

SHARE:



[Join Our Email List](#)



MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

November 2018

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

My dear ones,

I am pleased to announce that the 2019 educational schedule has been roughly completed; see it at the end of this newsletter. We have a new-to-us Dharma teacher, August; a new educational director, Emily; and a new turkey, "Turk".

I was at a mediation class last evening and heard great anger and fear about political figures and parties. Please remember that all of us are children of the Buddha; whether we agree or disagree with any political action, as Buddhists we must look within and act out in loving kindness. The Buddha tells us that we get "stuck" in desire, anger, and ignorance - all of us do, it is within our egotistical nature.

If you are unhappy with anything political please vote your conscience, and remain loving in your actions and speech. We can see all beings as Buddha, some of us just get stuck.

Check out Thich An Giao's fund raising event at <https://www.youtube.com/watch?v=bYRN6qEvKzU>

May we all live in peace....Thay Kozen

On The Way



Crated stone carvings being shipped from Vietnam to Singapore to Seattle. Our new temple statues will be here in 2 months.



Our new temple Bell will be in this shipment of statues.

Crated, wrapped and being packed. We are so excited about our statues coming from Vietnam.



Venerable Master Khuong Tang Hoi, Zen Patriarch of Vietnam, will stand with Bodhi Dharma in our Memorial Hall.

How Wonderful

Thay Z and Debbie hold up our beautiful Buddha and Bodhisattva plaques. Visitors write their hopes and wishes on the back of the plaques.

They are made in Vietnam by our good friend, Thu. These plaques help us teach visitors about some of the many Buddhas. Thank you Thu!

During Tet (Lunar New Year), all the plaques that have been hung on our board will be burned in a ceremonial fire. The board will then be ready for new wishes and hopes.



Our Temple 2018 Retreats & Practices

November

3 ADF Samhain - Druid Event 5pm

10 Medicine Buddha Day

11 Five Rhythms Dance 2-4 pm

14 Meditation De-Mystified Class 7:00-8:30 pm (1801 Belmont Ave, Hood River),

reservations:email Emily@trinitynaturalmedicine.org

18 Meditation De-Mystified Retreat (9am-4pm) at the temple - simple tools for self care

and inner freedom

25 Five Rhythms Dance 2-4 pm

December

1-2 Woman's Dharma Retreat, 5 Rhythms Dance and Work That Reconnects

4- 11 Kozen in Texas (Temple will be open)

8 Rohatsu midnight meditation 11:30pm - 12:30 am

22 ADF Winter Solstice - Druid Event 3:30pm

31 Midnight Meditation 11:30pm - 12:30 am

Dec 1&2 2018

Women and Dharma, 5 Rhythms, and the Work That Reconnects

Kaye Jones and Erika Rench at the Trout Lake Abbey

December 1 Women and Dharma 9am-4pm

Join us for a day of dharma in the company of others as we explore together our experience as women in this tradition. The day will include time in nature, in meditation, with the dharma, and in quiet reflection on the seasonal turn. In this series, we will find nourishment for our journey with visiting teacher Stephanie Kaza, who will give us a timely teaching- *Liberating the Heart*- on direct experience as the basis for inner wisdom.

All are welcome, experienced practitioners or new-to-dharma. Bring your own lunch.

Tea will be available all day.

Led by Kaye Jones and Erica Rench. Suggested donation is \$50.

No one turned away for lack of funds.

December 1st 5 Rhythms 6pm-9pm

Allowing life to dance you, we move from the head to the direct experience of our bodies as teacher. We will gather by candlelight for ritual and to dance Gabrielle Roth's 5Rhythms® movement practice.

Together we reclaim the

motherland of our bodies, of mother earth's body and our sacred place as women in the world. Led by Sara Mains. \$15 at the door.

December 2nd Work that Reconnects

We gather again as women have for centuries in the houses of their ancestors, at the brink of darkness, to kindle our

internal fires and reclaim our birthright as women. Join us for a day of the Work that Reconnects; the spiral of gratitude, honoring our pain, seeing with new eyes and going forth.

This work, created by our teacher Joanna Macy,

reveals how grief, anger and fear are all healthy responses to our fierce love for the world.

No previous experience is necessary. Come as you are. Sliding scale \$35-65. Bring your own lunch.

Facilitated by Erika Rench and Kaye Jones.

To register for one or all of these workshops email Erika Rench at erench@gorge.net

For Lodging contact Claire @ Trout Lake Abbey E-mail: Business@TLAbbey.com phone 509-395-2030

Erika Rench has been exploring the teachings of dharma her whole life. She is a student of Joanna Macy's Work That Reconnects, and is honored to be stewarding the work, and is committed to embodying life through 5Rhythms dance. In other circles Erika works for Confluence to bring Native Americans from the tribes of the Columbia River into classrooms to share story, culture and history in their words. She lives in Hood River with her partner CJ and daughter Katen, an awake and full of wonder teenager!

Kaye Jones is a homesteader in Trout Lake, an educator, and mother of three with her partner Adam. She is a student of nature, and of reality, and chaos~ as understood through the lens of the dharma and natural systems. Kaye has her MSc in Holistic Science from Schumacher College, and is a student of Tibetan Buddhism, Vajrayana, in the lineage of Chogyam Trungpa. Joanna Macy has been Kaye's root teacher, dear friend and collaborator for 15 years. She is currently at work providing research and editorial assistance on a forthcoming book on Joanna Macy's life-work to be published by Shambhala in 2020.

Sara Mains fell in love with Gabrielle Roth's 5Rhythms as soon as she found it on a Wednesday evening in San Francisco many years ago and it has been in her life every day since. She leads classes and workshops in the Columbia River Gorge - catalyzing embodiment and healing on the dance floor and off. Sara lives in Mosier, Oregon and enjoys good food, both eating and preparing it for others, laughing hard, and cheerleading her friends wildest dreams.

Dr. Stephanie Kaza is Professor emerita of Environmental Studies at the University of Vermont and former Director of the UVM Environmental Program, now living in Portland, Oregon. She is a long-time Zen student and lived at Green Gulch Zen Center in the 1980s. She took lay ordination vows with Kobun Chino Ottogawa and currently practices with a small Zen sitting group in Portland. She will draw on her writing and teaching in Green Buddhism and Buddhist ecofeminism. Her books include *Dharma Rain* (co-edited with Kenneth Kraft), *Mindfully Green*, and *Hooked! Buddhist Writings on Greed, Desire, and the Urge to Consume*. She is currently working on climate issues in Portland, Oregon, and will have a new book out in spring 2019 on Buddhist environmental thought.

Fall Colors Have Started

Fall brings the many color changes to our northwest home. Reds, yellows, golds, and oranges begin to emerge and add beauty to the evergreen forests around us.

These colors appear as the leaves begin to die off and the trees and bushes go into a dormant state ready to come forth in the Spring.

This cycle calls to mind our life cycle as we age. In my 70s I find that my life, too, is preparing for a great change. Being closer to death than birth, my hope is that my own Fall colors will shine bright and bold in the Dharma.. *Thay Kozen*
The venerable Master Dogen tells us, "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."



Thich Vinh Minh and Sa Di Minh Phap

have both enrolled in the Gorge Community College. Thich Vinh Minh is brushing up on his English skills and Sa Di Minh Phap is working on his math skills. Minh Phap has passed all four GED examinations on the first try and now has his GED.

We look forward to their presence and teaching at the Abbey.

Thich Minh Thien, Abbot of Budding Dharma

THE PRACTICE OF GRATITUDE



This month the calendar brings us another traditional US holiday that we know as Thanksgiving. It is a time to recall the bountiful gifts we find in this country and in our individual lives. This holiday brings to mind gratitude for all we have. We are prompted to remember to be grateful for family and friends, good food, and the blessings of life. It is peculiar however that we need a holiday to be reminded about being thankful and recognizing our gratitude for this life. And how different it must be for those who are alone or are wanting for the necessities of daily living like shelter, clothes and food.

In Buddhism we are encouraged to be grateful every day and for all that is in our lives. In order for that to become the norm rather than the exception, cultivation of Gratitude as a basic habit or attitude of mind takes some practice and awareness of our moment-to-moment existence. There is more and more research showing how the practice of gratitude positively impacts our mood, attitude, health and well-being. Being grateful makes us more optimistic, energetic, resilient,

peaceful and productive. Through the practice of Gratitude, we can feel better about ourselves and our lives and even extend our lives when we are grounded in gratitude. With all these benefits to being grateful, cultivating Gratitude Practices throughout our day is not only wise, but also deeply self-nurturing. I recently ran across these suggestions for five ways to practice Gratitude throughout the day:

1. Start each day by being grateful!

Imagine beginning every day in gratitude and feeling blessed to have another day on this beautiful earth. In the writings of Thich Nhat Hanh we find the following: "Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion."

2. Express gratitude for your body and make choices that demonstrate your profound appreciation!

Thich Nhat Hanh again writes: "Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything."

3. Pause throughout your day and recognize the miracles and blessings in your life!

Thich Nhat Hanh reminds us: "The true miracle is not walking on water or walking in air, but simply walking on this earth."

4. Be grateful to be you!

Thich Nhat Hanh teaches: "Be yourself. Life is precious as it is. All the elements for your happiness are already there. There is no need to run, strive, search or struggle. Just Be."

5. Make Gratitude the lens with which you view your life!

This quote from Thich Nhat Hanh says it all: "Awareness is like the sun. When it shines on things, they are transformed."

Gratitude is an awareness that highlights what we value and cherish. When we come from Gratitude, the positive in our lives is highlighted and the negative transforms into lessons and growth. It also gives us opportunities to practice Compassion and Loving Kindness which are staples in the journey of Dharma and major factors to increasing our own happiness. Also, those who may have less in this life become less invisible to us and our hearts open and our generosity to share the bounty when we are able becomes more frequent than just that momentary reminder we call the Thanksgiving Holiday. When this occurs, we nurture ourselves and the world from the inside out.

Namo tassa bhagavato arahato samma sambuddhassa

Budding Dharma

It was 18 months ago that this small Zen temple opened in Arlington, Texas. It started slowly and sweetly as a few folks found the opportunity to sit together in Sangha each Wednesday evening. Four months ago, we added Zen-to-Go at 1pm for an opportunity just to sit, and designed for those whose family and work lives didn't fit with our 7pm full service. I am so grateful for those who come and support their practice and this temple each week.

We are looking at plans to add another day of the week for Meditation/Mindfulness practice in 2019 and a Retreat or two as well.

May All be well, happy and know love and peace.
For more info check out www.buddingdharma.com



Ven Master Thich Nhat Hanh

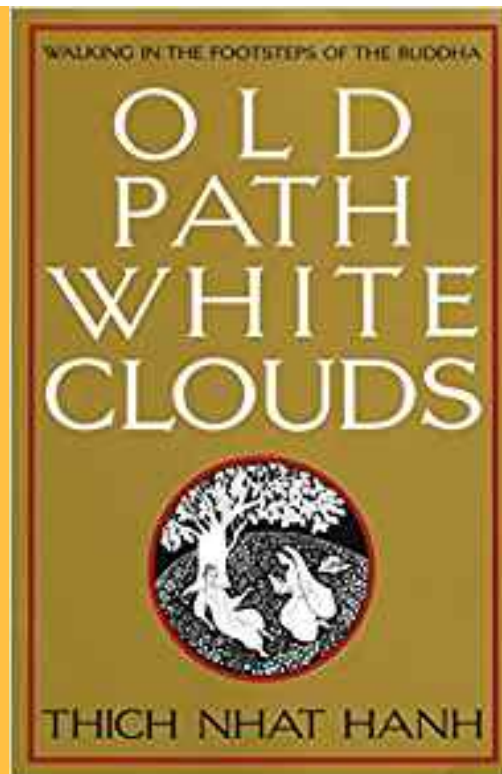
Old Path White Clouds presents the life and teachings of Gautama Buddha. Drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitably beautiful style, this book traces the Buddha's life slowly and gently over the course of 80 years, partly through the eyes of Svasti, the buffalo boy, and partly through the eyes of the Buddha himself.

Old Path White Clouds is destined to become a classic of religious literature.

"I have not avoided including the various difficulties the Buddha encountered, both from his own disciples and in relation to the wider society. If the Buddha appears in this book as a man close to us, it is partly due to recounting such difficulties." - from the author's Afterword.

Available on [Amazon](#) and [Sell back yourBook.com](#)

A big thank you to Valerie who suggested I read this book. I highly recommend this book! - Thay Kozen



Poetry from Venerable Fa Hsing (Thich Tâm Minh)

Playing hide-and-seek
Behind the last maple leaf -
The October moon.

The same swirling fog
That hides the hermit's hut
Carries the sound of his flute
Beyond the edge of the wood.

Don't be afraid to fall!
For only by falling
Can the leaf venture beyond
What it has always known.

2018 Other Faiths, Days of Respect, and National Holidays

Let us remember that there are not two, all faiths are of Buddha mind or no faiths are.

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 Druid event at the Abbey 3:30 pm

25 Christmas (Christian Holiday)

26-Jan 1 Kwanzaa (Religious Holiday)

31 New Year's Eve

Mt. Adams Zen Temple Sponsored

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

1808 Belmont Ave, Hood River, OR 97031

Every Tuesday Trinity Sangha, at Trinity Natural Medicine at 6:00 am

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**

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 Meetings (Sundays in White Salmon and Tuesdays in Hood River) are cancelled until January. Please watch for further notice. Questions? Contact Dick Withers at (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 Dhamma 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 G ood 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/>

Tentative 2019 Schedule of Classes

JANUARY

4-6 Winter RETREAT

FEBRUARY

5 Tet (Lunar NY)

MARCH

8-10 Spring Metta RETREAT

APRIL

March 31 - April 7 Spring MONK Retreat Chua Thien An, Lucerne Valley CA
20 CLASS Tea is Zen, Zen is Tea (10:30 - 12:30)
Qi Gong

MAY

18 Trinity Sanga
25 WESAK
25& 26 WOMEN'S RETREAT
(1st day DHARMA, 2nd day JOANNA MACY'S WORK THAT RECONNECTS)

JUNE

1 Walking & Moving Meditations
Class 10:30 – 1pm
15 Living with Grief

JULY

13 Mindfulness / Vipassana
22-27 Vietnamese Family Camping Retreat

AUGUST

3 Organic Living
10 ULAMBANA

SEPTEMBER

13-15 Fall Meditation Retreat
20-22 Thich Nhat Hanh Retreat

OCTOBER

12-14 LGBTQ+
26 October SOBERfest

NOVEMBER

9 Alternative Health

DECEMBER

Nov 30 - Dec 1 Women's Retreat
(1st DAY DHARMA, 2nd DAY JOANNA MACY'S WORK THAT RECONNECTS)
8 Midnight Meditation
31 Midnight Meditation

PLEASE CHECK OUR EVENT CALENDAR FOR EVENT DETAILS

*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.*

