

Spokane Buddhist Temple

Volume 57, 2010 - Issue 3

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

March 2010

Mar 7	Sunday	10:30 am Sangha Service ❖MC: Celeste Sterrett ❖Greeter: Christine Barada ❖Kansho: Karen Vielle ❖Short Meditation: Celeste Sterrett ❖Dharma Talk: Jeremy Phillips ❖Flowers/Rice: Ellicia Milne ❖Snack: Chris & Sally Keeling ❖Dharma School: Ellicia Milne
Mar 14	Sunday	10:30 am Sangha Service—Shotsuki-Hoyo ❖MC: Martena Peterson ❖Greeter: Mari Haworth ❖Kansho: Ellicia Milne ❖Short Meditation: Jun Yugawa ❖Dharma Talk: Kosuke Imamura ❖Flowers/Rice: Ellicia & Celeste ❖Snack: Kosuke Imamura❖Dharma School: Barb Braden
Mar 21	Sunday	10:30 am Shotsuki-Hoyo Service ❖MC: Ellicia Milne ❖Greeter: Tom Anderson ❖Kansho: Hyacinth Dezenobia ❖Short Meditation: Mari Haworth ❖Dharma Talk: James Boyd ❖Flowers/Rice: Celeste Sterrett ❖Snack: Jefferson & Celeste ❖Dharma School: Jeremy Phillips *****After Service—Rev. Unno Pre-Workshop Discussion (see Pg 5)
Mar 27	Saturday	10 am—4 pm Rev. Unno Workshop \$20—See Page 5 <i>"The Crooked Path of Life: Buddhist Wisdom for Difficult Times"</i>
Mar 28	Sunday	9 am Introduction To Buddhism 10:30 am Service—Ohigan Service ❖MC: Eileen Tanaka ❖Greeter: Ellicia Milne ❖Kansho: Ellicia Milne ❖Short Meditation: Karen Vielle ❖Dharma Talk: Rev. Mark Unno ❖Flowers/Rice: Celeste Sterrett ❖Snack: POTLUCK LUNCH ❖Dharma School: Ellicia Milne

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 3

Announcements

March 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.



MARK YOUR CALENDARS!!! -

JAPAN WEEK AND HANA-MATSURI - APRIL 24 – 25. Our guest Reverend for this event is Rinban Bob Oshita from Sacramento, CA. Rev Oshita will present an evening talk on Sat, the 24th and then our Hanamatsuri service on Sunday.

Spokane Buddhist 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

Passage Meditation -

Satsang group meets regularly on Tuesdays from 6-7:30 pm. We focus on Sri Easwaran's form of Passage Meditation and his 8-Point Program for Daily Living. Format consists of discussion, reading or watching an Easwaran video followed by a 1/2 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. For more information please check out: <http://easwaran.org> or call Mary: 328-3829

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.

Venerable Geshe Thupten Phelgye Visiting Spokane

A Buddhist monk, in the Gelugpa tradition of His Holiness the Dalai Lama, he has been working with the Sulha Peace project in the Middle East for the last 6-years as the Tibetan Buddhist Ambassador under the guidance of His Holiness the Dalai Lama. He travels internationally with his message of peace and compassion. It is a rare opportunity to hear his thoughts on how we can learn to build a better world in which to live. www.universalcompassion.org/index.html. Contact Lori Lindman, lorilindman@earthlink.net 509-990-4580 or 509-327-7902.



Congratulations Jefferson Workman—Our New Minister Assistant

On February 14th, Jefferson was honored at the 63rd Annual Northwest Buddhist Convention in Ontario, Oregon, hosted by the Idaho-Oregon Buddhist Temple. His recognition ceremony was conducted by Socho Koshin Ogui, Bishop, where he received his robes.

He will be volunteering with our two other Minister Assistants for the benefit of our Sangha.

Thank you Jefferson!



Spokane Buddhist Temple Team

-Supervising Minister
Rev. Don Castro
Seattle Betsuin

-Minister Assistants-
Paul Vielle
Christine Marr
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

From Jun Yugawa
Spokane Buddhist Temple Board President

Fellow Sangha Members,
Thank you for taking time to read my random thoughts. I am not a writer in any sense of the word, so please bear with me.

First of all thank you Jefferson for getting the "Departures" movie and setting up the theater for us. As I think about the movie, maybe I have a different take on it than you do. Here is mine: First I found it very moving from an emotional point. His anger as a child to manhood towards his father. But in the end he finds the love his father had for him by holding onto the rock he gave to him as a child. Second we find the dignity of his work and the honor of it. His wife and his friend look at him in a different light as he performed his job. The point being you should always do your best no matter what others may think about your work. We should all find joy and pride in what we do.

I only hope that my clumsy attempt at writing will resonate with you. In Gassho, Jun

KUDOS KORNER
by Martena Peterson

Many, many thanks to all those Sangha members who kept the temple running on Valentine's Day while 9 of us were in Ontario, Oregon for the Northwest District Buddhist Convention. And all we brought back for them were onions!

We have been very grateful for all the hard work that Todd Milne has done to keep our newsletter running and out on time. He has decided to pursue some of his other interests and we want to acknowledge all the time, energy and creativity he has expended on behalf of the Temple.

The first Sangha Cinema was a sold-out success thanks to Jefferson Workman. If you missed "Departures" at the Magic Lantern, we'll be looking forward to another movie night in the future.

Go Green!
Newsletter Online!

Reduce waste and 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. Thank you!



Note From M.A. Christine Marr

My studies in Berkeley are going very well. I am moved in, have a spot for all my "stuff" and there is lots of it. No one has ever accused me of traveling lightly! I did a better job of packing this year, so I do have a bit more space. I have all the comforts although I admit getting used to a twin bed was a little difficult at first. In my room I have a little refrigerator and tiny coffee maker. I have my computer set up a great old desk with lots of drawers (things like that become very valuable in the dorm life). I also had quite the find in Goodwill, a computer chair for \$5. I was so excited. Before finding it, I was sitting on an old wood chair. Best part, I can leave it behind for the next lucky tenant instead of hauling it all the way home.



I have noticed that living in a small dorm room helps shrink my distractions, there are not so many excuses to allow me to wander and find "important" things I must do besides study. That is one reason I love coming here each spring. I have a chance to simplify my life.

It is quite a process to change from the Spokane life with my busy husband, pets and a big house. I drive to this dorm, and find myself in a simple student life. It reminds me of sitting in meditation where my mind bounces around as I try to bring it back to the breath. This is similar my arrival state of mind here in Berkeley. With reading laid out before me, I was finding every excuse to bounce around the room fixing this, hanging that, instead of sitting quietly and reading. Slowly I adjusted, being more and more in the moment until I would finally get lost in my reading. That is why I am here!

I have classes almost every morning for 3 hours. I am studying the Three Pure Land Sutras, Tannisho, Shinran Thought, Meditation and The Life and Teaching of the Buddha. Sounds like a lot! But really each class complements the other and ideas and teaching on one class helps understand the next.

Don't get the idea I am a total recluse, exactly the reason I enjoy dorm life is that I am not completely alone. When I need a break I can visit with others on the same wavelength. These students are bright up and coming ministers who will soon be assigned to temples. We often take the same classes so see each other a lot. But we are also all Jodo Shinshu Buddhists so not always so serious. We often relax and have meals together on the weekends, talk and just hang out. I have learned to make a tasty Udon noodle stir fry. This must have been invented by a student, who knows?

Thinking of you all in Spokane, I will keep in touch.
In Gassho, Christine



The Green Corner - by Karen Vielle

This month's Green Corner comes from an excerpt from a blog site that our new Minister's Assistant, Jefferson Workman, sent me. The site is by Leo Babauta at <http://mnmmlist.com>. It's an interesting site and I'm sure I'll be sharing more of Leo's information with you in the future. For now I'm including the first 3 of the "12 Minimalist ways to reduce your carbon footprint", which he wrote in celebration of the Copenhagen conference on climate change. It would be too long to include all 12 in one article, so I'll be sharing them over the next few months. If you just pick one of the 12 ideas to try for a month, each month, you'd have an entire year of experience being more mindful of minimalist practices. The first 3 of the 12 tips are all about our

eating practices. They are:

1. **Eat less.** Less food consumed means less resources used up and pollution used to create the food and get it to you.
2. **Eat less meat.** Worldwide, beef production contributes more to climate change than the entire transportation sector. Pork and chicken are also big contributors to pollution and carbon emissions, compared to plants.
3. **Eat locally.** Transporting food from where it's grown or raised to where it's processed and packaged, to your supermarket, has a high environmental cost. Eating locally not only greatly reduces that transportation cost but it supports local farmers instead of corporations. Look for local foods, in season, at farmer's markets near you, or at your supermarket or local health food store.

These are all great ideas. On the "eat locally" idea, you can join a food co-op and look for restaurants that feature locally grown food when you eat out. Thanks again to Jefferson for sending this my way. I'm always looking for great ideas from the Sangha to share, so keep 'em coming.

Dues Received in February

Janine Kardokus
 Chris and Sally Keeling
 Ann Heineman
 Tina Rodeen
 Jeremy Phillips
 Jenifer Johnston
 Tom and Christine Anderson
 James Y Lea
 Chris and Christine Marr
 Paul & Karen Vielle
 Jeffrey Workman
 Patricia and Robert Brost-Simonet
 Kazuko Kuwada
 Aiko Terao and Justin Kropff
 Robert Gilles
 Toshie Kawahara
 Anne Paulin-Parker
 Mary Naber
 Marcelline Burdett
 Mari Haworth
 Eileen Tanaka
 Rachel Scudder
 Todd & Ellicia Milne

Dana Received in February

Jefferson Workman
 Tuesday Meditation Group
 Robert Gilles
 Chris Marr
 Tom Anderson
 Paul & Karen Vielle
 Jim & Shirley Bennett
 Virginia Saint Louis
 Mary Naber
 Chris & Sally Keeling
 Molly Pepper
 Jenifer Johnston
 and All the Anonymous Ones!

Thank You All! We are very grateful for all donations each month; the temple cannot maintain operations on Membership dues alone!

Shotsuki-Hoyo

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

Wilson Burdett
 Iku Horiuchi
 Shoichi Kayahara
 Kengo Kato
 (Mrs) Asano Kirihara
 (Mrs) Tayeko Kayahara
 Charlie Nakanishi
 Yoshito Norisada
 (Mrs) Marguerite Peterson
 Joe Takeshita
 Kuhei Tsuchi
 Toshiko Uyeno
 Kana Yamamoto

Income/Expense Sangha Summary:

Total Dues
 Received in February: \$2599.75
 Total Operating Expenses for
 Temple in February: \$2196.75

Note: for a full Treasurers Report see Temple Treasurer, Ellicia Milne after services .

February Memorials

In Memory of Ed Parker

Janet Tamura, Celeste Sterrett, Kam & Fumi Uyeji, Paul & Karen Vielle

In Memory of M. Yamaguchi: Etsuko Yamada and Mari Steck

In Memory of Evelyne Vielle: Paul & Karen Vielle

In Memory of Masao "Mas" Wada: Paul & Karen Vielle

**MARK YOUR CALENDARS FOR THIS
VERY SPECIAL VISIT:**



Rev. Mark Unno—March 27th & 28th

Saturday March 27 - Workshop—10 am – 4 pm - \$20
Lunch is on your own: Bring a bag lunch or visit nearby restaurants

Saturday Workshop is entitled
"The Crooked Path of Life: Buddhist Wisdom for Difficult Times"

We often have a clear and straight progression through life that includes schooling, relationships, career, and family. However, many of us find that things don't always work out exactly according to plan, and we find ourselves sidetracked from our original plans. In Buddhism, however, we often find that what had seemed a tangent or obstacle can become a source of wisdom and compassion. Thus, we may find the deepest significance in the crooked path of life.

Rev. Unno is Associate Professor of Japanese Buddhism in Dept of Religious Studies at the University of Oregon. www.uoregon.edu/~munno/

*****BE SURE TO SIGN UP AT THE TEMPLE FOR THE WORKSHOP*****

Sunday March 28 - Introduction To Buddhism 9:00 am

Sunday March 28 - Rev. Unno Will Give the Dharma Talk at the 10:30 am Service

Rev. Unno Pre-Workshop Discussion

Please join us after service on **Sunday, March 21st** for a discussion on 2 articles
by Rev Mark Unno and his father, Rev Tai Unno -
"Foolish Elbows - Unique Aspects of Shin Buddhism" and "The Path of Foolish Beings."
See Celeste or Jefferson for copies of these articles.



SUNDAY, MARCH 28TH
AFTER the SERVICE * All Are Welcome
SIGN UP At the Temple
TO BRING YOUR FAVORITE DISH

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927 S Perry
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Our First Sangha Sunday Cinema was a big success & sold out. We were deeply moved by the movie “Departures”. Thank you Jefferson for starting a new tradition for the Sangha.

Here’s a photo of us at the Magic Lantern Movie Theatre on February 21st.

Stay tuned for future movies.

**Much Gratitude to Todd Milne
For publishing this newsletter for the past 1 1/2 years.
Todd, we appreciate everything you do
for the temple!!!**

