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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

November 2017



Weekly Temple Services Monday - Friday 6:30 am and 6:30 pm

Meditation Saturday 9am full service + meditation

Dear Ones,

Well, Autumn is here! We are having cold nights and sometimes warmer days. The winter rains have started and forest fires are no longer a high risk. Pumpkins are being harvested, apples gathered and made into sauces, butters, and dried. We are harvesting our plantings of this year as well as from previous years. Such is our karma (Karma is the executed "deed", "work", "action", or "act", and it is also the "object", the "intent"). That which we have "planted" in our past bears the fruit of our now. "I am the owner of my actions, heir to my actions, born of my actions, related through my actions, and have my actions as my arbitrator. Whatever I do, for good or for evil, to that I will fall heir". The Buddha

Our historical teacher, **Gautama Buddha** (also known as Siddhartha Gautama Shakyamuni Buddha or simply the Buddha), has left us with wonderful teachings. Three of his quotes which come to my mind during this time of harvests are:

"Your worst enemy cannot harm you as much as your own unguarded thoughts."

"All that we are is the result of what we have thought."

"What you think you become, what you feel, you attract. what you imagine, you create."

With all the political unrest, the natural disasters, and suffering around us it is easy to become sad or to lose hope in the goodness of life. The Buddha tells us, "Peace comes from within. Do not seek it without." so let us be beings of loving kindness. By practicing metta, meditation, and following the Dharma, our lives can be filled with this abiding peace. Mahatma Gandhi tells us we must be the change we want to see in the world.

May we all be well and happy, may we all know love and peace.....Thay Minh Tinh

Thich Minh Thien's Column

RETREATING...



Recently we had what we call our Fall Retreat at the Abbey. Silence is a prominent feature of many meditation retreats and we included periods of silence in this one too. While on retreat, participants are often silent for extended periods of time, far longer than they experience in their everyday life. The result is a pervasive silence that serves as a foundation for the meditation practice and creates a palpable and nourishing atmosphere of stillness.

Silence can be challenging for some at times, however it is generally what the retreat participants look forward to. Retreat silence has many benefits. Because social conversation keeps the mind active, periods of not talking help the mind rest. Silence settles the many emotions that are activated by talking, listening, and even in the anticipation of talking. As our mental and emotional lives calm down, our bodies relax.

Silence allows for a heightened sense of intimacy with the world. In sustained silence our senses become more acute, and both the inner and

outer world can appear to us with greater clarity. For example, we may notice the birdsong we previously failed to hear, or we may tune in to our quieter thoughts, which normally get drowned out. And how beautiful the silence is at the Abbey with the beautiful mountain and green forests as the back drop.

The primary reason for silence on meditation retreats is to support our meditation practice. Silence helps keep our focus on cultivating mindfulness and concentration. For most people, the silence of a retreat creates a space in which they can see themselves more clearly. Rather than being actively distracted by work, relationships, the internet, music, or various external events, they have an opportunity to notice overlooked feelings and concerns. The sustained periods of silence give people a chance to observe the subtle, important motivations and values behind how they live.

Retreats are also a great place to discover what Buddhism calls "noble silence." Gil Fonsdale says the following on the topic of noble silence. "This is a beautiful state of mind that comes when discursive thinking has stopped. Discursive thinking refers to thought that proceeds like an inner discourse in our own minds. It may be imagining conversations with others, remembering past conversations, or talking to ourselves. It may involve abstract, analytical thinking about what is happening in the present moment. As discursive thinking quiets down, the mind becomes more peaceful. As agitation decreases, desire and aversion lessen. When this inner stilling is accompanied by confidence, purity, and equanimity then the mind is said to experience the fullness of noble silence."

As we relax into the collective stillness, we often discover that being together with others in silence allows for a rich sense of connection that is more satisfying than if we had spent the same time engaged in conversation. Rather than knowing others through the stories of who they are, what they do, and what they have done, the silence highlights our shared humanity and a direct feeling of empathy and rapport. A wonderful lesson to take away from a retreat is how the quiet ways of being with others can allow for a deep sense of connection.

As we discover the great value of retreat silence, we can explore the uses of silence in daily life. Learning to be comfortable with silence expands what is possible in our relationships—both with others and ourselves. Spending time in silence can enrich both. It can be a great support in helping us discover greater spiritual freedom wherever we are. And with freedom we can experience stillness and peace even in the midst of speech

Namo tassa bhagavato arahato samma sambuddhassa

Heart Mountain Interpretive Center - We cannot forget our past

During world War 2, countless US citizens of Japanese ancestry were forced into concentration camps. It is my thought that we acted out of fear of people who were different. Our temple made a donation to the museum there in memory of Zen Teacher, Venerable Nyogen Senzakai. It is our hope that supporting this museum will help us all remember that fear makes us do unusual and sometimes crazy things. You can find out more about the [Heart Mountain Interpretive Center at http://www.heartmountain.org/](http://www.heartmountain.org/)

Venerable Nyogen Senzakai's book, [Eloquent Silence is available on Amazon](#)

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You shop. Amazon gives.

Every purchase you make on Smile.Amazon.com can help raise money for the temple without costing you any money. Please use the above link for all your Amazon purchases. Choose Mt Adams Zen Buddhist Temple as the charity you wish to donate to. THANK YOU!

Su co Chodron is no longer here at the Abbey. May she be well and happy.



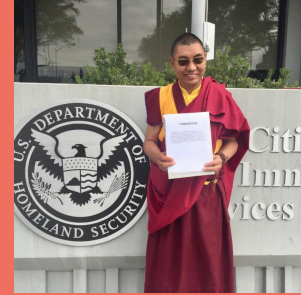
11-12 November Woman's Heart Retreat **CANCELLED**

Venerable Kempo Karten Rinpoche was granted status as an American Citizen.

The venerable Rinpoche was recently at Mt Adams Zen Buddhist Temple with the Portland Tibetan Community Center retreat. He is a sweet and knowledgeable teacher with **Manjushri Dharma Center** 724 Forest Ave, Pacific Grove, CA 93950 <http://www.khenpokarten.org/Home>

. He will now be able to travel and teach to his many followers around the world. He has been waiting for his US Citizenship and makes a wonderful addition to our country. Congratulations dear friend and brother.

In Metta..... Thay Kozen



**With
a boundless heart
may we cherish every living being,
bathing the entire world with
unobstructed and unconditional loving kindness**

Thay Kozen and I both had a good laugh the other day. I had just wrapped up the October Residential Retreat with Rev. Miles and Rev. Kozen and had been blown away by reading the Metta Sutra. I told Kozen, "I've never seen this. This is amazing stuff!" He informed me that the exact same sutra lived in print on the backside of our weekly sangha hand-out. For close to a year, I've held that sutra in my hands, possibly even reading during a sangha meet-up, and never actually noticing it. What fun it was to laugh at myself.

Sometimes things can be literally right under your nose and you're not ready, willing, or able to see them. I'm currently in total awe of this particular line of the Metta Sutra: "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." Can you imagine your heart being so boundless that you bathe the *entire* world in unobstructed and unconditional loving kindness? What an aspiration!

On a more practical note, the Trinity Sangha in conjunction with [Scott Rower, PhD](#), [Trinity Natural Medicine](#), and [Azule Healing](#) is hosting a [Meditation DeMystified](#) class. The idea is to make meditation accessible to beginners and people who may not feel as though they have any context for meditation in their lives. Please join us for the free class series, Monday evenings, November 13, 20, and 27 (7:30-8:30 pm) at Trinity Natural Medicine at 1808 Belmont Road, Hood River, OR 97031. Please bring a friend who may be interested but needs an extra nudge. Children over 10 are invited. Come to any or all of the class series. *by Emily Martin*

Lavender Sachets

harvested by nuns and monks, grown in the labyrinth, packaged by volunteers - now on sale at the Abbey



Scott See will present a series of 3 classes. Computer and internet use in 3 classes

Beginning -Saturday 25 November 10:30am to 1:30 pm
 Intermediate - Saturday 2 December 10:30am to 1:30 pm
 Advanced - Saturday 17 February 10:30am to 1:30 pm
 register 509.395.2030 \$20.00 suggested donation per class



TroutLake những ngày cuối thu năm 2017. Tiết trời bắt đầu chuyển l ạnh, những cơn mưa rào nhẹ làm thấm ướt đôi vai của những n gười hành khất.Đâu đó, một cơn gió lốc bất chợt thổi qua giữa dòng đời lạnh lẽo, tối tăm. Giánhư không nhờ cơn gió lạnh heo hút đó thì làm sao mà ta có thể tỉnh ngộ giữachồn u đồ, mê tối này. Như vậy, nhờ có sức gió và hơi lạnh mà chúng ta đã thấyđược là mùa thu đạ ng về trong từng chiếc lá vàng rơi lát đất. Cứ mỗi một chiếclá vàng li a khỏi cành, thì một giây phút hiện thực nhất trong mỗi bản thân chú ngta lại qua đi; ai cũng biết, thời gian chẳng bao giờ quay trở lại, nê n lá vàng mộtkhi đã lia cành thì cứ để mặc cho chiều gió cuốn trôi.

Phật Tử tại gia chúng con, mỗi khi ngắm nghĩ về những chiếc lá vàng ấythì trong lòng ao ước có đủ duyên n lành để được phụng sự chúng sanh, hoặc làmmột chút việc gì đó để hộ trì Tam Bảo. Bởi lẽ, mai kia vô t hường đến thì không aihay biết điều gì sẽ đến với chính bản thân. Chúng con hôm nay, dùng chút ít tịnhht ài, tịnh vật kính dâng lên chư Phật, chư hiền thánh tăng mười phương chứnggiám cho lòng thành kính c ủa chúng con.

Khoá tu mùa thu dành cho chư Tăng được tổ chức vào ngày 13, 14, 15 tháng 10, năm 2017.

Phương danh quý Phật Tử phát tâm cúng dường ẩm thực:

- 1/ Phật Tử Phước Mỹ,
- 2/ Phật Tử Linh Như,
- 3/ Phật Tử Bạch Tuyết,
- 4/ Phật Tử Chin Bao,
- 5/ Phật Tử Thân Hành & Tường Tâm,

Phương danh quý Phật Tử về chùa làm công quả:

- 1/ Phật Tử Phước Mỹ,
- 2/ Phật Tử Linh Như,
- 3/ Phật Tử Thân Hành,
- 4/ Phật Tử Diệu Bảo,
- 5/ Phật Tử Phước Tâm,
- 6/ Phật Tử Chin Bao,
- 7/ Phật Tử Diệu Thanh,
- 8/ Phật Tử Bửu Cảnh,
- 9/ Phật Tử Diệu Tấn,

Phương danh quý Phật Tử cúng dường tịnh tài & tịnh vật:

- Phật Tử Diệu Bảo
- Phật Tử Như Từ
- Phật Tử Diệu Trang
- Phật Tử Chúc Nghiêm
- Phật Tử Diệu Khang
- Phật Tử Diệu Tín
- Phật Tử Diệu Hoàng
- Phật Tử Diệu Phước
- Phật Tử Diệu Hà
- Phật Tử Tín Tâm
- Phật Tử Trung Ngọc

Bà Năm

Tổng Cộng: \$500

Khoá tu mùa thu dành cho người đồng tính được tổ chức vào ngày 20, 21, 22 tháng 10, năm 2017.

Phương danh quý Phật Tử phát tâm cúng dường ẩm thực:

- 1/ Phật Tử Thanh Châu,
- 2/ Phật Tử Trung Ngọc,
- 3/ Phật Tử Huệ Thanh (Beaverton),
- 4/ Phật Tử Diệu Hỷ,
- 5/ Phật Tử Diệu Bảo,
- 6/ Phật Tử Diệu Hồng,
- 7/ Phật Tử Diệu Quí,
- 8/ Phật Tử Nguyễn Thị Diệu,
- 9/ Phật Tử Diệu Hoàng,
- 10/ Phật Tử Huệ Thanh (Vancouver),

Phương danh quý Phật Tử về chùa làm công quả:

- 1/ Phật Tử Như Từ,
- 2/ Phật Tử Nguyên Hằng,
- 3/ Phật Tử Diệu Hoàng,
- 4/ Phật Tử Diệu Phước,
- 5/ Phật Tử Phước Tâm,
- 6/ Phật Tử Chin Bao,
- 7/ Phật Tử Ding Y,
- 8/ Phật Tử Ngọc Hảo,

Ven. Su co Hue Huong and her sister visited our temple in October



2017 Calendar

November

3-5 Yoga Immersion - Cat Mc Millian

7-9 Kozen in class - temple closed

11-12 Woman's Heart Retreat **CANCELLED**

25 Beginning computer and internet 10:30- 1:30pm Call 509.395.2030 to sign up \$20 donation

December

2 Intermediate computer and internet 10:30- 1:30pm Call 509.395.2030 to sign up \$20 donation

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

16 Winter Solstice (Druid)

31 meditation 11:30 pm - 12:30 am

A new Buddha Shrine

A big thank you to Fred who donated the log and to Stuart and Dave who helped cut and shape it



COLUMBIA GORGE ADVANCEMENT SUMMIT

The Columbia Gorge Advancement Summit is bringing activist organizations, elected officials, nonprofits,
and individuals with a cause together to:

NETWORK: introduce yourself/your role in the community
and share your goals/desired outcomes

BUILD CONSENSUS: participate in hands-on group work to help build shared understanding for needs
and resources in the Gorge

PLAN COLLABORATION: make connections and set the stage for our future

We were very happy to lead a metta practice to start their meeting.

find out more at <https://www.facebook.com/events/133521257283286/>



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

11th Step Recovery Meeting #2 - A Fresh Step Forward in Recovery Thursday evenings 4:30pm at Good Medicine Healing Arts 1029 5th Street Hood River , OR - 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: (kjtreiman@yahoo.com)

White Salmon Dharma Practice Group every other Sunday evenings at Atlan (near Northwestern Park outside of White Salmon). Contact: Scott Cushman: (rscoffcush@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

Visit our website