



MOUNT ADAMS BUDDHIST TEMPLE AT TROUT LAKE ABBEY

TUYẾT SƠN THIÊN TỰ 雪山禪寺

May 2024 Season of Growth

This is a long newsletter. Be sure to click and scroll all the way to the "Bonus Click" at the end.



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)

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 + Meditation 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](#)



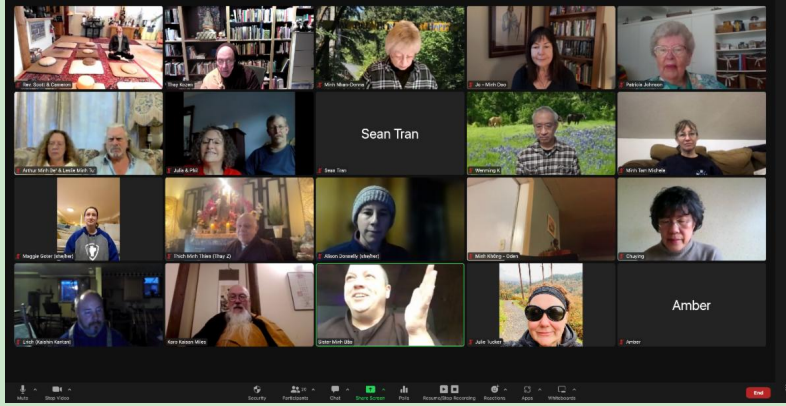
Dear ones,
Happy Spring 2024!
How can we live in this present moment? What about all the joys and pain of our past?
What about all of our future plans?
What of our hopes and wishes for the future?
Our historical teacher, Siddhārtha Gautama, offered a wonderful teaching over 2500 years ago.

The Bhaddekaratta Sutta (MN 131) Middle length Sutra, "A single excellent night"

Let not a person revive the past,
or on the future build his hopes.
For the past has been left behind.
and the future has not been reached.
Instead with insight let him see
each presently arisen state.
Let him know that and be sure of it,
Invincibly, unshakably.
Today the effort must be made.
Tomorrow death may come, who knows?
No bargain with mortality
can keep him and his hoards away.
But one who dwell thus ardently,
relentlessly by day, by night.
It is he, the peaceful sage has said,
who has had one excellent night.

There are several slightly different translations of this sutra. The one above is a very widely accepted translation and my favorite. "One excellent night" or day or moment is all that we have - there is only the now for one who has found the great path.

May we all be well and happy. May we all live in love and peace. Thay Kozen



The Wisdom of the Sangha

On a recent Saturday morning, the sangha was posed the question: “what part of your practice sustains you?” The answers were as varied as the participants in the room, and we’d like to share some of them here. They hold great meaning and significance to each individual. At the end of the day, our practice is the heart of our Buddhist philosophy in action, and we hope you enjoying hearing these as much as we did.

Metta and Meditation were the most mentioned practices by sangha members. Thay Kozen reminds us that *when we give, we are at our best* and many people said their practice of active metta filled them up. Thay Kozen and many of his students keep a stack of \$5 bills or \$5 giftcards handy so they are able to share without judgement with those who are in need. As we allow our heart to expand through the practice of metta, we see others’ suffering and rest in our interconnection.

Daily meditation practice was mentioned again and again. “Dwelling in silent meditation brings me to joy and to the real world.” Taking time to sit, morning yoga and meditation, routine and ritual, bring fulfillment to our sangha members. Every moment is practice.

The practice of mindfulness, being in the moment, and quieting the mind until heart energy starts flowing, brings peace and healing into our bodies and into our interactions with others. To sit and to be able to see feeling with the clear eyes of the present moment allows for separation and discernment. With this contemplation practice, one can discern whether do something or just let it be.

Others feel sustained by the practice of learning, open the mind, and reading about new strategies and philosophies.

Others find peace by remembering they are part of the whole. When they find themselves efforting too much, they realize “oh yeah, this is my ego struggling” and they return back to the larger flow of life, the collective experience, the interbeing that is our world.

Still others find contemplating a koan, reading sutras, thinking positive thoughts upon waking, reading wise words, resting in the precepts, or holding a mantra in one’s mind to be the most helpful practice for them. One sangha member remembers to *live life from joy not fear*.

A teacher in our sangha gets great pleasure from sharing the dharma with others. Gratitude practice sustains others.

And we’ll leave you with a line shared by a sangha member from John Hiatt’s Buffalo River Home song: *Now there’s only two things in life but I forget what they are.* Can we use our practice to come back to our true home? Can we use our practice to rest in a reality that exists beyond our conditioned mind? Yes. The answer is clearly yes; we’ve each found our own path and our own practice to navigate our way home.

Thanks to Emily Martin for compiling and relating the responses from this wonderful sangha check-in! Emily is a certified mindfulness meditation teacher, having trained with Jack Kornfield and Tara Brach. Emily is training to be a lay Buddhist minister with her teacher, Thay Kozen.

UPCOMING 2024 RETREATS

2024 TEMPLE RETREATS & SPECIAL SERVICES

No one will be turned away for lack of funds

DATE

11 May

VESAK Service 9 AM

TIME DONATION

19 May **Forest Bathing** Shin Rin Yoku 1 day 8 AM – 1 PM \$50

31 May-2 June **Sangha Retrea** 5 PM Friday to 3 PM Sunday FULL

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. 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

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.....Thay Kozen



[Cloud Mountain Retreat Center](#)



[Great Vow Monastery](#)



[Deer Park Monastery](#)

Want to Volunteer?

Volunteering is a wonderful way to help an organization you believe in. The Temple has all kinds of volunteer opportunities for people of all abilities. We are ready for all volunteers any Saturday after our weekly service (10:15 or so). Come and we will have work for you.

We welcome you any other day of the week with prior notice. Just email with Thay Kozen in advance so he can have someone ready to get you started ThayKozen@gmail.com



Budding Dharma Buddhist Temple

by Thich Minh Thien, (Thay Z) Abbot
Arlington, Texas

Understanding Dukkha

The Buddha's teachings on dukkha are encapsulated in the Four Noble Truths. The first Noble Truth acknowledges the reality of dukkha, stating that life is inherently unsatisfactory and filled with various forms of



suffering, including physical pain, mental anguish, and the dissatisfaction that arises from impermanence and change. Pleasure can also become a source of suffering in and of itself. The craving for pleasurable experiences, whether it be for material possessions, sensory gratification, or emotional fulfillment, can lead to attachment and clinging. In Buddhist philosophy, our attachment is seen as a root cause of suffering, as it binds us to an endless cycle of desire and dissatisfaction. Even when we attain the object of this desire and experience pleasure, it is often fleeting and followed by a sense of longing for more. When contemplating dukkha in relation to pleasurable things, it becomes evident that even within moments of joy and delight, there exists an inherent impermanence and potential for dissatisfaction. By recognizing this aspect of pleasure and cultivating a deeper understanding of its transient nature, we can navigate

our experiences with greater mindfulness and wisdom.

The concept of "dukkha" is central to the teachings of the Buddha and is often translated as "suffering," "unsatisfactoriness," or "discontentment." The Buddha understood from his awakening as well as from his life experiences, that dukkha arises in everyone's life. In fact, the First Noble Truth simply states that, "Life Means Suffering."

The second Noble Truth identifies the cause of dukkha as tanha, which can be understood as craving or clinging. The Pali word for craving is tanha, which means thirst. The Buddha identified three distinct kinds of tanha that we repeatedly experience; they are often unnoticed, because they arise and then are quickly preempted by yet another and then another. This craving can take many forms, including the desire for sensual pleasures, the desire for continued existence, and the desire for non-existence.

The third Noble Truth offers hope by proclaiming that there is a way to overcome dukkha. The Buddha taught that in eliminating craving and attachment, we can attain liberation from all these forms of suffering.

The fourth Noble Truth introduces The Noble Eightfold Path as the means to address and possibly end dukkha. This path to liberation includes ethical conduct, mental discipline, and wisdom, all of which are aimed at cultivating mindfulness, compassion, and insight.

In essence, the Buddha's teachings on dukkha serve as a profound insight into the nature of human existence and provides a framework for understanding and transcending suffering. It invites all of us to examine our own experiences and perceptions in order to develop a deeper understanding of the causes of suffering and find a path toward genuine peace and contentment.

Thich Nhat Hanh when asked about suffering, offered this thought. "We should not be afraid of suffering. We should be afraid of only one thing, and that is not knowing how to deal with our suffering. Handling our suffering is an art. If we know how to suffer, we suffer much less, and we're no longer afraid of being overwhelmed by the suffering inside."

Namo tassa bhagavato arahato samma sambuddhassa

[Click here to visit Budding Dharma Website](#)

Female Buddhism

Meet Four Inspiring Western Buddhist Women

These four women Buddhist teachers are shaping Buddhism in America. Meet Doshin Mako Voelkel, Bonnie Duran, Lama Tsomo, and Myokei Caine-Barrett, Shonin.

Lion's Roar is an independent non-profit foundation whose mission is to communicate Buddhist wisdom and practices in order to benefit people's lives and our society, and to support the development of Buddhism in the modern world.



[Read the Article in Lion's Roar](#)

The Basics of Buddhism



THE NOBLE EIGHTFOLD PATH

The Fourth Noble Truth is "The path to the cessation of suffering is the eightfold path." Let's visit the steps along that path with some teaching from our own Emily Martin.

After you click the link below, choose the "Back to Basics" tab, then scroll down to the last video on the page. Then sit back and absorb.

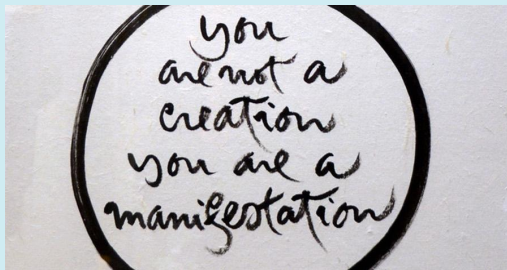
[Watch Eightfold Path Video](#)

SANGHA SISTER NEEDS HELP



One of our dear Sangha members is in need of help you may be able to provide. She is in major transition because of divorce and disability. Please click on the link below to see whether you can provide some relief from her suffering. If you have helpful information about support for the disabled, affordable and accessible housing in the Milwaukie area of Portland, or anything mindful and kind that may help her in her journey, email gvljohnsons4@gmail.com

[Help Sangha Sister](#)



THE HEART OF THE BUDDHA'S TEACHING: Mental Formations

Want to know what mental formations are or deepen your understanding? This article from the Plum Village website lets you read or listen to a great teacher's interpretation.

[Listen to Thich Nhat Hahn](#)

FOREST BATHING WITH EMILY MARTIN

Nature Nurtures with Good River Wellness: Join Emily for a revitalizing and immersive experience amidst the beauty of nature each month. Her May event is Sunday, May 5th, 1-4 PM

[Forest Bathing with Emily Martin](#)

FOREST BATHING AT THE ABBEY

We also have an upcoming event on our grounds on Sunday, May 19th, 8am-1pm.



Science & Health

What are you Eating?

May you be well and healthy... Thich Minh Tinh (Rev. Kozen Sampson)



[Read Article](#)

Neurologists Share The Foods They Never (Or Rarely) Eat

While occasionally indulging in certain foods that aren't great for your brain is fine, there are popular (and admittedly delicious) foods and beverages that people who specialize in brain health do their very best to avoid.



[Read Article](#)

Check your brand of decaf coffee for chemicals.

A surprising number of coffee brands use chemical decaffeination processes including Methylene Chloride, the main ingredient in paint stripper, even though chemical free alternatives exist.



Beware the Ticks!

While we may be grateful that warm season is back, please remember that it's tick season too! They carry many dangerous diseases.

[Click for Searchable Map by Month](#)



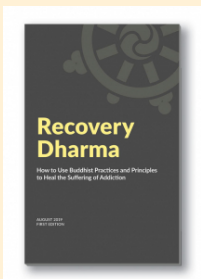
Spring is a time of new beginnings and growth. Throughout the winter, energy is buried deep in the earth, and now as spring bursts forth there is a natural impulse to create. Springtime brings lightness and aliveness, and energy starts to move outward this time of year. Sometimes this means there's more physical energy available to start a new project or plan a new goal. This is where manifestation begins to form from deep seeds full of potential. It's a time to be open to the new and a time to get creative. In Chinese Medicine, Spring correlates to the Wood Element. Energetically, wood element energy likes to move. In the springtime, we can see this energy in the plants waking up, budding, and bursting through the ground. Our task when trying to harmonize the wood element is about moving stagnation and being

empty, flexible, and strong. Just like bamboo. Spring is related to vision (physically and metaphorically), so it's a wonderful time to engage our imagination, vision, and goals. It's a time to plan for the future and move forward.

Trinity is an integrative healing arts center focused on empowering individuals and families to cultivate resilience, restore balance, and strengthen vitality. We strive to provide our community with skills for creating a daily practice as a cornerstone for their vitality.
Your health is in your hands. We are simply here to teach, to guide, and to help you stay on the path to realizing your own full potential.

Our White Salmon Store and Wellness Center is open!
Conscious Nectar in the Pura Vida Building at 181 W. Jewett Blvd., White Salmon, WA.

[TRINITY | MEDICINE + MOVEMENT](#)
Trinity Body Arts, 1412 13Th St Ste 200, Hood River, United States



Recovery Dharma- Transforming Addictions and Other Harmful Habits

Recovery Dharma uses Buddhist practices and principles to overcome addictions through meditation, personal inquiry, and community engagement.

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.

[Read More about RECOVERY DHARMA and find meetings](#)

[Click here to buy or download the Recovery Dharma Book](#)



Another Beautiful Creation by Bryant Vincent

A few months ago, we shared a beautiful inlaid wood creation by the nephew of a Sangha member. Bryant is still at it, and shared his latest portrait with us.



Bryant open to creating additional custom pieces. You can contact him at bryantvncnt@gmail.com

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

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