

# Spokane Buddhist Temple

**Volume 54, 2008 - Issue 11**

This newsletter is published monthly by the  
Spokane Buddhist Temple  
927 S Perry Street  
Spokane, WA 99202  
509 534-7954



Everyone is welcome to attend all  
activities and services. Visit us online at:

[www.spokanebuddhisttemple.org](http://www.spokanebuddhisttemple.org)

Voice of the Sangha

## Calendar of Events



## November 2008

<b>Nov 2</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Jefferson Workman ❖Greeter: Marta Lowenhoff ❖Kansho: Liat Parker ❖Short Meditation: Kosuke Imamura ❖Dharma Talk: Tina Rodeen ❖Flowers & Rice: Liat Parker ❖Snack: Janine Kardekus & Janet Tamura ❖Dharma School: Ellicia Milne
<b>Nov 9</b>	<b>Sunday</b>	<b>11:00 am Fall Food Bazaar</b>
<b>Nov 16</b>	<b>Sunday</b>	<b>10:30 am Reverend Service with Joe Schwab</b> ❖MC: Christine Marr ❖Greeter: Sarah Milsap ❖Kansho: Jefferson Workman ❖Short Meditation: Marissa Carlson ❖Dharma Talk: Joe Schwab ❖Flowers: Celeste Sterrett ❖Rice: Janet Tamura ❖Snack: Kosuke Imamura
<b>Nov 23</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Martena Peterson ❖Greeter: Marta Lowenhoff ❖Kansho: Kosuke Imamura ❖Short Meditation: Ellicia Milne ❖Dharma Talk: Christine Marr ❖Flowers: Shannon & Kathy ❖Snack: June Yugawa
<b>Nov 30</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Greg Sapp ❖Short Meditation: Tom Lande ❖Dharma Talk: Kosuke Imamura ❖Flowers: Celeste Sterrett ❖Snack: Marta Lowenhoff ❖Dharma School: Ellicia Milne



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2008

VOLUME 54 ISSUE 11

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## Announcements

**November Sangha Services** — Our Sangha Service (Sangha is the Sanskrit word for Buddhist community) is a



traditional Jodo Shinshu service with chanting led by a

Doshi. We meet after service for refreshments and discussion.

### Book Group

Our Book group will be meeting on Wed. November 12 at 7 pm. We are currently reading "The Accidental Buddhist" by Dinty Moore.

We are reading part 2 called, "practice makes perfect" We will read Part 3 in December and choose a new book for January.

We enjoy discussion, friendship and refreshments, please join us!

### The Fall Food Bazaar Needs Your Help!!!

Our annual bazaar is coming up quickly. The money earned goes into our general fund to cover expenses from heating bills, the newsletter costs to plane fare expenses to bring in guest speakers and finance religious programs. We need everyone's help in keeping our temple finances in

the black. Please donate your time (can you spare 3 hours of your time?) to help out on Nov. 9th. A number of generous people helped out making senbei, but we had to cut back on the amount we made because of low turnout. Sign up sheet at the temple for help at the bazaar. Monetary donations to offset the cost of supplies are another way to help. We also need bake sale items. All are very valuable. Please support your temple! Details on the enclosed flyer.

With Gassho,  
your Temple Board

### Spokane Buddhist Temple Team

Supervising Minister:  
Rev. Don Castro  
Seattle Betsuin  
Minister Assistant's  
Paul Vielle  
Christine Marr

### Board of Directors

Liat Parker  
& Jun Yugawa,  
Co- Presidents  
Martena Peterson,  
Secretary  
Fumi Uyeji, Auditor

### Board Members:

Leslie Green  
Jefferson Workman  
Anne Paulin  
Bonell McLeish  
Celeste Sterrett

### Board Advisors:

Janet Tamura  
Ann Heineman

### Newsletter Editor

Leslie Green

## Dues and Donations

The Spokane Buddhist Temple gratefully acknowledges the following dues and donations. Please notify Fumi Uyeji or Liat Parker of any omissions or errors. Dues are acknowledged when received and are often time for a few months or paid yearly.

Sept 16—Oct 18, 2008

### Dues

Mary Naber  
Leo & Yuriko Kiyohiro  
Tina Rodeen  
Rachel Scudder  
Marcelline Burdett  
Paul & Karen Vielle  
Paul & Karen Vielle  
Greg & Leanne Sapp

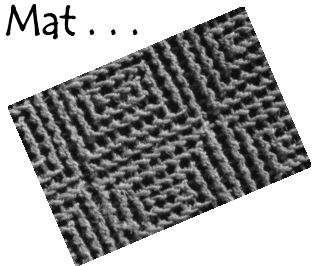
Pat Omine  
Bonell McLeish  
Kazuko Kuwada  
Milne Family  
Ferris & Bernard Family  
Anne Paulin  
Hyacinth Dezenobia  
Connie Walton-Hoskinson

### Donations

Mary Naber  
Paul & Karen Vielle  
Ann Heinaman  
K. A. ariyawansa  
P. Burns  
Helen Hart  
Robert Gilles  
Kent Hull  
Jeniver Johnston

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*Lessons from an Old Dormitory - by Paul Vielle*

During this fall semester, I'm taking a few classes at the Jodo Shinshu Center (JSC) in Berkeley, California. It was time again for me to hit the books and try to deepen my understanding of Buddhism. I'm living in the old dormitory of the Institute of Buddhist Studies (IBS). For over forty years, this old house on Haste Street served as the instructional center, training facility and live-in residence for ministerial aspirants. Many of our current BCA Ministers lived and studied here. I'm sure most still carry fond memories of this now-vintage building. In 2006, IBS moved its teaching facilities to the newly opened Jodo Shinshu Center. Today the venerable IBS dorm is just that, living quarters for IBS students.

I'm lucky to be here. The rent is reasonable by Berkeley standards and it's an easy walk to the JCS. However, the dorm sits in the heart of the undergraduate district, which means it's always pretty noisy around here. On the east side of the house we have student apartments—on the west side, a fraternity house, to the rear a sorority house. Noisy places all. Twice a week trash collectors come early in the morning and bang-around the big dumpsters. Cars and trucks rumble by the front door all hours. The walls are not insulated. The floors creak and doors squeak. The sound of people moving about is never far away.

For the first few weeks, I wasn't getting much sleep and found myself becoming evermore irritable and resentful. Before long I was totally absorbed in this problem. *Why all this noise? Don't people know I'm trying to study and sleep here? This nutty thinking was making me miserable.*

Then one day in late September, a very helpful thing happened. I rode the BART across the Bay to attend a *Naikan* workshop conducted by Dr. Gregg Krech\* at the San Francisco Buddhist Temple. *Naikan* is a Japanese word meaning "inside looking" or "self-inquiry." It's a kind of self-help therapy—a structured method for analyzing any troubling situation, object or relationship. "Doing *Naikan*" means asking three questions: What have I received from this (person or situation)? What have I given to (this person or situation)? and What troubles and difficulties have I caused this (person or situation)?

I decided to do a *Naikan* inquiry on my living situation in the dorm. Here's a sample of some of my answers to the three questions.

*In the last 24 hours, what have I received from this old house and the people who live and work here?* Well, last night I slept on a reasonably comfortable bed in my own private room. In the morning, I used the building's electricity to make breakfast and there was plenty of hot water for my shower. I noticed

there was a fresh roll of toilet paper in the bathroom. I glanced out back and noted my car was still safely parked behind the house ; a space provided by the dorm at no cost to me. When I returned home in the afternoon, the cleaning lady was just finishing her weekly chores. She allowed me to use her vacuum to clean my room. I noticed someone had brought-in the mail and left mine, neatly stacked, on the hallway table. Later in the evening, I washed my laundry using machines provided by the dorm; --again at no cost to me.

*What have I given this house and its residents in the past 24 hours?* Couldn't think of much here. I wiped down the shower stall after using it and washed my breakfast dishes. In the afternoon, I explained the meaning of several proverbs to one of the Japanese residents who is learning English. When my laundry was finished, I cleaned out the lint trap in the dryer.

Third question: *In the last 24 hours, what troubles or difficulties have I caused this house or the people who live here?* I'm usually the first one up in the morning. It's impossible to move quietly in this old house. The floors creak and doors stick. I'm sure I disturb people's sleep as I pad down the squeaky hallway to the bathroom. Flushing the toilet and taking a shower adds more noise. Everyday I generate a certain amount of trash which must be borne away to a land-fill somewhere. IBS pays for this service.

This brief exercise helped me to appreciate how many benefits (both obvious and hidden) I receive from others and how little I give back in return. Also, it helped me become more aware of how much I am focused on my needs and how much difficulty I cause others. These benefits come to me unbidden. I don't do anything to earn them. Further, I'm beginning to appreciate and be grateful for the unpleasant and annoying things that life presents to me (including my noisy and racket-laden environment.) These conditions afford me the opportunity to learn patience and forbearance. How refreshing to learn, once again, that I am not the center of the universe --but am supported by it anyway! The only response possible is to accept it with humility and gratitude. *Namo Amida Butsu!*

Paul Vielle  
Minister's Assistant

\*Anyone interested in learning more about *Naikan* methods may read *Naikan; Gratitude, Grace and the Japanese Art of Self-Reflection* by Dr. Gregg Krech, available at [www.todoinstitute.org](http://www.todoinstitute.org)



## *The Green Corner - by Karen Vielle*

Do you know someone who favors thrift store clothing and second-hand furniture? Instead of buying gifts, they give hand-made soaps or jams? Given the latest financial meltdown, more and more of us are voluntarily cutting back on needless buying. So, with the excesses of holiday shopping just around the corner, it seemed appropriate to base this month's Green Corner on an article that I came across on the internet by Helena Echlin entitled "When Less is More".

In the article she says that in the past 15 years, 'voluntary simplicity', as it is called, has gained thousands of converts. Many books on the subject have been published, such as Janet Luhrs's *The Simple Living Guide*, Cecile Andrews's *Circle of Simplicity*, and Linda Breen Pierce's *Choosing Simplicity*. Dozens of

websites have sprung up, as well as many nonprofits like Seeds of Simplicity and Simple Living America that champion this cause.

Echlin also says, "Materialism can be a form of self-violence, cutting you off from what makes you happy... Materialism also hurts others, since over-consumption leads to taking an unfair share of the world's resources, exploiting developing nations for cheap labor, and destroying the environment."

As Buddhists we understand the idea that craving leads to suffering. We know that buying things doesn't bring peace of mind or true happiness. Yet it can be especially difficult this time of year to pass up on the cultural expectation to shop 'til you drop. The article gives some recommendations to help get you started. Some strate-

gies include: Train yourself to reflect before you buy something. Why do you want it? Ask yourself if your eyes need one more thing to look at, or would they rather rest in open space? Before you buy something new, consider alternatives. Can you mend yours? Can you borrow it? Can you buy it used?

Finally, Bruce Elkin, the author of *Simplicity and Success* distinguishes between "reactive" and "purposeful" simplicity. "If you clean out clutter to declutter, it's a temporary fix," he says. "But if you clean out the clutter to make a meditation space or a reading area, then you have a clear purpose. The clutter doesn't return."

## *Shotsuki-Hoyo*

The November *Shotsuki-Hoyo* remembrance service will be held on Sunday, November 16 with Rev. Joe Schwab from the Seattle Betsuin. According to temple records and other sources, a total of 14 people passed away during the month of November.

## **Rev. Eiyu Terao** *Founder of Spokane Buddhist Temple*

**(Mrs) Ine Furumasu**

**Hideo Ekinaka**

**Chiyoko Kiyabu**

**George Kubota**

**(Mrs) Haruyo Oba**

**Dick Shimizu**

**(Mrs) Reiko Shimizu**

**Roy Soejima**

**James "Jim" Tamura**

**Max Taylor**

**Harold Tokunaga**

**Hidejiro Yamagiwa**

**Michio Yamagiwa**

### **In Memory**

Kam & Fumi Uyeji  
in memory of Keme & Take Uyeji

Janet Tamura  
in memory of Sue Shimizu

Tosh Kirihara  
in memory of Amy Kirihara

Christine Marr  
in memory of Bob Wheeler

Jefferson Workman  
in memory of Joseph P. Workman

Pat Omine  
in memory of Van Omine

### **Ohigon**

Leo & Yuriko Kiyohiro  
Marcelline Burdett  
Kam & Fumi Uyeji  
Janet Tamura  
Paul & Midori Gow



**Nov 9th**

**11am - 2pm**

**927 S Perry**

Spokane, WA 99202

509 534-7954

Yakisoba \$10.00

Sushi \$6.00 (ad \$5.00)

Bake Sale

Please call to pre-order:

Fumi 747-0480

# Spokane Buddhist Temple Fall Food Bazaar

Live Music - Healing Peaceful Flute

**Spokane Buddhist Temple**  
927 S Perry  
Spokane, WA 99202-3462

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U S POSTAGE  
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**Don't Forget...**

**Fall Food Bazaar**

**Sunday, Nov 9th**