

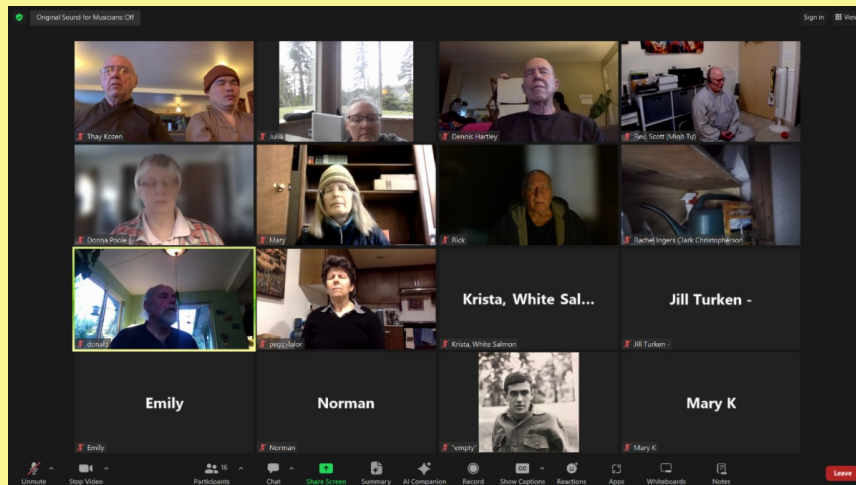


MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYÊN SƠN THIỀN TỰ 雪山禪寺

This email is long, please click on this message "View entire message" at the bottom of your browser to read all the way to the "Bonus Click."

August 2024



SUMMER SCHEDULE OF SERVICES & STUDY

all times are Pacific time

SERVICES & STUDY In Person and on Zoom

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

MORNING SERVICE (Monday to Friday)

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

SIGN UP FOR AUTOMATIC TEXT REMINDERS FOR MEETINGS

You can sign up for a text reminder by:

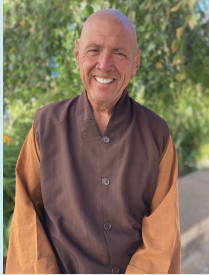
Send a text to (833) 460-0792 with the messages below to subscribe to
mediation service text reminders.

- For a Saturday Morning Service reminder, text sitsat
- Monday evening, text sitmonpm
- Tuesdays in Hood River, text sittuehr
- Wednesday evening, text sitwed
- Friday evening, text sitfri
- Weekday mornings, text weekdayam

For example, if you want reminders for Saturday morning services, you'd text
sitsat to

(833) 460-0792

Click for Zoom Link



Dear Ones,
Our Vietnamese Lineage holder, Thich An Giao, died on 25 July 2024. Our Sangha has sadness at his passing and joy in his long and diligent teaching of the Dharma. His memorial service will be sometime in August and our website will have that date and location when known. Read his bio below.

Thay Kozen will be traveling to Texas 14 - 17 to visit the Budding Dharma Temple and Thay Z

Taking refuge and precepts classes will begin in October. it will be on Zoom after our Saturday morning meetings as well as in person at the temple. The study guide will be on our website by the end of August. You can take refuge many times.

4 Life Seasons Wishes

May our life be fruitful and produce joy and peace for ourselves and others.

May our Spring be filled with safety and love.

May our Summer be rich in the growth of kindness and compassion.

May our Fall bring a great rich harvest of peace and spiritual prosperity.

*May our Winter be a gentle completion of our life
and may we leave a loving legacy.*

in metta....Thay Kozen

"So What Is Meditation?"

In Memorium: Ven. Thích Ân Giáo Roshi

He was Thay Kozen's transmission teacher in the Vietnamese lineage, and empowered him to teach and establish our temple.



At a clergy retreat at Desert Zen Center: 2nd Row: Thay Kozen and Roshi Ân Giáo. Also see Thay Z, 2nd from left in back row, and our Dharma brothers Thay Jeff and Koro Kaisan Miles in front row.



June 10, 1945 - July 25, 2024

49 day Memorial
25 July - 10 September

Ven. Thích Ân Giáo Roshi received ordination in the Soto Zen tradition in 1973 when he was ordained as a priest by Reverend Soyu Matsuoka Roshi at the Long Beach Zen Center in Long Beach, California. In 1979, he received transmission and full ordination as a Rinzai priest by the Most Venerable H.T. Thích Thiên Ân,

the first Vietnamese Patriarch in America, at the International Buddhist Meditation Center in Los Angeles, California. Shortly after his ordination, Ven. Ân Giáo was given permission to teach and took his first monk disciple. In May of 1997, Ven. Ân Giáo was transmitted the Dharma Mind Seal by the Most Venerable H.T. Thích Man Giac, Supreme Abbot and Patriarch of the Vietnamese Buddhist Congregations in America, at Chua Viet Nam in Los Angeles, California. With the bestowing of the Mind Seal, Ven. Ân Giáo was given the title of Great Master or Roshi and became the first American, in the Vietnamese Zen tradition, to be recognized as a Great Master (Thuong Toa).

Why 49 days?

Roshi's memorial at our temple photo above. Some Buddhists begin performing religious funeral ceremonies seven days after a person dies. They then repeat the ceremonies every day for 49 days, because seven times seven equals 49. These ceremonies typically feature prayers and similar rituals. The traditions associated with the 49 days after death in Buddhism derive from "The Tibetan Book of the Dead," also known as the "Bardo Thodol." Tibetan Buddhists use this book to help guide their consciousness toward rebirth after they die.

Ch'an is Thien

Thay Kozen was transmitted in the Vietnamese Thien line by Thich An Giao. Thien in Vietnam came from China and Ch'an. Ch'an developed slowly in its first 100 years in China. According to the official Ch'an lineage proposed by both the Northern and Southern schools: Bodhidharma taught Hui-k'o, Hui-k'o taught Seng-ts'ang and Seng-ts'ang taught Tao-hsin. Ch'an began to blossom creatively with the creation of a new style of teaching, created by Tao-hsin and carried on by his successors. This style of monastic Ch'an continues to the present day and is summed up in a list of rules known as the "pure

regulations".

The "pure regulations" include four major points of practice that set the Ch'an community apart from other sects of Buddhism. These points include:

1. Scriptures were to be studied for their deeper spiritual meaning and not to be taken literally.
2. Ch'an was a spiritual practice for everyone.
3. Activity of any kind is meditation.
4. The community is independent -- creating its own resources, such as growing food.Thus taught Thich An Giao

[Read more about the Desert Zen Center](#)

UPCOMING TEMPLE RETREATS & OBSERVANCES

DATE

TIME DONATION

3 Aug Peace Fest *see article below*

10 Aug ULLAMBANA *Service 9 AM*

6-16 Aug PUJA Retreat **CANCELLED**

9-11 Aug Kids Camp **CANCELLED**

22-25 Aug Women's Yoga Retreat with Lori Gholson
(contact LoriGholson@gmail.com)

30 Aug - 2 Sept Many Rivers Order of interbeing Sanghas
Thich Nhat Hanh Sangha
(contact: Alexaalexasingertelles@gmail.com)

6-8 Sep Precepts Retreat by Buu Hung Monastery
(contact: huehuong7@yahoo.com)

13-15 Sep Yoga Retreat with Lori VanCott -
sign up at www.gorgeyoga.com/retreats

24-29 Mindful Yoga with Kimberly & Jim
(contact kimberlycarson12@gmail.com)

5,12,19,26 Oct Taking Refuge & Precepts (3 one half hour study sessions
10am- 10:30 on ZOOM (5093952030) & in person

November 23 - India Buddhist Holy Sites. 14 days, 13 nights, meet in New Delhi, cost \$2,500- \$2,700 includes lodging, Nepal visa, ground transportation and meals. Cost of flight \$900 - 1,300 (on your own). Possible trip to Dharamshala to meet His Holiness The Delhi Lama will be extra. Dates not yet determined - late Nov, early Dec.

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. If there is no underlined link with the retreat listing, it is not open for registration yet.

I encourage everyone to do a minimum of a 1 week retreat and 2 additional 1-2 day retreats every year. Recommended retreat centers are Cloud Mountain in Castle Rock WA, Great Vow in Clatskanie OR, and Deer Park in Escondido CA.

...Thay Kozen



Cloud Mountain

[Click Here](#)



Great Vow Monastery

[Click Here](#)



Deer Park Monastery

[Click here](#)



Thich Minh Thien, (Thay Z) Abbot of Budding Dharma Temple

Arlington, Texas

thayzzen@gmail.com

Because This Is, That Is

One of the questions that the Buddha realized upon his Awakening was about the interconnected nature of all phenomena. In Buddhist teachings we know this as Interdependent origination, sometimes also known as dependent arising or dependent co-arising. This is a fundamental concept that is central to understanding the nature of existence, suffering and the path to liberation.

In essence, interdependent origination asserts that all things and events arise in dependence upon multiple causes and conditions. Nothing exists independently or in isolation; rather, everything is interconnected and influenced by a complex web of causes and effects. This interconnectedness extends to all aspects of existence, including physical, mental, and spiritual phenomena.

In his teachings, the Buddha used the metaphor of a web to illustrate interdependent origination, emphasizing how each strand is connected to every other strand, and any movement or disturbance affects the entire web. This interconnectedness applies not only to individual phenomena but also to the entirety of existence, encompassing all beings and the natural world.

Interdependent origination has profound implications for understanding suffering and the cessation of suffering. According to Buddhist teachings, suffering (dukkha) arises due to ignorance of the true nature of reality and our attachment to illusory concepts of self and existence. By recognizing this interdependent nature of all things, one can cultivate wisdom and insight into the impermanent and interconnected nature of reality, thereby transcending suffering. Furthermore, interdependent origination underpins our understanding of karma, which is the law of cause and effect. All actions are seen as interconnected with their consequences, shaping the course of an individual's life and influencing future experiences. By understanding this interdependence, we can make choices that lead to more positive outcomes for ourselves and others. In practical terms, this concept of interdependent origination encourages compassion, ethical behavior, and mindfulness. When we recognize the interconnectedness of all beings we are better able to foster empathy and

a sense of responsibility towards others. This in turn can promote harmony and altruism in our society.

Thich Nhat Hanh interpreted interdependent arising in terms of interbeing, this idea that everything depends for its existence on everything else. On this view, everything "inter-is" with everything else, or "to be is to inter-be." For example, we know that for something to be such as a table, we need more than one cause. The wood, yes, but we need other things, like the carpenter, the time, the skill, and even the sunlight. Each of these need other things in order to be. The wood would need the forest, the sunshine, the rain and so on. In turn, each thing would have to be brought about by several other conditions. If we continue that pattern, we will see that nothing is left out. Everything comes together in order to bring about the presence of the table. The one is made of the many, the all and the one can be seen in the all. As we understand and internalize this teaching, we gain insight into the causes of suffering and cultivate wisdom, compassion, and ethical conduct on the path to liberation.

Namo tassa bhagavato arahato samma sambuddhassa

[Click here to email Thay Z](#)

[Visit the Budding Dharma website](#)

PEACE FEST

Dream into Being

Help us *Dream into Being* the very first **Peace Fest** of the Gorge on **Saturday, August 3rd** from **10am-3pm** at the **Trout Lake Abbey!**

Peace Fest is a celebration of community, culture & connection! It is a time & place to embody the village and reimagine how we may commune, practice, & play together in a way sacred & silly, loving & kind, and **inspires ripples of change.**



The day will begin with a welcoming circle followed by family friendly activities of art, mindfulness, movement, and music. After lunch, there will be a variety of short performances & free play before closing at 3pm.

Bring water, snacks, a potluck dish, outdoor seating, sun protection, and any personal items that will support your experience.

All ages welcome. Respect and take good care of yourself, others and the land. Engage in the way you engage best. Come & go freely. Be present, sober, and screen conscious. Stay home if sick. And most of all, have fun!

For more info & updates, follow us at:

[Peace Fest Info](#)

What's Happening at the Temple: CONSTRUCTION UPDATES

The Dharma Hall Has Walls!



The Dharma Hall, which is phase 2 of the new temple construction, gained two walls this month! The "front" wall, which faces Mt. Adams, is all glass and will be added later. For now, we have two side walls and a back wall which connects with the patio. The patio is being used for events and will be an entrance to and extension of the Dharma Hall when needed.



*Above is an artist's rendition of the new temple plans.
Its design is a combination of Vietnamese, Japanese, and Western traditions.*

[**Click here to visit our website donation page**](#)

Our temple has a new Venmo account in addition to PayPal giving fund. Every donation goes 100% towards building the new temple.

[**Click here to go to PayPal Giving fund**](#)



venmo

What's Happening at the Temple: People

Lots of new (and old) faces at the temple this month!

Sư Cô NghiêM (soo-co nim for westerners) has arrived at the Temple at last. She founded a temple in Texas, was dangerously harrassed (with Molotov cocktails!) by local residents, and decided to move to Trout Lake, where our temple offered her refuge. After long work packing and dealing with insurance companies, she is at rest. Some of you remember her wise words at the Sangha Retreat in May/June. Come visit this smart and strong woman. Welcome Sư Cô NghiêM! *by the way, Suco means "nun" in VIetnamese*



Chris is a resident of the Temple for a 90 day retreat. He left his home and wife in Charlotte, NC to spend the summer at Thay Kozen's side. Learning, laughing, and helping, he has been a delightful addition to the Temple and Sangha community. He is now spending 30 (or is it 40?) days living as a monk. See him here enjoying some of Rev. Scott's legendary cheesecake. Stop by and say hello to Chris before he leaves us! *Chris wrote an article about "Why?" included below.*

Emme is a wildland firefighter from Seattle. He wandered into the Temple and was offered a place to stay for the fire season. He is using his days off to explore his spiritual side. He would be couch surfing with several friends if not for the Temple's offer. Emme is actually living a new definition of couch surfing since he hurt his knee on the job and has to keep it elevated - a tough assignment for an active guy!



And finally, outside - a visitor was able to catch a picture of Thay Minh



moving a golden Buddha in the fork truck.... He's hard to pin down (Thay Minh, that is) because he's so busy doing what needs to be done. See the two retreats Thay Minh is organizing in August above and below.

Come say hello and see the many activities happening around the Temple this summer!

Directions to Temple

One Life, Limited Time

This summer, Thay Kozen has led all his Sangha participants in an exercise which helps us define our priorities and vow to live life fully in each moment. I am summarizing his lesson here. - editor

First, what do you want to accomplish before you die? Think about this for a while before you keep reading.

Dogen's Reminder (p 44 in Chant Book)

Let us be respectfully reminded:
Life and death are of supreme importance.
Time swiftly passes by
and with it our only chance.
Each of us must aspire to awaken.
Be aware: do not squander your life.

Buddha's Five Remembrances (p 43 in Chant Book)

I am of the nature to grow old. There is no way to escape growing old.
I am of the nature to have ill health. There is no way to escape ill health.
I am of the nature to die. There is no way to escape Death.
All that is dear to me and everyone I are of the nature to change. There is no way to escape being separated from them.
My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

People who are in hospice sometimes express gratitude for their "death sentence," explaining that it made them live the remainder of their lives fully. "I want to be alive until I die," said one.

The only thing we own are our actions. What are you waiting for? Don't delay in acting on your



Everything changes.
Nothing remains
without change.

Link to Chant Book

"The present moment is the substance with which the future is made. Therefore, the best way to take care of the future is to take care of the present moment. What else can you do?"

- Thich Nhat Hahn

See these articles below for more on this topic:

- Why?
- The Dalai Lama's Morning Prayer

intentions and dreams. Don't wait for a future that may not come!

Let go of your attachments and regrets and enjoy being alive in each moment now.

VOLUNTEER OPPORTUNITIES WITH THE TEMPLE

Mindful Gardening, Cleaning, Fruit Preserving - This Saturday and every Saturday!

Looking for a way to serve the Mt. Adams Buddhist Temple and Trout Lake Abbey? Want to spend a mindful day in the shadow of Mount Adams? Work side by side with fellow practitioners and make new friends?



Work is one way to practice dharma mindfulness and sangha.

"Zen is not some kind of excitement, but concentration on our usual everyday routine." – Shunryu Suzuki

Join us on any Saturday in August and the first Saturday in September to help keep the lovely grounds of the Abbey beautiful and under control. We'll be sprucing up the outside and cleaning the temple. Please bring work gloves. We will also begin fruit drying this month!

No experience or RSVP necessary. The workday starts at 10:30am and ends at 3:30pm.
46 Stoller Rd Trout Lake WA

If you'd rather come help on a weekday, email Thay Kozen to arrange it!

Email Thay Kozen RE: Weekday Volunteering

Why?

Have you struggled to explain why you came to the practice of Buddhism? Maybe to family or friends? Have you struggled with the feeling that our traditional version of success does not give you what you need?



Temporary monk and 90 day retreatant at Mt. Adams Buddhist Temple, Chris examines his "whys" and what his retreat has brought him. Read his account and see what you learn that applies to your life.

Read Chris's Story

His Holiness The Dalai Lama's morning prayer set to music.

A Precious Human Life

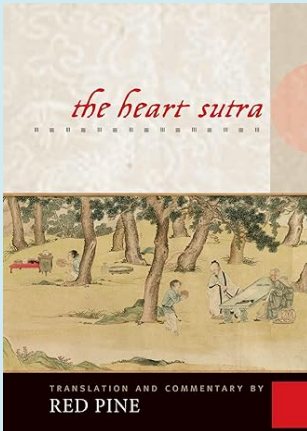
"Every day, think as you wake up,



today I am fortunate to have woken up.
I am alive, I have a precious human life.
I am not going to waste it."

--H.H. The XIVth Dalai Lama

[Listen to Song](#)



Study Group Opportunity

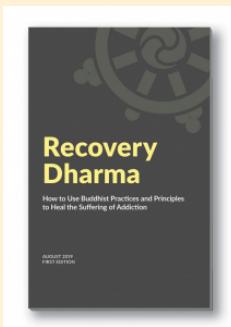
Looking to deepen your practice through study and discussion? Join Rev. Scott and Donald in taking the online course from Buddha Dharma University on The Heart Sutra. The course begins in September and is video-based. A zoom group will meet weekly to discuss.

Visit the site below to read about and register for the course.

Email Scott to let him know you want to join the discussion group.

[Heart Sutra Course](#)

[Email Rev. Scott](#)



Recovery Dharma--Transforming Addictions and Other Harmful Habits

From the book *Recovery Dharma*:

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 to go to the Recovery Dharma website](#)

Taking refuge

My soul is open
Listening to my heart
Listening to my soul
Tears come to my heart
Maybe it's because I have cancer
Maybe it's just Realizing the preciousness
Of my life
Of all life
The connection I feel
To everything
That place where
I take a breath
And feel that life
The Joy
I am here
And not here
Listening to words
Yet
Letting them pass
Through my soul
And touch my heart

-- Norman



THANKS TO PEGGY, our newsletter is easier to read this month! She called, asking for my technical help to make her email larger, so she could read it, triggering frantic research into fonts and sizes that are most readable online.... Thanks, my friend. *(the editor)*

***Bonus
Click***

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 gvljohnsons4@gmail.com. We love to hear the good and the bad!

*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 **mtadamsbuddhisttemple.org**

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

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