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MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

August 2021



**We Have Started Construction Of Our
New Temple**



This is the first phase in a 3 phase building project. This first building will be an enclosed and covered patio space with heated floor for outside meditation and chanting year round use. The second phase will be a new temple, and the third phase will be a dining area and kitchen.

An anonymous donor has started a matching fund drive up to \$5,000 for the new building. you can donate at: <https://www.mtadamsbuddhisttemple.com/giving-dana-financial-support/> or by mailing a check to Mt Adams Buddhist Temple, POBox 487, Trout Lake WA 98650

Weekly Temple Services via ZOOM

Saturday 9am full service + meditation

<https://us02web.zoom.us/j/5093952030>

Monday - Friday Morning Meditation

<https://us02web.zoom.us/j/5093952030>

Monday noon meditation via ZOOM

<https://us02web.zoom.us/j/5093952030>

Tuesday Evening Meditation

<https://us02web.zoom.us/j/5093952030>

Thich Nhat Hanh study group on the 2nd & 4th Wednesdays at 6:30 pm, the contact Bonnie at

[bon2626wit@att.net.](mailto:bon2626wit@att.net)

Dear Ones,

With the arrival of the Delta strain of the Covid virus, we must make another change. In order to protect our unvaccinated brothers and sisters (and our immune-compromised dear ones), we're wearing masks again. Please let this be an act of loving kindness towards others rather than a political statement. Loving kindness (metta) practice asks us to love all beings.

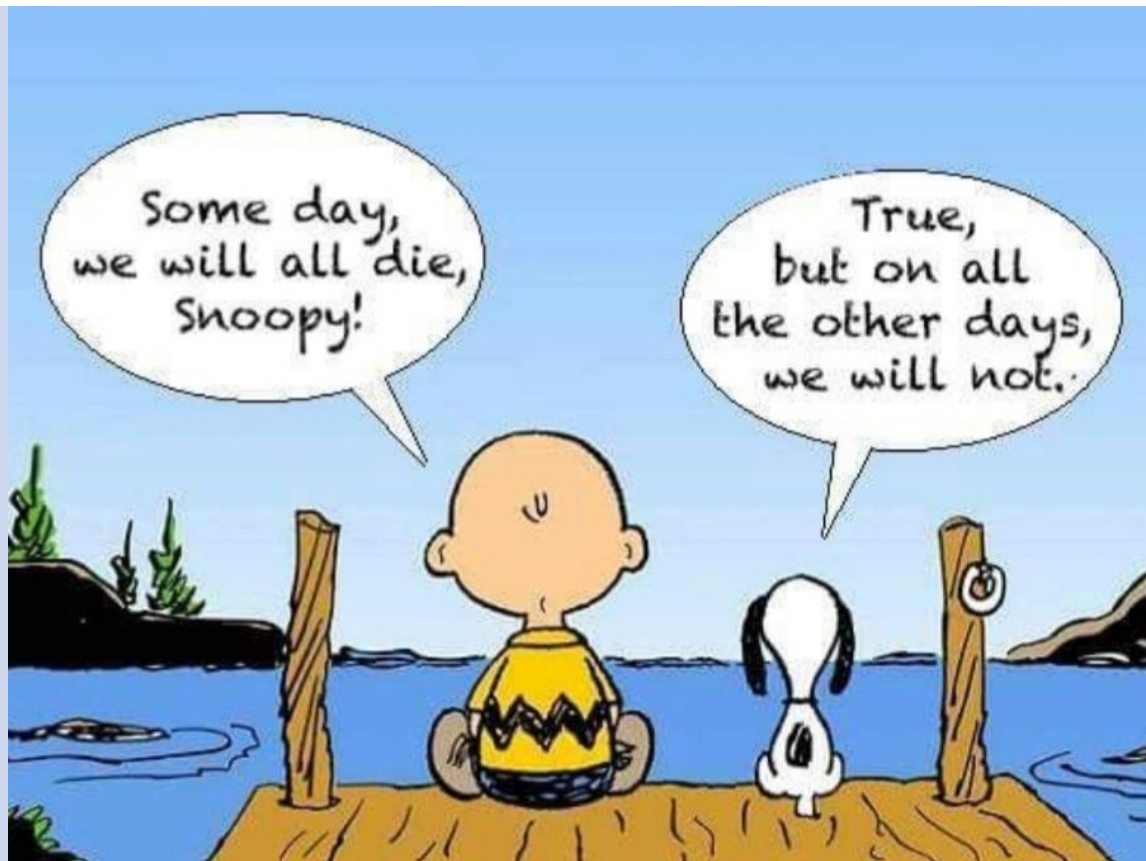
In a recent study, red and processed meat was found to lead to heart disease (<https://www.cnn.com/2021/07/21/health/red-and-processed-meat-heart-disease-wellness/index.html>). This may be another reason to consider living a vegetarian lifestyle.

I am personally excited about the construction going on for the new temple. May it help many to find peace. May all beings find peace.

In metta, Thay Kozen

Our life really is so much about our outlook.

If we are willing to let go of judging, liking and disliking, and the discriminate thought of right and wrong we can approach the Buddha's teaching of equanimity. Like Snoopy below, we can see a clear and more open view - we live all of the days on which we do not die. May our living be filled with the Dharma, peace, harmony, metta, and joy. Thay Kozen



**Special events coming up in August:
Zoom meetings and private non structured retreats only due to Covid**

Quotes Attributed to The Buddha

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

"You are the community now. Be a lamp for yourselves. Be your own refuge. Seek for no other. All things must pass. Strive on diligently. Don't give up."



Thich Minh Thien, (Thay Z) Abbot of Budding Dharma
Arlington, Texas thayzzen@gmail.com

Practice Makes Perfect

As a child, I wanted to learn to play guitar. My mother thought taking accordion lessons was a better choice. I guess she thought that way because she was an accomplished player of that instrument. It didn't take long however for my parents to recognize that the desire to learn the accordion was not anything I would aspire to. So they relented and bought me a guitar and sent me off to the local music studio for lessons. I was initially inspired however that didn't last long and my parents began to push me to practice which is something I just never put my heart and soul into. Over and over I can still hear my mothers voice saying, "practice makes perfect". I can play the guitar today like an amateur, but I never did master the instrument as I and my parents had hoped I would do.

So often we refer to what we do in Buddhism as part of our practice. I read an article by Barbara O' Brien where she said that, "there are two parts to being a practicing Buddhist: First, it means that you agree with certain basic ideas or tenets that are at the core of what the historical Buddha taught. Secondly, it means that you regularly and systematically engage in one or more activities in a way that is familiar to Buddhist followers. This can range from living a devoted life in a Buddhist monastery to practicing a simple 20-minute meditation session once a day. In truth, there are many, many ways to practice Buddhism—it is a welcoming practice that allows for a great diversity of thought and belief among its followers."

Our wonderful contemporary Master, Thich Nhat Hanh, speaks about practice in this way. "The essence of our practice can be described as transforming suffering into happiness". The main affliction of our modern civilization is that we don't know how to handle the suffering inside us and we try to cover it up with all kinds of consumption. Retailers peddle a plethora of devices to help us cover up the suffering inside. But unless and until we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Thay, (Thich Nhat Hanh), believes that Mindfulness is the best practice to be with our suffering without being overwhelmed by it. Mindfulness is the capacity to dwell in the present moment, to know what's happening in the here and now.

And just like my dear, old mother used to continually tell me, practice makes perfect. In order for happiness to be extended and renewed, you have to learn how to feed your happiness. Nothing can survive without food, including happiness; your happiness can die if you don't know how to nourish it. If you cut a flower but you don't put it in some water, the flower will wilt in a few hours. It is the same with our practices, be it mindfulness, meditation, chanting, devotion or any number of combinations included in the different flavors of Buddhism in the world today. Whichever practice you gravitate towards, feed it and make it a consistent part of your life.

namo tassa bhagavato arahato samma sambuddhassa

On line Buddhist Book of the Month

Exploring Buddhism and Science

https://issuu.com/awakenpublishing/docs/exploring_buddhism__science



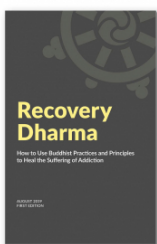
Poetry from Venerable Fa Hsing

(Thich Tâm Minh) mountainwayzen@yahoo.com

Seven billion drops of water in a flood,
seven billion snowflakes in an avalanche,
and seven billion sparks in a fire
are all thinking the same thing:

"I'm sure glad I'm not the cause of this."

While the rest of the world
searches for him,
the Buddha of the redwoods
searches within...



The Trout Lake Abbey is spiritual 'home' to the monthly Recovery Dharma Inquiry meeting while we are meeting in cyberspace. These monthly meetings (on the second Saturday of each month at 11:00 a.m.) are in addition to the weekly meetings (Sunday and Wednesday Evenings) of the Gorge Recovery Dharma program. We are grateful for the support of the Mt. Adams Buddhist Temple and look forward to a time when we can once again meet in person on the Abbey grounds.

Recovery Dharma (RD) is a worldwide program of peer support for persons recovering from substance use disorders and also 'process addictions' such as gambling, overeating, tech addiction, and other harmful or dysfunctional behaviors. RD uses Buddhist principles and practices and draws lessons from other peer support recovery programs including 12-Step fellowships such as AA and Al-Anon.

The next Trout Lake Abbey Recovery Dharma Inquiry meeting will focus on the First Noble Truth (the truth of suffering) and can be accessed on Zoom at <https://uso2web.zoom.us/j/754615114>. Participants will be admitted from the waiting room, The meeting will begin at 11 a.m. PST. Meetings last approximately 1 hour and 15 minutes. The 12 months of the year are used to explore how the Four Noble Truths and each element of the Wise Eightfold Path may help to transform the suffering of addiction and contribute to a path of awakening and service to one another.

The book *Recovery Dharma* can be accessed and downloaded for free at recoverydharma.org.

For more information, contact Richard Withers at richard.withers@att.net. Meetings are also listed at the Facebook group "Gorge Recovery Dharma" and at the web site for Columbia Gorge Mindfulness Meetup.



The Most Venerable Thích Quảng Đức

He was a Vietnamese Mahayana Buddhist monk who burned himself to death at a busy Saigon road intersection on 11 June 1963. Quang Duc was protesting the persecution of Buddhists by the South Vietnamese government led by Ngô Đình Diệm. Photographs of his self-immolation were circulated widely across the world and brought attention to the policies of the Diệm government. John F. Kennedy said in reference to a photograph of Duc on fire, "No news picture in history has generated so much emotion around the world as that one."

https://www.youtube.com/watch?v=CQjk_XfotLM

This monk's action helped change the world. I have great respect for his action and compassionate heart. Thay Kozen



Tick Season Is Here

The CDC warns ticks can be found in wooded or grassy areas. (CNN) Summer is typically a time for Americans to get more time outdoors, and that may feel more necessary than ever after spending so long cooped up at home during a pandemic. But while there may be a lower risk of Covid-19 transmission outside, there are other illnesses you can encounter in nature. Some of those come from tiny arachnids called ticks.

Ticks don't fly, but they can latch onto your skin and in some cases, get you sick. Here's what you need to know to stay safe this summer. <https://www.cnn.com/2021/07/12/health/ticks-prevention-wellness-trnd/index.html>

\$5,000 matching grant. Make your money work twice as hard.

A donor has offered \$5,000 towards matching grants. All donations will be matched 1:1 until the \$5,000 runs out. So that means, if you donate \$100, that's like donating \$200. If you donate \$100,000 that's like donating \$105,000. If you donate \$3,000,000 that's like donating three million five thousand dollars. *A quote from Rev. Scott's playful mind.*

*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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