

Spokane Buddhist Temple

Volume 57, 2010 - Issue 5

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

May 2010

May 2	Sunday	10:30 am Sangha Service (Doshi: Jefferson Workman) ❖MC: Celeste Sterrett ❖Greeter: Robert Gilles ❖Kansho: tbd ❖Short Meditation: Mari Haworth ❖Dharma Talk: Jefferson Workman ❖Flowers/Rice: Ellicia Milne ❖Snack: Mari Haworth & Linda Cheek ❖Dharma School: Ellicia Milne—Children's Garden
May 9	Sunday	10:30 am Sangha Service (Doshi: Jefferson Workman) ❖MC: tba ❖Greeter: Mary Naber ❖Kansho: Jim Bennett ❖Short Meditation: Shirley Bennett ❖Dharma Talk: Jeremy Phillips❖Flowers/Rice: Celeste Sterrett ❖Snack: Kosuke Imamura School: Barb Braden: Children's Garden
May 15	Saturday	Children's Clothing Exchange—See the last page
May 16	Sunday	10:30 am Sangha Service (Doshi: Paul Vielle) ❖MC: Mary Naber ❖Greeter: tba ❖Kansho: Robert Gilles ❖Short Meditation: James Boxy ❖Dharma Talk: Paul Vielle❖Flowers/Rice: Celeste Sterrett ❖Snack: Chris & Sally Keeling School: Ellicia Milne: Children's Garden
May 23	Sunday	3 PM Service by Rev. Castro (Seattle Besuin) - Shotsuki-Hoyo ❖MC: Ellicia Milne ❖Greeter: Mari Haworth ❖Kansho: Jim Bennett ❖Short Meditation: tba ❖Dharma Talk: Rev. Castro ❖Flowers/Rice: Midori Gow ❖Snack: Robert Gilles & Jun Yugawa ❖School: tba ***See Article on Pg 2 about the 2nd Informal Sangha Discussion Group at 1:30 pm***
May 30	Sunday	10:30 am Sangha Service (Doshi: Paul Vielle) ❖MC: Celeste Sterrett ❖Greeter: tba ❖Kansho: tba ❖Short Meditation: tba ❖Dharma Talk: Robert Gilles ❖Flowers/Rice: tba ❖Snack: tba ❖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 5

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

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.

Reverend Castro, from the Seattle Besuin Temple, who is our Supervising Minister, is returning to lead a Gotan-E service on Sunday May 23rd at 3 pm, rather than our usual 10:30 am service.



2nd Informal Sangha Discussion Group

is Sunday 5/23 at 1:30, before Rev. Castro's service. It is a good way to get to know your fellow Sangha members. Celeste Sterrett will be handing out a short article to read in the weeks before the meeting. All are welcome to come.

Public Talk on June 19th from 6-7:30 pm at the Temple: His Holiness Katok Getse Rinpoche teaching on the Six Bardos & Phowa Practice & Empowerment. For info call (509) 245-3431 or email clanof-davis@gmail.com By donation.

He will also presenting a retreat from June 19-26 in Spangle. Cost is \$350 for the retreat.

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 readings from the book *Taming The Mind* by Venerable Thubten Chodron. Website: www.sravastiabbey.org Spokane Dharma Friends (509) 228-3252

White River Buddhist Temple in Auburn, WA, presents a Discussion in English & a Seminar in Japanese with Dr. Nobuo Haneda entitled Shinran Shonin's Teaching: *"The Evil Person Is the First to Be Liberated"*. English: Fri - 5/14 - 7-9p—Free. Japanese: Sat - 5/15 - 10a-4p \$20 (Incl. lunch) BCA members \$10. <http://www.whiteriverbuddhisttempl.org/> (253) 833-1442



VISIT THE BOOKSTORE — 2 OF OUR NEWEST BOOKS

"Buddhism Plain & Simple" by Steve Hagen.

This book offers a clear, straightforward approach to Buddhism in general and awareness in particular. It is about being awake and in touch with what is going on here and now. In *Buddhism Plain and Simple*, Steve Hagen presents these uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

"Who Loves Dies Well" by Dharmavidya

This is a moving introduction to Pureland Buddhism, also called Amida Buddhism. It is both about going to heaven and about heaven on earth; a thoroughly spiritual form of Buddhism, but also a very practical one because it is a faith that recognizes people's limitations. It is not full of guilt, nor injunctions to be perfect. It is for ordinary people, the sort who make mistakes and weep when sad things happen.

We also have a good variety of incense and burners, some very neat stickers, ojuzu's and cases and several CD's by our very own Todd Milne. Shop anytime before or after service.

COMING IN JUNE

BHANTE SEELAWAMILA

SAT, JUNE 26TH - 9:30 AM TO 4 PM—MEDITATION WORKSHOP
BE SURE TO SAVE THE DATE



OUR SPRING BAZAAR WAS A HUGE SUCCESS THANKS TO YOU!!!



Thank you Volunteers: Jefferson Workman, Jun Yugawa, Fumi Uyeji, Herman Sugimura, Eileen Tanaka, Ann Paulin Parker, Don Bridgeford, Ellicia Milne, Mirielle Milne, Isaac Milne, Mari Haworth, Celeste Sterrett, Sally Keeling, Chris Keeling, Martena Peterson, Mary Webster, Bob Gilles, Barb Braden, Justin Kropff, Karen Vielle, Mika Sato, Rachel Scudder, Mark Scudder, Jenifer Johnston, Julie Striker, Steve Kijima, Kosuke Imamura, Arlene Miyazono, Brandon Tanaka, Midori Gow, Janet Tamura, Casey and Kristi Wyatt, Aiko Kropff, Gene Nelson, Hyacinth Dezenobia, Tom and Max Anderson, Colin Fitzgerald, Mary Naber. We apologize if we didn't get your name on this list. Kudos also to all the eaters!!!! Here are Happy Senbei Packers Karen Vielle, Barb Braden & Mark Scudder.

Dharma School News * Dharma School News * Dharma School News * Dharma School News

This Spring the Eco-Sangha Dharma School Students have started seeds for flowers out front- and more seeds for veggies and fruits we will transfer to big pots and containers for the sides and back of the temple. We are hoping to share our fruits and vegetables this fall at the Fall Bazaar and our flowers with the Sangha and community neighborhood inside and out. Anyone who would like to donate time or expertise, soil, seeds, plants, pots or containers, please talk to or leave a message for Ellicia at the temple. Growing food and flowers is an excellent thing for all of us to do and experience at any age; since we have such a variety of ages in the dharma school, different lessons and experiences will be shared as we discuss, work and watch what, where, when, why and how our garden grows. The next few Sundays we will be talking about soil quality and ways to build it up; compost, and worm bins. Boy, sounds like I know about this stuff- nope. One of the great things about volunteering to teach dharma school is having to learn more about what I know a little about so it can be shared and passed on. Although I have gardened and grown herbs, flowers, fruits and vegetables over the years sometimes successfully (sometimes not quite so), each year is a new learning experience that comes with a deeper appreciation for the process of nurturing and watching nature do what it does and be what it becomes, just as we learn how we need to improve or let grow and watch the beauty come out of the nurturing of our children. NAMO AMIDA BUTSU, Ellicia Milne, DS Supervisor



The Green Corner - by Karen Vielle

For the next couple of issues we'll continue to explore Leo Babauta's "12 Minimalist ways to reduce your carbon footprint" from <http://mnmlist.com>. In this issue we're still exploring Leo Babauta's "12 Minimalist ways to reduce your carbon footprint" from <http://mnmlist.com>. Over the last couple of months we've looked at 1 through 6 of the 12. In review they were, eat less, eat less meat, eat locally, drive less, travel less, and buy less.

This month we have 7 through 9. (7-9 of the 12 Minimalist ways to reduce your carbon footprint)

7. Buy used. This avoids buying a new item and all the resources that go into creating and transporting it. It extends the life of something already bought. Look in thrift shops, consignment shops, used bookstores, and eBay. Often you'll find some really cool used stuff.

8. Have a smaller home. Obviously not a change you're going to make this week, but something you can think about for the long term. A smaller home takes fewer resources to create, and requires less power, water, heat, and thus fewer emissions. If you get rid of a lot of your stuff, and rethink your needs, you'll realize you need less space.

9. Use less power. Even without a smaller home, there are tons of ways to reduce power. Cool and heat your home less. Turn off lights, unplug appliances, and hang dry clothes more often.

We can all easily buy less and be more mindful of our use of power. Even though I have no plans to move in the near future I would certainly take "have a smaller home" into consideration if I were. It would make the other aspects of minimalism a daily practice and would definitely reduce your impact on the environment. In fact, maybe Right Habitation could be the 9th step on a modern Buddhist's path. It's something to think about. Meanwhile there are 3 more tips to go for next month.

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.

Shotsuki-Hoyo

The May Shotsuki-Hoyo remembrance service will be held on Sunday, May 23. According to temple records and other sources, a total of 12 people passed away during the month of May. We had some technical difficulty and apologize if anyone's name was left off of the list. They are:

- Gunemon Fujita
- Dick Imada
- (Mrs) Fumiko Itano
- Hatsutarō Kajita
- (Mrs) Sayoko Oba
- Yoichi Oba
- (Mrs) Taneyo Sato
- (Mrs) Chizuko Shegenobu
- Tatsuhei Sugikawa
- (Mrs) Toyo Sugikawa
- (Mrs) Fumiko Takasugi
- (Mrs) Sadako Yamamoto

Dues Received in April

- Paul & Karen Vielle
- Jefferson Workman
- Tom and Christine Anderson
- Colin Fitzgerald
- Tina Rodeen
- Mari Haworth
- Jeremy Phillips
- Paul Harrison
- Satoshi & Mary Terao

Dana Received in April

Kris Bryum, Jim & Shirley Bennett, Chris & Saloshni Keeling, Paul & Karen Vielle, Tuesday Night Meditation Group, Tom & Christine Anderson, Mari Haworth, Elwyn & Deborah Lapoint, JACL, Reverend Mark Unno, Jefferson Workman, and lots of help from many wonderful anonymous souls!

Hanamatsuri Donations received from:

Janet Tamura, Satoshi & Mary Terao, Fumi & Kam Uyeji, Marcelline Burdett, Kosuke Imamura, Jun Yugawa, Pat Omine, Chris & Saloshni Keeling, Mari Haworth, and again, more very helpful anonymous sangha members that help keep our temple going!

Memorial Dana received from:

Beth Irene Cullitan
In Memory of Lefty N. Sugimura from Herman and Phyllis Sugimura

 * **WHO IS TBA?** *
 * Sure looks like tba is doing *
 * a lot of volunteering in *
 * May. TBA means no one *
 * signed up. We need you to *
 * volunteer for one of the *
 * many tasks that need to be *
 * done for our all-volunteer *
 * Sunday Services. Sign up *
 * sheets are in the base- *
 * ment. *
 * *****

SOUNDS

Living in the IBS (Institute of Buddhist Studies) dorm can be an experience of many sounds. We have a Christian frat house on one side and a student apartment house on the other. It is never quiet. There are the sounds of piano and drums playing, DINNER! yelled promptly at 6 pm. There are sounds of parties, cell phone chatting and loud laughing, especially late at night. The Buddhist Dorm adds to the sounds each evening "NA-MO A-MI DA-N BU, NA-MO A-MI DA-N BU NA from the Shogin Ge and Wasan. I often wonder what our neighbors think as they listen to us for a change.

"*Only in Berkeley*" comes to mind often, with the many opportunities that appear when you have daily access to the Jodo Shinshu Center.

One Saturday morning I attended a lecture at the JSC featuring Caroline Brazier, author of "*The Other Buddhism Amida comes West*". (This was sponsored by the Center for Buddhist Education.). My husband had recently purchased Brazier's book for me on a trip to Seattle. Here I was, hearing her speak in person! Caroline Brazier is a psychotherapist and ordained member of the Amida Order in England. One of her other books, "*Listening to the Others*" explains her development of an "other centered" approach to her style of therapy based on Shin Pure Land Buddhism. She teaches otherness to get beyond our self centered approach to life and problems. In therapy we tend to focus on the effects of life on ourselves. Other Power puts relationships at the center, to transcend the self and develop an understanding of our nature and Amida Buddha. In her book, "*The Other Buddhism*", she explains the Pureland Path in an engaging and easy to read book. I highly recommend it.

Another opportunity came along when I attended a Tendai Calligraphy demonstration again, at the JSC. (This time sponsored by the Institute of Buddhist Studies.) It started with an exhibit of calligraphy and lecture by the artist, Venerable Senkei Shibayama, a Tendai monk and a master of Shodo. This was followed by an incredible demonstration of calligraphy on a huge canvas and a giant brush. He was able to create a work of art with a few swishes of this brush.

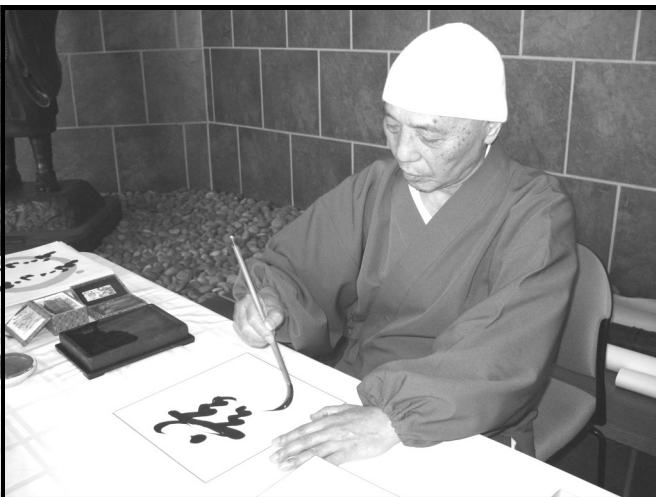
Following this afternoon of awe, they announced that Senkei Shibayama would like to give each person a gift. I thought we would have some tea and cookies. Not even close. He was set up at a table with a stack of canvases and we were to ask for the calligraphy we wanted him to paint for us. I choose, Compassion. As you can see in the photo at left, it is beautiful. I will treasure it always as I treasure all my experiences here in Berkeley.

With Gassho, Ministers Assistant Christine Marr

Jodo Shinshu Correspondence Course 2010 Fall Enrollment Applications Now Accepted

The Jodo Shinshu Correspondence Course Office is now accepting applications for their fall 2010 enrollment. The popular 2-year, computer-based program continues to offer online instruction in the origins and development of Buddhism, Shinran Shonin's life and teaching, sutras & masters of the Pure Land tradition and history of Jodo Shinshu. An excellent opportunity for beginners or for those who have already studied Jodo Shinshu, the program reaches out to people all over the world, deepening their understanding of Buddhism and Jodo Shinshu. The course instructors consist of 14 ministers and professors who specialize in the subjects taught. An optional August Workshop at the Jodo Shinshu Center is held every year.

For more information: www.JSCC.cbe-bca.org
Applications submitted online. Deadline: August 15.
Questions may be directed to: Jodo Shinshu Correspondence Course Office, 2140 Durant Ave., Berkeley, CA
Tel: 510-809-1441, email: jssc@cbe-bca.org



Welcome Seiji Kai Kropff (all his hommies call him Sage...): Born at 1:44 Am on 4/24/2010. Weighing in at 9lbs 10 oz and measuring 22 1/2 inches. The birth went fantastic mostly because Aiko's a rockstar and Autemmn's incredible help (thanks again Autemmn) And of course our midwife Kathy. Pics coming soon... Congrats Aiko & Justin



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

NONPROFIT ORG
U S POSTAGE
PAID
PERMIT NO 777
SPOKANE WA

We will be having the next **CHILDREN'S CLOTHING EXCHANGE**
Saturday, May 15th from 10AM-12PM.

We ask for donations ahead of that date. Donations can be left downstairs in the Temple or if after hours, then by the basement door, just north of the main stairway. We need girls and boys clothing, sizes 0-16 years old, with no stains or rips. Hopefully summer clothing, but all clothing is welcome. Shoes, toys and baby gear are also welcome. There is a \$1 donation for those who are partaking on the day of the swap. Here is how it works: bring a bag and sort at 10-10:30 am, then start picking from 10:40-11:30. Then pick for your friends who couldn't make it until noon. This is a way of giving back to the community and recycling too. If there is any other questions please e-mail us at spokanebuddhisttemple@gmail.com or you can call me at 570-2554. Thanks, Aiko,



Also, start sorting through your possessions (get rid of attachments for our summer **YARD SALE**, during the South Perry Street Fair Saturday July 17th.

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