



Spokane Buddhist Temple

AUGUST 2008

VOLUME 54 ISSUE 8

Page 2

Announcements

August Sangha Services—Our Sangha Service



(Sangha is the Sanskrit 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 Attendees Please Note: We will not have Dharma school during the summer. It will resume

in September. Please consult the calendar page of the September newsletter to verify the specific date. Thank you!



Anupassna Meditation Group - Thursdays, 5:30 pm—

Anupassna, a gentle approach to meditation is also known as "insight" meditation. Mary Webster leads this weekly sitting group in our temple. Instructions are given each week, optional discussion group follows. Sitting: 5:30 pm to 6:15 pm. Discussion at 6:15 ending at 6:45. Open to all levels including beginners. Please join us.



Summer Retreat with Dr. Kenji Akahoshi – "The Art of Nembutsu-

Experience Oneness in Daily Living" – Friday, August 15 through Sunday August 18th. Registration deadline is August 10th and space is limited. If you are interested in attending and have not registered yet, contact Jim Bennett at 509 244-2631. The cost is \$130 including your room and board.

Spokane Buddhist Temple Team

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

Board of Directors

Liat Parker & Jun Yugawa, Co- Presidents
Martena Peterson, Secretary
Fumi Uyeji, Auditor
Board Members:
Leslie Green
Jefferson Workman
Anne Paulin
Bonell McLeish
Celeste Sterrett

Board Advisors:
Janet Tamura
Ann Heineman

Newsletter Editor

Leslie Green

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 time for a few months or paid yearly.

June 13—July 11, 2008

Dues

Jefferson Workman
Leo & Yuriko Kiyohiro
Mary Naber
Connie Walton-Hoskinson
Craig & Janine Kardokus
Paul & Karen Vielle
Cam & Fumi Uyeji
Pat Omie
Rachel Scudder
Marta Lowenhoff
Jenifer Johnston
Fumi Ekinaka

Donations

Mr. & Mrs. Gow
Chris & Christine Marr
Helen Hart
Joanne Fister
Mary Naber
Paul & Karen Vielle
Leo & Yuriko Kiyohiro
Jumi Ekinaka
Janet Tamura
Janine Kardokus
Celeste Sterrett
David Frazier
Shari Soejima

In Memory

Janet Tamura in memory of Sho Higashi

Janine Kardokus in memory of her father

Thank You



Inside this issue:

<i>Dues/Donations</i>	2
<i>The Green Corner</i>	3
<i>Looking Ahead</i>	4
<i>Rev Mark Unno Lecture</i>	5
<i>2009 NW Conv Flyer</i>	6

Rummage Sale a Great Success!

The rummage sale was a great success thanks to many people who put in some long days and hard work and all who brought in their treasures piled high on the tables and grass. Thank you Aiko, Justin, Martena, Janet, Jim, Shirley, Mari, Marta, Hyacinth, Celeste, Barb, Jefferson, Karen, Fumi, Charlotte, Helen, Marceline, and Jun for all your hard work and generous donations. With contributions of vegetables, noodles and sauces Jun, Jefferson, Jim and Justin made a delicious Stone Wok stir-fry and rice for Sensei Chenin and his students.



Christine Marr and Paul Vielle, our minister's assistants, were busy upstairs leading an open house and brief introduction to the temple for some interested participants.

The temple is honored to participate in this community event and will make donations to the Vanessa Behan Crisis Nursery and the Odyssey Youth Center, the beneficiaries of the Perry Street Fair.

Don't worry, if you were out of town, or otherwise unable to lend a hand at this event you can look forward to help at the 1st annual pancake breakfast fundraiser on September 7th.

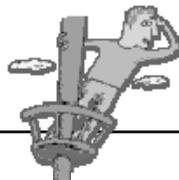
Gassho,
Liat Parker

Shotsuki-Hoyo

The August *Shotsuki-Hoyo* remembrance service will be held on Sunday morning, August 3rd (during the service at Greenwood Cemetery) According to temple records and other sources, a total of 12 people passed away during the month of August. They are:

David Brady, Sr.
Tokujiro Ikeda
Yuriko Ito
Tomoyoshi "Tom" Kirihara
Yoneichi Kirihara
Yuriko Kirihara
John Francis Munighan
Asao Oki
Takashi Osumi
Tsuneo Otsuki
Bob Wheeler
Robert Hideaki Yamagiwa

Looking A head . . .



September

Pancake Breakfast Fundraiser

Sunday, Sept 7th, there will be no service that day, but by to check it out!



we will be happy to serve you a great breakfast! Come on

Buddhist Book Club



We are starting an informal monthly book club to meet in the downstairs at the temple. Our first meeting will be Wednesday, September 17 at 7 pm. We will share dessert and wine (optional) as we discuss the book each month. The books chosen by the group will always have a Buddhist theme. Please read the book ahead of time! We will have copies available in our bookstore or they can be purchased at local bookstores or Amazon.com. Our first book is "Coffinman" by Shinmon Aoki "This little book, a diary of a mortician, invites the reader into the fascinating world of Buddhist spirituality" Jim Bennett will facilitate the discussion. See you there!

A Visit from Bhante Seelawimala

September 20 10:30 am to 3:30 pm Mindfulness Meditation Workshop with, Bhante Seelawimala cost \$20 lunch provided. Pre-registration encouraged as space is limited. Retreat registration forms will be available in the next newsletter and at the temple or call Jim Bennett at 244-2631.



The Green Corner

We now have a counter-top Brita water filter container on the counter next to the sink. This provides filtered water you can drink by the glass or refill your existing bottle, instead of grabbing a plastic bottle out of the fridge. So try it the next time you're at the temple and want fresh filtered water.

There are also signs above the garbage cans detailing the types of items that can go in the blue recycling bin. Note there was an error in last months' Green Corner that indicated that you could recycle #1 clear plastic containers of things like packages of cookies or strawberries. The curbside recycling program in Spokane only recycles rinsed plastic bottles, which have necks smaller than their bases and the caps removed. This does include water, juice, pop, milk jugs, cooking oil, shampoo bottles, etc. that fit this description and are made of #1 or #2 plastics only (unfortunately no yogurt tubs, etc). Sorry for any confusion.

Speaking of recycling, a big thank you (and karma points) to those of you who helped with the rummage sale, and to those who purchased from the rummage sale. Here is recycling at its best! Everybody

wins.

The temple has also begun using some compact fluorescent light bulbs. These bulbs are 4 times more efficient than standard incandescent bulbs and they last much longer. Standard bulbs use 95% of the energy they consume to produce heat, and only 5% for light. A 27 watt compact fluorescent bulb gives off the same light as a standard 100 watt bulb-yet it burns 10,000 hours longer. They're great to put in spots that are hard to reach or are on all the time, like stairwells and porch



lights because you do not have to replace them very often. If every household in America replaced three standard light bulbs with compact fluorescents, the energy savings would be the equivalent of taking 3 million cars off the road. (Information from Living Green by Greg Horn)

The following information on energy usage comes from one of the high tech guys that I work with:

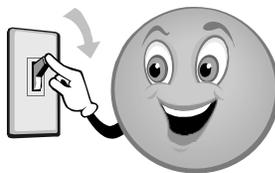
Did you know your electronics still use energy when they are turned off or in standby mode? Although they may seem "off" they are actually

still consuming electricity. It is called standby power and it costs Americans an estimated \$4 billion extra per year.

Unfortunately, some people do not even bother to turn their electronic devices off. Neglecting this simple step wastes a significant amount of money and energy. Researchers at Choice recently tested the energy consumption of popular electronics and discovered:

A Plasma TV costs \$232.10 yearly when left on and \$1.13 yearly while off. A Desktop PC costs \$130.23 yearly when left on, and \$9.57 yearly while off. A DVD Player costs \$34.42 yearly while left on and playing, \$27.25 yearly when left on and idle, and \$1.77 yearly while off.

The moral of the story is **TURN THINGS OFF!**

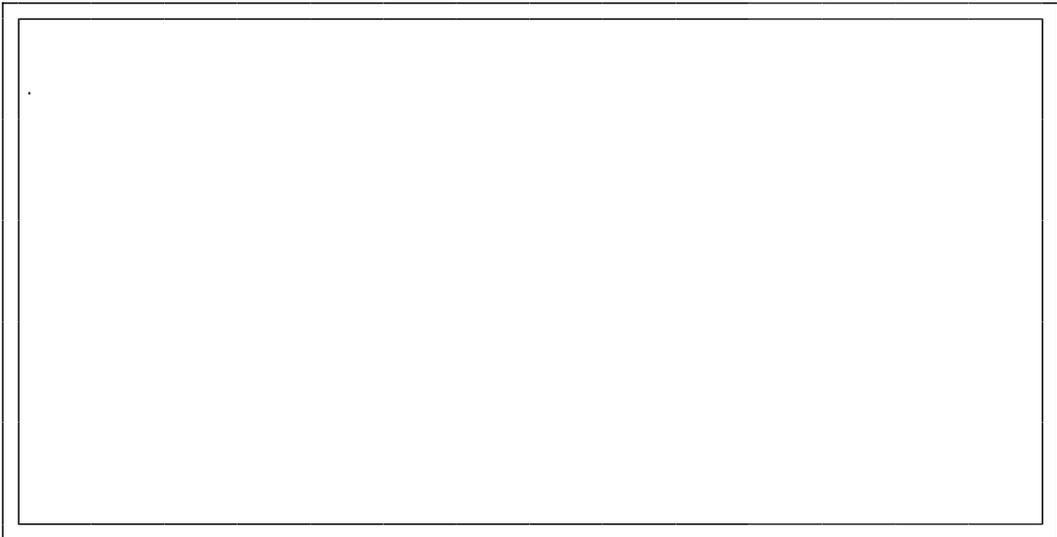


A 27 watt compact fluorescent bulb gives off the same light as a standard 100 watt bulb-yet it burns 10,000 hours longer.

Save the Date

Rev. Harry Bridge (Lodi Buddhist Temple) will be coming next year to do our Hanamatsuri Weekend of **April 18-19, 2009**. Saturday night he'll give a public lecture, then the regular Hanamatsuri service on Sunday.

Looking A head . . .



Haiku

"Butterfly
Sleeping



On
the
templ e
bel l '
Yosa
Buson

"Heat waves
shimmering
One or two
inches
Above the dead
grass"

Basho

Donations (continued from page 1)

In Memory

Greg & Leeanne Sapp
In Memory of Ed Parker

Janet Tamura
In Memory of Sho Higashi

Doug Heyamoto
In Memory of Fumi Heyamoto

Liat Parker
In Memory of Ed Parker

Leslie Green
In Memory of Ed Parker

Leslie Green
In Memory of Jerry Potvin

