



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

April 2024 - Happy Spring

Earth Day

Earth Day is celebrated on April 22nd

This is a long letter. Please enable photos and read to the "Bonus Click"

Services via ZOOM SPRING SCHEDULE

all times are Pacific time

SERVICES & STUDY In Person and on Zoom

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

MORNING SERVICE (Monday to Friday) ** Note Change **

6 AM

Robe Verse, Light incense and candle, Incense chant

Danh Le - with the 3 bows, Sutra, Dharma talk

6:30 AM

Chant of Compassion, Check-in

7:00 AM

Meditation, Well wishing prayer, Dedication of Merit

EVENING SERVICE (Monday, Wednesday, Friday)

5:30 PM

3 bows, Chant of Compassion, Check-in

6:00 PM

Meditation, Well wishing prayer, Dedication of Merit

SATURDAY SERVICE

8:30 AM

Check in

9:00 AM

Danh Le - with the 3 bows, Chant of Compassion

9:30 AM

Meditation, Dharma Talk, Well wishing prayer, Dedication of Merit
all above at 46 Stoller Rd., Trout Lake WA and at Zoom link below

TUESDAY Sanga + Meditaion **12 noon** IN PERSON ONLY

1412 13th Street, Suite 200. Hood River, OR 97031

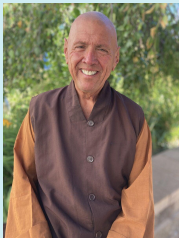
2nd & 4th WEDNESDAY Thích Nhất Hạnh Study Group **6:30 p.m.**

(For information about the study group, contact Bonnie at bon2626wit@att.net)

LAST SUNDAY OF MONTH Meditation + Dharma Talk **2:00 p.m.** IN PERSON ONLY

Buu Hung Buddhist Temple 17808 NE 18th St, Vancouver WA

[Link to All Zoom Services](#)



Dear Ones,

Happy April! - Robins have returned from their southern migration so Spring has started. Our new Dharma Hall plans are approved and weather permitting we are set to start building! So many exciting changes are occurring at our small temple. We plan to pour the concrete foundation for the new meditation hall on April 1st.

Our temple's memorial area is being fenced and landscaped and we are pleased to start performing monthly memorial services for those who have passed and their families.

Our Monday - Friday morning services have been expanded to start at 6 AM for Sutra study and practice, 6:30 AM for a Sangha check in, and 7:00 AM for meditation. This period of one and a half hours daily is the start of the commitment to advanced practice. All are welcome to join in.

Change happens - this is the teaching of the Buddha - some of our long term staff are transitioning to new jobs and creative pursuits. We will miss their good efforts and friendship and look forward working with the new staff starting soon.

Our Sangha Retreat, Union is shaping up with more requests for housing than we can provide. See the article below for information on joining the waiting list.

Three upcoming events are of special note: Vesak on May 11th, Sangha Union on May 31 - June 2, and Ullambana on August 10th. Please read the information below.

*May we all be well and happy. May we all know love and peace.
Blessings of the .Dipamkara Buddha....Thay Kozen*



Vesak (Phật Đản)

Our temple is celebrating on May 11, 2024 at 9AM

Vesak festival commemorates the birth, enlightenment Nirvana, and passing of our historical teacher, Gautama Buddha. Although Buddhist festivals have centuries-old tradition, the first conference of the World Fellowship of Buddhists held in Sri Lanka in 1950 formalized the decision to celebrate Vesak as the Buddha's birthday across multiple Buddhist countries.

We will have a small Buddha statue standing in a pool of fragrant water. We will use a ladle to bathe the baby Buddha. This is a joyful way to introduce children to the rituals of Buddhism as they takes turns "bathing the baby." And it symbolizes letting go of the 3 poisons - anger, desire, and Ignorance as we cleanse our hearts with the washing of the statue.

On this day we offer special kind acts to the elderly, poor, and disadvantaged. Gifts are given to the temple include food, flowers, money, and household or personal care supplies. In Asia, people often

[Click here to read more about VESAK](#)



**ULLAMBANA (Tết Trung Nguyên or Vu Lan)
Ancestor Festival
Our temple is celebrating on August 10, 2024 at
9AM**



Ullambana has many stories about its origin, based on the region where it is celebrated. The word 'Ullambana' itself was Sanskrit in origin and was translated into Chinese to form 'Ullambana. It is a time for the pardoning of condemned souls who are released from hell. During this week the "homeless" should be "fed" and appeased with offerings of food.

The history of this ceremony is from a story Legend has it that Petavatthu, Sariputta's mother, is trapped in the fifth life cycle as a hungry ghost, unable to come back as a human. To help his mother, Sariputta builds huts and fills them with food for the monks to eat from as a gesture of his sacrifice. Karma & merit accept his sacrifice and his mother is freed. The story comes from **Yulanpen Sutra**, also known as the **Ullambana Sutra**

In Vietnam it is Parent's Day. People with living parents wear a red flower and attend services to give thanks. People whose parents have died wear a white flower and attend services to pray for the deceased.

Gifts are given to the temple include food, flowers, money, and household or personal care supplies. Offerings of favorite foods are offered to the deceased ancestors, and a meal is served to monks and living parents.

Please join us at the temple...Thay Kozen

[Click here to read more about Ullambana](#)

**Sangha Retreat, Union
May 31-June 2**

We are joining as a Sangha for a 3 day weekend retreat. Many activities are being scheduled along with Dharma Talks and various meditation practices. At this point, we have over 85 people signed up and cannot accept any more reservations. If you have received an email confirmation from Julia at gvljohnsons@bellsouth.net you are all set to come. We are slowly assigning sleeping places as we get information about glamping tent status and other unknowns. If you signed up on the original form, you will receive information about your assignment and how to pay a \$25 deposit in the next 2 weeks, plus other details about when to arrive, program highlights, meals, etc.

We have a waiting list because we know things change. If you need to cancel your reservation, email Julia. We will give your spot to the first person on the waiting list. If you already let us know in your original sign-up that you are tentative about coming, we will automatically put you first on the waiting list - no need to sign up again. If you have already cleared your obstacles and let us know you can come, you should be confirmed - no need to sign up again. **IF you were closed out of the original sign up because it was full, but you want to come and have not received an email confirmation, you need to click below to get onto the waiting list.** If you have questions, click below and we will do our best to find the answer.



[Join Waitlist](#)

[Questions?](#)

2024 TEMPLE RETREATS & SPECIAL SERVICES

No one will be turned away for lack of funds

DATE		TIME	DONATION
14 April	Metta Retreat	1 day 8:30 AM -1 PM	\$50
11 May	VESAK - (see article above)	Service 9 AM	
19 May	Forest Bathing Shin Rin Yoku	1 day 8 AM – 1 PM	\$50
May 31-2 June	Sangha Retreat, union	5 PM Friday to 3 PM Sunday	\$125 + (private lodging only)
12-14 July	Meditation & Metta Retreat	5 PM Friday to 3 PM Sunday	\$125 + lodging
10 Aug	ULLAMBANA (see article above)	Service 9 AM	
6-16 Aug	PUJA Retreat (reverence, honor, homage, and practice) in Vietnamese and English. <i>Contact Thầy Vinh Minh giaithoat@gmail.com</i>		
6-8 Sep	Fall Buddhist Retreat	5 PM Friday to 3 PM Sunday	\$125 + lodging
13-15 Sep	Yoga Retreat with Lori VanCott	3 day	See Below
Dec 8	Historical Buddha's Birth - MEDITATION and RING BELL	Midnight	
Dec 31	Midnight Western New Year	RING BELL 11:30PM to 12:30 AM	

Note: all retreats and classes with a charge require registration. Click the link below, then scroll down to the date on the calendar and use the link there to sign up.

[Sign up for a Retreat](#)

HAPPY EARTH DAY Monday April 22

This is the moment to change it all — the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, our livelihoods... **together, we must Invest In Our Planet.** See article below about a showing of the film **Common Ground** in Hood River on April 18th.



[Click here to read more about Earth Day](#)



**Budding Dharma
Buddhist Temple**



The Humanity of the Buddha
by Thich Minh Thien, (Thay Z) Abbot,
Budding Dharma Temple, Arlington, Texas

The humanity of the Buddha is a profound and multifaceted topic that encompasses his life, teachings, and impact on the world. Siddhartha Gautama, who later became known as the Buddha, was born in the 6th century BCE in Lumbini, present-day Nepal. His life story is characterized by a deep exploration of human suffering and the quest for enlightenment.

The humanity of the Buddha is evident in his early life, which was marked by encounters with sickness, old age, and death – universal experiences that deeply affected him. These encounters prompted him to renounce his princely life in search of a deeper understanding of existence and the causes of suffering. This aspect of the Buddha's humanity reflects his profound empathy and concern for the human condition. As Siddhartha embarked on his spiritual journey, he engaged in rigorous ascetic practices before realizing that extreme self-denial was not the path to enlightenment. This pivotal moment in his life underscores his humanity, as it reflects his willingness to learn from his experiences and adapt his approach based on newfound insights.

Our realization as followers of this practice can see that the Buddha's enlightenment under the Bodhi tree is a testament to his unwavering commitment to understanding the nature of suffering and finding a way to alleviate it. Our understanding of the Buddha's realization of the Four Noble Truths and the Eightfold Path, the first of his teachings, demonstrates Siddhartha's deep understanding of human psychology and the universal desire for freedom from suffering.

As we become more familiar with the Dharma, we can see how the Buddha emphasized compassion, mindfulness, and ethical conduct as essential aspects of human life and the underpinnings of his teachings. His emphasis on developing wisdom and compassion exemplifies his profound understanding of human nature and the potential for inner transformation for all sentient beings.

Furthermore, the Buddha's interactions with people from all walks of life – from kings and merchants to outcasts and monks – exemplify his genuine connection with humanity. His teachings were accessible to people from diverse backgrounds, reflecting his deep respect for the inherent dignity of every individual. We can see how this transcends time and is clearly a draw for all who investigate and practice Buddhism today.

We can also see the Buddha's humanity reflected in his response to challenges and conflicts within his own monastic community and his family. His skillful guidance in resolving disputes and nurturing harmony underscores a practical wisdom and understanding of many of our human frailties.

The Buddha experienced physical ailments in his later years, which serves as a poignant reminder of the mortality of us all and underscores the universal experience of aging and illness. Despite these challenges, he continued to impart wisdom and guidance until his passing, leaving behind a legacy that continues to inspire millions around the world to this very day.

In conclusion, the humanity of the Buddha is a rich tapestry woven from his life experiences, teachings,

and interactions with others. From the perspective of Buddhist humanism, it is human beings themselves, rather than the design of a higher power, who possess the ultimate wisdom about our human condition. This view regards the individual as the pivotal force of change within the interdependent network of phenomena that comprises life.

Namo tassa bhagavato arahato samma sambuddhassa

Budding Dharma Website



Is There a Smarter Way?

Regenerative Agriculture is a method of growing food that uses age-old methods and native wisdom to produce food largely without synthetic chemicals. After WWII, chemical companies and the government very successfully turned new technology to agriculture, with staggering long-term effects on our land.

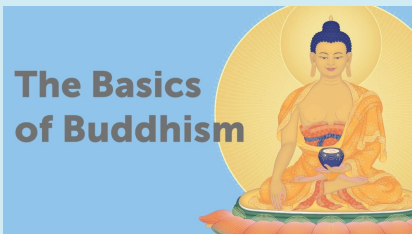
Winner of the Tribeca Film Festival (and many since), *Common Ground* is an important new documentary film featuring Laura Dern, Jason Momoa, Woody Harrelson, and many others. Directed by Josh and Rebecca Tickell, *Common Ground* provides hope for future generations with concrete ways to fix a broken planetary system. The film explores how regenerative agriculture can help heal the soil, our health and the planet.

Just in time for Earth Day, our Sangha member Peggy Lalor has brought free showings of *Common Ground* to the Columbia Gorge area. It is a 2-hour movie, and will show at the following locations:
Sylight Theater (& Andrew's Pizza): April 18th, 6pm free tickets required skylighttheater.com
Columbia Gorge Community College (Hood River): April 23rd, 6pm

Peggy Lalor is a regular attendee at our 6am daily services. She was an award-winning windsurfer (3rd in the world) and creator of the Gorge Games in the 1980s-90s. She is a super organizer and passionate about saving the planet. Below is a link to a recent article about her:



Peggy Lalor in the News



The Three Jewels

This month we're going to look at one of the Basics of the basics. The Three Jewels are another list that helped pre-literate disciples remember concepts. The Jewels are The Buddha, The Dharma, and The Sangha.

Typically, someone who has begun studying and practicing the Buddha's teachings long enough to know they want to go further will formally "Take Refuge" in the Three Jewels. A short ceremony and the desire to become a better person in order to stop suffering is all that is needed.

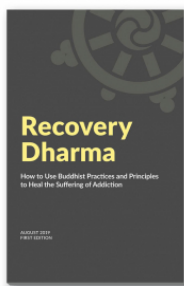
Someone recently asked how to become a Sangha Member. The answer is easy. The first step is to commit to a practice of regular meditation and metta. Then study teachings on the website, with a zoom or in-person group, attend temple services in person or on zoom, and commit to follow the eight-fold path. Lastly, support the Temple with work days and dana - giving an offering of food, care items or money. The offering of dana is not about how much you give, rather giving from the heart to support the works of the temple.

Here is a wonderfully clear and simple explanation of the Three Jewels from *The Lion's Roar*, a print and online non-profit journal whose mission is to support the development of Buddhist in the modern World.

What are the Three Jewels?

Recovery Dharma- Transforming Addictions

Recovery Dharma is a peer led movement and a community that is unified by the potential in each of us to recover and find freedom from the suffering of addiction. This book uses the Buddhist practices of meditation, self inquiry, wisdom, compassion, and community as tools for recovery and healing. We welcome



anyone who is looking to find freedom from suffering, whether it's caused by substance use or process addictions like codependency, sex, gambling, eating disorders, shopping, work, technology, or any obsessive or habitual pattern. We approach recovery from a place of individual and collective empowerment and we support each other as we walk this path of recovery together.

[Click here for the Recovery Dharma Website](#)

[Click here to buy or download the book](#)

Female Buddhists

Momma Meditation

From Emily Martin:

I'm entitling this post "Momma Meditation" because in the background you will hear a bit of my rowdy kids and the dog next door barking. Instead of trying to escape and push away the messiness of our lives, let's embrace the chaos and breath through all of it.



[Link to Guided Meditation](#)

Emily Martin is a lay ministerial student with Thay Kozen and a Certified Mindfulness Meditation Coach "As a working mother, I know first-hand the hardships of parenting, the energetic exhaustion from the grind of daily life, and the perseverance required to wake up each morning with the intention to be your best self once again for your kids and the world." As you finish her meditation, explore the rest of her website for her group and individual offerings.



Sharing the Dharma

The Rev. Scott See continues to share the Dharma in Vancouver and Portland!

"I will be teaching a class called *Buddhism 101* at Clark College in Vancouver and Portland Community College. **The class meets once a week for three weeks.** This is a class with a beginning and no end. My goal with the class is to whet people's appetite so they may embrace a practice in using some of the Buddha's teachings.

Buddhism 101 course at Clark College

Starting April 11th <https://www.campusce.net/clark/course/course.aspx?C=5682&pc=1&mc=322&sc=0>

Buddhism 101 course at Portland Community College

Starting April 16th <https://www.pcc.edu/schedule/spring/tra/9wv620g/>

Scott also leads a monthly service in English at the Buu Hung Monastery in Vancouver. This monastery is one of our main supporters and partners.

Buu Hung Monastery Meditation and Dharma Talk

April 28th <https://buuhung.com/event/sitting-meditation-and-dharma-talk-at-buu-hung-tu-vien-2/2024-04-28/>

Laurie Van Cott will offer her popular Yoga Retreat at Trout Lake abbey. The retreats fill up quickly, so it's not too early to look at your calendar and get registered!

The Fall Retreat will be held September 13-15. Put it on your calendar now so you don't miss it!

Register for Laurie's Fall Retreat



Science & Wellness

Can Mindfulness and Technology Co-Exist?

We need to unplug, step away from our technology in order to find true peace through mindfulness, don't we? Well, yes and no. We can't be aware of our messages and tweets while meditating, and being present doesn't mean while working on a spreadsheet

However, smart and Buddhist minds have developed some tools to help us with our practice.

- Plum Village App - free, with guided meditations, teachings, a mindfulness bell, timers. *"Thich Nhat Hanh had a vision for making good use of technology, to be able to share the practice with people on their mobile phone... so the Plum Village App is the realisation of that vision: to have Plum Village wherever we go. That means we have freedom"* - Brother Phap Luu.
- Youtube Teachings - there are so many video teachings available online. Some of the better ones who teach in the Mahajana Tradition include Sravasti Abbey, Plum Village, Jack Kornfield at Spirit Rock Monastery, and our own website <https://mtadamsbuddhisttemple.org/mount-adams-buddhist-temple-videos/>
- Film - our Lay Ministerial Student Chris Fisher recommends the film "Little Buddha" at every chance, and watches it yearly on Buddha's birthday with his family.
- Biofeedback calming tools - though still somewhat expensive, this is a new area of technology becoming available outside clinics to help you calm your mind and focus. Some are sold as meditation tools, others calming tools. Our brother Chris Fisher has used some of this technology successfully helping his special education students recognize and practice the mindfulness he teaches.

We are always looking for appropriate additions to the newsletter, especially of the artistic kind - poems, drawings, AI art, personal experiences... We are also always looking for people willing to write brief articles that link to stories of note from other sources.

If you have any questions, complaints, suggestions, offers to help, etc, please email the editor at gyljohnsons4@gmail.com. We love to hear the good and the bad!

***Bonus
Click***

*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 Buddhist Temple 46 Stoller Rd., Trout Lake WA
98650 509.395.2030 <https://www.mtadamsbuddhisttemple.com/>**

[Click here to visit Mt Adams Buddhist Temple website](#)

Mt Adams Buddhist Temple | Trout Lake Abbey, 46 Stoller Rd, Trout Lake, WA 98650

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