



# Spokane Buddhist Temple

2008

VOLUME 54 ISSUE

Page 2

## Announcements



**September 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.

**Pancake Breakfast, Sunday, September 7th.**



Wake up and have a yummy pancake breakfast beginning at 9:00 am through 11:00 am. We will also be serving up some eggs and sausage.

This is a fundraiser hosted by the Spokane Buddhist Temple. Come join us for a great way to start your day and support your temple along the way! Please note: there will not be a service that day.

**Buddhist Book Club, Wednesday, September 17th** – Please purchase book prior to attending, (we have a few copies in the bookstore, and they are also available through Amazon.com. The book is “Coffinman” by Shinmon Aoki. See article inside for more details.



**Mindfulness Meditation Seminar, Saturday, September 20th** – presented by one of our most beloved speakers, Bhante Seelawimala, a Theravada monk from Sri Lanka and an Adjunct Professor at the Institute of Buddhist Studies in Berkeley, Calif. Pre-registration is required, form is enclosed in this newsletter.

## 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.

### July 12—August 5, 2008

#### Dues

Todd & Ellicia Milne  
Barb Braden  
Marissa Carlson  
Toshie Kawahara  
Tosh Kirihara  
Marcelline Burdett  
Colin Fitzgerald  
Jim & Shirley Bennett  
Anne Paulin  
Dorothy Uno  
Leslie Green

#### Donations

Kent Hull  
Russell Tonaka

Mickey Humphrey  
Jenifer Johnston  
David Frazier  
William Johnson  
Helen Hart  
Anonymous

#### Obon

Marcelline Burdett  
Toshi Kawahara  
Satoshi & Mary Terao  
Janet Tamura  
Dorothy Uno  
Paul & Midori Gow  
Kam & Fumi Uyeji  
Liat Parker

#### In Memory

Marcelline Burdett in memory of Takeo Terao

Kam & Fumi Uyeji in memory of Takeo Terao

Marcelline Burdett in memory of Oto Uyeji

Ann Heineman in memory of Bob Wheeler

Liat Parker in memory of Bob Wheeler

### 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

### Inside this issue:

<i>Dues/Donations</i>	2
<i>Art of Nembutsu</i>	3
<i>Shotsuki-Hoyo</i>	3
<i>The Green Corner</i>	4
<i>Buddhism Classes</i>	5
<i>Book Group</i>	5
<i>Seminar Flyer</i>	7



“Over the weekend, we reconnected with our spiritual journey and gained a deeper understanding of the “practice of no practice” ”



## ***Art of Nembutsu—Weekend Retreat***

This year was Dr. Kenji Akahoshi's 5<sup>th</sup> summer retreat for our temple. He is a talented speaker and retreat leader, bringing a lifetime of experience in Jodo Shinshu Buddhism. This year's theme was, “The Art of Nembutsu – Experience Oneness in Daily Living” We always benefit from the beautiful and spacious house on the Mukogawa grounds. It provides a peaceful setting so perfect to listen and discuss the Dharma.

Over the weekend, we reconnected with our spiritual journey and gained a deeper understanding of the “practice of no practice” on the Jodo Shinshu path. Kenji combined Japanese historical content along with the up to date western thinking of what saying the Nembutsu means. He encouraged discussion; and that provided insight into our own paths and understanding of Buddhism.

We also had a priceless chance to get to know our temple friends without the day-to-day distractions we usually encounter. We shared meals, fire alarms in the middle of the night (an adventure we shared last year!), and a wonderful silent breakfast on Sunday morning. Thank you Kenji for another wonderful experience!

Gassho-  
Christine Marr



Retreat participants, back row (l to r): Janet Tamura, Jim Bennett, Shirley Bennett, Martena Peterson, front row (l to r): Christine Marr, Karen Vielle, Dr. Kenji Akahoshi, Kent Hull

### Shotsuki-Hoyo

The September *Shotsuki-Hoyo* remembrance service will be held on Sunday, September 21. According to temple records and other sources, a total of 7 people passed away during the month of September. They are:

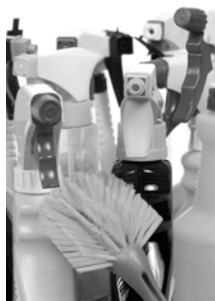
***Dat Nguyen  
George Nomura  
Harry Uchida  
Harry Yamauchi  
Hazel Sanders  
Kenji Sugiyama***



### The Green Corner

“Common household chemicals can be hazardous to your health. And the natural solutions are far more economical. Why spend big bucks on a wide variety of toxic cleaning materials when a few simple, safe and cheap ingredients will clean virtually anything in your home?” From Green Living by Greg Horn.

Some simple basics are baking soda, white vinegar, lemon juice, borax, vegetable-based liquid soap, and washing soda. There are also non-toxic cleaners from companies like Seventh Generation and Planet that are available at your local natural food store (including Fresh Abun-



- For surface and glass cleaning use 3 parts water to 1 part white vinegar.
  - For floors use 3 parts water, 1 part white vinegar, and a little dish soap.
  - For scrubbing and removing grease, take some baking soda and add a little water at a time until a paste is formed.
  - To remove grease buildup that has become sticky like glue, wet a towel with rubbing alcohol and wipe away the grease.
- For kitchen counters wet a rag in dishwater and wipe them

down. To disinfect, use vinegar surface spray instead.

Thanks Rachel for the great, easy ideas. No one should have to worry about the safety of making a sandwich on the bare kitchen counter. If any of the rest of you have other ideas to share, please let me know and I'll include them in a future Green Corner article.

“The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.”

Thich Nhat Hanh



**Written and submitted by: Karen Vielle, Sangha Member, Spokane Buddhist Temple**

“Some simple basics are baking soda, white vinegar, lemon juice, borax, vegetable-based liquid soap and washing soda”

### Message from JACL

The Spokane Japanese Cemetery Association would like to inform the community that we are available to answer questions and assist with purchasing burial and cremation plots at Greenwood Memorial Terrace.

In the past year, with generous donations from the JACL and the Hifumi En Board, we were able to start work on a long term landscaping project and place one of four niche walls in the Cherry Blossom sec-

tion. The niches in this first unit are now available for purchase. As the units are sold, the money will go toward the building of the next phase.

In July, the prices at Greenwood and all associated properties went up significantly. As prices continue to rise the SJCA will have to adjust our prices accordingly. At the present time, community members may purchase plots or niches in the Cherry Blossom section at a 20% discount. For

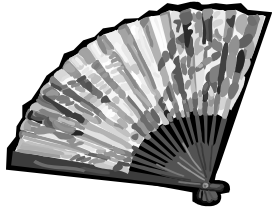
information or prices, please call any of us.

Keiji & Marilyn Shimizu: 924-5231

Mike Mukai: 534-3166

Virginia Omoto: 448-9589

## ***Buddhist Book Group***



This story looks at one man's very personal struggle to engage his Shin Buddhist faith to make sense of his experiences with the dead and dying.

Shinmon Aoki is forced by extreme financial circumstances into a job in one of the most despised professions in Japanese society, that of the *nokanfu*, one who washes and prepares dead bodies for burial. Shunned by family and friends and burdened by his own initial revulsion for his work, Aoki throws himself into the job with a fervor that attracts the attention of the townsfolk and earns him the title of "Coffinman".

In this spiritual autobiography, Aoki chronicles his progression from repulsion to a gradual realization of the tranquility that accompanies death. He assists the uninitiated in gaining an understanding of the basic principles of Shin Buddhism and its concepts of death and dying. Also included are definitions of key terms and phrases and a bibliography.



*Our book study group will meet on Wednesday evenings at 7:00 pm beginning September 17th. It will be facilitated by Christine Marr and is open to anyone interested in attending. We have a few copies left in our bookstore, or you can order online at Amazon.com.*

### **About the Author:**

**Shinmon Aoki** is the author of two poetry collections and a selection of essays in Japanese. He lives in Toyama, Japan.

## ***Introduction to Buddhism Classes***

With so much interest in Buddhism these days, the Spokane Buddhist Temple will offer a class introducing Buddhism to the beginner. We will meet five Sunday afternoons from 1:00 pm - 2:45 pm. These sessions are geared toward the beginner who is seeking to learn more about the basic principles of Buddhism and the role Jodo Shinshu plays. We will watch videos, read handouts and have discussions throughout the course. All levels

of Buddhist practice are invited as well. This can be a good refresher as there will be a lot of healthy discussion and much to learn.

Classes will begin on Sunday, September 28, then continue on October 5, 12, NOTE: no class October 19, resume October 26, no class November 2 (fall food bazaar) and will resume November 9.

Christine Marr will be the facili-

tator of these classes, and as our newest minister's assistant she will share some of what she has been learning while studying at Berkeley.

All are welcome to join us!



## Looking A head . . .



## Haiku

Napped half the day;  
no one  
punished me!

Summer night -  
even the stars  
are whispering to each  
other



## Save the Date

62nd Northwest District  
Buddhist Convention  
February 13th/15th 2009

“Jodo Shinshu in an  
Interdependent World”

Hosted by Oregon Buddhist Temple

Keynote Speaker:  
Taitetsu Unno

**October** – Joe Schwab, minister assistant from Seattle Betsuin will conduct our service on October 19<sup>th</sup>

**November/December** – Fall Food Bazaar will be on Sunday, November 9th. Look for details in future newsletters.

Rev. Don Castro, our supervising minister from Seattle Betsuin will conduct services on November 16<sup>th</sup> and December 7<sup>th</sup>.

**April 2009** – Rev. Harry Bridge from Lodi Buddhist Temple will be our guest speaker for Japan Week and Hanamatsuri

*Did You Know?*

Ever wonder what the meaning behind the wisteria crest symbolizes?

Well, I did, so I looked it up in a book written by Rev. Masao Kodani, called “Cocktails”. Here is what I learned:



**Kujo Sagarifuji No Mon**  
*Kujo-pendant-wisteria-crest*

This is the more familiar of the two crests used by the Hongwanji-ha. It consists of two pendant wisteria flowers forming a circle in the center of which are two intertwining vines. The earlier crest of the Hongwanji was a Chrysanthemum crest associated with the Imperial Family.

The Ohtani family of the Hongwanji, a direct blood line from Shinran Shonin, married into the Imperial Family in the late Muromachi Period (16<sup>th</sup> century) becoming a *Monzeki Jiin* or Imperial Temple. Later, when the Emperor Meiji ascended the throne in 1868, the Chrysanthemum crest was restricted to members of the immediate Imperial Family. The family crest of the *Kujo* family, a great patron of the Hongwanji, was then offered to the Hongwanji. This Wisteria Crest has since been the official crest of the Jodo Shinshu Hongwanji-ha.