

Spokane Buddhist Temple

Volume 57, 2010 - Issue 6

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
email: spokanebuddhisttemple@gmail.com

Voice of the Sangha

Calendar of Events

June 2010

June 6	Sunday	10:30 am Sangha Service ❖MC: Martena Peterson ❖Greeter: Mari Haworth ❖Kansho: Bob Gilles ❖Short Meditation: tba ❖Dharma Talk: Shirley Bennett ❖Flowers/Rice: Celeste Sterrett ❖Snack: Johnny Sorenson ❖Dharma School: Ellicia Milne
June 13	Sunday	10:30 am Sangha Service— Shotsuki-Hoyo ❖MC: tba ❖Greeter: Chris Keeling ❖Kansho: tba ❖Short Meditation: tba ❖Dharma Talk: Christine Marr ❖Flowers/Rice: tba ❖Snack: Chris & Sally Keeling ❖Dharma School: tba *** WELCOME BACK CHRISTINE ***
June 20	Sunday	10:30 am Sangha Service ❖MC: tba ❖Greeter: Bob Gilles ❖Kansho: Mary Naber ❖Short Meditation: Don Bridgeford ❖Dharma Talk: tba ❖Flowers/Rice: Ellicia Milne ❖Snack: Jason Crowley ❖Dharma School: Ellicia Milne
June 26	Saturday	Vipassana Meditation Retreat with BHANTE SEELAWAMILA 9:30A—4P—\$30 (includes lunch)
June 27	Sunday	10:30 am Sangha Service with Bhante Seelawamila ❖MC: Martena Peterson ❖Greeter: Jun Yugawa ❖Kansho: Elisia Milne ❖Short Meditation: Karen Vielle ❖Dharma Talk: BHANTE ❖Flowers/Rice: Celeste Sterrett ❖Snack: Potluck ❖School: Ellicia Milne ***** SERVICE FOLLOWED BY A POTLUCK *****

NOTE all of the "tba's above. We are an all volunteer Sangha, and this is a great opportunity to support your Temple by volunteering. Please see the article on Page 5 explaining how you can help with the service.

To contribute to the Spokane Buddhist Temple newsletter,
Email content to Quilt4mari@yahoo.com—Deadline is the **Thursday** before the last Sunday of each month



Spokane Buddhist Temple

2010

VOLUME 57 ISSUE 6

Announcements



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.

Passage Meditation -

Satsang group - Tuesdays from 6-7:30 pm. Focus on Sri Easwaran's form of Passage Meditation. Format: discussion, reading or watching an Easwaran video and ½ hour meditation. This form of meditation fits very well with any spiritual path. We suggest that interested people read Sri Easwaran's book: Passage Meditation, then practice meditating for a month before joining our group. More info: <http://easwaran.org> or call Mary at 328-3829

There will be a Public Talk on Saturday, June 19th from 6-7:30



pm at our Temple. **His Holiness Katok Getse Rinpoche**

will be teaching on the Six Bardos & Phowa Practice & Empowerment.

By donation to their organization.. For info call (509) 245-3431 or email clanofdavis@gmail.com He will also present a retreat from June 19-26 in Spangle. Cost is \$350 for the retreat.

Vipassana Meditation Sitting-

Thursdays 5:30-6:30 pm. 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 Team

-Supervising Minister
Rev. Don Castro
Seattle Betsuin

-Minister Assistants-
Christine Marr
Paul Vielle
Jefferson Workman

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
Barb Braden
Jen Johnston
Rachel Scrudder
Jim Bennett

Board Advisor

Jefferson
Workman

Newsletter Editor

Mari Haworth

Happenings Elsewhere

Sravasti Abbey in Newport has monthly “Sharing The Dharma Day” exploring ideas from the book *Taming The Mind* by Venerable Thubten Chodron with sessions from 9:45 am to 3 pm. See their Website: www.sravastiabbey.org. Spokane Dharma Friends (509) 228-3252. June 6 is “Colleagues & Clients: Working Together & Resolving Differences.” Also 7/18, 8/1, 9/19, etc.

June 13th, 5:30–7:30 pm, Unity Church on 29th & Bernard, South Hill. Spokane Interfaith Council event, “**Not in God's Name**” Movie. This is a film produced by the Dalai Lama's organization, looking at the causes of religious intolerance and presenting messages from leaders of several faiths about how to move beyond intolerance and hate. By offering.

June 16th - “**Friends of Compassion**” are meeting at our temple at 7 pm. They are the Rotary 21 sponsored group working to bring the Dalai Lama to Spokane in 2012. He has been formally invited; come hear about their progress. Contact John Hancock johnmhancock@earthlink.net 509-244-8559



The Green Corner - by Karen Vielle

This is our last installment of Leo Babauta's "12 Minimalist ways to reduce your carbon footprint" from <http://mnm1ist.com>. Over the last few months we've looked at 1 through 9 of the 12. Briefly, to review, they were: eat less, eat less meat, eat locally, drive less, travel less, buy less, buy used, have a smaller house, and use less power. This month we end with the final 10 through 12.

12 Minimalist ways to reduce your carbon footprint

Go Green! **Newsletter Online!**

Reduce waste & help the temple save on postage by reading the newsletter online: spokanebuddhisttemple.org/newsletters.asp

An Email subscription is available! Please contact the temple at (509) 534-7954 or email sbtnewsletter@gmail.com to have your subscription status changed.

10. Use less water. Don't take long showers - get wet, turn off water, soap up, turn on water and rinse. Don't water your lawn, and wash your car less (or get rid of the car). Wash clothes less (wear them longer). Conserve water when you wash your hands or dishes.

11. Go paperless. Many offices and even homes use tons of paper, but most of it is unnecessary. Don't print stuff out if you can read it on the computer. File things digitally rather than in folders. Have bills and other documents sent electronically or online rather than via mail. Stop catalogs from being mailed to you. Read newspapers and magazines online rather than buying them. Stop sending faxes for goodness sake.

12. Go vegan. Vegan food, contrary to what most people think, can be delicious and satisfying, and it's often healthier (less saturated fats, fewer calories, for example). Most especially, eating no meat or dairy or eggs means withdrawal from industries that are horrible for the environment, and horribly cruel to animals.

These last 3 are harder than they look. Luckily making positive changes are not something you have to do all at once. You could pick one day a week to be mindful of each of these things. Let me know if you have successes practicing any of the twelve.

Thanks again to Minister's Assistant, Jefferson Workman for recommending this site.

Shotsuki-Hoyo

The June Shotsuki-Hoyo remembrance service will be held on Sunday, June 13. According to temple records and other sources, a total of 14 people passed away during the month of June. They are:

Gay Todd
Yoshio Hamamoto
Shozo "Sho" Higashi
(Mrs) Toshie Kanagae
Peter Key
Nobuichi Kiyabu
Yoshiro Mori
Tsumayo Nakai
Archie Okawa
Kozo Soejima
(Mrs) Riku Takeshita
Oto Uyeji
Lachen Joy Verdery
(Mrs) Tsuneye Wada

Dues Received in May

Satoshi & Mary Terao, Johnny Sarensen, Jeremy Phillips, Hyacinth Dezenobia, Jenifer Johnston, Eileen Tanaka, Toshie Kawahara, Jim & Shirley Bennett, Aiko and Justin Teroa-Kropff, Kris Byrum, Todd & Ellicia Milne, Tom & Christine Anderson-Barada, Paul & Karen Vielle, Chris & Sally Keeling, Jefferson Workman, Mary Naber, Linda Sakai & Gavin Young, Mari Hawthorth, Robert & Patricia Brost-Simonet, Rachel & Mark Scrudder, and Patricia Omine.

Dana Received in May

Mary Naber, The Tuesday Night Meditation Group, Julie Hauck, David & Peggy Frazier, Celeste Sterrett, Tom & Christine Anderson-Barada, Paul & Karen Vielle, Robert Gilles, Jim & Shirley Bennett, Chris & Sally Keeling, Virginia Saint Louis, John Cheek, Anne Paulin, Carolyn Sakai, Gavin Young & Linda Sakai. Also Anonymous in the basket, offering box, and coffee and tea supply jar.

Endowment Fund

The Board recently made a slight adjustment to the investments of the Spokane Buddhist Temple Endowment Fund. The Board, with the help of Fumi Uyeji and Robert Gilles, sold its bond funds, and stayed in a combination of short-term high quality corporate bonds, cash management for emergencies, and long-term broadly diversified mutual funds. Brief and specific reports will be given periodically to the Sangha during regular services.

Hanamatsuri Dana Received from: Jefferson Workman & Toshie Kawahara

Gotan-E Dana Received from: Satoshi and Mary Terao, Janet Tamura, Kam & Fumi Uyeji

Memorial Dana Received from: Etsuko Yamada in memory of Chiyono Yamaguchi, Toshie Kawahara in memory of Mrs. Taneyo Sato, Janet Tamura in memory of Yoichi Oba & Sayoko Oba, Kam & Fumi Uyeji in memory of Mr. and Mrs. T. Sugikawa

Total Dues & Dana Received in May- \$1,900.08

Total Temple Expenses in May- \$3,917.30



BHANTE SEELAWAMILA

SAT, JUNE 26TH - 9:30 AM TO 4 PM

Vipassana MEDITATION RETREAT

\$30 Minimum Donation (Includes Lunch)

Space is limited —Pre-register at 509-747-6136

SUN, JUNE 27TH - 10:30 AM

Bhante will give the Dharma Talk at the service.

Sunday service is followed by a POTLUCK

Bhante Seelawimala, a Theravada monk from Sri Lanka and a professor at the Institute of Studies and Theological Union in Berkeley, Calif., will be returning to Spokane to lead a silent meditation retreat.

During the past twenty-five years, the Venerable Madawala Seelawimala, known to most people simply as “Bhante,” has been instrumental in introducing the 3 treasures of the Buddha, Dharma, and Sangha to a vast number of persons in the Western world. As one of the principal members of the Institute of Buddhist Studies educational and religious community since 1976, Bhante has been a true teacher and good friend in the Dharma to all who have met him. Without question, his wise guidance and wholesome influence have impacted not only his students at IBS, but also many Buddhists and non-Buddhists throughout North America.

In October, our Minister Assistants Paul Vielle & Christine Marr will go to Japan to receive Tokudo

Excerpt from “TOKUDO” by Rev. John Paraskcvopoulos

On the 15th October 1994, fourteen overseas candidates received initial ordination or Jokiido as Jodoshinshu priests at the Nishi Hongwanji in Kyoto. This was only the second time that an ordination program had been conducted specifically for Western ministerial aspirants (the first was in 1989). It is expected that such a program will be available every five years. On this occasion, the candidates hailed from seven countries across four continents.

Those wishing to become Jodo Shinsimu Hongwanji priests must receive their tokudo at the Honzan or mother temple. This once - in - a - lifetime rite is conducted at the Goei-do (Founders Hall) before the image of Shinran. The rite consists of adorations, recitation of the Three Refuges and the Creed of Jodoshinsliu, tonsure (shaving of the head—men only), and the receiving of kesa (ceremonial robe), docho (ordination certificate) and a homyo (Buddhist name). The ceremony is conducted in utmost solemnity.

Tokudo literally means, ‘to cross from this shore of birth-and-death to the other shore of Nirvana’. When Gautama embarked upon the Way, he shaved his tresses and said; ‘In cutting off my hair, may I, together with all beings, be freed from evil passions and hindrances’. Receiving a set of robes from a hunter, he continued, ‘Even as these clothes cover me, may I enfold all beings in compassion and free them from evil passions’. It is in accordance with this rite as established by Shakyamuni, that tokuido comprises a tonsure, the wearing of robes and the recitation of the Three Refuges. Tokudo is a solemn promise to rise above all temptations, to refrain from egotism and to diligently pursue the way of the Buddha.

Tokudo is considered to be only initial ordination. It entitles you to take certain services such as funerals, lead chanting sessions, disseminate the teachings and, depending on which country you are in, give formal dharma-talks. In order, however, to become a full-time temple master with pastoral responsibility for a entire congregation, one needs to obtain Kyoshi or full ordination.

WE CONGRATULATE CHRISTINE & PAUL ON THIS HONOR!!!!

**WELCOME BACK
CHRISTINE MARR
ON JUNE 13TH**

Minister Assistant, Christine Marr, will be coming home after her studies in Berkeley and giving the Dharma Talk that Sunday.

Mary Naber and Martena Peterson arranging the Hanamatsuri display and MA Jefferson Workman and Rev. Bob Oshita on April 24th with the finished display.



**DO YOU WANT TO GET MORE INVOLVED WITH YOUR SANGHA?
HERE'S A GREAT WAY TO GET STARTED BY
HELPING OUT WITH THE SERVICE.**



Greeter - This is easy. Meet everyone at the front door with a friendly greeting and hand them a printed order of service.

Ring the Kansho – This does need a little instruction. If you are interested in doing this, Jefferson, Christine or Paul will show you how.

Short Meditation – This can be a short poem, a verse from a song or a passage from any book - whether it is from a novel, a philosophy book or a book on Buddhism. The choice is yours, something that you find thoughtful and that you think others might as well.

Flowers/Rice/Fruit Offering – Try to arrive to the temple around 10 AM so you can put your flowers in the vase and the rice in the Buppan-Ki (rice offering container). Roses are not appropriate because of the thorns. A fruit offering is needed only on special service days and when we have a visiting minister. The fruit is placed in the Kesoku's and are placed on each side of the altar.

Snack – This should be a simple affair. Remember we are not providing lunch. Just a little something to go with the coffee and tea is appropriate. Your duties include starting the tea water and coffee, and putting out plates and napkins. Arrive early at about 10 AM. It is helpful to do this with someone so you have help with the washing and sweeping up.

Dharma School – Please speak with Ellicia Milne, Barb Braden or Jeremy Phillips if you would like to become involved with the Dharma school.

Thanks for signing up!

Kudos Corner

Tina Rodeen won first place in the 2010 Coeur d'Alene Library Writers Competition for her short story "What Happens To Him". If you would like to read her story, please email her at trodeen@hotmail.com. Thanks to **Mary Naber**, whose proceeds from her donated beautiful healthy tomato plant sales were all offered to the Temple, to **Sarah Edwards** of ChakRaw Living for having her Raw Foods classes at the Temple, donating a portion of proceeds from her classes for use of the Temple, and for always sharing some of the delicious recipes and foods from her classes, and to **Aiko Terao** for organizing the Kid's Clothing Exchange and to all who participated!

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927 S Perry
Spokane, WA 99202-3462

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THANKS TO THE MILNE FAMILY AND THE DHARMA SCHOOL FOR TEMPLE
GROUNDS BEAUTIFICATION!!!!!!!!!!



Start sorting through your possessions (get rid of those attachments) for our summer **RUMMAGE SALE**, during the South Perry Street Fair & Parade on Friday & Saturday **July 16th & 17th**. We will also be selling Senbei on Saturday after the parade and having an Open House.

We will be sorting & pricing the goods on Sunday **July 11th**, after service.

On **July 10th**, we will be making **Senbei** (Japanese crackers). This is a fun activity and a great way to get to know your fellow Sangha members. All proceeds from selling the Senbei will go towards our Minister Assistants Christine Marr & Paul Vielle's trip to Japan to receive Tokudo in October.



PLEASE SIGN UP TO MAKE SENBEI AND WORK AT THE RUMMAGE SALE.

Temple Weekly Chat—Are you interested in receiving weekly emails reminding you of what is happening at the temple? If so, please sign up at the temple or email: spobuddhistchat@gmail.com

VISIT OUR FACEBOOK PAGE:

www.facebook.com/pages/Spokane-WA/Spokane-Buddhist-Temple/116164823034?ref=sgm

Visit the **South Perry District Blog** for news about the neighborhood: www.spokesman.com/blogs/southperry