whom "Mollie loved so dearly — is Latina. Her sons — Mollie's cherished nephews and my grandchildren — are Latino. That means I am Hispanic. I am African. I am Asian. I am European. My blood runs from every corner of the Earth because I am American. As an American, I have one tenet: to respect every citizen of the world and actively engage in the ongoing pursuit to form a more perfect union." This man speaks from the heart of Avalokiteshvara (Quan Te Am). Such compassion to speak from a time of losing your daughter to asking for compassion for others.

We have recently lost 2 men of great dignity and ethics. I celebrate the life of Senator John McCain and Hoa Cam Nguyenphuc and mourn their deaths.

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

Our Temple Retreats & Practices

October

5-7 LGBTQ+ retreat at our temple CANCELLED

5-6 Qi Gong Retreat- PRIVATE

12-14 Qi Gong retreat - PRIVATE

13 Community work day - 10:30 - 4pm help upkeep the temple & grounds

21 Kozen & August teaching meditation at Riverside Church, Hood River- 9:00am

28 Kozen & August teaching meditation at Heart Journey- 6-7:30pm

November

3 ADF Samhain - Druid Event 5pm

10 Medicine Buddha Day

December

1 Woman's Dharma Retreat

2 Women's Retreat Joanna Macy's The Work That Reconnects

8 Rohatsu midnight meditation

22 ADF Winter Solstice - Druid Event 3:30pm

31 Midnight Meditation

Dates subject to change, other retreats may be added

Minh Khánh's 49th day Service

Hoa C Nguyenphuc died on Aug 15, 2018. We celebrated his life and the 49th day of his death at



the beautiful Ngoc Son Temple 8318 SE Harney St, Portland, OR.
Hoa was born on Sept 3, 1973

Visiting School Children

Many schools bring their students here for exploring farming, rural living, and spiritual practices.

Photo at right, Minh Phap greets new arrivals at our temple.

School visits can be scheduled directly with us.

For more information on education about natural lifestyles and nature, contact <https://www.cascademountainschool.org/> or <https://mtadamsinstitute.org/>



The Mt. Adams Institute mission is to strengthen the connection between people and the natural world through education, service learning, career development and research.



Vancouver WA Study Group

Meditation and Buddhism

When: 3rd Wednesday of of each month 1:30 - 3:00pm Oct 17, Nov 21, Dec 19

Where: Cascade Park Community Library
Conference Room 600 NE 136th Ave. Vancouver WA

Contact:
MeditationBuddhismStudyGroup@gmail.com

Meditation, study and discussion about Buddhism as a life Philosophy.



Thich Minh Thien, Abbot of Budding Dharma

THE FALLING LEAVES...

By the calendar, we just moved into the season we call fall or autumn. There are no trumpet blasts, celebrations or a set holiday assigned to this yearly seasonal progression. It just happens...quietly, almost unobtrusively as temperatures begin to change, days get shorter, and nature begins to take on the beauty and fullness of this season. We



begin to see the bounty of our labors in the harvest of many of our crops and we start to put up supplies for the harder, colder months to come. Nature reacts in similar ways as it always has. Many birds begin their annual trek south and other creatures of the land begin their preparations for the next season that is coming where food and shelter become essential to survival. For many of us, summer activities are over, and we take on the tasks of putting away things we will no longer use and pull out of storage our sweaters, hats and scarfs, boots and warmer clothing that is more appropriate to the coming temperatures. As I sit and observe these changes, I see the clear meaning of impermanence unfolding right before my eyes. Most obvious are the leaves as they begin the change from summer colors to the deep beauty of fall foliage as nature's paintbrush changes the landscape of summer. They then fall to the ground like the last act of a wonderful play.

Impermanence is a foundational Buddhist teaching. Understanding impermanence gives us great freedom. However, impermanence is not something we are just to intellectually understand. One may understand that everything is impermanent in theory, however it's also important to know it personally as we are not excluded from the impermanence of all things. In Buddhist teachings, to know something does not mean to just know it with our brains. Instead, the instruction is to fully know it in practice and experience. As we grow to know impermanence, the mind and body grow less inclined toward clinging and craving naturally. In recognizing our own impermanent nature, it is possible to no longer hold so tightly to this or that experience. From the Dhammapada 277, we hear that "All conditioned things are impermanent" — when one sees this with wisdom, one turns away from suffering." Alan W. Watts tells us ... "The only way to make sense out of change is to plunge into it, move with it, and join the dance." According to the teachings of the Buddha, life is comparable to a river. It is a progressive moment, a successive series of different moments, going together to give the impression of one continuous flow. The river of yesterday is not the same as the river of today. Life is no different. By becoming aware of impermanence, by observing it and by understanding it, one can find a suitable remedy for the sorrows found in life and achieve liberation from the process of impermanence. As our contemporary Teacher, Thich Nhat Hahn has said, "It is not impermanence that makes us suffer. What makes us suffer is wanting things to be permanent, when they are not."

So, let us all breathe in and breathe out and fully experience the beauties, the wonders, the changes of this autumn. In mindfulness, and through our practice of meditation may we all move closer to the understanding and experiences of impermanence. And through seeing things as they really are, reduce our own personal suffering and the many sufferings of this world.

Namo tassa bhagavato arahato samma sambuddhassa





Tibetan Shop

We found a lovely family run shop in Portland, Oregon, located at 3848 SE Division Street. They offer a wide range of Tibetan prayer flags, Khatas, and other Tibetan practice items.

Website: <http://tibetanprayerflag.com/shop.php>

Jampa N Lathsang is the owner and he's a kind man.



Poetry from Venerable Fa Sing (Thich Tâm Minh)

Mountain Way Zen

A shadow emerges
From the morning fog
And becomes three trees
That the woodcutter missed.

"Rest in peace",
We tell our deceased -
But why should the dead
Have all of the fun?

Let go, my dear,
Of anger and fear,
And find your own peace
Ere the day is done.

Across a gulf
Of deepest blue,
Autumn's first moon
Bids summer adieu.

Heart Journey

Is sponsoring a group on

MINDFULNESS

Each week there is a different presenter: Videos, teachers, mindfulness practices. Come join us.
NO COST.

Meets every Sunday Night October 7, 2018 - June 2019, 6pm to 7:30pm
Learn how to be calm & peaceful in these stressful times – Drop-ins welcomed.

Stevenson United Methodist Church

325 NW Jefferson, Stevenson, Washington
(Venue only – non-religious affiliation)

Beginner to advanced practitioners welcomed!

(donations gratefully accepted to offset building rental & supplies)

For information, contact heartjourneycenter@gmail.com or info@heartjourneycenter.org or call 427-5001

Grof's Holotropic Breathwork Experiential Introduction

2 Workshops Sat., Nov 10 4:00 – 7:00 pm Sun, Nov 11 12:00 – 3:00 pm

Location: 452 Indian Cabin Road Home Valley, WA 98648 (Near Stevenson, WA, About a 1-Hour Drive East of Portland, OR and Vancouver, WA, on the Columbia River Gorge)

Register Online at: glenngirlando.com/stevenson or holotropicbreathing.com or text or call or email 206-618-9785 | glenn@breathworknorthwest.org

Cost: \$50 or \$40 with advanced registration by Oct. 31

Some have called Holotropic Breathwork “post-modern- industrial-strength meditation.” Powerful music is combined with breathing technique to help you go beyond the thinking mind and access your most authentic self and intuitive wisdom.

One past participant described it this way:

Holotropic Breathwork is the most incredible, mystical experience I've encountered in my life. It is a psychedelic trip without the use of any drugs. It is the most relaxing meditative state I've ever been in. Holotropic Breathwork is a rebirthing experience. It is a deep and profound emotional and spiritual healing of the self. Holotropic Breathwork has been all of these things for me, because each time I've taken part in the practice, I've had a unique experience.

2018 Other Faiths, Days of Respect, and National Holidays

October

4 St Francis Day (Christian Holiday)

8 Native American Day (National Holiday)

18 Dasera, Dussehra or Vijyadashmi (Hindu Holiday)

31 Halloween (National Holiday)

November

3 Samhain 5pm Druid Event at the Abbey

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)

22 Winter Solstice 3:30 pm Druid event at the Abbey

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

Mt. Adams Zen Temple Sponsored
Every Monday - Trinity Sangha, at Trinity Natural Medicine at 12 noon
1808 Belmont Ave, Hood River, OR 97031

Trinity Sangha Study Group
1st and 3rd Wednesday Evenings - Time 6:30-8:00pm
Where: at Withers residence, 1829 5th St., Hood River (Sieverkropp Development behind Rosauer's)
Next meeting September 5th. For further information, contact Bonnie at (414) 807-4415.

Other Meditation Groups in the Gorge

Heart Journey Each week there is a different presenter: Videos, teachers, mindfulness practices. Come join us. NO COST. **Meets every Sunday Night October 7, 2018 - June 2019, 6pm to 7:30pm**
Learn how to be calm & peaceful in these stressful times – Drop-ins welcomed.
Stevenson United Methodist Church 325 NW Jefferson, Stevenson, Washington
Beginner to advanced practitioners welcomed! For information, contact heartjourneycenter@gmail.com or info@heartjourneycenter.org or call 427-5001

Friday Morning Guided Meditation with Emily . 6:30 - 7:00 am at Trinity Natural Medicine at 1808 Belmont Ave, Hood River, OR 97031

11th Step Recovery Meeting #1 WHITE SALMON - A Fresh Step Forward in Recovery Sunday evenings 4:30 to 6:00pm at Bethel UCC Church in White Salmon, WA. Contact Dick Withers: Richard.withers@att.net ; 414-587-4065

11th Step Recovery Meeting #2 HOOD RIVER - A Fresh Step Forward in Recovery Tuesdays 5:00 to 6:30 pm at Good Medicine Lounge, 1029 May Street, Hood River OR. Contact Dick: Richard.withers@att.net ; 414-587-4065

11th Step Recovery Meeting #2 HOOD RIVER - Tuesday 5 to 6:30 at Medicine Lounge 1 029 May St, Hood River, OR. Contact Dick Withers for details : Richard.withers@att.net ; 414-587-4065

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 Good Medicine lounge 1029 May Street, Hood River, Oregon. <http://www.hoodriverzen.org>. Contact Kyri Treiman: (kjtreiman@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/>

*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