

Announcements

November 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. We now offer 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.

Fall Food Bazaar - Mark your calendars for the first weekend of November, we desperately need help! Saturday, the 5th will be prep day, ie: noodles, set tables and prepare the sushi. On Sunday we will begin at 6:00 am with rolling sushi. We will also need kitchen help around 10 am and then during the bazaar we will need servers, runners, and bake sale staff. If you are not able to help with activities, maybe you could contribute an item for the bake sale or by making a cash donation. Look for the sign up sheet, or just come by, we will be happy to put you to work!

Meditation Practice - Just a reminder that we offer Vipassana (insight) mediation every Thursday night at 7:00 pm. All levels of practice are welcome. It is well worth an hour of your time to de-stress your life.

Visitors from Gonzaga Prep

On October 6, a group of eleven students from Gonzaga Prep visited the Temple, accompanied by their teacher Mr. Barry Barfield. The class is studying world religions. Our Minister's Assistant, Paul Vielle, gave a short introduction to Buddhism and fielded their questions. All in all, it was a pleasant and informative exchange. This time of the year, the Temple receives many requests for tours and talks from area schools.

Temple News

By Christine Marr
Temple President

Our Fall Food Bazaar is coming up Sunday, November 6th. This year we are serving a new dish, Yakisoba Noodles. We will need many volunteers to make this a success. A reminder on how important these fundraiser are; the yearly budget depends on two big fundraisers a year. This money goes into the general fund and pays for maintenance costs like heating, telephone bills, newsletter printing and mailing costs. This is also the funding for all of our guest Ministers and speakers travel expenses and Orei. In other words, it is the foundation of all the wonderful activities we are able to provide throughout the year. If we can push ourselves to give generously of our time and energy to bring in a substantial amount of money now, we can re-direct our energy towards developing interesting programs, workshops and guest speakers the rest of the year. In addition to volunteering your time, the temple is fortunate to have members and friends give their financial support as well. That is very much appreciated as an alternate support of the bazaars.

This year is critical with the focus on the Northwest Convention, we would be so grateful to have a successful bazaar. Thank you for your consideration and help.

Bhante Seelawimala Lecture

Our guest speaker this month is Bhante Seelawimala from the IBS in Berkeley CA. He will be giving a talk entitled, "Buddhism – Religion or Philosophy?" on Saturday, November 19th from 3 – 5 p.m. We will have a break in the middle for refreshments downstairs. Then on Sunday he will be officiating our service at 10:30 am. We are looking forward to seeing him again, he has been generous in visiting our temple often.

Convention Update

Plans are moving along for our hosting the Northwest Buddhist Convention February 10 - 12, 2006. Remember you can make reservations now by calling The Davenport Hotel at 455-8888 and mention the Buddhist Conventions so you get our special room rate. A number of reservations have been made already, so don't put it off. Look for more information in future newsletters.

Booster Donations

Please help our convention hosting efforts by giving a donation and become a booster. Each booster's name will be listed on a special page in our convention booklet, ask your friends and relatives too. It is an easy way to support the Temple, I have been surprised at how well received this has been. I have out of town friends and relatives that were happy to help out as they cannot attend. Every donation is so appreciated!

If you have any questions regarding the convention or any concerns regarding the Temple, please feel free to contact me. We all share in the Temple's future!

In Gassho,
Christine Marr
Christi96@aol.com

From the Tatami Mat. . . .

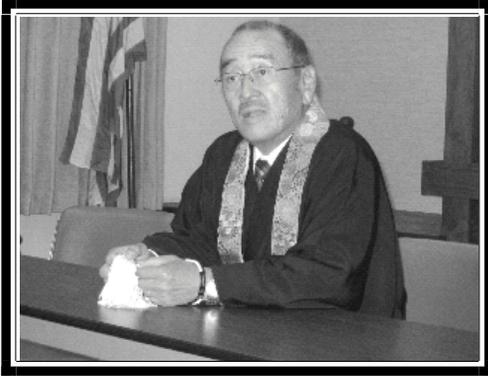
October 13-16 the BCA hosted the Minister's Assistant Program (MAP Quest) Conference in San Francisco. This was the third such workshop in what will become a continuing series of training events for Minister's Assistants. I was fortunate to attend along with 18 other Minister's Assistants from California, Oregon, Washington and Colorado. The program consisted of two and a half busy days of instruction and training on such things as: how to prepare a *Howa* (dharma talk), sutra chanting, Jodo Shinshu rituals and *Najjin* etiquette.

Iko Miyasaki, a marriage and family counselor in private practice, gave a very interesting talk on ways to help people suffering a personal crisis. In another presentation, Rev. Bob Oshita shared his insights about the *Makuragyo* (Pillow Service). We spent time learning a new chant for funeral services, taught by Sensei Endo.

One session on meditation practice, led by Socho (Bishop) Ogui, was most rewarding indeed. Ogui Sensei explained that meditation is an exercise in mindfulness. It is an opportunity to simply "think our thoughts." In examining those thoughts, we encounter the person we're becoming moment to moment. Although there may be traditional "styles" of meditation, there is no "right" or "best" way to meditate. He then led us through a Zen-style meditation practice. It was a most satisfying and pleasant experience.

In our Jodo Shinshu Buddhist tradition, meditation (as a form of practice) is neither encouraged nor discouraged. However, Bishop Ogui believes daily meditation is an important adjunct to practice. It allows us to settle the mind and open the heart to the Universal Truth manifesting in our daily lives.

All in all it was a most satisfying and instructive experience. The next MAP Quest Conference will be held in April 2006.



"Ogui Socho clarifies a point."

Thinking Clearly

Ah, the tyranny of slippery thinking! Just when you think you know something for sure, things go sideways. The Truth is never quite what you thought. That ancient koan comes to mind: *Things are not what they seem, nor are they otherwise.* Here's an interesting bit of wisdom I came upon the other day.

It can be difficult to accept others and to accept ourselves. "I should be better. I should be something different. I should have more." All of this is conception; it's all mental fabrication. It's just the mind churning up "should", "ought to's" and "supposed to's." All this is conceptual rubbish and yet we believe it. When we stop believing them, it becomes easier to accept what we are at any given moment, knowing we will change in the next moment. We'll be able to accept what others are in one moment, knowing that they will be different in the next moment. This is good stuff for every day practice: it's very practical. (From How to Free your Mind: Tara the Liberator by Thubten Chodron)

Paul Vielle
Minister's Assistant



"Participants in the Minister's Assistant Program (MAP Quest)
Conference held at BCA Office in San Francisco, Oct. 13-16."

In Other News

The Moses Lake Sangha Group met on Saturday, October 22. Minister's Assistant Paul Vielle conducted the service and the dharma exchange afterward. In all seventeen people attended. It looks like this might become a regular once-a-month service for Moses Lake. It is exciting to be able to strengthen ties between Moses Lake and Spokane. Our thanks to Margie and Grayce Hattori, Lillian and Fudge Tokunaga and Jim Yamamoto for their help in coordinating these sangha services.



Corner Landscaping

Be sure to check out the new look of the rock garden on the corner of 10th and Perry. At long last, the bushes have been trimmed, the weeds removed and bark laid down. Next spring, plans call for river rock to replace the bark and large flower planters will be set out among the rocks. This should enhance the overall appearance of the Temple.

Fall going
and we part,
clamshells on the beach.

Basho



I First Saw Him

I first saw him
Standing, head bent forward,
Fully immobile
Looking at an apple in a plastic bag
At the rear
Of the Spokane Federal Courthouse.
The object doesn't matter,
My poet-friend calls him his hero.
I can understand.

I've seen horses just standing there
in the field,
Just standing there,
Beyond conception or hunger.
Not constantly eating like cows
I've thought to be incarnated
as a horse (with few flies)
Perhaps that's what happened to
the apple-gazing fellow,
The lifetimes got confused.

O to be human!
The chiaroscuro,
Most apparent in still water,
Makes apple-gazers of us all.

Tom Lande
from *"In-Verse"*

The Spokane Buddhist Temple gratefully acknowledges the following dues and donations. 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.

Dues

September 18 - October 9

George & Toshi Kawahara
Fumiko Heyamoto
Yoshiko Kozen
Leo & Yuriko Kiyohiro
Kam & Fumi Uyeji
Kengo Kato
Paul & Karen Vielle
Ann Heineman
Jenifer Johnston
Don Ferris & Marylynn Bernard Family
Martena Peterson

Barbara Braden
Hyacinth Dezenobia
Leslie Green
Jeffery Bolton
Colin Fitzgerald
Thomas Lande
Rachel Scudder
Marcelline Burdett
Kenna Latwesen
David Weibel
Ann Heineman
Paul & Karen Vielle
Kenna Latwesen

Martena Peterson
thank you for donating and restocking the kitchen essentials

Donations

Dana

Margot Crabtree
Paul & Karen Vielle
Ann Heineman
Offering Box
Jenifer Johnston
Jim & Shirley Bennett
Tim & Joni-Jean Michels
Lynn Briggs

Memorial Dana

Kaz & Dick Yamamoto
in memory of Sue Shimizu
Emi Suemori
in memory of Sue Shimizu
Janet Tamura
in memory of Sue Shimizu, and
G Nomura
Kaz & Kazuko Kuwada
in memory of Sue Shimizu
Kam & Fumi Uyeji
in memory of Sue Shimizu

O' Higan

Toshi Kawahara
Anonymous
Fumiko Heyamoto
Leo & Yuriko Kiyohiro
Yoshiko Kozen
Satoshi & Mary Terao
Kaz & Kazuko Kuwada
Kam & Fumi Uyeji

Shotsuki-Hoyo

November 2005

Shotsuki-Hoyo (the remembrance service for deceased loved ones) will be held Sunday, November 20th. According to temple records and other sources, a total of 11 people passed away during the month of November. They are:

(Mrs) Ine Furumasu

Hideo Ekinaka

George Kubota

(Mrs) Haruyo Oba

Dick Shimizu

(Mrs) Reiko Shimizu

Roy Soejima

James "Jim" Tamura

Harold Tokunaga

Hidejiro Yamagiwa

Michio Yamagiwa

Looking A head

Bodhi Day

On December 8th, Siddhartha Gautama was "born" as Sakyamuni Buddha. Why is that day called Bodhi Day? It was while sitting in meditation beneath a Pippala tree that Gautama made a firm resolution to not move from his sitting position until he attained Enlightenment. Since Enlightenment is known as Bodhi in Sanskrit, December 8th is called Bodhi Day and the Pippala tree is sometimes referred to as Bodhi or Bo-tree. December being the last month of the year, we should all take it upon ourselves to reflect upon what has happened during the past year and be very grateful for the many wonderful things that make life enjoyable.

Reprinted from "The Buddhist Holidays

by Rev. George E. Shibata

B.C. Jodo Shinshu Buddhist Churches Federation 50th Annual Convention

We welcome all our Buddhist friends from the Pacific Northwest to join us at the Vancouver Buddhist Temple and meet old and new friends!

Be Here Now

**Guest Ministers, Rev. Tetsuo Unno
and Rev. Ron Takemoto**

Saturday, November 12th and 13th
held at the Holiday Inn Downtown Vancouver

www.vancouverbuddhistchurch.ca



Our Senbei Saturday

The Temple board would like to thank all the volunteers that sacrificed a beautiful fall Saturday to come in and help out with Senbei. We were a little short handed this year, so everyone pitched in and worked a little harder and stayed a little longer to accomplish this gastronomical feat of deliciousness. A good time was had by all. We made 311 bags of Senbei, this will greatly enhance our bottom line for the upcoming Fall Food Bazaar!!!

Thanks again...

Ed & Liat Parker
Barb Braden
Janet Tamura
Fumi Uyeji
Florence Yamada
Don Ferris
Elijah & Tyr Bernard
Jun Yugawa
Mike Brady
Jenn Johnston
Jordyn Hanson
Joni Micheals
Leslie Green
Kena & Kimberly Latwesen
Pati Lira
Mary Nabor
Lori Taylor
Christine Marr
Martena Peterson
Aiko Terao

Spokane Buddhist Temple Team

Supervising Minister: Rev. Don Castro
Seattle Betsuin
Minister's Assistant: Paul Vielle

Board of Directors

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Leslie Green, Vice President
Ann Heineman, Secretary
Liat Parker, Treasurer
Fumi Uyeji, Auditor
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