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# MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

## December 2019



# SEASON'S GREETINGS

### Weekly Temple Services

Monday - Friday 6:30 am

Meditation Saturday 9am full service + meditation

Dear ones,

**Holiday Blessings, may we all live in peace.**

#### **Alcohol and Substance Recovery**

We are very proud and happy to announce that our temple will sponsor a Recovery Dharma meeting between 11:00 am and 12:30 pm on the second Saturday of each month. (Folks, who wished to, could come earlier for the Temple Service at 9:00am)

The meetings would use the "Inquiry" approach for reflection and discussion suggested in pages 92 to 102 of the Recovery Dharma handbook, 1st edition; i.e., the first four months (beginning January) would focus on the four Noble Truths, and the last 8 months of the year would focus on the 8 Wise practices. Our first meeting will be on the second Saturday of December (Dec 14). Learn more about Recovery Dharma at <https://recoverydharma.org/>

#### **Buddha Statues**

As of November 1, 2019 we have 181 Buddha or Bodhisattva statues in The Cloister. That means we have only 819 more to collect until we become the temple of 1,000 Buddhas. We are seeking metal or stone statues 1 or more feet tall. If you have an extra Buddha to donate please let us know.

#### **Rebirth**

A lovely film about **5 children who remember their past life** can be found on YouTube [HERE](#) . It is well worth watching. <https://www.youtube.com/watch?v=ILnTI3PRZL>

A book, **Children Who Remember Previous Lives**, by Ian Stevenson M.D. is an excellent documentary about rebirth. It is on Amazon.com [HERE](https://smile.amazon.com/Children-Remember-Previous-Lives-Reincarnation-ebook/dp/B004EYSWWG/ref=sr_1_1?keywords=Children+Who+Remember+Previous+Lives&qid=1573395684&sr=8-1) . [https://smile.amazon.com/Children-Remember-Previous-Lives-Reincarnation-ebook/dp/B004EYSWWG/ref=sr\\_1\\_1?keywords=Children+Who+Remember+Previous+Lives&qid=1573395684&sr=8-1](https://smile.amazon.com/Children-Remember-Previous-Lives-Reincarnation-ebook/dp/B004EYSWWG/ref=sr_1_1?keywords=Children+Who+Remember+Previous+Lives&qid=1573395684&sr=8-1)

### In Support of a Vegetarian Diet

We recently taste tested 7 vegetable based burgers at the temple. The clear winner was Beyond Burger (which has 20 Gm. of protein, also served at Burger King), number 2 was Amy's California Veggie Burger, number 3 was Garden Burger, and number 4 was Organic's Black Bean Burger (filled with black beans, corn and a bit of spice). We based the test on taste. We did not take into account nutrition, cost, or ease of preparation. *Yummy...Thay Kozen*

**" These Everyday Habits May Damage Your Kidneys, Too Much Red Meat Is Toxic** While eating red meat is healthy on occasion, consuming too much will hurt your kidneys over time. The *Journal of the American Society of Nephrology* confirms that red meat is "possibly kidney toxic." The reason is still unclear, but researchers suggest that red meat may produce too much dietary acid. On the flip-side, plant-based proteins repair kidney injury. According to the research, replacing one serving of red meat per week lowers your risk of kidney disease by 62%. It's a tiny change that could impact your health in the long run". from <http://www.healthygem.com/wellness/these-everyday-habits-may-damage-your-kidneys/15/>



### We Are Building A New Temple

*We've started...*  
**You can help us**  
**by donating to the temple via:**

+ [GOFUNDME](#)

+ [WEBSITE](#)

+ **CHECK** (made out Mt Adams Zen Buddhist Temple and mailed to PO Box 487 Trout Lake, WA 98650)



**New Temple Funds at 1/2 way**  
**We've raised \$150,000 for our**  
**new temple construction**

We've gotten approval for a septic system and are starting to dig the electricity and water access.

*We'll start construction in the Spring 2020*

### 2020 Buddhist Holy Days at our Temple

25 January - **TET** - Lunar new year 9 am service

14 March - **Quan Yin Birthday** 9am service

2 May - **Buddha's Birthday** 9 am service

8 August - **Quan Yin Enlightenment Day** 9 am service

2 September - **Parent's Day (Ullambana)** 9am service

14 November - **Quan Yin Renunciation Day** 9am service

5 Dec - **Buddha's Birth/Death & Enlightenment Day** Enlightenment - midnight meditation

31 Dec - **ringing the great bell 108 times at midnight** to welcome in the new year + meditation



Northwest  
Dharma  
Association

**in the Pacific Northwest  
The Northwest Dharma Association  
is giving it all away!**

NWDA publishes the Northwest Dharma News, informing and inspiring you with stories about Buddhist meditation, arts, and education. You can have the Dharma News delivered to your email

inbox, free of charge, simply for the asking.

NWDA provides an online directory of Buddhist groups and a calendar of their events. Membership in the Association is free to any Buddhist group in the Pacific Northwest!

NWDA sponsors events that bring together diverse people practicing mindfulness and compassion across the region.

**BUT WE CAN'T DO IT WITHOUT YOU.** We're entirely dependent on donations from people like you.

Our website, the events we sponsor, the News we gather -- they're expensive to produce. But we don't charge you when you read the News or attend our events. We simply ask you to support your Association.

It's easy to make a one-time or recurring donation of any size -- \$10, \$100, \$1,000 -- whatever fits your budget.

If you value this unique association of the Buddhist community in the Northwest, PLEASE help us continue our work so that all beings will benefit.

Thank you!

George Draffan, Executive Director , <https://northwestdharma.org/>

### **Our Temple 2019 December Retreats & Practices**

**Midnight Meditation - Saturday December 7th, 11:30 pm- 12:30 am** Join us for a Japanese tradition of celebrating Buddha's enlightenment. Known as Bodhi Day, Bodhi Day is the Buddhist holiday that commemorates the day that the historical Buddha, Siddhartha Gautama, experienced enlightenment.

**New Year's Meditation - December 31, 11:30pm - 12:30am** - Ring in the new year with us literally! We will ring the bell 108 times to finish the old year and welcome the new one. Each ring represents one of 108 earthly temptations a person must overcome to achieve awakening.

*Not a local? Book lodging with the Abbey (509.395.2030)*

*or spend the night on a futon in the temple by donation.*

**The Trout Lake Abbey will be closed to overnight guests from Dec 22th-30th.**

Daily temple services will remain open to all.



### **Zen student, Chad Hoover wrote a poem:**

Some hurry  
Others slow down  
Milestones come and go  
You cannot catch a tea cup after it has hit the floor  
The end is never on time

**For our friends who practice the Thien/Chan/Zen school of Buddhism**

## Selfie Stick:



## No-Selfie Stick:



**Thich Minh Thien, Abbot of Budding Dharma**  
Arlington, Texas

### **LIBERATION OF VIEWS**

Each day, when lighting incense, I use an incense chant that begins..."Precepts Incense, Liberation of Views, Incense...". The other day when observing my own monkey-mind, that simple chant became the topic for this month's contribution to this newsletter.

I find that with the increase in my Mindfulness practices, I have reduced the number of times I am just doing mindless things; though that still does occur. I would offer that this mindless reduction is supported by Meditation practices. And in this practice called Meditation, I find that in the constant flow of thoughts that affect all of us in each and every waking moment, the ultimate outcome of each thought is subject to our own specific views. In my monkey-mind at times, my perception of reality is polluted by my own views which are a



result of my beliefs, my judgements, my life experiences and my selfishness. If those are the lenses through which I view things, my suffering and my contribution to the suffering of others through my words and actions will increase.

We know that elimination of thought is not the objective of any meditative practice. Buddhist meditation practices help meditators cultivate core values of awareness, tranquility and insight. According to Buddhist philosophy, when we understand our mind and emotions better, we can work with our actions and reactions in a way that leads to well-being and happiness – our own and the well-being of those around us. And the more we appreciate the importance of others' well-being and happiness, the more we experience compassion and love. Mindfulness then, is a key factor in the process and our Meditation practices strengthens our ability to live mindfully.

In the Noble Eightfold Path, the Buddha gave to all who would hear it, the prescription to reduce suffering; and Right View was a key element in this path. The purpose of Right View is to clear one's path from confusion, misunderstanding, and deluded thinking. It is a means to gain right understanding of reality.

Anyone who has looked at a sunset, a beautiful painting or listened to beautiful music and felt calm and inner joy, while their mind becomes clear and their perception sharpens, has had a taste of the realm of meditation. One might describe successful meditation as simply being - not judging, not thinking, just being aware, at peace, and living each moment as it unfolds.

This of course speaks to the importance of recognizing the liberation of our own views that contrast with what is real. If my view of others is influenced by my opinions my prejudices, my judgements, my desires, I am probably well off the path of seeing things as they really are. I probably miss the circumstances of others that would include their sufferings, their challenges, their views of life, and ultimately, in missing or ignoring someone else's realities, my own views are incorrectly associated and supported within my own corrupted views.

This simple Incense chant ... "Precepts Incense, Liberation of Views Incense; Clouds of lighted incense flowing into the Dharma realms; Offering to the Highest Teachers in the Ten Directions; I respectfully bow to the altar of the incense cloud, Bodhisattva" now takes on new meaning. Liberating our views to the view of reality...to things as they really are...to just be in the moment...is the path to Right View, as offered by the Buddha in the Noble Eightfold Path, and this path reduces our own sufferings and that of others. I bow in Gratitude.

*Namo tassa bhagavato arahato samma sambuddhassa*

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**22 Minutes In The Life Of Louisiana's Climate Refugees** is a documentary film about rising water and shrinking land in an island in Louisiana. In "Lowland Kids," two teenagers grapple with leaving an island that's sinking before their very eyes <https://lowlandkids.movie/> The trailer is just 2 minutes long and is worth watching as two kids talk about their changing lives. From a Huff Post story at [https://www.huffpost.com/entry/lowland-kids-isle-de-jean-charles-documentary\\_n\\_5dadbf62e4b0f34e3a79b909](https://www.huffpost.com/entry/lowland-kids-isle-de-jean-charles-documentary_n_5dadbf62e4b0f34e3a79b909)

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### **Illumination - A Night with the Dark Goddess**



Experience a night of healing ritual through Art, Stories, Fire and Dance. I bring you this event after 6 years of my own battle to reclaim my health and happiness. Having searched far and wide for the secret of unwinding the life long patterns both in my thoughts and body, great spiritual realizations arrived. I bring you this exposé of expression and discovery for both your enjoyment and realization.

This event will unveil a new series of artworks, stories from the underworld, conversation with spirit and an invitation to you, to step into this world through ritual. A night where the edges of reality blur, spirit dances with you, and you discover the power that lies within you to embrace your shadow and illuminate your heart.

So, please join me for this special night where you get to connect, express and celebrate the power of change you carry within you by being with the darkness of the season and the Goddess.

**Saturday December 7th, 6:30 - 9:30pm**

Tickets - \$45 (sliding scale available upon request) Click the link or email [laurel@sofia-ravens.com](mailto:laurel@sofia-ravens.com) to register and pay at the door. Location - 3015 Lower Mill Dr, Hood River, OR 97031



## Poetry from Venerable Fa Hsing (Thich Tâm Minh)

Red, orange, and gold —  
autumn is blowing away  
one leaf at a time.

\*\*\*\*\*

The first light  
through the temple window  
is steady  
if you're looking out  
but flickers  
if you're looking in.

*Ven. Jeff will be having surgery on December 4th. Do keep  
him in your well wishing thoughts...Thay Kozen*

## Tea ? Try a Chesser Roe Tea blend

For Gorge Locals....

A new Tea Shop has opened up in Harvest Market in White Salmon.  
I have tried 5 different teas there - really great tastes ....Thay .Kozen



## It is that time again Support Tibet Aid

Our temple sponsors 2 young  
Tibetan girls in Northern India.  
Please consider sponsoring a  
Monk, nun, Tibetan child or a  
Tibetan school in India.



### AIDING TIBET THROUGH SPONSORSHIP AND HUMANITARIAN RELIEF PROJECTS

Hundreds of thousands of Tibetan people live in exile around the world, providing models of courageous work for freedom and peace. Let us stand with them proudly!

We are looking for sponsors for two older Tibetan students in Dharamsala, one pursuing a Masters degree,

in addition to our regular sponsorships for Tibetan monks, nuns, children and elders.

Please call us (+1 845-679-6973 or Toll Free in the US 1-877-TIBETAID) or send us a message by email (sponsor@tibetaid.org), if you have questions or would like to sponsor a Tibetan monk, nun, elder, or child.). <http://www.tibetaid.org/>

## “The Universe Laughs at a Plan”

Looking up to the sky with hands raised and a wide smile, our friend Thay Kozen remarked, “...the universe laughs at a plan” as the surprise hail storm beat down on our party tent.



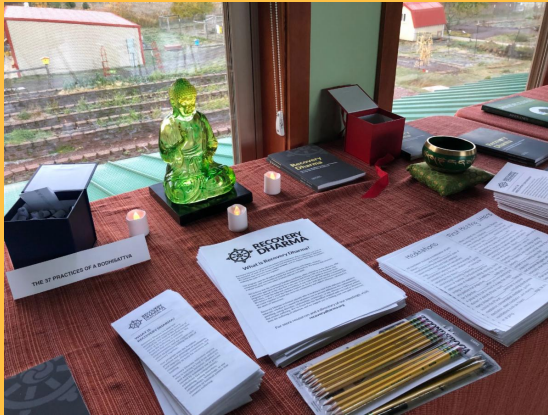
There were, however, no unhappy faces when OctSoberFest celebrants and musicians scrambled to get into safer, warmer and dryer spaces.

The unexpected downpour was simply one more highlight in a delightful weekend spent in celebrating recovery. On October 25-27, friends and loved ones gathered with survivors of addiction and alcoholism to share stories of hope and renewal.

Approximately 75 participants had just finished filling their barbecue plates when blue skies were suddenly interrupted by dark ominous clouds rumbling over the eastern Cascades on Saturday afternoon. Earlier that morning, between 50 and 60 people had gathered in the Mountain Room to hear keynote speaker, Gary Sanders, talk about applying Buddhist principles to recovery.

In addition to recovery workshops and restorative, trauma-informed yoga, weekend participants were provided opportunities to meditate in groups as well as on their own in the fields, labyrinth, special and sacred spaces of The Abbey grounds.

Sharing over the weekend included books, information and sample meetings introducing, Recovery Dharma, Mindfulness in Recovery, Living Yoga and other mindfulness and Buddhist traditions.



Thanks to The Mount Adams Zen Temple and all the wonderful volunteers who made the OctSoberFest barbecue and the OctSoberFest in the Gorge weekend a joyful time for all. And please mark your calendars and join us for the second annual OctSoberFest in the Gorge on Sunday, September 27, 2020.

If you would like to be on the e-mailing list for OctSoberFest, please contact [richard.withers@att.net](mailto:richard.withers@att.net).

Participants were asked to avoid sharing photographs that would identify participants in keeping with traditions of anonymity and confidentiality.

Picture 1. The gathering to hear speaker Gary Sanders, Recovery Dharma. (<https://recoverydharma.org/>)

Picture 2. OctSoberFest Information Table.



*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](http://www.mtadamszen.org)