



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIỀN TỰ 雪山禪寺

June 2024

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



The recent Northern Lights over Trout Lake Abbey's pond and Mt. Adams. Taken by Rev. Kirk Thomas

Services via ZOOM SUMMER SCHEDULE

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



Dear ones,

Spring is here, flowers are in bloom, the warmth of sun eases my arthritic old bones. How lovely are the simple joys of life! Happy Juneteenth, a day of freedom.

I put the following quote into this newsletter about 1 year ago. I wanted to put it in again to remind us all to ask ourselves "what is important in our lives? What do we value? How do our values compare to the Buddha's teaching? The Buddha spoke of ethics, Śīla. Śīla is a code of conduct that embraces a commitment to harmony and self-restraint with the principal motivation being nonviolence, or freedom from causing harm.

"With money you can buy a house but not a home.
With money you can buy a clock but not time.
With money you can buy a bed but not sleep.
With money you can buy a book but not knowledge.
With money you can buy food but not appetite.
With money you can buy a doctor but not good health.
With money you can buy insurance but not safety".

Do we value possessions and wealth above our family and the lives of others?
What are we willing to see as valuable in our lives?

Honoring the precepts of śīla is considered a "great gift" (mahadana) to others, because it creates an atmosphere of trust, respect, and security. It means the practitioner poses no threat to another person's life, property, family, rights, or well-being. It also includes values according to the Buddha's Dharma - not just on worldly wealth or possessions.

**Please visit the temple on Saturdays June- September
for Volunteer Day grounds cleanup 10:30 AM - 3:30 PM**
(weeding, lawn care, sweeping, gardening)

May we all be well and happy, may we all know love and peace. in metta...Thak Kozen

Volunteer Service Days at the Temple

Mindful Gardening and Cleaning



Looking for a way to serve the Mt. Adams Buddhist Temple and 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. "Zen is not some kind of excitement, but concentration on our usual everyday routine." – Shunryu Suzuki

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 to Volunteer during the week](#)

UPCOMING 2024 RETREATS

2024 TEMPLE RETREATS

For more information, contact thaykozen@mabt.org



DATE	TIME	DONATION
12-14 July	Meditation & Metta Retreat	5 PM Friday to 3 PM Sunday \$125 + lodging
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. See email address above to get more information.

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



Budding Dharma Buddhist Temple



Cultivating Your practice

Thich Minh Thien, (Thay Z) Abbot

Arlington, Texas

The Buddhist concept of cultivation encompasses various aspects of personal and spiritual development in what is frequently called “the practice”. It involves the intentional nurturing and refinement of positive qualities leading the practitioner to liberation of suffering and finding a sense of purpose in the direction of our individual lives. The keys to this cultivation are found in the

Noble Eightfold Path which encourages us to understand and practice skills in awareness found through mindfulness, compassion, wisdom, and ethical conduct. This process is central to the path of self-improvement and enlightenment in Buddhism. These types of practices are resident in other spiritual faiths as well, though many times directed by an outside source rather than coming from within. In the Buddha’s awakening, he saw that we all already have these seeds of awareness resident in our nature and by focusing our intentions and actions, we can bring these qualities to fruition.

This cultivation often begins with the development of our practice of mindfulness, which involves being fully present and aware of our thoughts, feelings, and surroundings clearly and without our own personal attachments. Through our other practices such as meditation and reflection, we cultivate a heightened sense of awareness and clarity, enabling us to better understand our own minds and motivations and the nature of reality.

Compassion is another key aspect of cultivation in Buddhism. In compassionate actions and thought, we seek to cultivate a deep sense of empathy and kindness towards all beings, recognizing the interconnectedness of life and the suffering that is inherent in the human condition. This cultivation of compassion extends not only to other individuals but also within oneself, and this fosters a sense of inner peace and harmony.

Wisdom is another fundamental element of cultivation in Buddhism. This involves cultivating an understanding of the nature of existence, the impermanence of all things, and the causes of our suffering. Through study, contemplation, and introspection, we seek to cultivate insights that lead to greater clarity and freedom from delusion.

Ethical conduct forms a basic and essential part of cultivation. Through our actions, we strive to cultivate virtuous qualities such as honesty, kindness, generosity, and non-harming (ahimsa) in our thoughts, speech, and actions. By cultivating these ethical behaviors, we create the conditions for a peaceful and harmonious society while also purifying our own minds with less attachments to our own hate, delusion and greed.

Ultimately, we see the concept of cultivation in our practice as a multifaceted process that encompasses the nurturing of all the actions we can discover in mindfulness, compassion, wisdom, and ethical conduct. These actions can lead all sentient beings to lives with much less personal suffering and improvements over societal ills we see and experience today . It is a lifelong journey aimed at transforming oneself and contributing to the well-being of others and the world at large. This cultivation may not have been a focus in our lives before, but as the Buddha taught, change can occur at any moment. Thich Nhat Hanh once said, “Our practice is to cultivate good seeds in the soil of our mind, knowing that they will mature and bloom in their own time. If we look deeply enough, we can already see the sunflowers in April.”

Namo tassa bhagavato arahato samma sambuddhassa

[Click here to view Budding Dharma's website](#)

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.

****New Temple Update****

The Open Patio (Phase One) of our New Temple Complex is being used for retreats.

The foundation and floor of the Meditation Hall (part of Phase Two) are complete.

The Open Patio with seasonal walls is complete, and will be used for our large retreat at the beginning of June. The foundation and heated floor for the new Meditation Hall have been completed.

The ashes of one monk, one nun and a long-time lay Sangha member will be kept closely with the temple.

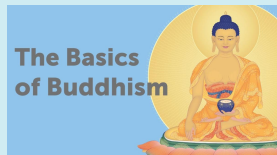
We are saving again to resume work on the Meditation Hall. The north end will be all windows, which will frame Mt. Adams and allow our Buddha statue to be highlighted in front of the mountain. The Meditation Hall is on the left of the photo. It will connect to the Patio via a door where the temporary plastic wall is right now.

We are also continuing to landscape our Memorial Garden. The ashes of a nun have been installed in the Columbarium, and we have celebrated the interment of the ashes of Thay Kobai with a plaque in his honor. As a Buddhist priest he served the disadvantaged including prisoners, and wrote the influential book [Sitting Inside](#).



Artist's concept of our new temple building. The three phases are the Open Patio (center) the Meditation Hall (left, facing Mt. Adams) and the Kitchen/Dining Room (right)

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



The Basics of Buddhism

Mindfulness

Mindfulness is a practice explained many ways by our great teacher, Thich Nhat Hahn. In the page and recording linked below he describes the value of Mindfulness and many different practices of Mindfulness, including seated and walking meditation, mindful eating, and more.

For more "Basics", see Thay Z's lesson above!

[Read/Listen to Thich Nhat Hahn](#)

Yard by Yard Certification for Wildlife Habitat



Trout Lake Abbey (home to Mt. Adams Buddhist Temple) was recently certified by our local Conservation District as a Conservation Habitat. An extensive checklist included wildlife friendly practices like using native plants, providing a water source, and avoiding synthetic chemicals. that promote a small but important link in the local web of restored and intact wildlife habitats.

The program's coordinator explained: Underwood Conservation District created the Yard by Yard program to fill a need for a backyard habitat program in the Columbia Gorge. The Bird Alliance of Oregon, formerly The Portland Audubon Society, has a program in the Portland area that we modeled the program after. The focus of the Yard by Yard program is to improve soil and water quality, reduce the need for irrigation, eliminate pesticides and herbicides, promote wildlife habitat and

promote food gardens. It is an exciting time in the world of conservation because native plants have taken the spotlight. Native plants are a big part of backyard conservation because they help purify our water, stabilize our soil, create food for our pollinators and provide habitat for our local wildlife. Our yards do make a difference and can create critical corridors for wildlife to travel and find food. It's empowering to realize that our yards can make a difference in conserving the environment and the delicate creatures that live in it.

While this program is only "certifiable" in our immediate locale, there are many other programs that encourage you to bring Conservation home to your back yard. Below are links to just a few to get you started. Take action locally to make a difference in your world!

I encourage all of us to take good care of our environment and the earth....Thay Kozen

**Yard by Yard
Program**

Underwood Conservation District

**Certified
Wildlife Habitat**

National Wildlife Federation

**Homegrown
National Park**

HNP

A Buddhist's Mantra

by Steve Goodheart *(based on the Prayer of St. Francis)*

May I be an agent of love in this world.
Where there is hatred, let me bring loving-kindness;
Where there is injury, forgiveness;
Where there is doubt, insight;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
May I console as well as be consoled.
May I understand as well as be understood;
May I love as well as be loved;
For in giving, we receive;
In forgiving, we are forgiven;
In dying to self-centeredness, we are born to the deathless.

[Click here to read about Steve Goodheart](#)

[Click here to read the original Prayer of St. Francis](#)

Buddhist Women

Ryonen's Clear Realization

The Buddhist nun known as Ryonen was born in 1797. She was a granddaughter of the famous Japanese warrior Shingen. Her poetical genius and alluring beauty were such that at seventeen she was serving the empress as one of the ladies of the court. Even at such a youthful age fame awaited her.

The beloved emperor died suddenly and Ryonen's hopeful dreams vanished. She became acutely aware of the impermanency of life in this world. It was then that she desired to study Zen.

Her relatives disagreed, however, and practically forced her into marriage. With a promise that she might become a nun after she had borne three children. Ryonen assented. Before she was twenty-five she had accomplished this condition. Then her husband and relatives could no longer dissuade her from her desire. She shaved her head and took the name of Ryonen which means to realize clearly, and stated on her pilgrimage. She came to the city of Edo and asked Tetsugyu to accept her as a disciple. At one glance the master rejected her because she was too beautiful.

Ryonen then went to another master, Hakuo. Hakuo refused her for the same reason, saying that her beauty would only make trouble. Ryonen obtained a hot iron and placed it against her face. In a few moments her beauty had vanished forever.

Hakuo then accepted her as a disciple.

Commemorating this occasion. Ryonen wrote a poem on the back of a little mirror:

In the service of my Empress I burned incense to perfume my exquisite clothes,



Now as a homeless mendicant I burn my face to enter a Zen temple.

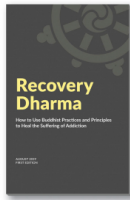
When Ryonen was about to pass from this world she wrote another poem:

*Sixty-six times have these eyes beheld the changing scene of autumn.
I have had enough about moonlight,
Ask no more.
Only listen to the voice of pines and cedars when no wind stirs.*

-- From [Zen Flesh, Zen Bones:101 Zen Stories](#) Transcribed by Nyogen Senzaki and Paul Reps

[Read Article About Ryonen's Story](#)

[Download Zen Flesh, Zen Bones](#)



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 to go to the Recovery Dharma website & read or buy book](#)

Helping, Fixing or Serving?

"Fixing and helping create a distance between people, but we cannot serve at a distance. We can only serve that to which we are profoundly connected." Rachel Naomi Remen, *Shambhala Sun*

Helping, fixing and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul.

Which are you doing when you think you are doing good for others?

[Read More](#)

Science and Health

Scientists Study Mindfulness

The Buddha taught the methods and the benefits 2500 years ago, but science must have proof...

"Mindfulness has its roots in Eastern contemplative traditions and is most often associated with the formal practice of mindfulness meditation. In fact, mindfulness has been called the "heart" of Buddhist meditationMindfulness, however, is more than meditation. It is "inherently a state of consciousness"which involves consciously attending to one's moment-to-moment experience....Meditation practice is simply a "scaffolding" used to develop the state, or skill, of mindfulness.... The intention of this paper is to refine the exploration of this particular state of mindfulness and to explore the questions: 'What exactly is mindfulness? And, how does it work?'"

[Read More of This Paper](#)

"In current research contexts, mindfulness is typically defined as nonjudgmental attention to experiences in the present moment.... (Researchers) suggest a two-component model of mindfulness, where the first component is the regulation of attention in order to maintain it on the immediate experience, and the second component involves approaching one's experiences with an orientation of curiosity, openness, and acceptance, regardless of their...desirability. Mindfulness is typically cultivated in formal meditation practices, such as sitting meditation, walking meditation, or mindful movements...."

[Read More of This Paper](#)

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 Zen Buddhist Temple 46 Stoller Rd., Trout Lake WA 98650
509.395.2030 <https://mtadamsbuddhisttemple.org/>

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