

# Spokane Buddhist Temple

## Volume 56, 2010 - 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)  
email: [spokanebuddhisttemple@gmail.com](mailto:spokanebuddhisttemple@gmail.com)

Voice of the Sangha

## Calendar of Events

## January 2010

Jan 3	Sunday	<b>10:30 am Sangha Service</b> ❖MC: tba❖Greeter: James Boyd ❖Kansho: Mary Naber ❖Short Meditation: tba ❖Dharma Talk: Paul Vielle ❖Flowers/Rice: tba ❖Snack: Celeste Sterrett ❖Dharma School: Ellicia Milne
Jan 10	Sunday	<b>10:30 am Sangha Service</b> ❖MC: tba❖Greeter: Don Bridgeford ❖Kansho: Hyacinth Dezenobia ❖Short Meditation: Bob Gilles ❖Dharma Talk: Christine Marr ❖Flowers/Rice: tba ❖Snack: Kosuke & Barb ❖Dharma School: Ellicia Milne
Jan 17	Sunday	<b>10:30 am Shotsuki-Hoyo Service</b> ❖MC: tba❖Greeter: Hyacinth Dezenobia ❖Kansho: Todd Milne ❖Short Meditation: tba ❖Dharma Talk: Bob Gilles ❖Flowers/Rice: Mrs. Gow ❖Snack: tba ❖Dharma School: Ellicia Milne
Jan 24	Sunday	<b>10:30 am Sangha Service</b> ❖MC: tba❖Greeter: Mari Haworth ❖Kansho: Bob Gilles ❖Short Meditation: tba ❖Dharma Talk: Jefferson Workman ❖Flowers/Rice: tba ❖Snack: Justin & Aiko ❖Dharma School: Ellicia Milne
Jan 31	Sunday	<b>10:30 am Sangha Service</b> ❖MC: Ellicia Milne ❖Greeter: Barb Braden ❖Kansho: tba ❖Short Meditation: Ellicia Milne ❖Dharma Talk: Janine Kardokus ❖Flowers/Rice: tba ❖Snack: Bob Gilles ❖Dharma School: tba



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## Announcements

**December 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.



**MARK YOUR CALENDARS!!! - ENTERING THE OCEAN OF INCONCEIVABLE LIGHT: RIDING THE WAVES OF AMIDA'S VOW.** This is the title of a workshop to be presented by Rev Mark Unno on Sat., March 27. Rev Unno will also give our Dharma talk on Sunday the 28th – Spring Ohigan. Rev. Unno is Associate Professor of Japanese Buddhism in Dept of Religious Studies at the University of Oregon. More info on this intriguing title and details about the workshop to follow in February.



**JAPAN WEEK AND HANA-MATSURI - APRIL 24 – 25.** Our guest Reverend for this event is Rinban Bob Oshita from Sacramento, CA. Rev Oshita will present an evening talk on Sat, the 24th and then our Hanamatsuri service on Sunday.

### Spokane Buddhist Temple Weekly Chat -

The Temple is starting a weekly email "chat" list. Are you interested in receiving weekly reminders of what is happening at the temple? They would include any special upcoming events; they may include the subject of this week's Dharma Talk; or might include a note from our assistant ministers.

If you are interested, please sign up at the December services or email Mari saying you want to be added to the new Temple Chat Email List. (NOTE: We will not share your email with any other people or organization.)

Gassho,  
Mari Haworth  
Quilt4mari@yahoo.com

**Passage Meditation -** Satsang group meets regularly on Tuesdays from 6-7:30 pm. We focus on Sri Easwaran's form of passage meditation and his 8-Point Program for daily living. Format consists of discussion, reading or watching an Easwaran video followed by a 1/2 hour meditation. This form of meditation fits very well with any spiritual path. We suggest that interested people read Sri Easwaran's book: Passage Meditation, then practice meditating for a month before joining our group.

For more information please check out: <http://easwaran.org> or call Mary: 328-3829



**Vipassana Meditation Sitting-** Thursdays 5:30-6:30 pm. 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 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
- Barb Braden
- Jen Johnston

### Board Advisor

- Jefferson Workman

### Newsletter Editor

- Todd Milne

## Kudos Corner

*Thank you to Toi Mulligan  
THE GILDED LILY FLOWER SHOP  
For the kind donation of flowers  
for our Bodhi-Day service*



## *The Green Corner - by Mary Naber*

Eliminate detergent altogether. Why stop at just removing the phosphates. Here's a novel idea that our grannies probably used.

Staple ingredients: (easy on the environment)

Washing soda- you can find this in the laundry section of your grocery store. It comes in a yellow box, is made by Arm & Hammer, and is NOT baking soda.

Borax - This comes in a green box and is also found in the laundry section of most grocery stores. The most popular brand is called 20 Mule Team Borax.

Detergent alternative:

Add 1/2 cup washing soda and 1/2 cup of Borax to water as the machine is filling, then clothes. This is sufficient for a large load and will clean and deodorize your laundry as well as using soap. The first time you try this the water will look like you have added soap or detergent. That is how much soap is left in our clothes after washing and rinsing. IF the water is hard, add 1/4 cup soda or 1/4 cup vinegar during the first rinse. For heavily soiled items, try presoaking in warm water with 1/2 cup washing soda for 30 minutes. Rub the soiled areas with liquid soap or a solution of 2 Tbsp. washing soda in 1 cup warm water.

Softening fabrics (including wool): Add 1/4 cup white vinegar to rinse water or to a dispenser ball. This does not make your clothes smell like vinegar.

Bleach:

Try adding 1/2 cup washing soda to each load of wash to whiten whites and brighten colors. You can also add lemon juice to the rinse cycle and hang your clothes outside in the sun, which will bleach clothes naturally and save energy.

By the way, in the winter, hanging clothes on a line strung in the basement will add much needed moisture to your home during dry winter days. This makes your sinuses feel better and your house will feel better that it's not all dried out!

### **Dana Received in December**

Mary Naber  
Paul & Karen Vielle  
Celeste Sterrett  
Tuesday Night Meditation Group  
Barbara Briscoe  
Jim & Shirley Bennett

### **Shotsuki Hoyo Dana Received**

From Kam & Fumi Uyeji

### **Dues Received in December**

Mary Naber  
Jefferson Workman  
Rachel Scudder  
Paul & Karen Vielle  
Barbara Braden  
Janet Tamura  
Leanne and Greg Sapp  
Kiku Terao  
Leo & Yuriko Kiyohiro

Toshie Kawahara  
Tom Anderson  
Marcelline Burdett  
Mari Haworth  
Robert Brost & Patricia Simonet  
Tina Rodeen  
Todd & Ellicia Milne  
Celeste Sterrett  
Paul Harrison  
Jun Yugawa  
Marissa Carlson

## *Shotsuki-Hoyo*

The January 2010 Shotsuki-Hoyo remembrance service will be held on Sunday, January 17. According to temple records and other sources, a total of 10 people passed away during the month of January. They are:

*Asayo Heyamoto  
Michael Higashi  
James Horiuchi  
James Kiyachi Koga  
Sagata Kuwahara  
(Mrs) Ida Shige  
Gregory Matazo Soejima  
Grover C. Twiner  
Richard Williams  
Manichi Yamaguchi*

In the October Memorials the following listing was omitted:

*In Memory of  
Reverend Eiyu Terao  
from Judy Terao Uyema*

And in the November Memorials, there were two incorrect entries. Here are the corrected listings:

*In Memory of  
Reverend William Terao  
from Judy Terao Uyema*

*In Memory of  
Mary Tsugie Terao  
From Judy Terao Uyema*

We apologize deeply for these errors.

### **December Memorials**

*In Memory of Madelyn Sapp  
from Greg & Leanne Sapp and from  
Paul Vielle*

*In Memory of Kayo Tsuji  
From Janet Tamura*

*In Memory of George Oba  
From Janet Tamura*

**Spokane Buddhist Temple**  
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Spokane, WA 99202-3462

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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