

# ANNOUNCEMENTS

**June Sangha Services** - Our Sangha Service (Sangha is the Sanscrit word for Buddhist community) is a traditional Jodo Shinshu service with chanting led by a Doshi. Immediately following Sunday services we offer a book study and discussion. Beginning this month we will offer your choice between two book study programs. **Buddhism 101** featuring the book "Eight Mindful Steps to Happiness" by Bhante Henepola Gunaratana. The second option, **Jodo Shinshu Book Study**, featuring the book "A Life of Awakening-The Heart of the Shin Buddhist Path", by Takamaro Shigaraki. Refreshments will be available following the book study and everything will be wrapped up by noon. All are welcome to come join the discussions.

**Meditation Sittings** - Vipassana meditation or "insight" meditation is now being offered on Monday evenings at 7:00 pm beginning June 13<sup>th</sup>. In his remarks at the IBS Symposium at Stanford University on February 28, 2005, Socho Koshin Ogui stated "meditation may play a key role in whether the BCA is able to reach out successfully to the wider community." This symposium provided an opportunity for leading Shin thinkers to examine meditation in a Shin context. Mary Webster, a highly trained Vipassana meditation teacher, is leading our sessions. Please come see for yourself how meditation can smooth out the wrinkles of our chaotic lives and add depth to your practice.

**Buddhist Women's Fujinkai meeting**- The next meeting of the Fujinkai will be on Tuesday, June 14th at 5:30 pm. We will have a knitting session with Christine Marr leading the way!

**Reverend Service** - Rev. Don Castro from the Seattle Betsuin will be conducting our service at 3:00 pm on Sunday, June 26<sup>th</sup>. We will have Introduction to Buddhism before the service beginning at 1:30 pm. There will also be Dharma School offered for children. There will be a special message just for them from Rev. Castro and then they will be excused to the Dharma School room to work on an activity.

**Toban - Saturday, June 25th** - There will be a Toban, a day that we do a thorough cleaning of the temple. We will begin at 9:00 am.

Your Name in Print -

The Senbei making schedule is here!

A big thank you to everyone who has signed up so far to help make senbei this month. The schedule is shown below to help jog your memory. If you wish to sign up **there are still plenty of openings.**

**Contact:**

**Jefferson Workman at 509 838-7005.**

## Senbei Work Schedule

### **Friday, June 24th**

6 pm - 9 pm - **Senbei Prep**

Janet Tamura, Anne Trevethan, and Marylynn Bernard

### **Saturday, June 25th**

7 am - 12 pm - **Kitchen Crew**

Jefferson Workman, Glen Toepper, and Ed Parker

12 pm - 4 pm

Barb Braden

8 am - 12 pm - **Rolling/Cutting Crew**

Jen & Jordyn Johnston, Janet Tamura, Michael Brady, Jim & Shirley Bennett

9 am - 12 pm

Paul & Karen Vielle, Martena Peterson, Liat Parker, Ann Heineman

11 am - 4 pm - **Weigh & Bag Senbei / Clean-up**

Christine Marr, Rachel Scrudder

## **Temple News**

by Christine Marr  
Temple President

Spring is here at last, hard to believe we are looking into summer with this June schedule. Many activities to look forward to! Be sure to note a calendar change; our retreat will be held July 22 – 24<sup>th</sup>. The retreat topic is: “Human Nature – Buddha Nature” with Dr. Kenji Akahoshi from San Jose, California. We start on Friday evening with activities all weekend and finish with a silent breakfast on Sunday morning. Space is limited to 24, see flyer for details.

While visiting family in California I was able to attend the groundbreaking ceremony for the Jodo Shinshu Center in Berkeley. It is an exciting time for the BCA to be expanding the study center making it possible for training new ministers and expanding the minister’s assistant program. After visiting the Berkeley Campus and Institute of Buddhist Studies I can see the vision to build this new center. A mailing with all the information about this project will be coming to all members this month.

On May 14<sup>th</sup>, Leslie and I attended the Northwest District Council meeting in Yakima, at the Wapato Buddhist Temple. There was a lot of business to cover but some of the highlights were that Rev. Castro will begin visiting the Wapato Buddhist Temple once per month and new officers were elected to the district for 2006. Unbeknownst to me, I had been nominated as Vice President. After much consideration and clarification of the responsibilities, I accepted and was voted in as Vice President of the Northwest District. I view this as a vote of confidence toward our sangha here in Spokane.

Committee heads are starting to plan for the Northwest Buddhist Convention to be held here in Spokane on Feb. 10 – 12, 2006. It’s coming fast...we are pleased to include Yakima Buddhist Church and the Moses Lake Sangha in our convention plans. Many thanks for their generous offers to participate. It should be an exciting event for us, be sure to mark your calendars.

Looking forward to our new meditation sittings on Monday evenings, senbei making and the annual Perry Street Faire.

With Gassho, Christine Marr

## **in other news. . . . .**

### **Kudos’ to Fumi Uyeji!**

On March 20<sup>th</sup>, friends and family of Fumi Uyeji attended a special luncheon given by the JACL to honor Fumi for her contribution and involvement in the community. Here is a copy of the article highlighting her accomplishments.

“This recommendation is for JACL member Fumi Uyeji to receive the silver pin for her contribution to the organization and her involvement in the community and church for many, many years.

Fumi raised two children, son Leslie and daughter Cheryl. She took care of her Mother, Father and Father-in-law. She did farm work, never dreamed a city girl would be doing farm labor work, besides working full time at a law firm.

She always found time to participate at the Buddhist Church in all their activities. She and (her) husband rescued the shrine, cleaned and stored the treasures after the devastating fire which occurred several years ago.

Her involvements in her church are many. She was president of the Fujinkai for many years; was a representative to the regional convention (Annual Northwest Buddhist convention) for numerous years; is

the pianist for the church; attended the World Fujinkai conference in Japan; member of the church board, currently serving as Church Auditor; supervised the annual food bazaars, she and her husband made sure the supplies were bought and on hand for the event sometimes will go great distance to purchase them.

Her JACL activities include serving on the board of the Hifumi En Senior Housing Project; assisted at the JACL Interstate Fair Booth for many years; supported the Annual Nikkei Appreciation Dinner by calling on the community for their support and attendance; supported other JACL activities, such as Bingo Night by making sure the hall was heated and opened on time and also provided refreshments.”

Congratulations Fumi!!

## The Invaluable Lessons of Miserable Days

*Editors Note:*

*This excerpt comes from a book entitled “Stumbling Toward Enlightenment” written by Geri Larkin. This particular excerpt is taken from the above named chapter and is rewritten here without permission. I have enjoyed this book as it helped put the practice of Buddhism in today’s terms. While her Buddhist path is Zen (at the Ann Arbor Buddhist Temple and the Chicago Zen Buddhist Temple), her stories reflect the Dharma in a way that we can relate it to our everyday lives.*

“Bad hair days, I have had my share. We all have them. Why? Because they teach us valuable lessons about ourselves. Without them we would be lost and, trust me on this one, deeply unhappy. Without miserable days how would we ever know if we were having a good day? Without miserable days, when would we have an opportunity to practice being calm in the face of chaos and calamity? In Zen there is a saying that I usually try to keep close to me, usually as a screen saver: “Ten thousand joys, ten thousand sorrows.” That’s what life is. The sorrows and the joys. Without dark there is no light.

Miserable days, bad hair days, are the effect of a myriad of causes. This is one of their core teachings. When we sit quietly and consider our worst day, it is possible to see its causes - all the choices and actions and attitudes that lead up to it.

Ten thousand joys, ten thousand sorrows - cause and effect. This is the truth about our lives. And the days of sorrow provide an extraordinary window on what makes us tick.

So miserable days have a purpose. They teach us to appreciate the softer, kinder days. We see how our practice impacts our day-to-day living. They teach us to think ahead, to pay attention and to get over ourselves because we will never, ever be perfect. These days teach us mindfulness and force us to simply stay open to the situation, watching it unfold so we can respond in a skillful way. Since they’re here to stay, we might as well integrate them into our practice, making our lives somehow juicier.”

☞☞ Geri Larkin - *Stumbling Toward Enlightenment*

## Minister’s Assistant Program at Work

### Visiting the Sick

If anyone knows of a temple member who is hospitalized or confined at home, who would welcome a visit from a temple representative please pass the name along to Paul Vielle. As Minister’s Assistant he is most willing to make visitations.

### Shin Services at Moses Lake

With guidance and assistance from Rev. Castro, our Minister’s Assistant Paul Vielle will be conducting a once-a-month Sangha service (starting in June) for the Shin Buddhist community at Moses Lake. People from Walla Walla and Columbia basin area are expected to attend as well. The Spokane Temple is honored for this opportunity to spread the dharma.

**Minister's Assistant Education**

Our Minister's Assistant Paul Vielle attended the second Minister's Assistant Training Workshop held at BCA Headquarters in San Francisco, April 21-23. Instruction was given on many topics including Najjin etiquette, chanting and the organizational structure of BCA. One particularly interesting class dealt with how to talk with terminally ill patients and grieving families. Paul reports it was a highly informative and energizing conference.

**Take Five...**

These days we're all prone to "hurry sickness". It seems we're constantly trying to do more things in less time or several things at the same time. Deep down we know all this rushing-around is damaging to our physical and emotional well-being. When we're always in a rush, our relationships with people suffer and our overall productivity declines. Worst of all, it steals that priceless virtue of patience. Without patience even the smallest delay can lead to emotional calamity. A disappointing outcome or some trivial obstacle can tip us into an explosive rage. One has only to drive during rush hour traffic to know how quickly rage can boil over.

It is impossible to keep the mind calm when we're in a constant rush. Learning to slow down allows patience to develop. Patience acts like an inoculation against the stresses of our crazy, hurry-driven life. Daily meditation for 30 minutes settles the mind and cultivates emotional self control.

Paul Vielle  
Minister's Assistant

**DUES**  
The Spokane Buddhist Temple gratefully acknowledges the following members and their contributions. Please notify Fumi Uyeji or Liat Parker of any omissions or errors. Dues are acknowledged when received and are often times for a few months or paid yearly.

April 20-May 15

Mary Nabor  
Ann Heineman  
Michael Brady  
K. Imamura  
Rachel Scudder  
Doan  
Marcelline Burdett  
Paul & Karen Vielle  
Thomas Lande  
Jenifer Johnston  
Kengo Yorioka  
Barbara Braden  
Jeffery Bolton

**DONATIONS**  
Dana

Ann Heineman  
Kenna Latwesen  
Jim & Shirley Bennett  
Paul & Karen Vielle  
Marylynn Bernard  
B Mc Leish  
K.Y. Kawazoe  
Remifur Johnston

**Newsletter Donations**  
Jeffery Bolton  
Chris Rapier  
Steven Schneider  
Phyllis Hume  
Dave Fix  
Human Nature, Buddha Nature  
Life with Wisdom

**RETREAT WEEKEND**

**DATE CHANGE FOR THIS RETREAT**

The weekend of July 22-24, at Mukogawa Fort Wright. The cost will be \$125 per person which includes room and board.  
**Deadline for registration is July 8th**

**Special Services**

and Compassion

**WELCOME NEW MEMBERS!**

A warm welcome to our newest member

**Barbara Braden**

**SHOTSUKI-HOYO**  
Shotsuki-Hoyo (the remembrance service for deceased family members) will be held on Sunday, June 26, and Rev. Castro will officiate. According to temple records which date back to the early 1960's, a total of eleven family members passed away during the month of June:

Yoshio Hamamoto  
Shozo Higashi  
Toshie Kamegata  
Yoshio Mori  
Isumayo Nakai  
Archie Okawa  
Kozo Soejima

What is human nature? Is it a karmic roller coaster ride of love/hate, stress/relaxation and other conditioned reactions to an indifferent world? What is Buddhism? Is it the quiet center in a turbulent world that affords the emergence of an authentic life of beauty and truth? How can we bring the realities of an ancient tradition to the complex, manic demands of our modern society?

The tranquil esthetics, of peace and beauty reflected in the many characteristics of Japanese culture, have their genesis in Buddhism. Shin Buddhism is intentionally directed toward the busy, working householder. Its practice is incorporated into the mundane activities of daily life. Its effectiveness has

been validated through time, as it is the largest sect of Buddhism in Japan. Now, Shin is emerging as a significant force in America, as evidenced by the recent publications of Dr. Huston Smith and Dr. Taitetsu Unno.

This retreat is designed to provide an American perspective to a profound spiritual discipline that encourages individual interpretation. Using instructive, innovative activities, the participants will be able to discern core Buddhist principles that can enhance their engagement in the world. Come learn the recipe and savor the one taste that we all seek: inner peace that leads to world peace.

FACILITATOR: Dr. Kenji Akahoshi is a health professional with a background in Buddhism, transpersonal psychology, wilderness vision quests, and personal growth disciplines.

### **Mary Nabor Returns**

Long time temple member Mary Nabor who has been teaching in Japan for the past two years is returning to Spokane in July. Mary says she's keen to get home and become active again in temple affairs. She'll be looking for a good used car. If any member knows of one for sale, please pass that information on to her at: [maryinjapan@softhome.net](mailto:maryinjapan@softhome.net).

### **Just a reminder.... SBT has a great bookstore**

At the Spokane Buddhist Temple we offer a wide range of Buddhist literature, incense, O-juzzu and more in our bookstore. Next time you are at the temple come see all the great items we have for sale.

### **Indians Baseball**

Friday, July 29th at 6:30 pm

**Deadline for tickets is July 10th**

A perfect way to spend a summer night. See the enclosed flyer for more details.