

Spokane Buddhist Temple

Volume 57, 2011 - 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

Calendar of Events

March 2011

- | | | |
|---------------|---------------|---|
| Mar 6 | Sunday | 10:30 am Sangha Service Doshi: Paul Vielle
❖MC: Celeste Sterrett ❖Greeter: Chris Keeling
❖Kansho: Rachel Scudder ❖Short Meditation: El Lapoint
❖Dharma Talk: Karen Vielle ❖Flowers/Rice: Celeste Sterrett
❖Snack: Linda Bell ❖K-5 Dharma School: Jason Crowley
❖YBA Dharma School: Paul Vielle
Sangha Discussion Group after The Service |
| Mar 13 | Sunday | 10:30 am Sangha Service ❖Doshi: Jefferson Workman
❖MC: Eileen Tanaka ❖Greeter: El & Deborah Lapoint
❖Kansho: ❖Short Meditation: Lucinda Tompkins
❖Flowers/Rice: Celeste Sterrett ❖Dharma School: Ellicia Milne
❖Dharma Talk: Jefferson Workman ❖Snack: Sam Lowderback
❖Music: Todd Milne |
| Mar 20 | Sunday | 10:30 am Sangha Service —Shotsuki-Hoyo
❖Doshi: Jefferson Workman ❖MC: Celeste Sterrett
❖Greeter: Jason Coleman-Heppner ❖Kansho: TBA
❖Short Meditation: Mary Naber ❖Flowers/Rice: Deborah Lapoint
❖Dharma School: Ellicia Milne ❖Dharma Talk: Christine Marr
❖Snack: Eileen Tanaka ❖Music: Todd Milne
Convention Meeting after Service—ALL ARE WELCOME |
| Mar 27 | Sunday | 3 PM Sangha Service ❖Doshi: Paul Vielle
Dharma Talk by Rinban Don Castro from the Seattle Betsuin
❖MC: Ellicia Milne ❖Greeter: Chris Keeling
❖Kansho: Mary Naber ❖Short Meditation: Mari Haworth
❖Flowers/Rice: Keelings ❖Snack: Jason Crowley
❖Dharma School: TBA ❖Music: Todd Milne |

Please Note: If you cannot, for any reason, come to do the task you volunteered for, please call at least 24 hrs in advance (509-443-2319).

Temple Weekly Chat—Receive weekly email reminders - email your request to: spobuddhist-chat@gmail.com. **VISIT OUR FACEBOOK PAGE:** www.facebook.com/pages/Spokane-WA/Spokane-Buddhist-Temple/116164823034?ref=sgm

Voice of the Sangha

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



Spokane Buddhist Temple

2011

VOLUME 57 ISSUE 3

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—Satsang group is meeting regularly on Tuesdays from 6-7:30 pm. 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 any spiritual path. We suggest that interested people read Sri Easwaran's book - Passage Meditation - that can be found on the web <http://www.easwaran.org> or at Auntie's bookstore - then practice meditating for a month before joining our group.

A group of us will be carpooling to an upcoming meditation retreat: "Learn Passage Meditation." On Saturday, April 9, 2011, in Eugene, Oregon. The Blue Mountain Center of Meditation will offer this introductory retreat in which you can explore Sri Easwaran's program of passage meditation. We'd love to have you join us. More information, please contact 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.

Upcoming:

2011 Japan Week is Coming

Sat April 16th—Sun April 24th
We will have our Spring Bazaar (4/17) and special guest Rev.

Dennis Fujimoto for a lecture (4/23) & Sunday Service (4/24).

BCA Center for Buddhist Education presents "**Crossing Over to Jodo Shinshu**" seminar. May 13-15, 2011 at the Jodo Shinshu Center in Berkeley. \$75. It will provide you with a stronger foundation in Jodo Shinshu approaches to life. It is especially good for those coming from other religious traditions. Rooms are available at the center. www.buddhistchurchesofamerica.org See also flyers at the temple.

The Vancouver Temple is hosting a convention this September 23-25 at the famous Harrison Hot Springs. See forms at the temple or

www.vancouverbuddhisttemple.com.

Spokane Buddhist Temple Team

-Supervising Minister-
Rinban Don Castro,
Seattle Betsuin

-Minister Assistants-
Jefferson Workman
Christine Marr
Paul Vielle

Board of Directors

-President-
Martena Peterson

: -Vice President-
Celeste Sterrett

-Treasurer-
Ellicia Milne

-Recording Secretary-
Jen Johnston

-Corresponding Secretary-
Barb Braden

Auditor-Sally Keeling

Kosuke Imamura

Rachel Scudder

Jim Bennett

Robert Gilles

Board Advisors

Jefferson Workman
Jun Yugawa

Music Director

Todd Milne

Newsletter Editor

Mari Haworth



The Green Corner By Karen Vielle

This is from an article in the most recent Yoga Journal magazine entitled, "Act Now!" by Anna Lappe. Anna is the author of "Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About It". As a long time vegetarian and Eco-Buddhist, I'm always interested in how what we choose to eat effects not only our own health but also that of the entire environment. Below, Anna gives 7 tips to "eat for the planet":

- *Reach for real food: Fresh strawberries? Real. Strawberry-flavored pastries? Not real.
- *Look to local: Your food travels fewer miles and is raised by someone in your community.
- *Send packaging packing: Use reusable mugs, bottles, napkins, and to-go containers.
- *Waste not: Compost scraps rather than sending them to the landfill.
- *Put plants on your plate: According to a United Nations report, livestock production is responsible for nearly one-fifth of global greenhouse gas emissions.
- *Eat organic: Choose foods that have been produced without chemical fertilizers and pesticides, and animals raised without artificial growth hormones and other drugs.
- *Do it yourself: Plant a rooftop garden, work in a community garden, or buy a share in a community supported agriculture farm.

Anna Lappe's book sounds very intriguing. Perhaps I'll read it and write a good old-fashioned book review for a future Green Corner. In the meantime, these 7 tips give us plenty of things to consider as we approach what we eat mindfully.

Donations Received in Feb from:
 The Keeling Family, Paul & Karen Vielle, Tom & Christine Anderson-Barada, Celeste Sterrett, William & Catherine Olson, Jim & Shirley Bennett, Midori Gow, Virginia Saint Louis, Mary Naber, Tuesday Night Meditation Group, William Johnson (for the newsletter), and Katie Block
 Thank you to those who gave items for the Silent Auction at the 2011 Convention. We raised around \$520 for our convention budget.

Dues Received in Feb
 Nobuko Kasai, Elwyn & Deborah LaPoint, Lucinda Tompkins, Paul & Karen Vielle, Eileen Tanaka, Carolyn Sakai, Toshie Kawahara, Tom & Christine Anderson, Mary Naber, Janet Tamura, Ellicia & Todd Milne, Mary & Satoshi Terao, Mari Haworth, Barbara Braden, Chris & Saloshni Keeling

Shotsuki- Hoyo Dana:
 In Memory of Ed Parker from:
 Janet Tamura, Jun Yugawa, Celeste Sterrett, and Karen & Paul Vielle
 In Memory of Evelyn Beler Vielle from Paul Vielle

Shotsuki-Hoyo
 The March Shotsuki-Hoyo remembrance service will be held on Sunday, Mar. 20th. According to temple records and other sources, a total of 13 people passed away during the month of February. 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 Tschida
Toshiko Uyeno
Kana Yamamoto

Please contact the temple if you wish to have a name added to the Shotsuki-Hoyo service. Please give us their name and date of death.

KUDOS CORNER

Thanks to all the volunteers who kept the temple running while a good portion of the Sangha went to Tukwila for the Northwest Convention. You did a great job!

Also, thanks to everyone who has brought in some of the items that keep the temple functioning. We always can use coffee, toilet paper, paper towels, tea, etc. This helps free up our budget for the emergencies, like a new igniter for the furnace and the plumber for the overflowing grease trap. If you'd like to donate anything, give the temple a call and ask what we need. We'd be happy to let you know what we're low on at that moment.

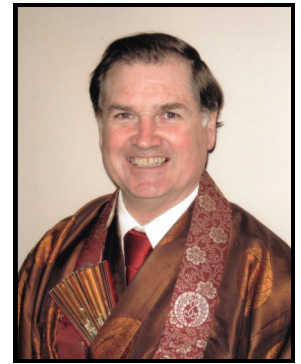


WATCH
FOR A
TEMPLE

**BOOK
SALE**

DURING MARCH

Rinban Don Castro from the Seattle. Betsuin will give the Dharma Talk on March 27th. Please Note this is a 3 pm Service.



Rinban Castro with our Minister Assistants (below).



Board Notes

February was a very busy month. Its convention month and around 18 sangha members attended the Northwest District Convention hosted by the Tacoma Temple. For those of you new to our sangha, we are part of the Buddhist Churches of America, a national organization, with our mother temple in Kyoto, Japan. We are part of the Northwest District, a collection of Jodo Shinshu temples in the northwest area with the Seattle Betsuin as our supervising temple.

The Northwest Convention is an annual event that allows us to catch up and share with the other temples in our district. It's a weekend of services, workshops on the dharma and socializing. If you've never been to one, we will be hosting it next February at the Davenport Hotel. We'll need lots of help to pull it off, but you won't have to go far to hear great speakers, meet lots of other fellow Buddhists and have a great time.

The last weekend in February was the BCA National Convention held in Visalia, California. Both I and Celeste Sterrett attended this event with 2 days of business meetings and time for socializing and meeting with other temple representatives and ministers from around the country (and Hawaii). This was a great opportunity to learn more about the programs that BCA provides nationally and to learn more about successfully running a temple and its programs, as well as learning more about the dharma. In future letters, I hope to be able to discuss the wide range of programs that are part of our national organization as well as some of its history. We had to brave a snowstorm to get there, but it was well worth it.

If you'd like to know more about these conventions, please feel free to contact me. It gave me a greater appreciation for Jodo Shinshu in America and all the work that has been done to make it available to all.

In Gassho, Martena Peterson, SBT President

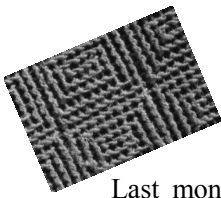
CONVENTION COUNTDOWN

WOW - what a great time we had at the convention in Tacoma. All the hard work of the folks in Tacoma paid off. We enjoyed lectures and workshops in many broad ranging topics – from talks on the theme 'Okagesama de, Arigato' to workshops on Sumi-e and meditation.

Now for us the work begins!! Time to get going on our convention. We already have volunteers that have stepped up to head or be on committees and subcommittees. Some of those are: Registration, Transportation, Meals, Gift Items, Hospitality Rooms, Entertainment, Fund Raisers, Speakers, Programming, Dharma School, YBA, Music, Advertising, Publishing, Transportation and Meals.

*Our next coordination meeting will be **March 20th** after service. Celeste Sterrett*

From the Tatami
Mat . . .



Okagesama de, Arigato!

Sensei Paul Vielle, Minister's Assistant

Last month a group from our temple went to Seattle to attend the 64th annual N/W District Buddhist Convention. It was great fun—with wonderful speakers, lectures, displays, workshops, book sales, and a banquet dinner. The keynote speaker was Rinban Bob Oshita from the Sacramento Betsuin. He spoke on the theme: *Okagesama de, arigato!* "Because of you, I am well. Thank you." This expression brings to mind the idea that we all exist in a mutually dependent relationship with everything in the universe. We depend on countless individuals and infinite conditions all coming together in just the right way, every moment, in order to live. *Okagesama de, arigato!* expresses our recognition of, and gratitude for, this phenomenon. Throughout the Convention, I felt very fortunate to share this experience with my fellow Sangha members and to learn from so many wonderful teachers. (Sangha members & friends Jeff & Janet Zahir shown at right at the Convention)

But *Okagesama de, arigato* is not just gratitude for all the positive causes and conditions that support our lives. Our parents, grandparents, ancestors, spouse, children, friends, teachers and doctors are only one side of the equation. We also say *Arigato* for all the unpleasant people and events that arise to challenge us. It's human nature to seek the pleasurable and reject the unpleasant. Why should we be grateful for experiences that bring uncertainty, anger, fear or anxiety? Simply this: if nothing ever went awry in life, we couldn't grow. Imagine playing golf on a magical course where every stroke resulted in a hole-in-one. Most players would quickly tire of it. Where's the challenge? Adversity brings pain but also insight, knowledge and wisdom. By working through the problem, we come to see ourselves as we really are and not as we imagine ourselves to be. We ask those difficult questions we never have time to consider: What's my culpability in this? What could I have done differently? What's the skillful course of action here? *Okagesama de* expresses our gratitude for the reversals and trials in life because these are our opportunities to learn about ourselves.



There's another dimension to this as well. *Okagesama de, arigato* means gratitude for all those harmful causes and conditions that could have arisen to destroy us but didn't. These would be the 'near-misses' in life—like the narrowly avoided traffic accident, the cancer we didn't develop, or the financial ruin that never materialized. Because conditions were not right, at that moment, these destructive events passed over us and we were allowed to continue living.

How does all this play out in everyday life? During the Convention the historic events in Egypt were unfolding. As I read the newspaper headlines, it struck me that causes and conditions were converging in such a way as to bring profound changes to that country. I imagined protesters in the street were jubilant at the likely end of an oppressive government. And as events unfolded Mr. Mubarak wisely stepped aside as President. For both sides in this conflict, *Okagesama de, arigato!* likely has very different meanings. For the protesters it expresses joyful gratitude for the prospect of freedom. For Mr. Mubarak it offers the prospect of deep insight into the consequences of one's behavior.

Events in Egypt show us that no one lives alone. Nothing is permanent; moment to moment, we exist because of the collective actions of all humanity. This is the lesson of *Okagesama de, arigato!* Let us strive to apply it in our daily lives.

Nuido Class April 19 - 22, 2011 at the Spokane Buddhist Temple As part of Japan Week



NUIDO - "The Way of Embroidery" Traditional Japanese Embroidery as it was taught for over 1600 years. In the class we will be using the traditional frame, handmade needles and filament flat silk on silk fabric. Our teacher is Kay Stanis of Appleton, Wisconsin. Kay is a certified Kurenai teacher. The class is taught in the traditional phases. Phase 1 is Shockikubai. The class includes phases 1 through 9, and students work at their own pace and may work on the phase from last year or start a new one. **Early registration is a must** as our supplies come from Japan. For information call Lee at (509) 747-4926.

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

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Introduction to Jodo Shinshu Buddhism Classes March 23—April 27

In March we will be offering a six-week “Introduction to Jodo Shinshu” class, taught by Sensei Paul Vielle, Minister’s Assistant. The dates are March 23 to April 27. We’ll meet Wednesday evenings from 7:00 to 8:30 PM upstairs in the Hondo. This course is designed for newcomers to Buddhism and assumes no prior knowledge on the subject. In lectures, discussions, readings, DVD presentations—participants will gain basic overview of Shin teachings and practices.

There will be a \$25 fee to cover the cost of printed materials, payable at the first meeting. For more information, call the temple 534-7954 or send an e-mail to spokanebuddhisttemple@gmail.com. Pre-registration is requested. Please complete the registration form and mail it to the temple at Spokane Buddhist Temple, 927 S Perry, Spokane, WA 99202.

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REGISTRATION FORM

I am interested in attending the “Introduction to Jodo Shinshu Classes” .

Name _____

Phone _____ E-mail _____

A \$25 materials fee is due at the first meeting. PLEASE PRINT CLEARLY