

# Spokane Buddhist Temple

Volume 55, 2009 - Issue 5  
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)  
e-mail: [spokanebuddhisttemple@gmail.com](mailto:spokanebuddhisttemple@gmail.com)

Voice of the Sangha

## Calendar of Events



May 2009

- |                   |           |   |
|-------------------|-----------|---|
| May 3             | Sunday    | <b>10:30am Sangha Service</b><br>❖ Greeter: Hyacinth Dezenobia ❖ Kansho: Rachel Scudder<br>❖ Short Meditation: Ellicia Milne ❖ Flowers & Rice: Karen Vielle<br>❖ Dharma School: Ellicia Milne & Robert Gilles<br><b>12-1 pm DVD lecture</b>   |
| May 10            | Sunday    | <b>8:30am Mother's Day Pancake Breakfast</b><br><b>10:30am Sangha Service - Hatsu-Mairi (Infant Presentation Ceremony)</b><br>❖ MC: Karen Vielle ❖ Greeter: Ellicia Milne ❖ Kansho: Robert Gilles<br>❖ Dharma Talk: Paul Vielle ❖ Flowers & Rice: Sam Lowderback<br>❖ Snack: PANCAKES ❖ Dharma School: Ellicia Milne<br><b>12-1 pm DVD lecture</b>  |
| May 17            | Sunday    | <b>10:30am Sangha Service</b><br>❖ MC: Hyacinth Dezenobia ❖ Greeter: Robert Giles<br>❖ Dharma Talk: Jeremy Phillips ❖ Snack: Janine Kardokus<br><b>12-1 pm DVD lecture</b>  |
| May 24            | Sunday    | <b>9:00am Buddhism 101 Lecture - Paul Vielle &amp; Jefferson Workman</b><br><b>10:30am Reverend Service - Jim Warrick from Seattle Betsuin</b><br>❖ Greeter: Barbara Braden ❖ Kansho: Ellicia Milne<br>❖ Short Meditation: Robert Gilles ❖ Dharma Talk: Jim Warrick<br>❖ Flowers & Rice: Celeste Sterrett & Janet Tamura<br>❖ Snack: Robert Gilles ❖ Dharma School: Ellicia Milne<br><b>12-1 pm DVD lecture</b> |
| May 24            | Sunday    | <b>10:30am Sangha Service</b><br>❖ MC: Ellicia Milne ❖ Kansho: Isaac Milne<br>❖ Dharma Talk: Robert Gilles ❖ Flowers & Rice: Jen Johnston<br>❖ Dharma School: Barbara Braden<br><b>12-1 pm DVD lecture</b>  |
| May 7, 14, 21, 28 | Thursdays | <b>5:30-6:30 pm Vipassana Meditation Sitting</b><br>❖ Led by Mary Webster - a trained Vipassana meditation teacher<br>leads the sessions. Come and see for yourself how meditation can<br>smooth out the wrinkles of our chaotic lives and add depth to your<br>practice.   |



# Spokane Buddhist Temple

MAY 2009

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## Announcements

### May 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.



### 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.

### Needs and Wants -

Landscaping-Now that spring is here, we need someone (or two or three) to prune, clean up beds and give us some ideas to improve the landscaping around the temple, including solar-powered lighting and motion detectors.

We also need someone (or informa-

tion on) to rescue the flashings and repaint the decorative trim on the roof of the temple.

As always, we need paper goods, coffee, tea, natural cleaning products, light bulbs, snack items.

### Book Store -

We now have a new card and CD rack for the bookstore thanks to the Altamont Pharmacy across the street. Feel free to browse the bookstore after service and see all the great things we have to offer; ojuzu, okesa, incense, bodhi seals, and healing peaceful flute music- some of this stuff is pretty hard to find elsewhere- and you are supporting your local temple by purchasing it here

### Book Club -

The next book club meeting is Wednesday, May 27th, 7:00 p.m., at Coffee Social, 113 W. Indiana. The book is Holy Cow: An Indian Adventure by Sarah Macdonald. If you have questions, please see Tina Rodeen or Dawn Lindblom after services.



### Spokane Buddhist Temple Team

-Supervising Minister-  
Rev. Don Castro  
Seattle Betsuin

-Minister Assistants-  
Paul Vielle  
Christine Marr

### Board of Directors

-President-  
Jun Yugawa

-Vice President-  
Martena Peterson

-Recording Secretary-  
Jen Johnston

-Treasurer-  
Ellicia Milne

Auditor-Fumi Uyeji

### Board Members

Celeste Sterrett  
Kosuke Imamura  
Marta Lowenhoff  
Barb Braden  
Jen Johnston

Board Advisor  
Jefferson Workman

Newsletter Editor  
Todd Milne

## Shotsuki-Hoyo

The May Shotsuki-Hoyo remembrance service will be held on Sunday, May 24th during Rev. Jim Warrick's visit. According to temple records and other sources, a total of 12 people passed away during the month of May. They are:

- Gunemon Fujita*
- Dick Imada*
- (Mrs) Fumiko Itano*
- Hatsutarō Kajita*
- (Mrs) Sayoko Oba*
- Yoichi Oba*
- (Mrs) Taneyo Sato*
- (Mrs) Chizuko Shegenobu*
- Tatsuhei Sugikawa*
- (Mrs) Toyo Sugikawa*
- (Mrs) Fumiko Takasugi*
- (Mrs) Sadako Yamamoto*

## Kudos Korner

Thanks to all who donated time and money for the flowers for the Hanamida. Our Hanamatsuri service was so beautiful because of the love and care that our Sangha took in donating for fresh flowers for our Hanamida. Thanks to all who donated - and it isn't too late to add your dollars to help defray the cost even further. Domo arigato also to Ellicia and Marielle Milne, Karen Vielle, and Martena Peterson who came in early and helped decorate before service that day. - mary naber

Many, many thanks to all those volunteers who helped make our Spring Bazaar a success!!



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

A couple of months ago I proposed the challenge of keeping track of everything you throw away in one day and attempting to have a waste-free day. I have to admit that I am just now attempting my waste-free day. I found I had many excuses to wait for just the right day. One excuse I had was that when I proposed the challenge there was still so much snow in my backyard that I couldn't access my compost pile. Can't have a waste-free day without composting! I have since heard a trick that you can freeze your fruit and vegetable waste until you can get it to the compost pile. Or if you don't compost but know someone who does, you can freeze it until you're ready to deliver it to them.

Another excuse for waiting for the right day was an attempt to avoid a day I would be working for the school district. I have very little control over the papers I might receive that I don't need and that can't be recycled because they contain confidential student information. So I thought perhaps a Sunday, after the snows had melted, would be the best day and there would be no chance of receiving a lot of junk mail.

Now it is Tuesday, April 21st and I still have not found my perfect day. Tomorrow is Earth Day. That would be as good a day as any but I want to get this article finished and to Todd, and I don't work for the school district on Tuesdays. So it happens that my day, perfect or not, is a Tuesday.

After all, how hard can it be? I compost, I recycle, I reuse shopping bags, and I avoid disposable products and things with a lot of packaging. Well I found it was harder than I thought to have a totally waste-free day. Do I count the hair I cleaned out of the drain trap after my shower? I did laundry; do I count the lint I threw away? What about the dust bunnies I picked up off the floor at the yoga studio?

Those are pretty small items that can't be helped, but that was just the start of the day. I finished off the last of a big bottle of juice with breakfast and was able to recycle the bottle but had to throw out the lid. I found myself being so conscious of my actions to the point that it was silly. For example I only blew my nose when I was going to be using the bathroom anyhow and it could be flushed down the toilet so I wouldn't have to count that tissue. Now I understand the rationalizations that people go through when they're on a diet that requires them to keep track of every thing they eat (does finishing that last bite of your child's sandwich count?).

Now I'm writing this in a Starbucks while I'm waiting for my car to get the oil changed. My plan was to make sure to get my coffee and goodie "for here" with a real cup and plate. Well, they were out of plates and had to give me one of those little bags. I think they're made with a certain percent of post-consumer paper but I still had to throw it away (I kept the napkin, I think I can compost it!). I also used the restroom while I was there and threw away a paper towel, as there were no air driers. I guess I could have tried to compost that too, but out of habit I didn't even think of it until I had already tossed it.

Tuesday is my day off, so I did have errands to run and shopping to do. I did pretty well with that, only a couple of receipts and the stickers off the bananas to throw away. There were a few advertisements in junk mail, and the package that the spinach came in when making dinner. I also gave someone a bag of senbei. It's likely they threw the bag away. Do I count that?

This single day that I put off for so long and then thought would be easy has been an enlightening discovery into the effects of my daily actions. It has also been a very humbling experience. It might appear that I did fairly well on my first attempt at a waste-free day. But I can't begin to imagine all the packaging and things that have been thrown away as a result of the oil change or the other things I purchased today. I am acutely aware that even if I can avoid personally throwing things away it does not mean that I am not responsible for contributing to the generation of waste on my behalf. So, as with life, there may be no such thing as a perfect day. I take from this day yet another lesson on the interconnectedness of all of us and our actions and this planet we live on.

### *Donations*

James River  
David Frazier  
Paul & Karen Vielle  
Jim & Shirley Bennett  
Marylynn Bernard  
Dorothy Uno  
Midori Gow  
Janet Tamura  
Kam & Fumi Uyeji  
Toshie Kawahara  
Marcelline Burdett  
Satoshi & Mary Terao  
Leo & Yuriko Kiyohiro  
Jun Yugawa  
Robert Gilles  
Herman Sugimura

### *In Memory*

*of Richard Terao*  
from Fumi & Kam Uyeji  
*of Mary Terao*  
*Mrs. Kayahara*  
*and Kengo Kato*  
from Marcelline Burdett

### *We Gratefully Acknowledge Membership Dues Received in March*

Tina Rodeen  
Don Bridgeford  
Kazuko Kirihara  
Toshie Kawahara  
Rachel & Mark Scudder  
Pat Omine  
Marissa Carlson  
Paul & Karen Vielle  
Barb Braden  
Janine Kardokus  
Robert Gilles  
Kazuko Kawada  
Jenifer Johnson  
Paul Harrison  
Jefferson Workman  
Leo & Yuriko Kiyohiro

For questions and/or comments regarding membership dues, please contact us by e-mail: [spokanebuddhisttemple@gmail.com](mailto:spokanebuddhisttemple@gmail.com) or leave a phone message at 509-534-7954.

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To contribute to the Spokane Buddhist Temple newsletter,  
Email content to [Todd@HealingPeacefulMusic.com](mailto:Todd@HealingPeacefulMusic.com)  
Deadline is the Saturday before the last Sunday of each month