

Wheel of the Sangha

Volume 32 Issue 11 November 2013
A monthly publication by **Seattle Buddhist Church**

Take Refuge in the True and Real Light

Seattle Buddhist Church

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Office Hours
Mon-Fri 9:00am-3:00pm

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Newsletter

Seattle Betsuin Vision
*Embrace true and
real life
in Nembutsu*



Seattle Betsuin Mission
*Promote, protect, and
share the Buddha,
Dharma and Sangha*

Ministers

Rimban Don Castro
24 hours: (206) 779 -2214
Reverend Jim Warrick

Wheel of the Sangha NEWSLETTER

Editors: English - Irene Goto
Newsletter@SeattleBetsuin.com
Japanese - Machiko Wada
Newsletter-Jpn@SeattleBetsuin.com

Friday, November 1 Japanese Language Session with IMOP Ministers
9:45am – 3:45pm
Saturday, November 2 English Language IMOP Session “Shinjin in
Jodo Shinshu” 9:30am – 12:30pm
Sunday, November 3 10:00am Eitaikyo Muen-Hoyo Service with Ochigo &
IMOP Ministers; 10:45am Japanese speaker: **Rev Kiyonobu Kuwahara**
Mon/Thu/Fri, Nov 11/28/29 **OFFICE CLOSED** – Veterans’/Thanksgiving Day
Sunday, November 17 10:00am **Streams of Light** - Video History of BCA
Sunday, November 24 10:00am Family Music Service – featuring ukulele
band, Bodhi Ensemble; singing of *May Peace Prevail*

1 Temple Contact
Information

2 Calendar of Events

Newsletter Deadline:
Monday,
October 21, 2013
8:00 pm

3 Rimban’s Article,
Kieshiki Photo and Recipients

4 Photos – Bishop Umezu,
MA Certification, Gregg Krech,
Hatsumairi

5 Photo – Women’s Conference,
Musical Notes

6 IMOP Workshop

7 SBC Membership, Conference Thank You,
Endowment Fund

8 SBBWA **9** SBC Donations

10 Special Services Donations,
Orion Support Thank You, Troop 252

11 Dharma School, Book Study Group
IHOPE 2013 Live from CBE

12 Notes on Dharma Exchange

Betsuin Events for November 2013

MOST SUNDAYS – confirm Sundays listed below; All are invited:

- 8:45 am *MEDITATION SERVICE at 1441 S. Main St; Sutra Chanting, 20-minute meditation, discussion.
- 10:00 am SERVICE - in Hondo (main sanctuary) includes Sutra Chanting, singing, and Dharma Talk
- 11:00 am DHARMA EXCHANGE – in dining room, Q/A, dialogue with minister and ministers assistants

MOST WEDNESDAYS **10:30 am **DHARMA SUPPORT GROUP** with Meditation – confirm Wednesdays below

SUNDAYS * 8:45 am Meditation Service

November 3

- 8:45 am Meditation Service
- 10:00 am EITAIKYO MUEN-HOYO SERVICE with OCHIGO
- Family: IMOP Minister
- Japanese: Rev. Kiyonobu Kuwahara
- DSDX: IMOP Ministers
- DX: IMOP Ministers
- 1:30 pm Sangha Award Class (Rinban Castro)

November 10 Eitaikyo Service in Wapato

- 8:45 am Meditation Service
 - 10:00 am FAMILY SERVICE
 - Youth: MA Irene Goto
 - Adult: Rev. Warrick
 - DSDX: MA Irene Goto
 - DX: Rev. Warrick
 - 11:45 am SBBWA Cabinet Meeting
- November 17
- 8:45 am Meditation Service
 - 10:00 am FAMILY SERVICE and CHILDREN'S SERVICE
 - 10:15 am "Streams of Light Video"
 - 11:45 am SBBWA General Membership Meeting (Sokai) followed by Luncheon for SBBWA Board of Directors (Irokai)

November 24

- 8:45 am Meditation Service
- 10:00 am FAMILY MUSIC SERVICE
- Youth: Rinban Castro
- Adult: Rinban Castro
- Japanese Program
- DSDX: Rinban Castro
- DX: TBD
- 11:45 am SBBWA Board Meeting
- 1:30 pm Sangha Award Class - Final Exam (Rinban Castro)

MONDAYS

- November 4 Rinban Castro (Day Off)
- November 11 **Office Closed for Veterans' Day**

TUESDAYS

- November 5 Rinban Castro (Study Day Off)
- November 12 Rinban Castro (Day Off)
- November 26 10:30 am Keiro Service Rinban Castro)

WEDNESDAYS ** 10:30 am Dharma Support Group

November 6

- 10:30 am Dharma Support Group (Rinban Castro)
- November 13 Rinban Castro (Study Day Off)
- November 20
- 10:30 am Dharma Support Group (Rinban Castro)
- November 27
- 10:30 am Dharma Support Group (Rinban Castro)

THURSDAYS

November 7

- 1:30 pm Nikkei Manor Service (Rinban Castro)
- November 21
- 1:30 pm Nikkei Manor Service (Rinban Castro)
- November 28 **Office Closed for Thanksgiving**

FRIDAYS

- November 1 9:45 am – 3:45 pm Japanese Seminar by IMOP (International Ministerial Orientation Program); Ministers under the direction of Rev. Kiyonobu Kuwahara, Center for Buddhist Education
- November 15 Rinban Castro (Vacation)
- November 29 **Office Closed**

SATURDAYS

- November 2
- 9:30 am – 12:30 pm English Session with IMOP Ministers – "Shinjin"
- November 9 9:30 – 11:30 am Buddhist Study Group – *Pureland Buddhism* by Kenneth K. Tanaka, Chapters 1, 7, 13
- November 16 Shinran Shonin Monthly Memorial Service (Rinban Castro)
- November 23 Rinban Castro (Vacation)
- November 30 9:00 am – 3:00 pm Camp Fire Karuna Retreat

DECEMBER Major Events of Interest

- December 1 Temple Clean Up after 10:00AM Service
- December 8 Bodhi Day Service & Potluck Luncheon
- December 15 Seattle Betsuin Annual General Meeting
- December 31 New Year's Eve Service

**December Newsletter Deadline:
Monday, November 18, 2013
8:00 pm**



Taking Refuge

By Rinban Don Castro

I have heard it said that religion is a crutch. Such an assertion implies a healthy person does not need religion. From a Buddhist point of view, this assertion is actually true but not because religion is a crutch. Rather it is true because Buddhism is regarded as a vehicle that transports us from a state of ignorance to a state of enlightenment. When you have completed the journey you don't need the vehicle any longer. Buddhism is like a finger pointing to the moon. Don't get stuck on the finger or you will never see the moon; don't get stuck on Buddhism or you will never see what is true and real.

Religion is also criticized as being escapist, a running away from reality. The act of "taking refuge" might, at first, seem like a running away. However, it is quite the opposite; taking refuge is actually a running to what is true and real, the Buddha Dharma. In other words, it is getting in touch with reality. No one wants to be out of touch with reality because that's crazy!

I am using the word "crazy" in rather a pop sense here but what I am pointing to is avoiding a life based on erroneous assumptions, delusions and superstitions. So, what are we taking refuge in? We take refuge in the Dharma that informs us of the nature of our dissatisfactions, misery and dis-ease (dukkha) and how to eliminate them. It informs of the nature of existence which is impermanent and interconnected. These elements are just part of the Dharma but you can see that taking refuge is a facing up to reality rather than escaping from it. Actually, it is escapist and really stupid not to take refuge. It is like someone standing in a cold rain holding an unopened umbrella.

So far, we have covered two of the three refuges: the Buddha (the teacher or "Awakened One") and the Dharma (reality/truth and how to realize it). The third refuge is the Sangha which is the living repository of the Buddha Dharma. It is all of us who preserve and embody the Buddha Dharma. No ritual is required to become a Buddhist. I have heard it said, "You are a Buddhist if you consider yourself a Buddhist. I have had my doubts about some people (myself included) but who am I to say? Be that as it may, I find it wonderful that we have a ritual where we can publically affirm our identity as a Buddhist and receive a Buddhist name. There are many countries where this would be impossible. Last month, when Bishop Umezu was here, Bishop conducted an Affirmation Ceremony where five of our members took refuge, received a Buddhist name and did so publically. I find this wonderful and very significant. Let us not take for granted our religious freedom. Like everything else in this aging body, however, it needs to be exercised.

Sarana Kieshiki Affirmation Ceremony October 6, 2013 Bishop Kodo Umezu, Officiant *affirmation of one's reverence for the Buddha, Dharma and Sangha and receiving of Buddhist name* Recipients

Miyoko Kaneta
Michiko Yanagimoto
Kazumi Janice Gosho



John David Mancino
Leonora Beth Clarke

Photo by Sat Ichikawa

What An October It Was!
October 5
A rare visit from Bishop Kodo Umezu



Minister's Assistant Certification Ceremony



October 6

English Language Dharma Discussion



Gregg Krech on Naikan



October 13

Hatsumairi Service with Dharma School Moms



Photos by Sat Ichikawa

October 19

“Women in Buddhism Conference – *Rita No Kokoro* The Heart and Mind That Benefits Others”



Heads up on November, too! Please mark the first weekend of November on your calendar. It will feature Rev. Kiyonobu Kuwahara and four ministers from Japan who are here in the U.S. preparing for overseas ministry. On Friday, November 1, we will have a **Japanese Seminar** and on Saturday, Nov. 2, we will have an **English Seminar** from 9:30am to 12:30 on Shinjin (True Entrusting) as the heart of the Jodo Shinshu teaching, (see page 6). In addition, we are working on workshops for young adults in the afternoon and Dharma School families in the evening, tentative plans for volleyball between Dharma School youth and parents versus the ministers. Stay tuned and reserve the dates. – submitted by Irene Goto adapted from Rinban’s October article.

Musical Notes submitted by Kemi Nakabayashi



October was a music-filled month at Seattle Betsuin. In honor of Bishop Umezu’s visit to our temple, special music was prepared for the service on October 6. Thank you to Irene Goto for preparing the program. Donna Zumoto led Lucas, Kailani and Alana for the taiko opening. Ken Dodobara continues to ring the bonsho regularly. We appreciate his dutiful participation, adding so much to the service for the bonsho meditation. We were pleased that including the music service version of *Juseige* was a special experience for Bishop Umezu for this arrangement of the sutra. The Betsuin choir performed *May Peace Prevail*, originally commissioned by the Homba Hongwanji Mission of Hawaii for the 750th Shinran Shonin memorial observance. The Bodhi Ensemble (Kristy, Kayla, Alina, Emily, Rosie and Aaron) led the

sangha in the singing of *Golden Chain* and *We are One* for a rousing closing gatha.

Thank you to the ukulele musicians (Sayeko Aoyama, Sat Ichikawa, Sunkie Oye, and Mas Tamekuni) for leading the sangha in *Sing!* for Hatsumairi service. The choir performed *Shinran’s Family* written by Kent Matsuda for the Eshinni-ko and Kakushinni-ko Memorial Service. We plan to teach this gatha to the sangha so that you can sing along with us next year!

Please plan to attend the Family Music Service on Sunday, November 24. We will encourage the sangha to join us in singing *May Peace Prevail* again then to become familiar with it, so that the mass choir performance of this piece at the upcoming Northwest District Convention in Portland will be even more enjoyable for everyone there. The ukulele band and the Bodhi Ensemble will also be featured again.

Join us at the Seattle Betsuin Buddhist Temple for the
2013 IMOP* Workshop

Saturday, November 2, 2013, 9:30am – 12:30pm

An opportunity to hear four ministers prior to their assignment to temples in the USA/Canada

Speakers



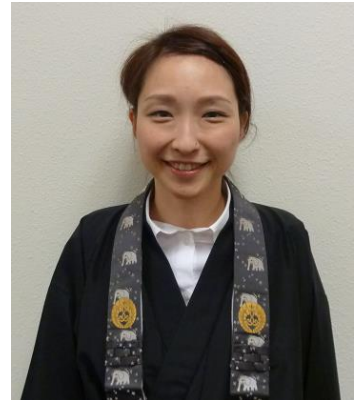
Rev. Ryuhei Endo
BA Ryukoku Univ.
From Saitama
Topic: "Let's appreciate Jodo Shinshu"



Rev. Yuko Kubo
PhD Ryukoku Univ.
Art Therapist
Married, 2 daughters
From Hiroshima
Topic: "Art Therapy: How's the weather in in your heart?"



Rev. Daido Baba
MA Ryukoku Univ.
Hongwanji staff
Married, 2 sons
From Chiba
Topic: "Let's hear the message of Amida Buddha together"



Rev. Miho Sekiya
BA Boston Univ.
High School: Convent of the Sacred Heart SFO
From Kyoto
Topic: "Why we enjoy Buddhist ritual & chanting"

- Cost: Free (donations accepted at the door)
- Bring your own sack lunch for after the workshop
- Questions: temple office 206-329-0800 or office@seattlebetsuin.com
- **Japanese language program on Friday, 11/1/13, 9:45am – 3:45pm**

*** International Ministers' Orientation Program**

Sponsored by the Seattle Buddhist Church

1427 S Main St, Seattle, WA 98144 Phone: 206-329-0800 www.seattlebetsuin.com

- submitted by Alan Hoshino

More from Rinban on IMOP Workshop On Saturday, November 2, from 9:30am - 12:30pm, Rev. Kuwahara from the Jodo Shinshu Center in Berkeley will be bringing 4 ministers from Japan as part of the IMOP (International Ministerial Orientation Program). Two of the ministers are women and two are men. Two of them also have excellent English skills. One of the women graduated from high school and college in the U.S. Some of these ministers may be assigned to BCA temples soon so it's an excellent opportunity to meet them and discuss the theme of "Shinjin" which is translated many different ways such as faith, true entrusting, awakening, etc. This is also an excellent opportunity for the IMOP ministers to see the diversity of the BCA and to use their English skills. I am hoping more than the usual Book Study Group will turn out for this occasion. – Rimban Castro [See more Book Study Group on page 11]

ON BEHALF OF THE MEMBERSHIP COMMITTEE...

We would like to “thank” the following regular members, for contributing their annual Ijikai dues (the basic dues toward the Temple maintenance/operations). This is a list of those paid members since our last posting for the **2013 fiscal year**.

Steve Aisaka; Jim Akizuki & Louise Sakuma; John Alwin; Lauren Asaba-Aratani; Lance & Lisa Barr; Sheri Mizumori-Canfield; Ed & Jenni Chinn; Steve & Lori Chisholm; James Doi; Burke Dykes; Jimmy & Alicia Eng; Kelly Enstrom; George & Toshiko Fukeda; Bill & Bev Glasser; John & Lynda Hamakami; Ron Hamakawa; Frances Hamanishi; Rob Hamatani; Nelson Harano; Steve Hasegawa; Tom Hasegawa; Sachiko Hayami; Mary Hikida; Steven & Cathleen Hokoda; Cyrus Honmyo & May Chin; Alan Hoshino; Jamie Huh; Yoshiye Iwamura; Larry & June Iwafuchi; Scott Jofuku; Gail Kaminishi; Tets & Kanako Kashima; Ed & Joyce Kato; Gary Kato; Nina Tomita-Kato; Arthur & Sally Kawaguchi; Rick & Karina Kawaguchi; William & Beth Kawahara; Masako Kawamoto; Daniel Keefe; Marc Keltner & Janice Nakamura; Momoko Kido; Jeff & Tina Zumoto-Ko; Greg Koba; Frances Kobayashi; George Kodama; Tom Kodama; June Kosai; Paul & Janet Knutzen; Janet Kubota; David & Dianne Kosai-Lee; Howard & Marie Kosai-Luke; Haruko Mamiya; Yoshiko Mamiya; Takashi Matsui; Matthew May & Rosalie Town; Duane & Ann Mayeda; Lynn Miyuchi; Paul & Teresa Mori; Yukio & Karen Morikubo; Kenneth & Jean Moriyama; Corey & Claire Murata; Joe Naemura & Janie Okawa; Ted Nakamura; Kiyoko Nakanishi; Junko Nakano; Craig & Dana Nakashima; Ryan & Stacy Nakata; Tsukasa & Keiko Namekata; Hiro & Dorothy Nishimura; Shizuko Nose; Michiye Ohtani; Stephanie Ojima; Barry & Marlene Okada; Nancy Okawa; Asako Okubo; Nobuko Otsuji; Sachiko Ozeki; Gerald Quintua; Ann Kawasaki Romero; George & Karen Sakamoto; Kengo Sakamoto; Paul Sawyer; Gary & Debbie Shibata; Aiko Shimizu; Haruko Shimizu; Fran Shintaku; Nori Suguro; Gail Suzaka; Kazue Tagami; Midori Takagi; Noburo & Takako Taki; Kuniko Takamura; Ted & Akico Taniguchi; Ryomi Tanino; Elmer Tazuma; Allan & Kayako Terada; Florence Terami; Margaret Teramoto; Stuart Teramoto; Victoria Terao; Dolly Tokunaga; Paul & Mabel Tomita; Patricia Tsurukawa; Sam Umeda; Tazuko Uyenishi; Masao Yamaguchi; Jeff & Susie Yamane; Charlene Yoritsune; Crystal Yoshimi; Mark Yuasa; Donna Zumoto; Jim & Tomi Zumoto

We'd like to 'welcome' Daniel Keefe and Jamie Huh as new members to our Sangha. We'd like to also 'welcome back' to Rick & Karina Kawaguchi, who live in Canada.

“THANK YOU” TO ALL OUR 2013 ‘REGULAR’ MEMBERS for your continued support.



Conference Thank You! On Saturday, October 19, 2013, The Seattle Betsuin held its second Women in Buddhism Conference entitled, “The Heart and Mind That Benefits Others” *Rita No Kokoro* 利他の心. It was attended by about 90 women and men from

Portland, Spokane and Berkeley, as well as, from the nearby Seattle area. Everyone enjoyed getting acquainted and re-aquainted and listening deeply to three speakers: Reverend Patricia Usuki, Reverend Mariko Nishiyama, SU Associate Professor Naomi Kasumi. Thank you, Planning Committee - Machiko Wada, Gail Kaminishi, Ann Oxrieder, Alan Hoshino, Rinban Castro, Etsuko Shimbo, Leonora Clarke, Midori Takagi. Thank you, Janet Baba and SBBWA including Gayle Sordetto, Susanne Umeda, Aiko Fujii, Ritsuko Kawahara, Kiyoko Takashima, Kinue Kuwahara, Shizue Yahata, Akico Taniguchi. Thank you, Ed Kato, Joyce Kato, Karen Morikubo, Yukio Morikubo, Joan Nakano. Thank you, Amida Buddha - all the causes and conditions that provided this opportunity to listen to the dharma. Namu Amida Butsu. Gassho, Irene Goto



Seattle Betsuin Endowment Fund submitted by Fund Management The Seattle Betsuin gratefully acknowledges donations to the Seattle Betsuin Endowment Fund by the following:

Honmyo Family - In Memory of Mas Honmyo \$7,000.00

Your financial support of our Eitaikyo Endowment is greatly appreciated. Your donations will help the Betsuin continue to spread the teachings of Jodo Shinshu.

In Gassho, Craig Nakano, Endowment Committee



SEATTLE BETSUIN BUDDHIST WOMEN'S ASSOCIATION Submitted by Joan Nakano

President's Message submitted by Janet Baba

Women's Conference: About 85 participants attended the second annual Women in Buddhism Conference at the Betsuin Temple on Saturday, October 19. The seminar, *The Heart and Mind That Benefits Others, Rita no Kokoro*, featured Reverend Patti Usuki, Reverend Mariko Nishiyama and Seattle University Associate Professor Naomi Kasumi who shared their words about their heartwarming experiences. Associate Professor at Western Washington University, Midori Takagi, gave a history of Lady Takeko Kujo, founder of the Buddhist Women's Association.

Eshinni-ko & Kakushinni-ko Service: Reverend Patti Usuki gave the Dharma message honoring Lady Eshinni-ko and Lady Kakushinni-ko on Sunday, October 20. Reverend Mariko Nishiyama gave her message at the Japanese Language Service. Ladies Eshinni-ko and Kakushinni-ko both taught the Nembutsu and worked to propagate Shinran Shonin's teachings.

Sokai & Irokai: Our annual *Sokai* or General Meeting for all SBBWA members will be held on November 17, 2013 at 11:45 AM. Members will receive our Annual Activities Report, Treasurer's Report and meet our 2014 and 2015 cabinet. Invitations will be mailed to members for our *Sokai* Meeting. Please attend our annual meeting on Sunday, November 17. Following this meeting will be our *Irokai* or Appreciation Luncheon for our current 2013 Board of Directors and Honorary Directors.

SBBWA Craft Classes: Our Activities Committee has started to prepare for next summer's Bon Odori Craft Sales. Fumiko Yamaguchi taught members to make children's bracelets on Sept. 25. Future projects are to make happi coats of colorful Japanese print fabric for Obon dancing. We are also seeking donations of used yukata, obi, sashes, hair ornaments, and happi coats to sell next Obon Season. Contact Judith Nakamura or Darlene Shimizu for information on donations. Leanne Nishi-Wong taught a polymer clay craft class on October 16.

Gojikai's 50th Anniversary: Thirteen Gojikai Members along with Betsuin organizational representatives attended the Gojikai 50th Anniversary Memorial Service and Luncheon. Bishop Kodo Umezu gave the Japanese Dharma Message and Rinban Don Castro gave the English Talk. Etsu Shimbo and Ja-

net Baba represented SBBWA and Joan Nakano attended from the Temple Office. An obento luncheon was enjoyed at this memorable occasion.

White River's BWA 100th Anniversary: This Centennial Celebration was held on Saturday, September 26, at the Fairwood Golf & Country Club. Reverend Yukiko Motoyoshi was the keynote speaker. Our own Madame Kuniko Takamura with Ritsuko Kawahara and Kanako Kashima presented a koto concert for entertainment. Rinban Don Castro, Joyce Kato and Janet Baba represented SBBWA. Members Kiyo Takashima, Fumi Groves and Leanne Nishi Wong also attended the celebration.

Orion Center: YouthCare at the Orion Center organizes dinners and provides services for homeless youths. This non-profit agency is asking for sleeping bags, new socks, coats and rain jackets, hand warmers, and hats and gloves for the winter months. These donation items can be brought to our board meetings or contact Joan in the temple office for information. SBBWA will provide dinner for the youths on February 21, 2014. Contact Janet Baba if interested in participating.

November Calendar

- 3rd SBBWA Board Meeting-Election of Cabinet
- 10th SBBWA Cabinet Meeting
- 17th Sokai-General Membership Meeting/Irokai for Board & Honorary Directors
- 24th SBBWA December Board Meeting



Bracelet Craft Class
Instructor Fumi Yamaguchi with Mae Deguchi

See photo of polymer clay class on page 13.

The Seattle Betsuin Gratefully Acknowledges the Following Donations Sept – Oct 2013

Funeral / Memorial / Nokotsudo:

Given by:

Yuriko Kamada – Funeral Service & 7 th Day Memorial Service	\$1,500.00	Janet Masuo
Mary Shizuye Akada – Funeral Service	\$ 600.00	Lucy Akada
Ricky Isomura – 7 th Year Memorial Service	\$ 500.00	Toshiko Isomura
John Sumida – 3 rd Year Memorial Service	\$ 300.00	Florence Sumida
Mary Shizuye Akada – 49 th Day Memorial Service	\$ 300.00	Lucy Akada
Jene Deguchi – Memorial Service	\$ 300.00	Ross Hori; Bev & Art Uyeda; Ken & Allison Ankrom
Tetsuya Kunihiro – 7 th Year Memorial Service	\$ 200.00	Carolyn Kunihiro
Nokotsudo – In Memory of James Y. & Ayako Demise	\$ 250.00	Doug & Joyce Handa

Remembrances for:

Given by:

Mary Akada	Terie Akada; Jim Akizuki & Louise Sakuma; Joyce Aoyama; Mae Deguchi; Sue Fujino; Florence Fujita; Nobuichi & Sachi Fujita; Mitsuko Fukuhara; Kazumi (Janice) Goshō; Jack & Fumi Habu; Jane Hamatani; Yoshiko Ishimitsu; Dale & Shizue Kaku; Ritsuko Kawahara; Haruko Kobuki; Paul & Takako Kogita; Marc & Janice Nakamura-Keltner; Thomas & Julia Tokunaga-King; Allan & Rose Kishi; Hiroko Janet Kosai; June Kosai; George & Irene Mano; Yoshi & Lynn Miyauchi; Jean Nagai; Hiro & Dorothy Nishimura; Akio & Mabel Nishizaki; Mark Saito; Pauline Sakuma; Mary S. Shigaya; Roy & Kazumi Shimizu; Nori Suguro; Florence Sumida; Kuniko Takamura; Keiko Taki; Jean Taketa; Margaret Teramoto; Toshio & Dolly Tokunaga; Ruby Yasui; Mary Yokoyama; James & Tomi Zumoto
Jene Deguchi	Mary Y. Furuta; Jerry & Charlene Lee
Hajime Hirata	Jim Akizuki & Louise Sakuma
Marie Honmyo	Erillee Takabayashi
Masayoshi Honmyo	Jane Hamatani; Edward & Joyce Kato; George & Irene Mano; T. Jack Matsui; Gary & Deborah Shibata; Mary S. Shigaya; Nori Suguro; Masaru & Anna Tahara; Erillee Takabayashi;
Yuriko Kamada	Pauline Sakuma
Ted Kunihiro	Sanaye Kawamura
Albert Shintaku	Arthur & Joan Habu; Ellen Hale; George & Irene Mano; George & Jean Nishi; Fumiko Yamaguchi

Temple Supervision:

Yakima Buddhist Temple \$ 100

General Donations:

Carolyn Kunihiro	Donation to Endowment in Memory of Tetsuya Kunihiro
Kevin & Kari Ann Yokoyama	Appreciation for Jason's Minister's Assistant Certification
James & Tomi Zumoto	Appreciation for Onenju Repairs
Ryan & Stacy Nakata	Donation for Onenju
Joe & Carolyn Schwab	To Endowment Foundation
Trimble Family	General Donation
John Alwin	Donation for Onenju
Meera Satpathy	Appreciation for Temple Visitation
Reiko Hara	Nordstrom United Way Campaign
Alice Doi	Bank of America United Way Campaign
Gail Suzaka	Bank of America United Way Campaign

Special Service Donations The Betsuin gratefully acknowledges the donations received for the following special service. If your name is not listed, the donation may have been received after the deadline for this newsletter and will be listed in the next edition. Please accept our apologies for any inadvertent misspelling of names:

Ohigan – Fall Akira, Donald & Karen; Anonymous, ; Aoyama, Masatoshi M. & Sayeko; Aratani, Lauren Asaba -; Arinobu, Gene & Yuki; Asaba, Marian; Baba, Janet; Beard, Clara; Bobrow, Patricia; Brundige, Grace Tazuma -; Canfield, James & Sheri Mizumori -; Chinn, Connie Ozeki -; Deguchi, Mae; Desaki, Yasuko; Dodobara, Kenny & Yoshie; Fujii, Minoru & Aiko; Fujino, Suteko (Sue); Fujita, Lutes; Fukeda, George & Toshiko; Furuta, Mary Y.; Goshu, Kazumi (Janice); Hamakawa, Ron; Hamanaka, Yoko; Hamatani, Jane; Hanada, Miyuki; Hanada, Peggy; Hara, Reiko; Harada, Setsuko; Harada, Steve; Hatai, Susan; Hayami, Sachiko; Honmyo, Mas (Estate of); Hoshino, Alan A.; Ichikawa, Satoru & Grace; Ise, Haruo Hal; Isomura, Toshiko; Kaku, Dale & Shizue; Kaminishi, Gail; Kasahara, Grace; Kashima, Tetsuden & Cecilia Kanako; Kashiwa, Ann T.; Katayama, Mary K.; Kato, Edward & Joyce; Kato, Kazue (Katie); Kawaguchi, Harold; Kawaguchi, Miyoko; Kawahara, Ritsuko; Kawamoto, Masako; Kido, Momoko; Kikuchi, Shizue; Ko, Jeffrey & Tina Zumoto -; Kobuki, Haruko; Kobuki, Haruko; Kogita, Paul & Takako; Kojima, Esther; Kosai, June (Yoshie); Kubo, Masayoshi & Masako; Kunihiro, Carolyn; Kuramoto, Daisy Toyoko; Kusachi, Sachiko; Kuwahara, Kinue; Mamiya, Haruko; Mano, George & Irene; Mano, Mariko; Matsui, Jack T.; Matsui, Takashi; Mayeda, Julie; Miyauchi, Takiko; Mori, Paul Bruce & Teresa; Morikubo, Yukio & Karen; Morimoto, Eiichi & Ruth Shigeko; Naemura, Joseph & Janie Okawa -; Nagai, Ernest & Sanaye (Sunnie); Nakabayashi, Kemi; Nakamura, Ted; Nakamura, Yoshio & Judith; Nakanishi, Kiyoko; Nakano, Craig & Joan; Nakano, Junko; Nishikawa, Noriko; Nishimura, Hiro & Dorothy; Nishimura, Hisashi & Sadako; Nishizaki, Akio & Mabel; Ohtani, Michiye; Okada, Barry & Marlene; Okada, Emiko; Okano, Tomiko; Okubo, Asako; Otsuji, Nobuko; Oye, Sunako (Sunkie); Sako, Masako; Sakuma, Pauline; Scattergood, Dave & Joyce Tsuji -; Shahbaghlian, Patricia Oye -; Shibata, Dennis M.; Shigaya, Kenneth; Shigaya, Mary S.; Shigaya, Teruko (Terrie); Shimbo, Ben & Etsu; Shimizu, Haruko; Shimizu, Roy & Kazumi; Shimizu, Sato & Darlene; Shinoda, Franklin; Shintaku, Albert & Frances; Sordetto, Gayle; Suganuma, Aiko; Sumida, Florence; Sumida, Leslie; Tahara, Masaru & Anna; Takamura, Kuniko; Takashima, Kiyoko; Takemura, Yoshiaki & Naomi; Taketa, Haruso & Sonoe; Taki, Noboru & Takako; Tamekuni, Masao & Frances; Tanaka, Rikuko; Tanaka, Tom; Taniguchi, Fumiye; Taniguchi, Martha (Masayo); Taniguchi, Theodore & Akico; Tanino, Katsumi & Terrie; Tazuma, Miyoko; Terada, Allan & Kayoko; Terada, Calvin J. & Yvette; Teramoto, Margaret; Teramoto, Stuart; Teranishi, Asako; Tomita, Paul & Mabel; Toyoshima, Shigeru & Michiko; Uchida, Sam & Masako; Uyenishi, Tazuko; Vaart, Michiko Jean; Wada, Machiko; Wong, Leann Nishi -; Yahata, Shizue; Yamaguchi, Fumiko; Yamashita, Dennis; Yanagimoto, Michiko; Yasui, Ayako (Ruby); Yokota, Sumie; Yokoyama, Kevin & Kari Ann; Yoshida, Fuyo; Yoshida, Ronald (Seiichi) & Kiyoko; Yutani, Nobuo; Zumoto, James & Tomiko; **Hatsubon / Obon** Mitchell, Lisa Kumasaka –

Thank You for Supporting Monthly Meals for Homeless Youth

submitted by Michael Teramoto A huge thank you to everyone that purchased and helped to sell Entertainment Coupon Books supporting the Monthly Meals project for YouthCare's Orion Center. 94 coupon books were sold raising over \$1,200 which will be used to help pay for the costs of the monthly meals for the upcoming year.

Special thanks to Leonora Clarke for coordinating October's meal at the Orion Center. Her team included: Catherine Rigor-Hammond, Dedrea Danilov, Michael Morikubo, Karen Morikubo, Yukio Morikubo and Ellen Tan. They served a meal consisting of homemade chili, cornbread, salad, apples and brownies.

Coordinators and volunteers are needed for this once a month project for 2014. Please consider volunteering to help with just one meal next year. Not only does the meal warm the stomachs of these homeless youths, but your efforts will warm your heart.

To volunteer to be a part of this project, or to purchase coupon books, please contact Mike Teramoto at mteramoto@yahoo.com or 206-369-5986.



Scout Troop 252 On September 28 and 29 our troop went to North Bend for a camp out. It was pouring rain all day and all night. We set up our camp in the rain. It was hard but fun. We were also able to get many requirements done for advancing ranks. On October 6 we held a Gyoza Bowl fundraiser to raise money to buy outdoor gear for future camping. We are also planning another trip to North Bend on 26th and 27th. The Cub Scout Webelos will join us to see and experience the outdoors. - Drake I

DHARMA SCHOOL submitted by Joyce Tsuji



Dharma School hosted a Hatsumairi or “first visit to temple” ceremony on October 13. A big welcome to the three participants

and their families. Thanks go out to the volunteers who helped with the festivities, including picture taking, service program, certificates, and refreshments.

On the following week, we continued our learning about “Itadakimasu” and “Gochisosama”. We read the book “How Did That Get In My Lunchbox” that explains all the people and processes that are involved with the food we eat. Each student made a placemat that will remind them to be thankful and to say “Itadakimasu” before they eat and “Gochisosama” when they are finished.

1st/2nd grade decided on rules we could all follow and signed our classroom contract. We decorated our “thank you” books where we will write things we are thankful for and started with our first entry. We have begun our discussion of the Golden Chain, defining the words and concepts. The students made a foam kid of themselves and someone they feel connected to. They are arranged around a globe on a poster in our class. We also read Stellaluna, the story of a baby bat taken in by a bird family when she gets separated from her Mom. It reminded us “to be kind and gentle to every living thing and protect all who are weaker than ourselves”. We will continue with this next month.

Special thanks go to the middle school class for hosting another wonderful Halloween party full of games and treats for the younger Dharma school students. A great time was had by all!!

The Pre-K/K students reviewed “frog minds”, why we gassho, significance of the onenju and how to care for it. They made frog cases to store their onenjus and bring to temple each week. The class talked about putting their hands together and reciting “Itadakimasu” and “Gochisosama” at meal times. By doing this we are thanking Amida Buddha for our food and everyone who had a part in raising it and making it ready for us to eat. The students colored a picture of this gesture and inserted it into mugs to take home.

High school class will focus on recognizing and practicing aspects of Gratitude, including giving and receiving. We also tied-in underlying principles of “Naikan”. On October 27 we have a guest, Ms. Peggy Tanemura, a 20+ year practitioner and teacher of Chi Kung, who will lead us in Chi Kung and basic meditation.

Seattle Buddhist Temple Book Study Group This is a reminder that the Buddhist Study Group will meet on Saturday, November 9. We have a tentative agreement with a speaker to come to our meeting, Hiroshi Kashiwagi. He is an author, playwright, and poet, who will be here from San Francisco to give a book reading at a Seattle bookstore. He is also the first editor of the American Buddhist newspaper which morphed into the Wheel of Dharma. Rinban Castro has asked him to speak on the Influence of Buddhism on his life and art. However Mr. Kashiwagi went to Japan before the plans could be firmed up. If Mr. Kashiwagi is not available, we will discuss Kenneth K. Tanaka’s Pure Land Buddhism book. If you are interested in attending and are not on our email list, please let Leonora Clarke know (clarkel@uw.edu) and she will send you an update. We will meet from 9:30-11:30 in the Memorial Hall Chapel. Everyone is welcome to stay for brown bag lunch afterward. There is no cost to attend.

Buddhist Churches of America CENTER FOR BUDDHIST EDUCATION
E-News - October/November 2013 **The second IHOPE (International Hongwanji Overseas Propagation Exchange) Gathering will present an historic online program:**

“Hongwanji Ministers Welcome Your Questions”

Wednesday, November 6, 2013 7:30 - 9:00 pm (PST)

Live on USTREAM www.ustream.tv/channel/ihope-2013-nov-q-a

The deadline to submit questions was October 25, 2013 - by Irene Goto



NOTES FROM DHARMA EXCHANGE

submitted by Pat Bobrow **Sept. 29** - Jason Yokoyama, (who was certified as a Minister's Assistant on October 6 by Bishop Umezu), conducted the DX. He told of his 10 day travels in Japan and showed slides of the Youth Advocate Committee (YAC) retreat. They left from San Francisco and stayed in a hotel across from the Jodo Shinshu Hompa Hongwanji-ha, the home temple of Jodo Shinshu in Kyoto. There was a daily service in the two main halls lasting about one hour. The major highlight of his trip was an audience with Gomonshu-sama. He also visited and showed slides of the World Cultural Heritage site; National Treasure Gate; Ryokoku University; Mt. Hiei, which was formerly Tendai during Shinran's time, but is now a location for other Buddhist sects. He saw the Otani Mausoleum; Suminobu, Shinran's place of death and a monument to Shinran. They went to Hiroshima by bullet train and visited the Peace Park and saw the Peace Arch. He stayed with a family of six, and everyone he encountered was welcoming and accommodating. In Osaka he went to a karaoke establishment, and was impressed by Universal City. He tried chicken sashimi, a first for him. And today, during the DX he was able to offer his gratitude in person to temple members who sponsored his trip. He said this was a trip he will remember for the rest of his life.

Oct. 6 - Rev. Kodo Umezu, bishop of the BCA visited the Seattle Betsuin and performed the Sarana Affirmation, Kieshiki Ceremony for Leonora Clarke, Kazumi Goshō, Moyoko Kaneta, John Mancino and Michiko Yanagimoto. He also performed the Minister's Assistants Certification Ceremony for Leonora Clarke, Matthew May, Rosalie Town and Jason Yokoyama. Later, Bishop Umezu conducted the DX and compared the first line of Juseige with Martin Luther King's "I have a dream speech." He discussed the Gratitude Project, which helps us desist from blaming others and feeling poorly. A participant commented that during special holidays we seem to "go by the book," otherwise, changes in the chants are sometimes employed.

Oct. 13 The DX was conducted by Gregg Krech, a teacher of Naikan Therapy for 25 years and author of several books. In 1981 he encountered Bishop Tsuji and studied with him for 10 years at the Ekoji Temple. He understood the teaching, but it didn't resound in his heart. He went to Japan after seven years with Rev. Tsuji, and after reflecting on his life for two weeks received Buddhism in his heart. Gregg talked about the centuries-ago practice of Mishirabe. Par-

ticipants entered a cave and stayed there for days without food or water. Look into yourself -- it all starts there. Naikan today at the Betsuin will consist of brief 10 minute periods with questions posed by Gregg. Naikan is used in the prison systems and recidivism has minimized in those prisons. He sees a similarity between Jodo Shinsu and Zen. Dogen learned "soft heartedness" in Soto Zen in China, and Rennyō did group sessions. Viveca, a friend of Gregg, performed a Naikan retreat of 100 hours and it helped her "see" her recalcitrant son's point of view.

In his talk today Gregg said the inability to put oneself in another person's shoes = evil. Self-reflection is the most meaningful thing to do. It cultivates gratitude, empathy, stimulates compassion, helps us discover our purpose, self-awareness and faith. Naikan leads one to the doorstep of religious awakening. We are seldom reflective. Gregg asked, who/what made it possible for you to be here today? He asked those assembled to list six of those things, and some were read during DX. He identified several forms of Japanese therapies: Morita Therapy (Jiriki), Naikan Therapy (Tariki), and Jujukinkai Buddhism, which is 4-5 years old in Japan and espouses violating the Precepts by stealing, killing, and becoming intoxicated with own ideas.

Following is a brief exercise in how Naikan Therapy works: Gregg told the DX group to consider the last 24 hours and asked some probing questions - What did you receive from others? What have I given to others? Did I receive more than I gave? What troubles and difficulties have I caused others? We have an ego view of ourselves. What positive energy did I get from others? What positive energy did I give to others? What negative energy did I give to others? What negative energy did I get from others?

Gregg said Shin Buddhism clarifies the basic self-centeredness of man. He credits his wife saying, "We don't notice the wake we leave if we don't look back." He recommended we find compassion for others in our own transgressions, and that examining and judging others (Gaikan) is a waste of time.

Some characteristics of Shin Buddhism: shift from self-importance to humility; shift from self-power to other-power; shift from ingratitude to gratitude; and shift from Karmic ignorance to Karmic awareness. When we give up on ourselves there is a realization we are helpless beings with no means of self-delivery. [Look for Oct. 20 in next month's issue]

-SBBWA continued from page 8



Polymer Clay Craft Class Participants
Front: Tomi Zumoto, Instructor Leanne Nishi-Wong,
Mae Deguchi, May Honmyo Back: Fran Shintaku,
Darlene Shimizu, Setsu Harada, Shizu Kaku,
& Judith Nakamura

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