

# Spokane Buddhist Temple

**Volume 55, 2009 - Issue 2**  
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)  
e-mail: [spokanebuddhisttemple@gmail.com](mailto:spokanebuddhisttemple@gmail.com)

Voice of the Sangha

## Calendar of Events



## February 2009

<b>Feb 1</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Karen Vielle ❖Greeter: Geoff Glenn ❖Kansho: Hyacinth Dezenobia ❖Short Meditation: Todd Milne ❖Dharma Talk: Paul Vielle ❖Flowers & Rice: Celeste Sterrett ❖Snack: Ann Heineman ❖Dharma School: Barb Braden <b>12-1 pm DVD lecture</b>
<b>Feb 8</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Martena Peterson ❖Greeter: Jun Yugawa ❖Kansho: Rachel Scrudder ❖Short Meditation: Hyacinth Dezenobia ❖Dharma Talk: Tina Rodeen ❖Flowers & Rice: Janet Tamura ❖Snack: Colin FitzGerald and Celeste Sterrett ❖Dharma School: Ellicia Milne <b>12-1 pm DVD lecture</b>
<b>Feb 15</b>	<b>Sunday</b>	<b>10:30 am Sangha Service - Convention Weekend</b> ❖MC: Rachel Scrudder ❖Greeter: Marta Lowenhoff ❖Kansho: Ann Heineman ❖Short Meditation: Charlotte Trebilcock ❖Dharma Talk: Steve Becker ❖Flowers & Rice: Helen Hart ❖Snack: Mary Naber and Marta Lowenhoff ❖Dharma School: Jeremy Phillips <b>12-1 pm DVD lecture</b>
<b>Feb 18</b>	<b>Wednesday</b>	<b>7:00 pm Book Club - "Rude Awakenings"</b>
<b>Feb 22</b>	<b>Sunday</b>	<b>10:30 am Shotsuki-Hoyo Service</b> ❖MC: Martena Peterson ❖Greeter: Hyacinth Dezenobia ❖Kansho: Rachel Scrudder ❖Short Meditation: Ellicia Milne ❖Dharma Talk: Steve Becker ❖Flowers & Rice: Dawn Lindhblom ❖Snack: Celeste Sterrett ❖Dharma School: Ellicia Milne <b>12-1 pm DVD lecture</b>
<b>Feb 5, 12, 19, 26</b>	<b>Thursdays</b>	<b>5:30-6:30 pm Vipassana Meditation Sitting</b> ❖Led by Mary Webster - a trained Vipassana meditation teacher leads the sessions. Come and see for yourself how meditation can smooth out the wrinkles of our chaotic lives and add depth to your practice.



# Spokane Buddhist Temple

FEBRUARY 2009

VOLUME 55 ISSUE 2

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## Announcements

**February 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.



**Winter Storm Hotline** - During these winter months of record snow fall, occasion may arise that we have to cancel a service at the last minute. If this should occur, we will leave a message on the main Temple phone (534-7954). So please call to check before you drive in bad weather.

**DVD Lecture Series Continues** - Each week following our coffee and tea, we will be screening a lecture upstairs in the Hondo. This is a DVD series on Buddhism by Professor Eckel of Boston University. Lecture is 30 minutes followed by a discussion. 12-1pm. Drop ins are welcome! We will have a new topic each week.

**We Now Have E-mail** - You can now contact us

at our email address of Spokanebuddhisttemple@gmail.com. It will be checked daily and we'll do our best to get back to you as soon as possible.

**Books to Share** - If you come downstairs for snack after service, you will see 2 bookcases with a wide variety of books to share. One is for children and the other is for adults. As part of our Green Sangha, please feel free to bring in your used books (or CDs, or videotapes) to share with other sangha members. When you are done reading, either return or recycle the books. It's a great way to clear out your stuff and move it into the greater world, as well as saving money.

**Chairmen Needed** - As an all-volunteer Sangha, we need help in all aspects of running the temple. Our current, urgent need is for someone to chair the Toban Committee. This person would need to coordinate the monthly cleaning of the temple and advise the Board on what maintenance issues are most pressing.

Another immediate Chairperson is needed for the Fundraising

Committee. This person would oversee our 2 major fundraisers a year (Japan Week and Fall) as well as contribute ideas and organization for any other fundraising we may attempt.

There's lots of organizational information available for this position, since we've been doing these for a while. This is a critical part of our budget, since dues do not cover the expenses of the temple.

**Dues** - We are especially grateful to those who pay their dues on time. It allows us to keep the doors open. Any and all donations are gratefully accepted and they can be for any occasion. Please feel free to take an envelope from the back of the pews and contribute in any way you can.

**Dec/Jan Dana** - J.J. Boettler, Doreen Forest, Stacy Carr, Kent Hull, Mary Naber, James Minard, Mas Wada, Celeste Sterrett, Jeff Jardine, Paul & Karen Vielle, Hisako Oki, Richard G. Terao, Jim & Shirley Bennett

**Joya-E Donations**- Paul & Karen Vielle, Jun Yugawa, Kam & Fumi Uyeji, Robert Giles

### Spokane Buddhist Temple Team

-Supervising Minister-  
Rev. Don Castro  
Seattle Betsuin  
-Minister Assistants-  
Paul Vielle  
Christine Marr

### Board of Directors

-President-  
Jun Yugawa  
-Vice President-  
Martena Peterson  
-Recording Secretary-  
Jen Johnston  
-Treasurer-  
Ellicia Milne  
Auditor-Fumi Uyeji

### Board Members

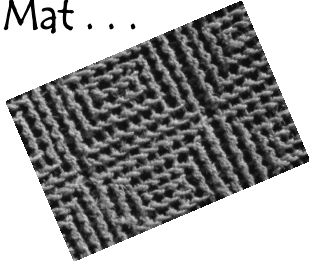
Celeste Sterrett  
Kosuke Imamura  
Marta Lowenhoff  
Barb Braden  
Jen Johnston

**Board Advisor**  
Jefferson Workman

**Newsletter Editor**  
Todd Milne

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*Stepping-Up to Serve*

One of the themes of President Barack Obama's inauguration speech was 'service in the furtherance of a great cause'. For example, in speaking of veterans and those who serve in the military, he said "We honor them ... because they embody the spirit of service; a willingness to find meaning in something greater than themselves." He went on reminded us of the values upon which our success as individuals and a nation depend—honesty and hard work—courage and fair play—tolerance and curiosity. He urged all Americans to rededicate themselves to these values in a "new era of responsibility." "There is nothing so satisfying to the human spirit," he asserted, "as giving oneself to a difficult task." I'd like to paraphrase the President's remark to add 'and there is nothing more ennobling as work undertaken to benefit to others.'



L to R ; Ellicia Milne, Marta Lowenhoff, Martena Peterson, Kosuke Imamura, Celeste Sterrett, Barb Braden, Jen Johnston, Fumi Uyeji, Jun Yugawa and Reverend Don Castro

From a Buddhist perspective, giving oneself wholeheartedly in service to others is understood as a path to free oneself from selfish preoccupations. It's just common sense. When we're focused on helping others, we're less caught up in our personal dramas and Me-projects. One has only to look at our Sangha to see this principle in action. Quite simply, our temple could not function as well as it does without the manifold efforts of so many people who serve quietly, without fanfare and without worrying about who gets the credit.

Every Sunday the actions of many unseen people come together in just the right way to put-on a service. Just look and you'll see: someone put paper towels in the dispensers, someone shoveled the snow, someone

else laid-out snacks and prepared coffee; still others prepared the flowers, the rice offering and the incense burners. Behind the scenes, others made sure our disabled members got rides to the temple. One could also include our Board of Directors, whose collective service promotes the temple's growth and prosperity.

Selfless service to others—without gaining ideas or self promotion—should be our constant aspiration. Even more, we should appreciate deeply those who agree to serve in leadership roles. I'm thinking here of those, who each year step-up to serve on our Board of Directors.

So it was that last month on January 25 Rev. Castro installed our new Board of Directors for 2009. We welcomed our returning members: Jun Yugawa (President), Martena Peterson (Vice President), Fumi Uyeji (Auditor) and Celeste Sterrett. Joining the Board for their first term are: Jen Johnston (Secretary), Ellicia Milne (Treasurer), Marta Lowenhoff, Barb Braden, and Kosuke Imamura. Our Sangha is fortunate indeed to have such competent and talented individuals serving as our leaders for the coming year. At the same time we thank those members who are rotating off the board for their service: Jefferson Workman, Bonell McLeish and Anne Paulin. Jefferson will continue to serve as a Board Advisor. Make a point to thank these individuals when next you see them.

In his speech President Obama reminded us there was much work to be done and not to look for quick fixes to the problems bedeviling our economy, our security and our health care system. But his call for a new era of personal responsibility and selfless service for the benefit of others are certainly Buddhist sentiments of the highest order. Let us strive to cultivate these virtues in ourselves and appreciate it when it appears in others. With grateful hearts we welcome our new Board of Directors. Congratulations!

Paul Vielle  
Minister's Assistant



## ***The Green Corner - by Karen Vielle***

Here's a challenge you might decide to try as we get into the New Year. Pick any one 'normal' day and see if you can go all day without throwing anything away. This idea came from the most recent issue of Yoga Journal magazine (Feb. '09), where they list this as one of seven ideas for "growing awareness". Author Charity Ferreira says:

*Commit to a single day free of disposable products. Bring your lunch from work in a reusable container, use a cloth napkin, and bring your own water bottle to yoga class (or to the gym). Carry a reusable bag for everything you buy, not just groceries. Notice what you're obliged to throw away, whether it's the plastic wrap around your sandwich or*

*the cotton in a new bottle of vitamins. Don't be discouraged if achieving a waste-free day proves harder than you think. Just become*



*ing aware of what you're discarding is likely to usher in other changes that will eventually have an even greater effect on the environment.*

*"Paying attention to what I consume and discard is a practice in everyday awareness," says Berkeley yoga teacher Ari Derfel, who saved all of his trash for a year. He describes the project as a meditation, one that made him keenly mindful of the life cycle of each piece of trash that he took responsibility for. "People say they're throwing stuff away, but 'away' is a euphemism. There is no 'away'," Derfel says.*

I've heard of trying to go a whole day without buying anything new, but I've never thought about going one whole day without throwing anything away. It might sound relatively easy until you try to do it. But it's in trying something, not mastering it, that we learn.

### *Shotsuki-Hoyo*

The February *Shotsuki-Hoyo* remembrance service will be held on Sunday, February 22nd. According to temple records and other sources, a total of 9 people passed away during the month of February

***Hazuo Horita  
Mary Ikebe  
Tsutae Muraoka  
Nobuichi Nitta  
Edward Parker  
Ito Tanaka  
Evelynn Beler Vielle  
Midori Yamasaki  
Chiyeko Yamauchi***

### **In Memory**

Janet Tamura:  
Jim Tamura, Haruyo Oba,  
Kayo Tsuji, Mary Higashi &  
Madelyn Sapp

Janine Kardokus:  
Chiyono Kiyabu

Judy Terao Uyema:  
Rev. William & Mary Terao  
Rev. H. E. Terao

Joe Ishitani:  
Teru Kayahara

Fred & Maxine Jones  
and the Green Family:  
Leslie Green

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

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## Gohan \*

...harvesting millions of grains  
of nutritious rice ...

...accumulating  
good health and happiness...

...some day I will be hungry...  
...will feed all friends too...

by Marta Lowenhoff

\*gohan is a Japanese word  
meaning both: "meal" and "rice"