

Spokane Buddhist Temple

Volume 56, 2010 - Issue 10
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

Calendar of Events

October 2010

Voice of the Sangha

- | | | |
|--------|--------|---|
| Oct 3 | Sunday | 10:30 am Sangha Service Doshi: Christine Marr
❖MC: Rachel Scudder ❖Greeter: Don Bridgeford
❖Kansho: Rachel Scudder ❖Short Meditation: Karsten Becker
❖Dharma Talk: Eileen Tanaka ❖Flowers/Rice: Christine Marr
❖Snack: Eileen Tanaka ❖Dharma School: tba
Karsten Becker will lead us in a Gatha |
| Oct 10 | Sunday | 10:30 am Sangha Service Doshi: Todd Milne
❖MC: Celeste Sterrett ❖Greeter: Jun Yugawa
❖Kansho: Johnny Sarensen ❖Short Meditation: Mari Haworth
❖Dharma Talk: Johnny Sarensen ❖Flowers/Rice: Martena Peterson
❖Snack: Celeste Sterrett & Linda ❖Dharma School: Ellicia Milne |
| Oct 17 | Sunday | 3 pm Sangha Service—Shotsuki-Hoyo & Eitaikyo Muen Hoyo
❖Doshi: Todd Milne ❖MC: Martena Peterson
❖Greeter: Jun Yugawa ❖Kansho: Johnny Sarensen
❖Short Meditation: Johnny Sarensen ❖Flowers/Rice: Keelings
❖Dharma Talk: Rinban Don Castro (See page 4)
❖Dharma School: Ellicia Milne ❖Snack: ****POTLUCK**** |
| Oct 24 | Sunday | 10:30 am Sangha Service ❖Doshi: Jefferson Workman
❖MC: Rachel Scudder ❖Greeter: Chris Keeling
❖Kansho: Rachel Scudder ❖Short Meditation: Johnny Sarensen
❖Flowers/Rice: Barb Braden ❖Dharma School: Ellicia Milne
❖Dharma Talk: <u>tba</u> ❖Snack: Sally & Chris Keeling
*** Service to be followed by our an Informal Dharma Discussion Group *** |
| Oct 31 | Sunday | 10:30 am Sangha Service Doshi: Christine Marr
❖MC: Celeste Sterrett ❖Greeter: Chris Keeling
❖Kansho: tba ❖Short Meditation: Don Bridgeford
❖Dharma Talk: Christine Marr ❖Flowers/Rice: Celeste Sterrett
❖Snack: Eileen Tanaka ❖Dharma School: Barb Braden |

Please Note: If you cannot, for any reason, come to do the task you volunteered for, please call Mari at least 24 hrs in advance (443-2319) or email: quilt4mari@yahoo.com

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 56 ISSUE 10

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 sometimes a dharma discussion.

Passage Meditation—*Beginner's Passage Meditation Course Sept. 28 to Oct 26th.*

Satsang group is meeting regularly on Tuesdays at 6pm. We are focusing on Sri Easwaran's form of passage meditation and his 8-Point program for daily living. This form of meditation fits very well with our Buddhist as well as any spiritual path. Passage meditation was designed specifically for the Western monkey mind. It is a very disciplined approach to slowing down and focusing. It is difficult but very rewarding! For more information please call Mary: 328-3829. Sometimes we have to

postpone a meeting so please call before attending.

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.



Help Wanted

- Help with the Sept 2011 Dharma School Workshop— we are hosting the NW dharma school workshop at our temple. Contact Ellicia if you can help organize & participate.
- TV & DVD Player for downstairs for the Dharma School use.

Spokane Buddhist Temple Team

-Supervising Minister
Rinban Don Castro
Seattle Betsuin

-Minister Assistants-
Jefferson Workman
Christine Marr
Paul Vielle

Board of Directors

-President-
Jun Yugawa

-Vice President-
Martena Peterson

-Recording Secretary-
Jen Johnston

-Treasurer-
Ellicia Milne

Auditor-Sally Keeling

Board Members

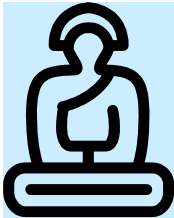
Celeste Sterrett
Kosuke Imamura
Barb Braden
Jen Johnston
Rachel Scrudder
Jim Bennett

Board Advisor

Jefferson
Workman

Newsletter Editor

Mari Haworth



Salutations from the SENBEI SENSEI,

Hello everyone, M.A. Jefferson here talking to you from high atop my Senbei Sanctorum (okay, okay it's not really a sanctorum, it's just my second story apartment). Well it's that time again to gather the Sangha together and make Senbei. It's the kick-off to our Fall Food Bazaar, one of the two big fundraisers we do during the year to help, in a small part, keep the Dharma alive in the Inland Empire. We will need to call on around 30 volunteers (Sangha members, family, and friends) to help on Sat, Oct. 23rd, make what some have come to call "The Best Tasting Senbei in the Northwest". Mark your calendars for a great day to gather and work in the tradition of dana (selfless giving) and show support for this wonderful Temple. Sign-up sheets will be available at the Temple or just contact me for times available.

It's Senbei Time! Thanks, Jefferson sleepystupidbuddah@comcast.net

Temple Weekly Chat—Receive weekly email reminders - email your request to: spobuddhistchat@gmail.com

VISIT OUR FACEBOOK PAGE: www.facebook.com/pages/Spokane-WA/Spokane-Buddhist-Temple/116164823034?ref=sgm



The Green Corner - by Karen Vielle

Last month many helping hands cleaned up the temple basement. There were walls to be washed and painted, and floors, kitchen, and storage rooms to be cleaned. It was good to see some natural detergents, Simple Green, and good old fashioned elbow grease at work on the day I showed up to help clean in the kitchen. Back in the prep kitchen it quickly became apparent that what we really needed was a good degreaser. So to plan for future cleanings, I went on-line to look up recipes for all natural kitchen degreasers.

A lot of the recipes I found included ammonia and I wanted to try to avoid the harshness of that ingredient, so I kept looking. There were many sites that said straight vinegar is a great degreaser. I think vinegar would work well on fresh grease on a cabinet or on dishes, but I don't think it would have been sufficient for what we were dealing with in the prep kitchen. So again, I kept looking.

In the end the best option appears to be good old baking soda. You can sprinkle the baking soda directly onto the grease stain and pour a little hot water over it to make a paste. Then let the baking soda paste set for a while before rinsing clean. I could see this working on even the toughest grease stains. I look forward to giving it a try next time we clean the temple kitchen. If you have ideas for tried-and-true all natural cleansers, let me know and I'll include them a future Green Corner.

Received in Sept. for Shotsuki-Hoyo:

In Memory of Leo Kiyohiro from Marcelline Burdett and Toshie Kawahara

In Memory of Sue Shimizu from Janet Tamura

In Memory of Hazel Sanders from Karen Vielle

Received in Sept. for O-Higan:

Celeste Sterrett, Marcelline Burdett, Kam & Fumi Uyeji, Janet Tamura and Carolyn Sakai

Dues Received in Sept

Robert & Patricia Simonet-Brost
Paul & Karen Vielle
Chris & Sally Keeling
James Lea & Judy Davis
Johnny Sarensen
Eileen Tanaka
Barbara Braden
John Cheek
El & Deborah LaPoint
Tom & Christine Anderson-Barada
Carolyn Sakai
Tina Rodeen
Rachel Scudder
Marcelline Burdett
Jenifer Johnston
Patricia Omine
Mary Naber
Mari Haworth

Dana Received in Sept

Jim & Shirley Bennett
Tuesday Meditation Group
Jim Bradford
Anonymous
Johnny Sarensen
Linda Sakai & Gavin Young
Paul & Karen Vielle
Chris & Sally Keeling
Yuri Kiyohiro
Mary Naber
Tom & Christine Anderson-Barada

Shotsuki-Hoyo

The October Shotsuki-Hoyo remembrance service will be held on Sunday, Oct. 17th.. According to temple records and other sources, a total of 17 people passed away during the month of October. They are:

Arthur "Len" Braden
(Mrs.) Masako Imada
Hichiro Ishikawa
Yohei Kato
(Mrs.) Hisako Kato
Yoshinobu Kimura
Tokio Konishi
Teresa Lira
Kotaro "Van" Omine
Seichi Nakamura
John Norisada
Rei Shigenobu
Jim Shimizu
Kame Uyeji
Takeo Uyeji
Andrew Vielle
Fred Yamamoto

Welcome New Member Carolyn Sakai

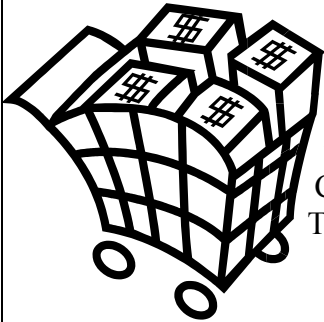
Board Treasurer's Notes

\$1,677.25 total Membership Dues and Dana received in September / **\$1,985.80** total Temple operation costs in September
Thanks to donations received for our Minister's Assistants for their services and for the Sangha's efforts in making and selling Senbei. We were able to give both Paul Vielle and Christine Marr over \$800 each to assist in their costs to go to Japan for Tokudo training this October.

*Oct 17 – Rinban Don Castro
From the Seattle Betsuin
Will give the Dharma Talk
at the 3 pm Service*



Reverend Castro has recently been appointed Rinban of the Seattle Betsuin. Come congratulate him on 10/17. Reverend Castro was born and raised in Santa Clara, California. He has a BA in Anthropology from San Jose State, an MA in Buddhist Studies from the Institute of Buddhist Studies and a California State Teaching Credential from Sonoma State University. He has been a Buddhist minister for 32 years and has served at temples in San Francisco and Sebastopol, California before transferring to the Seattle Betsuin Buddhist Temple in 1986. In 2010 he was appointed Rinban of the Seattle Betsuin where he continues to be our supervising minister. **Service to be followed by a POTLUCK**



EASY TEMPLE FUNDRAISER! – eSCRIP

Earn money for the temple by shopping at Safeway or Yokes – there is no extra charge to you. These stores contribute a percentage of your shopping money to your favorite charity. Simply register with eScrip, present your Safeway Club Card or Yokes Community Card every time you shop and our temple benefits. There's nothing more to do.

SIGN UP TODAY (All information is required to register)
****Print Clearly****

Name _____
Address _____ City _____ State _____ Zip _____
Email address _____
Safeway Card #: _____ Yokes Card #: _____

(We need the actual #, not a phone #)

If you shop at Yokes, simply request a Community Card next time you shop. If you shop at Safeway, give us the # on your card (not your phone #). Lost your Safeway Card? Request a replacement Card at the customer service booth at the store. Return this form at the temple or email info to ChristineMarr@gmail.com. We will register you! Or go to www.escrip.com to register online. Our group name is **Spokane Buddhist Temple ID# 500022752**.

THANK YOU FOR YOUR SUPPORT!

UPCOMING

November 7th—Our Fall Food Bazaar with Yakisoba Noodles, Senbei & more. Be sure to invite your friends and family.

November 21st—the Venerable Thubten Chodron from the Sravasti Abbey, a Buddhist monastery, in Newport, WA, will give our Dharma Talk. She lived and studied in India and Nepal for many years, and her teachers include His Holiness the Dalai Lama.



Our Minister Assistants Christine Marr & Paul Vielle are flying to Japan in October to receive Tokudo Ordination. Best Wishes to both of you on your training adventure. We are very grateful for your hard work and commitment to our Sangha and the BCA!

CONVENTION COUNTDOWN

PLEASE PLAN TO ATTEND THE 64TH Northwest Buddhist Convention. Every year in February temples in the NW District of the BCA get together for convention. The temples are on a six year rotation and in 2011 Tacoma will be the host. The convention will be held at the Double Tree Guest Suites in **Tukwilla**, Washington, Feb 11th—13th, hosted by the Tacoma Temple. Imagine spending the weekend with 300-400 Buddhists! It's great fun and what a learning experience. You will be seeing more information about the convention soon but we wanted to make sure you start planning now to attend. The registration costs are usually around \$100 – that covers all the workshops, meetings, services, Friday night reception, Saturday lunch, and Saturday night banquet.

Keep watching this space in future newsletters for your convention update.

Notes From The Board

We've had an unusually busy and productive summer this year. Going into Fall almost seems like slowing down. It must be Fall, because the Bennetts are heading south for the winter. We made Senbei to sell for our 2 Minister's Assistants who are leaving for Tokudo in Japan in a couple of weeks. We deep cleaned and painted the Temple basement--a long overdue and appreciated task. There have been movie nights, opera nights and a Sangha picnic as well as a very successful rummage sale. We've have great minister visits and talks and even the planting of a Golden Chain tree. Many, many thanks to everyone involved in all of these activities. We have a very giving and vibrant Sangha.

Looking toward the rest of this year, we have one of our major fund-raisers on November 7th with a Yakisoba Dinner. As usual we need lots of help, not just on that day, but in making the Senbei on October 23rd, also. Everyone spending just an hour or two makes a HUGE difference and keeps everyone from burning out. There are sign-up sheets after services during snack time, **so sign away**.

This coming November, ballots will be going out to all paid-up members of the Sangha for a board member position. So far, Robert Gilles has agreed to run. Any paid-up member of the Sangha can also run, so call Jun Yugawa at the temple number if you are interested in being on the Board. We will have a general meeting in December for the Sangha and will let you know the date in a coming newsletter.

We'd also like to announce that Sally Keeling has agreed to become the auditor for the Temple. We are very happy because she just finished her degree in accountancy. Congratulations, Sally. We know you will keep us on track. Thanks to Fumi Uyeji & Jim Bennett for past auditor jobs.

If you have any suggestions or comments for the Board, please email us at spokanebuddhisttemple@gmail.com or leave a message at the temple.

Martena Peterson, Vice President

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

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Yes no Yes No yes No

Mailing List Update * Spokane Buddhist Temple

We are happy to continue to send you our monthly newsletter by mail. But now we have a few different options for you. Please return this form so that we can update our mailing & email lists:

<input type="checkbox"/>	YES	Send me weekly email “ Spokane Buddhist Chats ”, which tell me about each week’s service & other upcoming activities at the temple.
<input type="checkbox"/>	YES	Mail me the monthly Spokane Buddhist Temple Newsletter
<input type="checkbox"/>	NO	Please take me off your mailing list
<input type="checkbox"/>	NO	Take me off your mailing list, <u>BUT DO</u> send me the Spokane Buddhist Temple Newsletter by email each month (Put your email below)

You can help save the temple money by not receiving the mailed newsletter and Go Green. Newsletters are always available on our website, and emailed or website newsletters come to you quicker and are in color.

Email: (print clearly) _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Return to Spokane Buddhist Temple, 927 S Perry, Spokane, WA 99202
 or email sbtnewsletter@gmail.com