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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

December 2018



SEASON'S GREETINGS

Weekly Temple Services

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

Meditation Saturday 9am full service + meditation

My dear ones,

We're starting construction of our new temple in Spring 2019. Please help us raise funds.

The Holiday season is upon us again for our brothers and sisters who celebrate Druid, Christian, and Jewish holidays. May it be a time of peace and family for all.

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

We Are Building A New Temple

We hope to start Spring 2019

**You can help us
by donating to the temple via:**

+ CHECK

+ **GOFUNDME** <https://www.gofundme.com/build-a-new-Zen-Buddhist-Temple>

+ **WEBSITE** <https://mtadamszen.org/giving-dana-financial-support/>



Buddha Statues Have Arrived



Thays Z, Minh Phap, and Kozen look at statues at a stone carver's shop in Da Nang



The statues arrived at our temple in good shape with no apparent breakage.



The large 3 ton Buddha was donated by Donna. We are so fortunate to have this Buddha for our temple's main alter. The Buddha is so heavy that we will put it in the new temple when the foundation is poured and build around it.



Our shipment came in a full 40ft shipping container. It was a lot of work to unload the statues and then move them into storage. We rented a huge forklift to do so.



A very happy Thich Vinh Minh watches and helps unload the statues. Thay Vinh Minh stayed in Vietnam, making sure the carving and bell order was done correctly and then made sure it was all well crated to be shipped to the USA. Our order includes statues of 2 Bodhisattvas, several incense bowls, a stone table and chairs, 2 lions (for our new temple entrance) , the Vietnamese Thien patriarch and a large new bell.



We ordered a Naga Buddha to donate to our good friends Dhammadasa and Laura at Cloud Mountain Retreat Center.

Cloud Mountain has been very supportive of our temple and we are so grateful for their support

How Wonderful

Providence Hospital Chaplains held a day long spiritual care retreat at our Abbey in November. They have met here for several years. It is our pleasure to welcome groups of all faiths to use our small retreat center for spiritual growth.



Our Temple 2018 Retreats & Practices

December

1-2 Women's Retreat and the work that reconnects

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

22 ADF Winter Solstice - Druid Event 3:30pm

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

Very Interesting Web Reading

Poetry <https://heartfelthealingtouch.wordpress.com/2018/10/30/meandering-mind-meditation/> by Billie Shults Reiki Master Teacher 503.766.3689

Buddhism vs Psychological Mindfulness <https://tricycle.org/trikedaily/diluted-buddhism/> The Dangers of Diluted Buddhism

Death Article <https://tricycle.org/magazine/self-care-future-corpses/>

Thich Nhat Hanh Returns to Vietnam <https://plumvillage.org/news/thich-nhat-hanh-returns-to-vietnam/>

Thich Vinh Minh and Sa Di Minh Phap

have both enrolled in the Gorge Community College.

We're looking for sponsors to help pay for Thich Vinh Minh's college classes. As a citizen of Vietnam he is not eligible for grants and scholarships.

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



Thich Minh Thien, Abbot of Budding Dharma

The Monkey Mind

As the year winds down, I am struck by the frenetic pace that all the holiday activities drive. One of the key societal indicators is the Black Friday shopping extravaganza that now has become tradition the day after Thanksgiving. I will admit to participating once, about ten years ago, when I went to one of the typical box stores to try and capture one of the "specials" in the electronic department that year. It only took one time to experience the mania that occurs and I never did that again.

I recently had a conversation with one of my sangha members about that experience and they said that it reminded them of their mind sometimes when trying to sit in meditation. I experience that and I hear that from a number of people who are trying on a practice of meditation. Primarily, people want to know how to settle the mind, usually to reduce the level of stress in their lives. I start by talking through the meditation practice involving Body, Breath and Mind as a technique but sometimes a visual representation might also be helpful.

Recently, I ran across this description on-line which I think creates that visual.

"The ego is a monkey catapulting through the jungle: Totally fascinated by the realm of the senses, it swings from one desire to the next, one conflict to the next, one self-centered idea to the next.

If you threaten it, it actually fears for its life.

Let this monkey go. Let the senses go.

Let desires go. Let conflicts go. Let ideas go. Let the fiction of life and death go.

Just remain in the center, watching. And then forget that you are there."

(Hu Hua Ching, Treatise on Educating Barbarians, translated by Brian Walker).

How many times have we all heard the phrase "Monkey Mind" to describe the activity that we cannot see or touch, but definitely experience? Sometimes, when sitting, I sense that monkey catapulting from thought to thought, concern to concern, desire to desire, fear to fear, and am amazed how undisciplined my mind really can be. That is one of the primary reasons I find mediation practice so essential. There is a phrase attributed to the great Master, Dogen Zenji: shinjin datsuraku, which is translated "dropping off body and mind." I have used that mantra along with breath when I sometimes find it difficult to settle during meditation. I now have this additional visual of "letting go" and to "just remain in the center, watching". No fighting it, no judgement, just watching it and letting it all go. And then with practice, maybe someday, forget that I am there.

Namo tassa bhagavato arahato samma sambuddhassa

Some Recommended Reading (required for temple students)

Old Path White Clouds by Thich Nhat Hanh

Twenty Cases Suggestive of Reincarnation by Ian Stevenson

Children Who Remember previous Lives by Ian Stevenson

Chant Book – download on line www.Mtadamszen.org

Velveteen Rabbit by Margery Williams

Shobgenzo-zuimonk i by Eihei Dogen Zenji recorded by Koun Ejo

Zen is Eternal Life by Jiyu Kennett, Roshi
(Previously published as *Selling Water By The River*)

Being Zen by Ezra Bayda

The Life & Work of Ruth Fuller Sasaki, Zen Pioneer by Isabel Sterling

Money Sex War Karma by David R. Loy

Living Buddha, Living Christ by Thich Nhat Hanh

The Shack by William P. Young

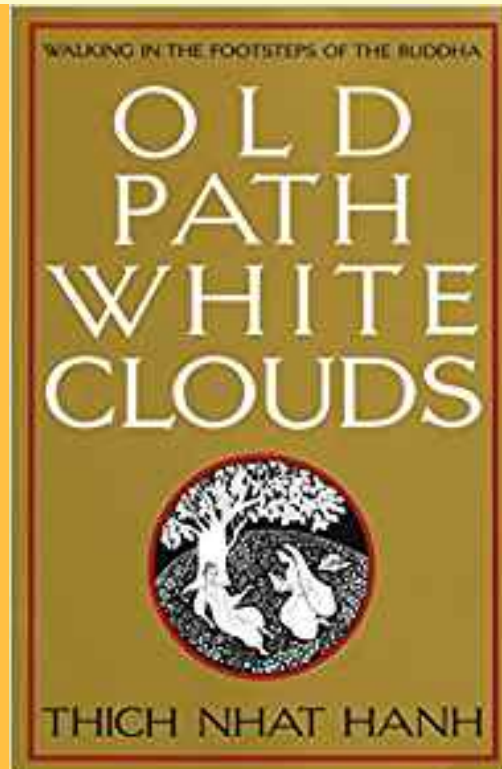
Ven Master Thich Nhat Hanh

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)

The steam
Rising from my tea;

The moonlight
Coming through the window;

The pause
Before a poem -

Small silences.

I'm grateful to each in-breath
For the life that it brings,
Grateful to each out-breath
For the death that it promises,
And grateful for the ability to choose
What happens between the two.



Done with striving,
I set my brush and ink aside.

Simply resting,
I set thoughts and ideas aside.

Lifting my cup,
I find a perfect enso!

All of that work,
When I just needed to spill my tea.



Welcome Anna Gagnon M.Div

Hood River Oregon, Providence Hospital's newest chaplain is a Buddhist. Anna graduated from Naropa University (Boulder Colorado). She's a native of Portland Oregon. She's worked in acute care hospitals and hospice as a chaplain.

If you meet her, please extend a warm welcome to the Gorge. It is a delight to have a Buddhist Chaplain in the area. Read more about Providence Hospital in Hood River at <https://oregon.providence.org/location-directory/p/providence-hood-river-memorial-hospital/#laid=5321>

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.

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 1029 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 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/>

Tentative 2019 Schedule of Classes

JANUARY

FEBRUARY

23 Tet (Lunar New Year Celebration)

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.*

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www.Mtadamszen.org