

**Spokane Buddhist Temple Team**  
Supervising Minister: Rev. Don Castro  
Seattle Betsuin  
Minister's Assistant: Paul Vielle

**Board of Directors**  
Christine Marr, President  
Leslie Green, Vice President  
Ann Heineman, Secretary  
Liat Parker, Treasurer  
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Jefferson Workman, Board Member  
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## ANNOUNCEMENTS

**September 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.

### **Northwest Buddhist Convention Brown Bag Work Party**

Our Sangha will be distributing thank you gifts during the convention in February. We have decided to make bookmarks and will need help in putting them together. This particular work party will take place Sunday, September 18th at 1:00pm. We will have all the supplies, so just bring yourself and a sack lunch then get set to have some lively conversation and make some new friends.

**Fall Ohigan Service with Rev. Don Castro and Shotsuki Hoyo Service** - Sunday September 25th. Rev. Castro is our supervising minister and comes to us from the Seattle Betsuin. He will lead our Autumn Higan which is the observance of the fall equinox

**Sangha Service Training** - The word Sangha refers to the community of Lay Buddhists. Since we do not have a full-time resident minister, it is the Sangha that organizes and puts-on the service each Sunday. Once a month, members sign-up to perform certain tasks. These are: being the greeter, ringing the Kanzo, bringing and arranging the flowers, reading the short meditation, giving a dharma talk, bringing a snack and facilitating the book-study discussion. Following the service on September 4, a half-hour "training & orientation" session will be offered for any newcomers interested in helping out with the Sunday service. This can be a fun way to become familiar with the temple practices and get to know your fellow Sangha members.

**Fall Food Bazaar** - November 6th will be the day we have our next fundraiser. There will be sign-up sheets at the temple to help with preparing the food, and to work on the day. At this point we are planning

on a choice of take-out or dine in, so we will need helpers to bus tables, wash dishes, and run food.

## Temple News

Christine Marr - Temple President

Hard to believe we are coming up on Ohigan Service this month. We had a busy summer with numerous temple activities. One highlight was Bhante's seminar and service. Over the years, we have benefited from his unique teaching talent and enthusiasm for the Buddha Dharma. He presented what can be a complicated topic with warmth and simplicity that even newcomers were able to grasp. We are looking forward to his contributions at the upcoming convention in February and deeply appreciate his time and energy.

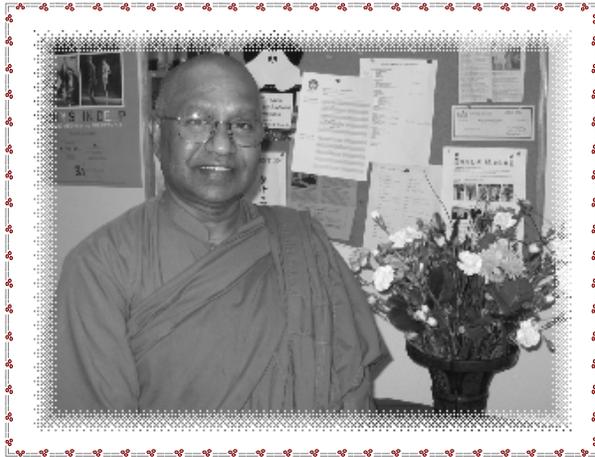
We had an unscheduled service with Rev. Castro at the end of the month. The date was set after the newsletter went to print, I hope the word got out to everyone, we had planned on giving him an August break. We are so fortunate to have Rev. Castro as our supervising minister and the support of the Seattle Betsuin. We hope to give back by hosting the convention, of course with the security of having Rev. Castro to work with. We have not invited guest speakers for the coming months so we can focus on the convention in February.

Now to temple business and progress:

**The Gym is Painted!** Our gym face-lift is almost completed. The much needed paint job looks great, the color now matches the temple. Electrical repairs are almost complete in time for fall. Thanks to Paul Vielle our "maintenance guy" who oversaw this project in the heat of summer.

**Fall Food Bazaar** - Plans are moving along for the fundraiser on Sunday, November 6<sup>th</sup>. Chicken stir-fry will be the main dish with senbei and a bake sale. We will need help on Saturday November 5<sup>th</sup> to prepare the ingredients. Sunday we need servers, dishwashers (this will be eat in or to-go) and bake sale help.

Gassho, Christine Marr



## Bhante Seelawimala

"The brightly shining mind is never absent but is colored by the thoughts and emotions that people put upon it. If you were to see the luminous freedom of this mind, you would cultivate it before any other, keeping it free from all attachments."

*Anaguttara Nikaya*

## HAIKU

Don't worry, spiders,  
I keep house  
casually

Issa

Blowing stones  
along the road on Mount Asama,  
the autumn wind.

Bassho

### From the Tatami Mat . . . . .

#### **Expanded Shotsuki-Hoyo**

Shotsuki-Hoyo is a monthly remembrance ritual. Usually, it occurs on the third Sunday of each month. In this brief ritual, the names of people who passed away during that particular month are read aloud. Family members may then come forward and offer incense to honor their memory. Shotsuki-Hoyo has long been a staple part of the Japanese practice of Jodo Shinshu. At the Spokane Buddhist Temple our death records extend back to the early 60's.

Many non-Japanese members have asked whether the names of their deceased family members might be included in Shotsuki-Hoyo. After checking with Rev. Castro (our supervising minister) and several of the Nissei, it turns out that any temple member may participate in Shotsuki-Hoyo. The deceased person does not have to have been a temple member or even a Buddhist for that matter. The gesture of burning incense is meant to symbolize our appreciation to those individuals who loved, nurtured and taught us. We have benefited enormously from their selfless efforts and for this we acknowledge our profound gratitude. This is the meaning and importance of Shotsuki-Hoyo.

If you would like to have the name of your loved one included in Shotsuki-Hoyo, please contact Paul Vielle.

#### **Is it Nenju or Juzu?**

Newcomers often ask about the "Buddhist prayer beads". What are they and how are they used? The Nenju (or Juzu) is a string of beads tied together to form a circle. In some Buddhist traditions the beads are used to count the number of recitations or incantations during meditation. When used as a counter, the beads are called Juzu or O-juzu. (The "O" is an honorific prefix.) It is believed the Catholic rosary and the Muslim prayer beads are derived from the early Buddhist tradition in ancient India, when monks carried such beads. Traditionally, O-juzu consists of 108 beads. Each bead represents one of the 108 bonno or "blind passions" affecting all human beings and which bind them to the world of samsara (suffering).

The O-juzu of 108 beads may be divided into two smaller sections of 54 and these in turn may be subdivided into smaller segments of 7, 14 and 33. There are several explanations as to the significance of these numbers. (See Kodani & Hamada, Traditions of Jodoshinshu Hongwanji-Ha, pp. 39-43) As a single strand, the 108 bead Ojuzu can be quite large, so it is often coiled into two or three smaller strands that can be easily held in one hand.

In our tradition, Jodo Shinshu, the beads are not used for counting, but rather to remind us to think on the Buddha. When not used for counting they are more properly called O-nenju, but practically speaking O-juzu and O-nenju are used interchangeably. The root word "nen" refers to the "Nen-practice" of keeping the Buddha in mind. (Much later this "Nen" practice evolved into the Nembutsu; -the saying of the sacred name Namu Amida Butsu.)

In the Jodo Shinshu tradition there is no set number of beads in the O-nenju. Lay members generally carry

a single strand which may consist of 27 to 33 beads. One variation is the smaller version worn around the left wrist. Again, the number and size of beads can vary, -the main consideration being comfort and fit. We use the O-juzu when reciting the Nembutsu and when performing Oshoko (incense offering). To perform Oshoko, we approach the koro (incense burner) drop-in a pinch of incense, bring both hands together at heart level (with the O-juzu encircling the hands), recite the Nembutsu: Namo Amida Butsu and bow. Bowing signifies gratitude for the Buddha's teachings. This posture of "hands together encircled by O-juzu" is called Gassho.

Paul Vielle  
Minister's Assistant

## Toban Teams

Toban is the monthly cleaning of the temple. Up to now, we've published the Toban date in the newsletter and hoped people would come on the appointed day. In reality only the same few people show up each time to do the work. But our membership has increased to a point now where we think we can spread the Toban cleaning among many people. In September we're setting-up four Toban Teams. Each team will consist of 4 to 6 members, who will clean the temple (on a rotating basis) every four months. Ann Heineman, Jefferson Workman, Christine Marr and Paul Vielle have volunteered to head-up each group. We'll have sign-up sheets available this month at the temple. It takes about two hours to completely clean the temple. We have fun and it's a great way for newcomers to get to know other *sangha* members. We hope you'll sign-up to be on a team.

## Books

When first seeking information about Buddhism, most of you, began by reading books. Over the years the members of the Sangha have come across several entry level books that we feel are both informative and helpful in answering some of the basic questions you may have about Buddhism in general. With that in mind, we will occasionally share a few titles here in the newsletter especially for folks who receive the newsletter, but don't necessarily have the opportunity to join in our book study program. Here are a few to get you started:

"Buddhism - A Concise Introduction"  
Houston Smith & Philip Novak

"Stumbling Toward Enlightenment"  
Geri Larkin

"The Heart of the Buddha's Teaching"  
Thich Nhat Hahn

"Ocean - An Introduction to Jodo-Shinshu Buddhism  
in America"  
Kenneth K. Tanaka

## **DUES** **July 21 - August 21**

Haruye Yamagiwa  
Leo & Yuriko Kiyohiro  
Mary Nabor  
Jenifer Johnston  
Martena Peterson

Alexis Baker  
Tom Lande  
Barbara Braden  
Ann Heineman  
Rachel Scudder  
Jeffery Bolton  
Paul & Karen Vielle  
Kazuko Kirihara  
Tosh & Amy Kirihara  
Martha Nelson  
Leslie Green  
Hyacinth Dezenobia  
Sam & Karen Kessler  
Jeffrey Workman

## **DONATIONS**

### **Dana**

Don Ferris & Marylynn Bernard  
Dorothy Uno  
Harue Yamagiwa  
Ann Heineman  
Jim & Shirley Bennett

### **Offering Box**

Ann Heineman  
Paul & Karen Vielle  
Yoshie Hiroo  
Jenifer Johnston  
Tina Rodeen  
Agnes Sasaki  
Jeffrey Workman

### **Memorial Dana**

Tamura Family  
in memory of Jim Tamura & sister-in-laws

Ed & Liat Parker  
in memory of Jim Tamura

Kazuko Kirihara  
in memory of Tomoyoshi 'Tom' Kirihara  
Yoneichi Kirihara  
Yuriko Kirihara

Tosh & Amy Kirihara  
in memory of Frank Yoneichi Kirihara

Janet Tamura  
in memory of Bob Wheeler

Paul Vielle  
in memory of John F. Munighan

Ed & Liat Parker  
in memory of Bob Wheeler

Jeffrey Workman  
in memory of Joseph P. Workman

## Shotsuki-Hoyo – September 2005

Shotsuki-Hoyo (the remembrance service for deceased loved ones) will be held Sunday, September 25. According to temple records and other sources, a total of six people passed away during the month of September. They are:

Dat Nguyen

George Nomura

Harry Uchida

Harry Yamauchi

Kenji Sugiyama

Mrs. Mary Sueko "Sue" Shimizu

### Welcome New Members!

Alexis Baker

Martha Nelson



*Fourteen members of the Spokane Buddhist Temple attended a two and a half day retreat with Kenji Akahoshi. It was held on the beautiful grounds of the Mukagawa Institute Dr. Akahoshi lives in San Jose, CA. and besides being a dentist, finds time to present workshops and retreats on Shin Buddhism. The overall topic of the retreat was "Buddha Nature / Human Nature; How to engage the Nembutsu Path in Everyday Life." Everyone agreed it was a most rewarding experience. This was his third retreat with us and we hope to have him back next year. "*

Looking A head . . .

## **Northwest Buddhist Convention February 10-12, 2006**

It seems all we do these days is talk about the convention which is coming up in February 2006. You're right, we do, and for the next several months there will be a lot of focus on the convention. It has been 20 years since Spokane has hosted this annual event, and well, quite frankly, we are a bit nervous and excited. There will be many occasions where we will be asking for your help. Right now is one of those times. We need to focus our energy on selling advertisements for our conference booklet. We have to sell at least \$6000.00 in ads to break even. This can be done, but not without a lot of creative thinking.

There are several options for people and they are not expensive. For instance, someone could buy a business card size ad for as little as \$50.00. Potential advertisers are: friends who wish to offer a personal welcome to the delegates, local businesses nearby the hotel who could offer dining, entertainment or lodging. Businesses who offer specific products and services for the Japanese community. Florists, banks, JAFL, physicians, casinos, or department stores, just to name a few.

We have available an advertising package which shows samples of the ad sizes with prices, sample ads, and a contract. I bet that we all know of at least one or two businesses or friends who would like to advertise their product or to show their support. Please contact myself, Christine Marr, or Martena Peterson for a ad packet.

Thank you for your support-  
Leslie Green - Conference 2006 Co-Chair

## **Senbei Making**

As mentioned earlier in this newsletter we will be selling Senbei (Japanese rice cracker) during our fall food bazaar. There will be a senbei making day scheduled in October. The date will be determined soon and published in the October issue. There will be sign-up sheets at the temple.

## **Toban**

Our next scheduled Toban will be October 22nd.

## **Future Service Dates**

October 23rd - Rev. Don Castro-Seattle Betsuin  
December 4th - Bodhi Day - Rev. Don Castro

## **Did you know. . . .**

KORO (incense burner)

A vessel made of metal or ceramic for the burning of incense. Ashes are placed in the vessel so that stick incense can be burned in it. Jodoshinshu does not stick the incense stick vertically in the ashes but rather lays it horizontally on the ashes. The stick incense is more of an ember on which to sprinkle ground incense called Oko. This burning of ground incense call Oko is called Oshoko or "Burning Incense," one of the basic rituals of Buddhism.

*from the book  
Cocktails, by Rev. Masao Kodani*

