



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

July 2024

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



Sangha Retreat Complete!

60 souls braved the Washington heat and cold to come together for a love-filled mix of meditation, learning, and fellowship. We enjoyed wonderful Vietnamese food, Qi Gong, labyrinth walking meditation, Dharma talks by 6-7 teachers, many other kinds of meditation, and basking the the beauty of the Abbey grounds under Mt. Adams! Thanks to everyone who organized and helped make it the hug and heart-centered event it was.

See below for upcoming retreats.



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

Rev. Scott has brought us into the modern age with text reminders for all of our meditation meetings.

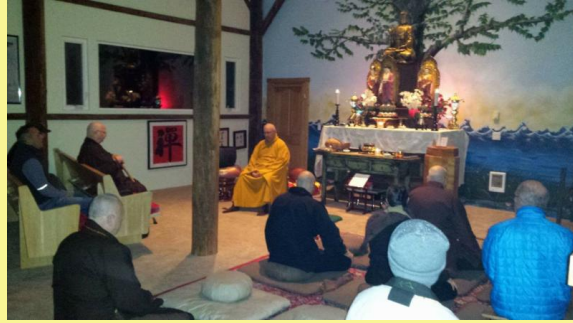
You can sign up for a text reminder by:

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](#)



Bio of Thích Ân Giáo Roshi on his 80th Birthday



Thay Kozen's Vietnamese master, The Venerable Thích Ân Giáo Roshi is the founder, builder and abbot of the Desert Zen Center in Lucerne Valley, California. The center, located in the high desert, was purchased in 1976. At the first Grand Ordination, held in December of 1999, the Temple was renamed Chua Thien An in remembrance of the Most Venerable Thich Thien An, Roshi's Vietnamese Master.

In 1973, Roshi was ordained as a Soto Zen 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 or Roshi. In his career as a monk, Ven. Ân Giáo Roshi has served as assistant to the Abbot, Treasurer, and Head Monk at the Long Beach Zen Center, Instructor of Meditation and Sutra Studies at the International Buddhist Meditation Center and Abbot of the Long Beach Zen Monastery. Ven. Ân Giáo Roshi has worked as a Professor to support the Temple and the Buddhadharma. In the Vietnamese tradition, his recent birthday on June 10 2024 was an auspicious occasion marking his 80th birthday.

Roshi's relationship with Buddhism and the Vietnamese people began early in his life— some sixty-five years ago. As a teenager somehow he came across the teachings of the Buddha and was impressed. He decided then and there that he would be a Buddhist. He enlisted in the army. He volunteered for the Army to become a paratrooper and serve in Vietnam. When Roshi signed up he was asked to state the religion to be stamped onto his dog tags, as the clerk said: "So the Army knows what to do with your body." Roshi declared: "Buddhist." While serving in Vietnam, Roshi was in Saigon running an errand for his sergeant when he noticed a small Buddhist Temple on a busy street corner. He bought a stick of incense at a nearby shop and lit it. He then entered the temple, and reverently bowed to the Buddha and the monks, making his first-ever offering as a Buddhist.

We are grateful to Thích Ân Giáo and his teaching of the way of The Buddha. We celebrate his 80th birthday and wish him many more healthy and happy birthdays..... Thay Kozen

UPCOMING TEMPLE RETREATS & OBSERVANCES

DATE

TIME DONATION

12-14 July Meditation & Metta Retreat 5 PM Friday to 3 PM Sunday \$125 + lodging ***Click underlined text to register***

10 Aug ULLAMBANA Service 9 AM

6-16 Aug PUJA Retreat (reverence, honor, homage, and practice) in Vietnamese and English. Contact *Thầy Vinh Minh* giaithoat@gmail.com

6-8 Sep Fall Buddhist Retreat 5 PM Friday to 3 PM Sunday \$125 + lodging

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

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 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, Deer Park in Escondido CA. (note: Deer Park's seasonal retreat Male housing is under renovation this Summer)Thay Kozen



The Abbey's garden provides food for the residents. Organic, succession planting in raised beds makes sure they have the freshest, most healthy nourishment possible. Fruit trees and bushes also provide food.

Volunteer Service Days at the Temple Mindful Gardening and Cleaning

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

Work is one way to practice dharma mindfulness and sangha. "My actions are the ground upon which I stand." -from the *Five Remembrances*

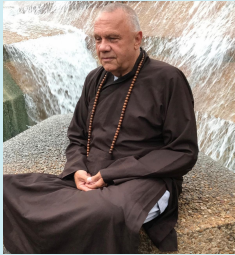
Taking care of the Temple is a traditional Buddhist practice, and in most communities is expected of members.

Join us any Saturday this summer to help keep the lovely grounds of the Abbey beautiful and under control. No experience or RSVP necessary. We'll be sprucing up the outside and cleaning the temple. Camping on the grounds is always an option if you live further away. Work gloves recommended!

The workday starts at 10:30am and ends at 3:30pm, or whatever time you can give.

If you wish to come other days of the week, email with **Thay Kozen** in advance so he'll be ready for you.

Email Thay Kozen RE: Volunteering on a weekday



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

The Practice Towards Liberation

Here we are in July 2024, experiencing the full effects of summer. We celebrate this with vacations and holidays, plans with family and friends, and outdoor activities that we look forward to the whole year through. Maybe the highlight for those of us in the good old USA is the holiday of July 4th where we celebrate the concept of Liberty that forms the backbone of this great country. For well over 200 years we have been aiming towards that “more perfect union” and though we haven’t totally achieved that goal, we keep working towards this altruistic concept of Liberty.

As those of us who follow the historical Buddha’s teachings, we also realize the importance of understanding liberation and that it is truly a multifaceted topic. It encompasses the idea of freeing oneself from suffering and achieving enlightenment. Liberation, often referred to as Nirvana, is sometimes described as the ultimate goal in Buddhism. It involves transcending the cycle of birth, death, and rebirth (samsara) by attaining a state of perfect peace, wisdom, and compassion.

The path to liberation in Buddhism is guided by the Four Noble Truths and the Eightfold Path. The Four Noble Truths articulate the existence of suffering, its causes, its cessation, and the path to its cessation. The Eightfold Path comprises eight interconnected principles that serve as a guide for ethical conduct, mental discipline, and wisdom.

Central to the concept of liberation in Buddhism is the understanding of impermanence (anicca), suffering (dukkha), and non-self (anatta). These three characteristics of existence form the foundation of Buddhist teachings and are integral to realizing liberation. By cultivating mindfulness, ethical behavior, and mental development, practitioners aim to overcome attachment, aversion, and ignorance, which are seen as the root causes of suffering.

Furthermore, various Buddhist traditions offer unique perspectives on liberation. For example, Theravada Buddhism emphasizes individual effort and insight meditation as key components to achieving liberation, while Mahayana Buddhism incorporates the ideal of the bodhisattva who vows to attain enlightenment for the benefit of all beings.

In exploring the concept of liberation in Buddhism, it is essential to consider the diverse interpretations and practices across different cultures and historical periods. Additionally, studying the lives and teachings of enlightened beings such as Siddhartha Gautama (the Buddha) and other revered figures can provide valuable insights into the nature of liberation. Thich Nhat Hanh tells us in his many talks on mindfulness... that we must look deeply into the nature of our volition to see whether it is pushing us in the direction of liberation from suffering and toward peace and compassion, or in the direction of affliction and misery. What is it that we really want deep in our hearts? Is it money, fame and power or is it finding inner peace and being able to live life fully and enjoy the present moment?

These intrinsic questions are so similar to what we are continually asking ourselves as we celebrate this July 4th holiday and the challenges we still face here in the USA. And they are the same questions we learn from and practice in the teachings of the Buddha. So, Happy 4th everyone. May we all find our lives being enriched in the practices of Liberation from suffering for all beings.

Namo tassa bhagavato arahato samma sambuddhassa

Weekly Services at Budding Dharma Buddhist Temple

Zen to Go – Tuesday 7-8 p.m. & Thursday 11 a.m. to noon

Full Service – Thursday 5:30 p.m. to 7:30 p.m.

Recovery Dharma – Saturday at 1 p.m.

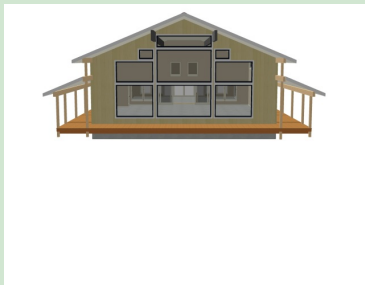
[Click here to see the Budding Dharma website](#)

NEW TEMPLE VISION!

Check out these architect renderings of the new temple Dharma Hall to help you visualize the future.



The side view shows how the new Dharma Hall will connect with the finished enclosed patio, the clerestory windows that will let light in at the top of the wall, and the porch facing Mt. Adams.



The front view shows the large bank of windows looking at Mt. Adams and the covered side walkways around the Dharma Hall.



The back view shows the entrance to the Dharma Hall from the finished enclosed patio. More windows and large doors allow these spaces to merge for larger gatherings.

We are also continuing to develop our Memorial Garden. It houses a columbarium to hold the ashes of departed Sangha members.

Suco Hue Huong, of Buu Hung Monastery in Vancouver WA was the driving force behind the decision to build a new temple. We all remain grateful to her insistence to spread the Buddha's Dharma.

Thank you for all your kind & generous donations.

We've been saving for over 10 years and are now in phase 2 of 3 phases of building.
We have a \$100,000 matching grant - every dollar you donate will be matched up to \$100,000.

[Click here to donate to our new temple building](#)

The Basics of Buddhism



Metta

If you've practiced with our temple, you've probably familiar with the concept of Metta: loving kindness. We practice it frequently.

One key phrase from the Metta Sutra sums up what Metta means. It is more than just a wish for good for others. It is a deep love for all living beings. *"As parents watch over their children, willing to risk their own lives to protect them, so with a boundless loving-kindness."* It is hard to extend this depth of love to all beings, especially those we have trouble with. Daily practice is the way to internalize this teaching and make it real in your life. Whether reading the Metta Sutra, performing a Metta practice, singing the Metta Song, or sending Metta to that driver who cut you off, there are many ways to experience Metta.

[The Metta Sutra](#)

[Scroll to See Metta Practice Videos by our Teachers](#)

[Sangha Member Volunteers for Hospice Support](#)

Sangha member Maryellen Bray is adding Providence Hospice care to her portfolio of volunteer jobs, which include teaching Qi Gong and meditation to adults in custody at NORCOR jail and landscape maintenance/whatever needs doing at the Temple.



Providence hospice is seeking volunteers to serve families in Hood River, Wasco, Klickitat, Skamania, and Sherman counties. While hospice care teams serve the physical and spiritual needs of patients, families also need respite care and companionship for their loved ones. Caregivers are overwhelmed and need time to leave the house, go to doctor's appointments, and run errands. Patients in facilities may be lonely and need visitors.

Serving hospice families can bring a sense of purpose and meaning to a volunteer's life. Training is provided to ensure volunteers are prepared and confident in their role. If this opportunity resonates with you, please contact hospice volunteer services.

[Learn about Providence Hospice Volunteers](#)

Impermanence

We often think of Impermanence as a cause for suffering: change is hard, loved ones will pass away, I will grow old. We cling to the way things are or were, which makes us suffer. With time and work, we can see all impermanence as positive as it makes us appreciate the present moment.



But Impermanence is a great thing when we think of it applied to things we WANT to change, whether it be a temporary illness or discomfort, the short pain of a stubbed toe or prolonged pain of sciatica, the burst of anger or impatience or the all-consuming waves of heartbreak and grief. All these things will STOP! Sometimes, realizing that an experience is impermanent, we can relax with how it is, including its coming and going.

For those suffering from temporary pain, here is a poem to give you strength and remind you that all is impermanent.

Impermanent

*Life is like a drop of morning dew that suddenly bursts.
Life is impermanent, breath is like nothing.
My whole life is immersed in the vastness of the mongols
In illusion lies true reality.
-by Dong Hoang, written in Vietnam 1983*

[Read/Watch a Dharma Lesson about Impermanence](#)



Did You Know? The Temple Teaches Kids

What do you think the monks and nuns at Mt Adams Buddhist Temple do all day? Sit in meditation? If they're lucky! Lead online services? Yes, part of the time. But there is so much more! Spreading the Dharma through community engagement is a big part of their work. Field trip visits from students of all ages occur throughout the school year.

Recently, the Temple was an all-day visit for a group of 8th graders from Bend, OR on their end of the year field trip. These amazing kids learned about Buddhist history, visited the statues with Thay Kozen, sat in a Metta Practice, performed service, and explored the grounds. A special group of "reporters" interviewed Thay Kozen and summed up the experience in a report for our

newsletter! Remember, these are middle schoolers!

Adelyn: Something that really stuck with me was about loving your frustrations as well. Kozen's cheerfulness and kindness was a big part of what made this experience so memorable for both me and others, and created an open space to share, and be unique to yourself in the META.

Kearina: The way Kozen explained Buddhist ideologies really resonated with me. He talked about how you should forgive and wish well to all people so that you may have peace. In the future it will help to give me a more clear perspective in situations that are often blurred by emotion.

Koa: One thing that really stuck with me was standing inside the bell and hearing it ring, it's like the sound was resonating through my mind and body, I completely zoned out immediately. I felt an immense feeling of calm and happiness, and I felt very aware of everything that was around me. It was an amazing experience for me and I'm so glad and thankful that I got to experience such a special moment.

Ben: One thing that I will take away from this experience is that hating people only hurts yourself. This is a very valuable lesson to learn because it will help me be more mindful about others and it will lead me to be more happy in life.

Miles: I learned, through Buddhism practices, that despising others only negatively affects you. One of my key takeaways from the abbey was that what you give is what you get, whether it's giving to the community, or yourself. Learning in person, from an expert really helped me absorb information and I think it will help it stick in my brain as well.

June: During this experience, one of the most memorable lessons has and will continue to improve my character as a person. This lesson is simple yet so intricate, "whether the person is your best friend or your mortal enemy you will be a lot happier if you say this to them.. May you be well, May you be happy, May you know love, May you know peace. Deep breath in.....hold it.....let it out"- Kozen (Buddhist Monk). The lesson in particular will stick with me because of the peace it brings to my mind when I let it all go. As I work to complete my walk through life I know I will face many challenges, this lesson has opened my eyes to view those challenges with loving kindness. As a person I feel entirely more empathetic to others and myself. Thank you Trout Lake Abbey.

Simon: During our time with Kozen I learned about their Culture, way of life, rituals, and meditation. One of the meditations we did was METTA. During this Kozen taught us about forgiveness and self gratitude, then he had us do some exercises to practice this. Once we completed the mediation we got to ask Kozen some questions, he answered each question sincerely and thoughtfully.

Lucy: One thing that really stuck with me was Kozen teaching us to let go of anger and how forgiveness will help you be more peaceful. Not just wishing wellness to people you appreciate and love, but also to people who you dislike. This way of forgiving and wishing wellness, happiness, love, and peace has really helped me see more clearly in difficult situations.

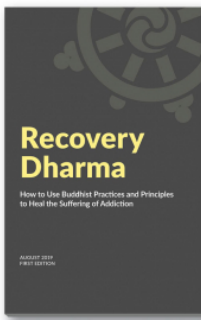
Olivia: Trout Lake Abbey taught me about acceptance and division. It taught me these things because of Kozen's ability to be candid. He wasn't pushy, and he was willing to hear and question our opinions, opening our eyes further about our personal beliefs even if they did not align with his.

Violet: At Trout Lake Abbey we went over many topics but one of the most important aspects was that all people, religions, cultures, and lifestyles are accepted from a Buddhist perspective. The small actions I witnessed were the ones that truly stuck with me, this included the amount of praise each gods and goddesses received at their shrines, how to properly greet a Buddha statue, and the messages to send to others even upon disagreement. After this extraordinary experience, I am walking away with a new sense of kindness and empathy for everyone around me.

Abby: After all the Buddhism learning I have received, the philosophies are what I believe I will take away. The belief of letting go of anger and frustration towards others, as well as accepting everyone no matter what. In my life I have faced dislike and unkindness from unfair and incorrect prejudice due to my T1D (type 1 diabetes) and the way I look, the words and actions I have been forced to face will be something that will lay heavy on my heart for a long time, so I can only hope the Buddhist ideas of acceptance will carry throughout as many souls as it can. I hold an immense dream that someday somehow there will not be a person who will be pained by anyone simply because of the judgment of others, and instead everyone will find love and kindness in ways we were shown by Kozen and the rest of the people we met at Trout Lake Abbey. Because of those moments and others there have been several times in my life where I carry hurt and anger towards another but being reminded that those emotions are only causing self anguish will allow me to move forward instead of being chained down by an emotion carried by me alone.

Send a message to these students





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. [Download or order a copy at recoverydharma.org]

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

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



Science & Health

What is the Buddhist Diet?

The Buddhist diet is more than just a dietary choice; it is a way of life that emphasizes mindfulness, compassion, and ethical living. By choosing a plant-based diet that is based on these principles, you can improve your physical and mental health, reduce your environmental impact, and contribute to a more just and sustainable world.

[Read Article](#)

This article provides insight not only into what Buddhists eat according to the precepts, but also how compassion and mindfulness fit with eating and what the many benefits are if we choose this action.

Thank you from our Sangha Sister



Dear Sangha,

Wow... how do I even begin to express my appreciation for you all? I've sat down to write this numerous times, but the words always feel inadequate.

I have such deep gratitude for the many ways you've supported me. It's been beautiful being on the receiving end of so much compassion.

When I feel low and without strength, you lift me up. When I'm living in fear, ignorance, and doubt, you help me find courage and truth. You remind me every day that I am LOVED, and that I am NEVER alone!

Thank you for supporting me emotionally and spiritually. Thank you to those who contributed to my gofundme. You've shared your wisdom, shown me mercy, and you've also shown me that love truly is the

answer.

*Your kindness and generosity of spirit are the embodiment of Metta!
I'm honored to be a part of such a unique and loving Sangha.*

*I love you all...
Jill*

You can still contribute to the emergency fund set up to help her move from her current, disabled-unfriendly, unaffordable apartment to a new place. <https://gofund.me/b893fa4d>

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!

**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 mtadamsbuddhisttemple.org

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

[Unsubscribe](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!