

SHARE:



[Join Our Email List](#)



MOUNT ADAMS ZEN BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

June 2021

Temple Services

Meditation Saturday 9am ZOOM meeting - 5093952030

Monday - Friday Morning Meditation 6:30 am-7:30 am zoom 5093952030

Tuesday - Friday Evening Meditation 5:30 - 6:30 pm zoom 5093952030

Mondays at Noon - Mt. Adams True Home Sangha, Meditation and Metta. Zoom link to waiting

If you have difficulty accessing the meeting, please text (414) 587-4065 for help.

2nd and 4th Wednesdays, 6:30-8:00 pm - Thich Nhat Hanh Meditation and Study Group.

Contact Bonnie at bon2626wit@att.net for a Zoom link and information.



Dear ones,

We had a wonderful Wesak celebration attended by over 30 people. We bathed the baby buddha in a symbolic cleansing of our desire, anger, and ignorance. Please watch the two videos below to see drone photos of our temple grounds.

<https://youtu.be/Nrfn7quzn88> and <https://youtu.be/IEyy0RYtjC0>

It seems like the Covid virus is lessening and fewer people are sick and dying - how wonderful! Please practice loving kindness with all beings about their choices in life, politics, and their decisions about the immunization process. We are either all the children of the Buddha or none of us are (there is only one - not two). *in metta, Thay Kozen*

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



Contentment

The Buddha said, "Contentment is the greatest wealth." He also taught that life means suffering or dissatisfaction. Two completely true statements that on the surface, might seem contradictory.

In our Western society, the pursuit of happiness or contentment are high on the list of things to be attained. From our earliest memories, we have all been taught, either directly or indirectly, that pursuit of "things" brings happiness.

Better grades in school, better performance in sports, climbing the social or career ladder, obtaining possessions, are just some of the areas where we have all fallen prey to the belief that they would bring happiness and thus, contentment. We are living in an age of unparalleled consumerism and materialism in which contentment is becoming an extremely rare commodity. Society demands that we should yearn for more than we have and, as a result, we can wind up feeling that we have not yet reached the finish line in the game of success.

Contentment might be described as the feeling that you are happy with who you are and what you have; the roles you play in the world—from janitor to president—and that includes the material acquisitions that you own. External things do make us happy and content for a time, but it is fleeting and doesn't last. Things never completely quench our insatiable cravings. They never have and never will. This is because contentment is a state of mind and is not highly dependent upon what we have or who we think we are in society.

So what can we do to experience the contentment that the Buddha described as the greatest wealth? We begin by learning how to be more content and living in gratitude for what is. The practice of gratitude is a wonderful and simple way to do this. Each day, we can practice a little gratitude here and there. In the morning, we can be thankful for the fact that we are breathing and alive. Each time we sit down to eat, we can be thankful for having food on the table and that we are not going hungry. While in the company of friends, feel how lucky we are to have these people in our lives as a source of love and caring. Each night when we go to bed, feel fortunate that we have shelter, and of course, at all times, wish that everyone in the world could also have all these same elements.

The human brain is designed to rewire when we intentionally decide to change it. Extraordinary changes can take place in our brain when we use spiritual practices such as the teachings of the Buddha and some meditational practice to change seeing all things in gratitude and with a sense of contentment. As we practice gratitude everyday, we actually train the brain to feel less inadequacy and more fulfillment. This reduces the mental suffering that springs from anxiety, fear, boredom, and self-hatred.

Most of the time, our reality is personal and subjective. We have choices and we can feel poor and inadequate while surrounded by material abundance, or we can feel rich and grateful, simply because we recognize how fortunate we really are through a practice of gratitude.

Another saying attributed to the Buddha, puts it all in context: "Do not blindly believe what others say. See for yourself what brings contentment, clarity and peace. That is the path for you to follow."

Namo tassa bhagavato arahato samma sambuddhassa

Dear ones, A quote from the Buddha's last days....

"My years are now full ripe, the life span left is short.
Departing, I leave you, relying on myself alone.

Be earnest, then, bhikkhus, be mindful and of pure virtue!
With firm resolve, guard your own mind!

Who pursues the Dharma and the Discipline untiringly
Shall go beyond the round of births and make an end of suffering."
in metta, Thay Kozen

Phase one of our New Temple Complex has begun construction



Thank you for all your kind generous donations.
We've been saving for over 8 years and can now begin on phase one of 3 phases of building.

2021 Mount Adams Buddhist Temple
RETREAT SCHEDULE

June 25, 26 & 27th 3 DAY RETREAT

THEME *"Polishing the Sangha Jewel"* Sister Minh Bao & Rev. Dave, MCs
7 Methods to Prevent the Sangha from Falling into Decline (p 542 of [Old Path, White Clouds](#))

August 14 one-DAY Outdoor Summer Gatherings: In-person & outdoors at Mt. Adams Temple

September 11th 1-DAY Outdoor Summer Gatherings: In-person & outdoors at Mt. Adams Temple

October 15, 16 & 17th 3 DAY RETREAT

THEME: *"The 3 Poisons & The 3 Antidotes"*

November 20th RETREAT

THEME: *"Gratitude: Expressing Thankfulness in Daily Life"*

December 18th RETREAT:

THEME: *"Awakenings - the great & small"*

2021 CEREMONIES

DECEMBER 4th Taking Refuge & Precepts

9:15 AM to 10 AM - part of Saturday Service
Following 8:30 AM Check-In

2021 "BUDDHIST BASICS" CLASS SCHEDULE

Precepts, Four Noble Truths, Eight Fold Path, Meditation Practice and Metta classes

October 2, 9, 16, 23 Saturday mornings - following morning service

November 6, 13, 20 & 27 Saturday mornings - following morning service

New Nun, Sister Tracy

Tracy, Jing Wang, is from Anhui China, stuck in the USA a bit due to the Covid Pandemic. She is a friend of Master Wanxing's student, Susan who referred her to our temple. She's been working hard since she came, helping with the garden and



cooking a delicious noon meal every day. She is also helping Thay Kozen learn to pronounce Mandarin words properly. Please welcome her to our temple. If you can speak Mandarin please come and visit her.



Poetry from Venerable Fa Hsing
(Thich Tâm Minh) mountainwayzen@yahoo.com

Fallen too soon —

these bright cherry blossoms
will see no more spring.

After years of gazing
at the distant shore
in search of something new,
I finally crossed
to the other side
and all that changed was my view.

Cultivate perfect acceptance,
and the world will be filled
with perfect blossoms.



Working in the Kitchen

on the left, Minh Dao, from Texas. He flew out to help us prepare for our Wesak celebration and do general temple maintenance. Minh Dao will be returning to Del Valle Texas to be ordained as a monk by the Venerable Thich Trung Sy.

on the right, Ted Fontaine, was recommended by Rev. Jean-Luc as a possible temple resident assistant. He comes with a great deal of skills and a strong history of Buddhist practice. Ted was a senior student in another Sangha

Tibetan Prayer Flag Pavilion

The Windhorse (འཇམ་ཐོག་) is a legendary Tibetan creature, considered to carry prayers from the earth to the heavenly gods using the strength and speed of the wind. This basic symbol is thought to possess powerful energy—an energy that carries colossal power to the lives of all beings who come into contact with the wind.

Also known as Lung-ta in Tibetan, the Windhorse coupled with the “Wish Fulfilling Jewel of Enlightenment” is an important symbol inscribed onto Tibetan prayer flags. Although they represent good fortune and luck, Tibetans believe they actually have the power to influence events in nature and society. Windhorse prayer flags are the most common prayer flags among Buddhists. The image of the Windhorse is drawn on the center of the prayer flag while the outside corners are guarded by the four great animals (Four Dignities): garuda (wisdom), dragon (gentle power), tiger (confidence) and snow lion (fearless joy). These guardian animals can be represented in either pictorial form or as a written word. There are also inscriptions of sutras or mantras on the flag. It is said that when the Windhorse prayer flags flap in the wind, the spiritual powers of the sacred images and scriptures benefit all those in the area.

Hanging Windhorse prayer flags is considered an act of merit that increases positive opportunities. Prayer flags are hung from high points such as trees, eaves, or on wooden poles.

Our temple joined about 70 Tibetan friends and a lama to raise these flags on Vesak.



We buy our prayer flags at Tibet A Gift - you can visit them on line at www.tibetanprayerflag.com
Tashi Delek! Tibetan Prayer Flags is a passion of love. We hope that each flag will spark an interest about Tibet. May it bring you and your family much good fortune, joy, happiness, love and peace in your life.

Bhod Gyal Lo! 3848 SE Division St Portland OR 97202-1641 or +1 (503) 810-7355. They have not been opened during the pandemic but phone and on line orders can be made.



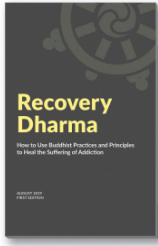
Summer Tick Warning

According to science news, the rise of tick borne illnesses keep growing. A newly identified disease alpha-gal allergy (by the bite of a lone star or blacklegged tick) may cause individuals to become allergic to meat Alpha-gal Syndrome or AGS)

Add that to Lyme disease, Rocky Mountain spotted fever, weather changes, and a growing deer population and we have an almost perfect storm.

Recovery Dharma by Dick Withers

The next Gorge Recovery Dharma Inquiry meeting is Saturday, June 12 at 11:00 am (Pacific time). The meeting will include discussion of "Wise Intention" - the second



practice of the Noble Eightfold Path. We examined the Four Noble Truths during the first four months of 2021. In May we shared our thoughts about the first practice on the Eightfold Path, "Wise Understanding." In remaining months of 2021 we will explore each of the practices of the Eightfold Path and how these practices nourish recovery from addictions and afflictions of all kinds.

Participants will be admitted from a waiting room at <https://us02web.zoom.us/j/754615114>.

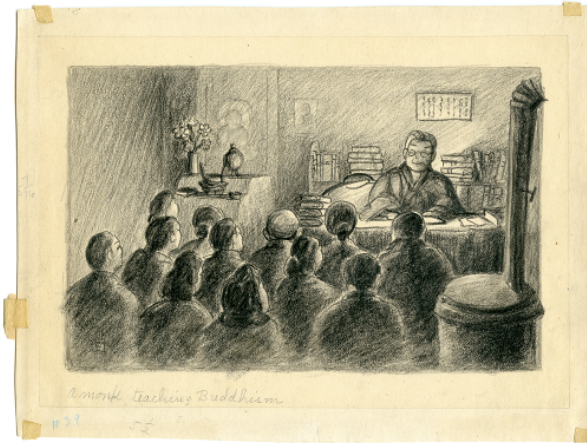
The Trout Lake Abbey is spiritual 'home' to the monthly Recovery Dharma Inquiry meeting while we are meeting in virtual space. These monthly meetings (on the second Saturday of each month at 11:00 a.m.) are in addition to the weekly meetings (Sunday and Wednesday Evenings) of the Gorge Recovery Dharma 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. And please mark your calendars now for a daylong return of OctSoberFest at The Abbey on Saturday, October 2, 2021.

Recovery Dharma (RD) is a worldwide program of peer support for persons recovering from substance use disorders as well as 'process addictions' such as gambling, overeating, tech addiction, and other harmful or dysfunctional behaviors. RD uses Buddhist principles and practices and is informed by best practices of other peer support programs. **The book *Recovery Dharma* can be accessed and downloaded for free at recoverydharma.org. Schedules and links for on-line Gorge Recovery Dharma meetings are listed at recoverydharma.org/meeting-list. Questions? - contact richard.withers@att.net.**

"Rev. Senzaki Teaching"

Drawing done in his "Wyoming Zendo" by Estelle Ishigo during their time at Heart Mountain Relocation Center. Venerable Nyogen Senzaki was an enlightened teacher with great compassion. Read more here https://en.wikipedia.org/wiki/Nyogen_Senzaki

During World War II Japanese-Americans were put into relocation camps. One such place is Heart Mountain Relocation Camp outside of Cody Wyoming. Please visit the site to gain insight into how we Americans dealt with fear, even overriding the constitution in our haste to deal with war. Read more here www.heartmountain.org



*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.orgdroppable-1590849132495