

A nnouncements

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. We meet after service for refreshments and discussion.

Dharma School is back in session – September 3rd we will resume the Dharma school for the children. We have lots of activities to look forward to this year.

Senbei Making Day – Saturday, September 9th will be an all day affair of cutting, cooking and bagging Senbei which will be sold at our fall food bazaar. Jefferson Workman has once again stepped up to head this busy day. If you haven't signed up to help out, just come by anytime, we are always in need of a few more hands!

Learn how to cook, Japanese style! – On Saturday, September 16th at 11:00 am, Peggy Heyamoto has graciously agreed to teach us how to make the broth for the Udon noodles that will be sold during our fall food bazaar. In addition to that we will also learn how to make daifuki mochi. All are welcome who want to learn!

YBA (Young Buddhist Association) Meeting/Activity – Saturday, September 16th at 6:00 pm at the temple, we will show the movie "Little Buddha". There will be snacks and games. Middle school age to college level are welcome to attend. If you have any questions, please email Rachel Scudder at thequestess@livejournal.com.

Fall Higan Service – Join us Sunday, September 17th when Rev. Don Castro from the Seattle Betsuin comes to Spokane to lead our Ohigan service. Ohigan is observed in Japan during the autumnal equinox when day and night are equal in length. This is said to be when things are in balance.

Fall Food Bazaar and Fund Raiser – Udon noodles are the feature of our fall fundraiser this year. It will be \$6 and you can dine in or take out. We will also have on sale our very famous Senbei, plenty of baked items and some nice craft items. Don't miss out on the good eats!

Vipassna Meditation Workshop – Saturday, September 30th, we will offer a quarterly workshop to be held from 9:00 am to noon. Mary Webster will be our facilitator for these workshops. Vipassna meditation is also known as "insight" meditation. It is open to all levels of meditation, please join us.

Get Well Wishes to Jim Bennett – Jim has recently gone through bypass surgery and we hear he is recovering nicely. We sure missed him and Shirley at the summer retreat last month with Kenji. We wish you a speedy recovery!

Special Thanks to Helen & Des Cartwright – The Cartwright's generously donated some beautiful teak furniture for our Hondo. Thanks to them we now have two lovely benches in the back row and a handy table which sits between the benches. The unfortunate way we acquired them was because they moved back to Portland. You will be missed!

Temple News

By Christine Marr
Temple President

Summer is almost over, and here comes fall with lots of activities at the temple. But first, I want to thank Mary Nabor for bringing back our temple summer picnic after many years. It was fun to see everyone on a perfect not too hot day in Comstock Park. We had delicious food and great company, looking forward to doing this every year!

On to September highlights, we are starting up our Young Buddhist Association in Spokane, or YBA. This is for middle school age up to collage. Plans are in the works to visit the Vietnamese youth group thanks to Ed Foote's help. The date to be announced at a later time. The first meeting will be to get acquainted and we will begin with a Buddhist movie and snacks on Sept. 16th at 6 pm in the basement. Tell your friends and see you there! Questions? Email Rachel Scudder thequestess@livejournal.com

Dharma School starting up for the fall! Bring your little ones each week, they will be excused part way through the service, a work on projects in the Dharma School room.

We took a summer break from our book study, holding snack immediately following the service. This proved to be successful in getting to know each other (rather than book study that so often left people out that had not read the book) so the board decided to just continue this format. Book study will be held on an evening week day, once per month and will be called the Buddhist Book Group. More details in the next newsletter.

Please support the temple fundraiser Sunday, September 24! We will be serving Udon Noodle lunch from 11:00 am – 2:00 pm along with senbei. Tell your friends.

Gassho,
Christine Marr

Get Well Wishes to Jim Bennett

Jim has recently gone through bypass surgery and we hear he is recovering nicely. We sure missed him and Shirley at the summer retreat last month with Kenji. We wish you a speedy recovery!

Shotsuki-Hoyo September - 2006

Shotsuki-Hoyo (the remembrance service for deceased loved ones) will be held Sunday, September 17th. 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

Editor's note: recently, it was discovered our Shotsuki-Hoyo database was inadvertently deleted. We are in the process of reconstructing the database from previous listings in our temple newsletters. If you notice an *omission* in the Shotsuki Hoyo names for this month, please notify Paul Vielle at paulv78w@sisna.com. The omission will be corrected.

From the T atami Mat. . . .

A Weekend with Kenji



Last month Dr. Kenji Akahoshi came to Spokane to conduct a three-day Jodo Shinshu retreat. This one, his fourth in as many years, carried the whimsical title, "Thank God I'm a Buddhist". We met on the beautiful grounds of the Mukagawa Institute. A total of fifteen people attended.

With his characteristic humor and keen intellect, Kenji led us through a number of thought-provoking exercises. In one of our round-table discussions we considered the question *how does Buddha nature exist within human nature?* Kenji framed it as an existential paradox. Human nature is self-centered, full of ignorance and greed. This is why we suffer. At the same time, we all possess a "Buddha nature", which is the potential to awaken to the truths of impermanence, interdependence and universal compassion. It is not easy to get in touch with Buddha nature because of our ego attachments and judgmental attitudes. If we cannot rely solely on our own efforts, how does one awaken to Truth?

We spent a lot of time in quiet reflection on this question. Each of us faces many difficulties in life: death of loved ones, financial reversals, romantic disappointments, divorce and sickness are just a few. Sometimes, how we resolve these crises transforms us in a profound way. We go beyond our usual responses of blaming, attacking or denying, --to encounter a deeper truth. It's the understanding that even though we live full of ignorance and greed (human nature), our life is still unique. With all our faults, life accepts us "just as we are." When we begin to appreciate that we exist solely because of the efforts of countless others and the coming together of favorable causes and conditions, --we touch upon our Buddha nature. Coping with a personal crisis is difficult, but it can lead to higher wisdom.

As people shared their experiences, it became clear how much we have in common. At some level, I think we all realized how grateful we were to have (not only) survived our mistakes, but also, benefited from the countless fortunate events in our lives. We all agreed, I think, when you live life with this frame of mind, you experience a profound gratitude for life and a deep respect for every living thing. Kenji pointed out that what we were all talking about was *Compassion*. Universal Compassion, (that reality which sustains and nurtures all life) is possible because of the Truth of Interdependence.

These ideas came together for me on Sunday morning. Kenji served us a "silent breakfast". We sat outside along a veranda facing an expanse of lawn, trees and the rising sun. The sprinklers had watered earlier and the morning air was still and cool. Kenji served us one-by-one a bowl of fruit, half a muffin and a glass of juice. It was to be eaten in silence.

Before we started, Kenji asked that we reflect with gratitude on the infinite causes and conditions that make our life possible and also on the countless people whose combined effort had made this meal possible.

As we began to eat in silence, it was hard *not* to feel gratitude. I held a single grape in my fingertips, turning it slowly to examine its color and texture. It was perfect in every way and ready to offer its sweet pulp to nourish me. I tried to imagine the sequence of events and all the people who labored to bring it to me. There was the vintner who planted

the vine, the sunlight, nutrients in the soil, the rainfall, --all of which allowed the plant to grow and produce this grape, which I was about to consume. I then popped it into my mouth and chewed. *Oh man. It was like tasting a grape for the first time!* Utterly delicious!

Throughout the weekend, I felt privileged and thankful to be in the company of such wonderful, talented and loving people. It was a remarkable, unrepeatable experience. I hadn't done anything to deserve it and I certainly cannot repay anyone for it. Yet it came to me, a deeply flawed individual, *just as I am*. Thank you Kenji. Hope to see you all next year!

Paul Vielle
Minister's Assistant



Dues and Donations

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

July 11 - August 21

Satoshi & Mary Terao
May - Oct

Kazuko Kuwada
Jan - Aug

Leo & Yuriko Kiyohiro
Aug

Rachel Scrudder
July

Mary Naber
July & Aug

Helen Chin
July & Aug

Tosh & Amy Kirihara
Aug - July 2007

Joni Michels
July

Greg & Leanne Sapp
July

Paul & Karen Vielle
July

Jeremy Phillips
July & August

Yoshiko Kozen
Apr - Aug

Fumi Ekinaka
Jan - Dec

Marcelline Burdett
Aug

Mrs. H. Yamagiwa
July - Dec

Kazuko Kirihara
July - Dec

Donations

Dana

Paul & Karen Vielle
Jenifer Johnston
Curtis & Pamela Vail
Craig Sweat
Mary Naber
Mrs. Chieko Iguchi
Denise Bathurst
anonymous
Mary Naber
Chris Rapier

Convention Donations

Julie Caires
Kam & Fumi Uyeji

Obon

Leo & Yuriko Kiyohiro
Kam & Fumi Uyeji
Russell & Michelle Tsuchida
George & Toshie Kawahara
anonymous
Janet Tamura
Marcelline Burdett
Nobuko Kasai
Hisako Oki
Satoshi & Mary Terao
Kiku Terao
Betty Swift
Fumi Ekinaka
Hatsue Konishi

Memorial Dana

Heyamoto Family - Fumiko's Service in memory of Fumiko Heyamoto	Sharon Saito memory of Fumiko Heyamoto
Doug & Joanne Heyamoto in memory of Fumiko Heyamoto	Peggy Fukai & Patricia Holcombe in memory of Fumiko Heyamoto
David & Jerrie Heyamoto in memory of Fumiko Heyamoto	George & Aiko Minata in memory of Fumiko Heyamoto
Kazuko Kuwada in memory of Kazuo Kuwada	Janet Tamura in memory of Fumiko Heyamoto
Satoshi & Mary Terao in memory of Fumiko Heyamoto	Stanley Kuwada in memory of Fumiko Heyamoto
Paul Vielle in memory of Kotaro "Van" Omine Kazuo "Kaz" Kuwada Mrs. Sadie Nakamori Madelyn Sapp	Leslie Green in memory of Jerry Potvin
Kazuko Kuwada in memory of Sutematsu Uyeno	Chris & Christine Marr in memory of Madeline Sapp
Ronald Yoshida in memory of Fumiko Heyamoto	Avista Corp in memory of Fumiko Heyamoto
Tillie Maruyama in memory of Fumiko Heyamoto	Leslie Green in memory of Bob Wheeler
Dorothy Uno in memory of Fumiko Heyamoto	Kazuko Kirihara in memory of Tom Kirihara
Masako Nishimira in memory of Fumiko Heyamoto	Kazuko Kirihara in memory of Yoneichi Krihara
Dorian & Maryilyn Allen in memory of Fumiko Heyamoto	Kazuko Kirihara in memory of Yuriko Kirihara
Thomas & Gail Hanley in memory of Fumiko Heyamoto	Christine Marr in memory of Bob Wheeler
Yosh & Teruko Maryama in memory of Fumiko Heyamoto	Janet Tamura in memory of Bob Wheeler

Welcome New Members

Leeanne & Greg Sapp, Ayi ana & Daphne

Hel en Chi n

Introduction to Buddhism Classes

This fall the Spokane Buddhist Temple will be offering a 7-week "Introduction to Buddhism" course for newcomers or anyone wanting a review of basic Buddhist teachings. Classes will meet Wednesday evenings at the temple starting on September 27 from 7:00 pm to 8:30 pm. We'll be watching selected lectures from Dr. Malcom D. Eckel's video course entitled *Buddhism*. Professor Eckel is Associate Professor of Religion at Boston University. Several years ago, the Sangha watched this series and it was very well received. Those who sign-up will receive a printed outline for each video presentation as well as other supplementary information. A discussion will follow each lecture. Paul Vielle will facilitate these discussions. This is a great way for beginners to learn about the basic teachings of the Buddha. A donation of \$10.00 is asked to help offset Xeroxing costs.

A similar video course is planned for spring 2007. It will be an introduction to Pure Land Buddhism with a focus on the teachings of Shinran Shonin.

If you are interested in joining us, please fill-out the registration form and send it to the Spokane Buddhist Temple, attn: Paul Vielle, 927 S. Perry St., Spokane, WA 99203. If you have any questions e-mail Paul at paulv78w@sisna.com.

"Introduction to Buddhism" Course
Starting- September 27, 2006

Name _____

Donation of \$10.00 is requested to help offset Xeroxing costs.

Looking A head

October

Here's a chance to get to know our Dharma friends a little bit better. It's also a way to help fundraise for our temple. And maybe you'll have fun and gain some patience and Buddha nature by working on some crafts projects with other Sangha members.

So put this on your calendar and keep your eyes open for some crafts ideas.

We will meet briefly after services on Sunday, Oct. 15th,

Call Mary Naber for more information: 326-6786

Cooking Classes Offered at Corbin Art Center

Why not join some of your Temple friends and enjoy an evening of learning to make and eat some sushi?
Here's two classes offered through the Corbin Art Center, 507 W. 7th Ave.:

"The Art of Sushi" with Chef Jeff Engels.

We will make California Rolls, a vegetarian Sushi roll and create our own dipping sauce.
Sat. Oct. 14th from 1-3pm Cost: \$35

"Ahi Tuna Sushi" with Chef Jeff Engels.

Chef Engels is from Vin Rouge and will show us how to create our own Ahi Tuna Seaweed Roll.
Sat. Oct. 28th 1-3pm Cost: \$37

Call the Corbin Art Center to register: 625-6200



Buddha's Bowing to Buddha's

By Leslie Green

As we travel life's journey we are taken down many roads. For a lot of us, that road has lead to Buddhism. One of the benefits of learning about this new path is finding the gemstones left behind, perhaps by those who came before us, or maybe just as reminders of why we should stay mindful. Recently one of those gemstones crossed my path by means of a retreat weekend spent at Mukagowa.

Dr. Kenji Akahoshi was our facilitator at this retreat, as he has done so in previous years. Those who attend share a special bond, something that will last forever in our memory. During the retreat, we are given periodic assignments in which we can search deep within ourselves to find an answer which works for us. Our last assignment was somewhat vague, however exciting. We were to find the image of the Buddha in something. We were asked: "what does the Buddha look like?" Or "what might the image of the Buddha be?" "Where in nature do you see Buddha's bowing to Buddha's?"

That evening while walking around the beautiful campus I noticed the way sunlight was filtering through some of the layers of leaves from the maple tree, but the leaves which overlapped were still very dark in color. The artist in me gets a real deep sensation from the play of light which contrasts with the dark. Nature provides us with the many significant examples of this.

The next morning I was still contemplating the questions above, when I noticed a light breeze beginning to blow through the branches and leaves of a maple tree, causing these branches to take slow even bows toward the earth. Graceful in nature, bright in color, the Buddha nature of the tree was bowing to the Buddha of the earth and to anyone else who might happen to notice. I feel fortunate that at that moment it was I.

Fall Food Bazaar
Sunday, September 24th
11:00 am to 2:00 pm
Udon Noodles \$6.00
Eat In or Take Out
Senbei
Bake Sale
Craft Sale