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**Tuyết Sơn Thiền Tự
Mt Adams Zen Buddhist Temple
雪山禪寺**

46 Stoller Rd., Trout Lake WA 98650 509.395.2030 www.mtadamszen.org

One-Day Meditation Intensive

**Saturday, March 23
7:30am - 3:30pm**

you can also attend our regular morning service at 9 AM

Please join us this coming Saturday, March 23, for our all day meditation intensive beginning at 7:30 AM.

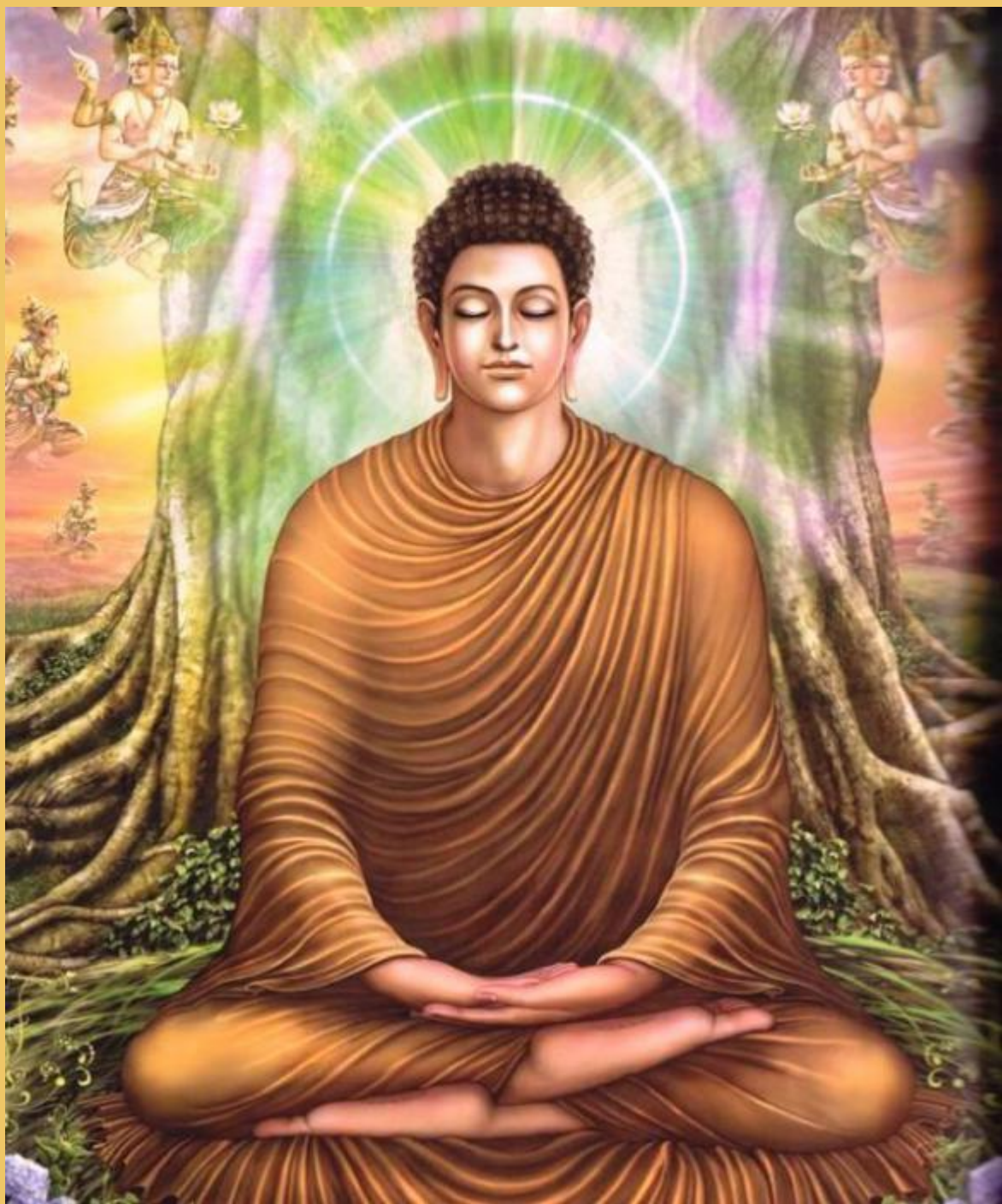
We will practice several forms of meditation, and develop metta, loving kindness practices for ourselves and others. A vegetarian lunch will be served. Please contact Abby for reservations at 509-637-4511, or e mail her at abgale@embarqmail.com.

If you are unable to get here so early in the morning, please, come for our 9:00 am temple service and stay for the rest of the day if you like.

We are asking a \$30.00 donation, but we would rather have you here than your money, so don't let finances stop you from coming.

Hope to see you here at the Abbey!

If you need a room for Friday night, just let me know. We have a lovely B&B here.



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Directions to Mt Adams Zen Buddhist Temple

(From the 84 freeway - about 21 miles)

From Portland OR, take the 84 freeway east towards The Dalles.

Take the US-30 exit, EXIT 64, toward OR-35/MT. HOOD HWY./WHITE SALMON/GOVT. CAMP over the bridge towards Washington State. There is a toll Bridge - the cost is \$1.00

Turn LEFT and go about 2 miles

TURN RIGHT onto WA 141 Alt (Just before the White Salmon River Bridge) If you go into Skamania County you've gone too far.

Turn LEFT at the top of the hill onto WA 141
Go about 21 miles past Husum and BZ Corners

Turn RIGHT onto Warner Rd. (there is a brown sign to Conboy Lake Wildlife Refuge 10 miles, then a green sign Trout Lake and Glenwood - arrow to right) You can see the mile marker 21 just ahead as you turn.

Go 1.0 mile. Go past Trout Lake Farms and Sunnyside Drive to your right
Turn RIGHT onto Stoller Rd. Just past a row of mailboxes. Warner sort of dead ends - the main traffic route is to the left but we are to the RIGHT.

Go about 0.4 miles - the Abbey is the last house on the paved road on the LEFT (you will see a large field and a 3 story tall red barn) and there is a sign Trout Lake Abbey at our driveway.

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.

Thich Minh Tinh
(Rev. Kozen Sampson)
宏禅 Sampson