

# Spokane Buddhist Temple

Volume 55, 2009 - Issue 1

This newsletter is published monthly by the  
Spokane Buddhist Temple  
927 S Perry Street  
Spokane, WA 99202  
509 534-7954



Everyone is welcome to attend all  
activities and services. Visit us online at:

[www.spokanebuddhisttemple.org](http://www.spokanebuddhisttemple.org)

Voice of the Sangha

## Calendar of Events



## January 2009

<b>Jan 4</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Martina Peterson ❖Greeter: Ann Heineman ❖Kansho: Rachel Scudder ❖Short Meditation: Ellicia Milne ❖Dharma Talk: Christine Marr ❖Flowers & Rice: Celeste Sterrett ❖Snack: Jun Yugawa ❖Dharma School: Ellicia Milne <b>12-1 pm DVD lecture topic: All is Suffering</b>
<b>Jan 11</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Rachel Scudder ❖Greeter: Ellicia Milne ❖Kansho: Jefferson Workman ❖Short Meditation: Christine Marr ❖Dharma Talk: Kosuke Imamura ❖Flowers & Rice: Celeste ❖Snack: Fumi Uyeji and Celeste Sterrett ❖Dharma School: Ellicia Milne <b>12-1 pm DVD lecture topic: The Path to Nirvana</b>
<b>Jan 18</b>	<b>Sunday</b>	<b>10:30 am Sangha Service</b> ❖MC: Martina Peterson ❖Greeter: Celeste Sterrett ❖Kansho: Rachel Scudder ❖Short Meditation: Tom Lande ❖Dharma Talk: Paul Vielle ❖Flowers & Rice: Christine Marr ❖Snack: Janine Kardokas and Karen Vielle ❖Dharma School: Barb Braden <b>12-1 pm DVD lecture topic: Buddhist Monastic Community</b>
<b>Jan 25</b>	<b>Sunday</b>	<b>3:00 pm Ho-on-ko &amp; Shotsuki-Hoyo Service</b> <b>Reverend Service with Don Castro from the Seattle Betsuin</b> ❖MC: Jefferson Workman ❖Greeter: Ann Heineman ❖Kansho: Ellicia Milne ❖Short Meditation: Todd Milne ❖Dharma Talk: Rev. Castro ❖Flowers & Rice: Martina Peterson ❖Snack: Colin FitzGerald ❖Dharma School: Ellicia Milne
<b>Jan 8, 15, 22, 29</b>	<b>Thursdays</b>	<b>5:30-6:30 pm Vipassana Meditation Sitting</b> ❖Led by Mary Webster - a trained Vipassana meditation teacher leads the sessions. Come and see for yourself how meditation can smooth out the wrinkles of our chaotic lives and add depth to your practice.



# Spokane Buddhist Temple

2008

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## Announcements

**November 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.



**Winter Storm Hotline** - During these winter months of record snow fall, occasion may arise that we have to cancel a service at the last minute. If this should occur, we will leave a message on the main Temple phone (534-7954). So please call to check before you drive in bad weather.

**DVD Lecture Series Continues** - Each week following our coffee and tea, we will be screening a lecture upstairs in the Hondo. This is a DVD series on Buddhism by Professor Eckel of Boston University. Lecture is 30 minutes followed by a discussion. 12-1pm. Drop ins are welcome! We will have a new topic each week.

**Visit Our Bookstore** We have a great bookstore, come visit after

service. We have a wonderful selection of books, both Jodo Shinshu and General Buddhism. We also have a selection of Incense and Ojuzus.

In February, the Portland Temple is presenting Taitetsu Onno as the Guest Speaker and we will have copies of his book *Shin Buddhism - Bits of Rubble Turn into Gold* on sale (it's one of his easy readers.) In the December Wheel of Dharma, there is an article by Rev. Patricia Usuki of the San Fernando Valley Hongwangi Buddhist Temple on Receiving and Giving, it's a good article and we have copies of her book and Eshini Shonin's on sale in the bookstore.

There are also a Used Books for sale corner. We have CD's by Todd Milne which are great for meditation or just listening to while we driving through the snow or sitting home and enjoying a cup of hot chocolate. So, stop by and browse, you just might find something, and if you don't ask.

**Book Club** Our next Book Club meeting will be on Wed. Jan. 14th, 7pm. We will be starting a new book. We just couldn't decide so we picked two books.

The first one we will read is: *Rude Awakenings: Two Englishmen on Foot in Buddhism's Holy Land*" by Ajahn Sucitto and Nick Scott

The second book is: *"You are Not Here and Other Works of Buddhist Fiction"* by Keith Kachtick

Please order and begin reading. Then join us on the 2nd Wednesday of every month. What a great thing to do on a cold and snowy day/night!

**New Hand Rails** A great big thanks to Handyman Connection. Now we have new, solid hand rails up to our Temple doors. This was a much needed repair for all our sakes especially now that the ice and snow are here. If you need any work done around your house, please support them because they've done a great job for us. Handyman Connection, 922-7374. Please tell them thanks if you call them.

*Dues/Donations - Due to technical difficulties, December Dues and Donations will be listed in next months newsletter*

### Spokane Buddhist Temple Team

Supervising Minister:  
Rev. Don Castro  
Seattle Betsuin  
Minister Assistants  
Paul Vielle  
Christine Marr

### Board of Directors

Jun Yugawa -  
President  
Martena Peterson -  
Secretary  
Fumi Uyeji - Auditor

### Board Members

Jefferson Workman  
Anne Paulin  
Bonell McLeish  
Celeste Sterrett  
**New for 2009!!!!!!**  
Marta Lowenhoff  
Ellicia Milne  
Barb Braden  
Jen Johnston

### Board Advisors:

Janet Tamura  
Ann Heineman

### Newsletter Editor

Todd Milne

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### *The Green Corner - by Karen Vielle*

If you made a New Year's resolution to "Go Green" in '09, then you need look no further than the 2008-2009 Go Green Directory: The Inland Northwest's award winning guide for sustainable and healthy living. This is the 4th annual edition of this guide and the best part about it is it's FREE! It can be found at some of the local businesses that carry the Inlander and Out There magazines or on the web at [gogreendirectory.com](http://gogreendirectory.com) (the website also has a complete listing of the businesses that carry the directory). This directory includes over 500 local businesses and organizations that offer sustainable goods and/or services that range from food, health, and gardening, to building, transportation, and recycling.

One basic use of this resource would be to look up where the area farmers markets and natural food stores are located. You can also use it to check out things like where to buy green building materials, where to get rid of reusable old building materials, where to buy an

electric or hybrid car, and much, much more. Paul and I are particularly interested accessing the guide this spring when we get ready to plant our garden. We can find out which yard care companies utilize safe, green, and sustainable practices like organic fertilizers and pest control, or zero emissions lawn mowing.

If you're looking for more ways to help the environment next year, it's never too late to plan ahead for ways to make next Christmas more "green". For example, if you plan to put up a Christmas tree here is some information I came across on the internet. The following pros and cons of Christmas tree shopping are from "Dreaming of a Green Christmas" by Jodi Helmer.

*The Winner: A Live Tree.* A live tree comes potted with its roots intact. It's the best choice if you keep it alive and can replant it. *Upside: Live trees emit oxygen, which helps reduce the greenhouse effect. Downside: It's not easy to keep them alive—they need a lot of water and care.*

*Runner-Up: Cut Tree.* For every Christmas tree that's harvested, up to three seedlings are planted in its place. *Upside: Many communities have recycling programs that turn trees into mulch. Or you can take your tree to the Boy Scouts, and for a nominal fee they'll drop it right into the wood-chipper. Downside: Unless they're organic, Christmas tree farms use pesticides, herbicides, and fertilizers.*

*Third Place: Artificial Tree.* Manufacturing artificial trees is usually harmful to the environment, so look for a secondhand tree to reduce the impact. *Upside: The same tree can be reused every year. Downside: Artificial trees are not biodegradable and can't be recycled, so they end up in landfill. Most are transported from overseas, which contributes to pollution.*

As for me, I'm looking forward to sharing more "green" ideas in the coming year. I'm convinced that the small changes we each make can have a larger impact when we all make them together.

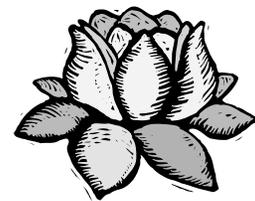
### *Shotsuki-Hoyo*

The December *Shotsuki-Hoyo* remembrance service will be held on Sunday, January 25th with Rev. Castro from the Seattle Betsuin. According to temple records and other sources, a total of 9 people passed away during the month of January

*Asayo Heyamoto  
Michael Higashi  
James Horiuchi  
James Kiyaichi Koga  
Sagata Kuwahara  
(Mrs) Ida Shige  
Grover C. Twiner  
Richard Williams*

### **In Memory**

Condolences to the Family of:  
Katsuko Harrison  
passed away December 21, 2008



**Spokane Buddhist Temple**  
927 S Perry  
Spokane, WA 99202-3462

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## The Mind Enlightened

A dying elder's tranquility,  
A demanding infant pacified,  
With life ending graciously,  
In life's grateful beginning,  
There is peace.

A father's wisdom,  
A child's teacher,  
Admiringly embraced,  
Respected from afar,  
There is love.

Out there; vastness,  
Nearby; a companion,  
Traveling the distances  
And never leaving home,  
With confidence, we journey.

What is not seen, not touched, not heard,  
But insightfully experienced,  
I find contentment.

Colin FitzGerald

## Take Note!

Are Humans a big deal?  
I'm human - so what?

Suffering comes from wanting  
Human life to be painless.

A cold rain falls on the squirrel too  
But that's just part of the deal,  
Like begging peanuts or popcorn  
From right-feeling humans  
On a sunny day

What is the pine tree's perspective?  
Is there such a thing?  
Yes, to a tree, not a human.  
We must ask it when we see it.  
Or should we rather wait  
until it asks us?

Tom Lande