

"RAMEN FEST"

**31st Japanese Fall Food Festival
Sunday - October 11th - 11am - 3pm**

***** Take Out Only *****

Fundraiser for a New Roof



No Pre-Orders
All Take Out

Help us
Raise the Roof

**Spokane Buddhist Temple
927 S. Perry Street, Spokane**

FEATURING TRADITIONAL RECIPE

JAPANESE RAMEN - \$10

Chicken or Tofu

Butter Mochi Dessert (\$5)

***** Cash Preferred—Cards Accepted *****
Social Distancing Guidelines Apply

Spokane Buddhist Temple

Volume 66, 2019 - Issue 10
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
email: spokanebuddhisttemple@gmail.com
www.facebook.com/SpokaneBuddhistTemple

October 2020

*Due to Covid-19,
the Temple is closed until further notice.*

“Raise The Roof” donations are being accepted

Our 26-year-old roof is leaking and we have hired a company to replace the entire roof. This is the largest maintenance expense we have had since the building was built.

Ramen Fest proceeds will help offset this expense



Spokane Buddhist Temple

OCTOBER 2020

VOLUME 66 ISSUE 10



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. Services are at 10:30 am on Sundays at the Temple. We meet after service for refreshments and sometimes a dharma discussion.

- ◆ **GET THIS NEWSLETTER BY EMAIL**
Email: SpokaneBuddhistTemple@gmail.com
- ◆ Check out our new website at www.SpokaneBuddhistTemple.org
- ◆ **For the latest Temple Information visit our Facebook page:** www.facebook.com/SpokaneBuddhistTemple
- ◆ Visit the **Buddhist Churches of America** Website: www.BuddhistChurchesofAmerica.org
There is a wealth of information, podcasts, and information about Shin Buddhism on this site.



Reverend Melissa Opel
and MA Chad Donoho

Rinban Katsuya
Kusunoki
our Supervising Minister



Spokane Buddhist Temple Team

--Supervising Minister--
Rev. Katsuya Kusunoki
Seattle Betsuin

---Minister Assistants---
Sensei Melissa Opel
MA Chad Donoho
Sensei Paul Vielle (ret.)
Amanda Goodwin (Aspirant)



---2020 Board of Directors---
President Becca Opel
Vice President Chad Donoho
Secretary Shawn Boltz
Treasurer Lisa Geiss
KNona Liddell
Tina Rodeen
Patricia Ohashi
Curtis Cooley
Celeste Sterrett

Have questions? Contact
Becca Opel
509-294-1461
alwaysalotus@gmail.com

Chanting At Home

Follow these links to access recordings of the following:

- Juseige https://www.buddhistchurchesofamerica.org/home/001_juseige_chanting/
- Sanbutsuge https://www.buddhistchurchesofamerica.org/home/002_sanbutsuge_chanting/
- Junirai https://www.buddhistchurchesofamerica.org/home/003_junirai_chanting/
- Ondokusan https://www.buddhistchurchesofamerica.org/home/004_ondokusan_gatha/

Note From Board President:

New Member

Our Sangha is so excited to welcome back Steve Verhoef as a member! Looking forward to reconnecting with you after the temple reopens.

Opportunities to give back

The leadership at the temple has started to discuss how we can give to our community and the neighborhood in which we live. We'd like to start a Community Outreach Committee. If this is something you'd be interested in volunteering in please email the temple at spokanebuddhisttemple@gmail.com and we will set up a meeting with those interested.

Thanks everyone!

Becca



Join Sensei Melissa Opel & Sangha Members for a “Zoom”
DHARMA DISCUSSION WEBINAR

Most Sundays 10:30 am

It's been a joy to see Sangha members
& hear how they are doing.

Join in by emailing Sensei Opel at Melissajoshinopel@gmail.com

You'll be notified of the Dharma Discussion login by email.



Are you spending your quarantine time de-cluttering your home and getting rid of attachments?

The temple has scheduled a **RUMMAGE SALE** sometime when Covid restrictions are lifted, so if you find items you'd like to donate, we will be happy to store them for you once the quarantine is over.

Many of the Temples are live streaming their services. Watch local services or explore the dharma being shared at temples and churches throughout the United States. You are able to join a service, chant and sing along, and listen to dharma messages from your home. We recommend you stream one of these services on Sunday. May of them are available after Sunday, as well.

The links to all of the services is on the Buddhist Churches of America site at:

<https://www.buddhistchurchesofamerica.org> (click on the logo at the bottom of the page)

For example, you can see and hear these service at the Seattle Betsuin or the Tacoma Buddhist Temple at 10 am on Sunday and they are saved for later viewing:

Seattle Betsuin youtube.com/seattlebuddhisttemple

Tacoma Buddhist Temple youtube.com/channel/UCSjeUsyIkbG_e74q-CM1Sig

Oregon Buddhist Temple youtube.com/user/OregonBuddhistTemple





Introducing Amanda Goodwin

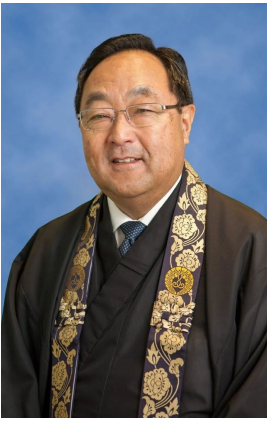
The Spokane Buddhist Temple is pleased to welcome Amanda Goodwin as our new Minister's Assistant in training. Last May, she was interviewed and endorsed for the program by our supervising minister, Reverend Katsuya Kusunoki. Reverend Melissa Opel and Sensei Paul will be acting as her mentors.

Amanda was born in Spokane and received all her education here, including an Associate of Arts degree from Spokane Community College. She is married and is mother to four children in her blended family. Presently, she works (from home) for Premera Blue Cross, where she leads a team of claim processors.

Amanda has been attending services at the Temple for a little over three years. In that time she's been active in temple affairs, volunteering in a variety of ways at fundraisers, in the Dharma School, and at Sunday services. Last year, she formally joined the temple as a dues-paying member and shortly after that, received her *homyo* or Dharma name *Gyo Fu*. When asked what motivated her to seek service as a Minister's Assistant, she said, "The first time I came to the temple, I was so impressed by what I heard in the dharma talk and by the friendliness of everyone I met. I just knew I wanted to learn more about Buddhist teachings. And now, I think I've found my spiritual home. Becoming a Minister's Assistant is one way to serve the sangha and show gratitude for what I'm learning."

Not one to waste time, she's begun a zoom-based course of study on the *Larger Sutra of Immeasurable Life* with Sensei Paul. As soon as the COVID virus passes, and it's safe to have meetings inside the temple, Amanda will learn more of the ritual aspects of the Sunday service. We know Amanda will make a wonderful addition to our ministerial staff. If you see her in the coming weeks, do congratulate her on her new role.

Letting go of our Attachments



Buddhism teaches a life of non-attachment. The opposite of non-attachment, is “attachment,” which leads to many problems in life. If we become attached to money, we become greedy and selfish, and will never be satisfied, no matter how wealthy we might become. We can become attached to relationships. When our children grow up, we have to let them go into the world and live their life. I remember when we took my daughter off to college. They had an orientation for the parents. They told us, “Please do not call your child every day after they start college.” I thought, some parents call their kids every day when they go off to college? When we lose a loved one through death, at some point we have to let go. We cannot remain in grief forever. We can become attached to the future. What will happen if they don’t find a cure for the virus? What will happen if the economy doesn’t come back? We can become attached to the past. We think, “I am never ever going to forgive so and so for what they did to me.” But, if we stop and think about it, who is the one who suffers when we hold on to bitterness about the past? *We* are the one who suffers.

We can become attached to our anger. We can carry it with us for weeks, months, even years.

As a minister, you really try not to get into an argument with a member, but sometimes you can’t avoid it. I once had an argument with a member. He said this, I said that. He said this, I should have said that, but I held back. Fast forward maybe 10 years later. I was taking a shower, and in our house, my wife made a rule, that after you take a shower, you have to use this squeegee to wipe the shower stall so that the hard water film doesn’t build up in the shower. As I was taking my shower, somehow, this argument with that member came back to my mind. I recalled every word of that argument. As I was recalling that argument, I was squeegeeing the shower stall, but I was pressing so hard on the squeegee, that it snapped in two in my hand.

I thought to myself, “What is the matter with me? This was an argument easily ten years ago, but I was still holding on to it. I hadn’t let it go. I was still angry about it.

I told this story at the Vista temple one day, and about a month later, a member there gave me a gift. When I opened it, it was a plastic squeegee, framed in a nice frame. It said, “Just in case you might need this someday in the future.” What a wonderful gift. I will cherish that gift as a reminder to me of how I was attached to and holding on to my anger.

When Buddhism teaches us something like “non-attachment,” it is not a philosophical or academic teaching. Buddhism is trying to awaken us to our own troubled life, our own attachments that bring us pain, suffering, misery, and unhappiness. We only have ourselves to blame.

But how wonderful to have a teaching like non-attachment, to teach us that we are attached, that we cannot let go of possessions, we cannot let go of relationships, we cannot let go of our anger, we cannot let go of our past. Without the teaching of non-attachment, how would we ever come to see our attachment?

Rev. Harada's message continued

Rev. Kubose, in his book, *Everyday Suchness*, writes, "When the sun shines, enjoy it; when it rains, enjoy it. All things in life, let them come and let them go. This is a secret of life that keeps one from getting upset or being neurotic. The Buddha says that all things in life and in the world are in constant change, so do not become attached to them."

Namuamidabutsu,
Rev. Marvin Harada
Bishop
Buddhist Churches of America

September Shotsuki-Hoyo



We will not have the monthly Shotsuki-Hoyo remembrance service at the Temple, but you can remember these people at your home services. According to Temple records and other sources, a total of 10 people passed away during the month of September of their respective year:

Dat Nguyen
George Nomura
Harry Uchida
Harry Yamauchi
Hazel Sanders
Kenji Sugiyama
(Mrs.) Mary Sueko 'Sue' Shimizu
Kengo Yorioka
Anton Brecek
Joanne Heyamoto

October Shotsuki-Hoyo

According to Temple records and other sources, a total of 20 people passed away during the month of October of their respective year:

Arthur "Len" Braden	(Mrs) Masako Imada
Hichiro Ishikawa	Yohei Kato
(Mrs) Hisako Kato	Yoshinobu Kimura
Tokio Konishi	Teresa Lira
Kotaro "Van" Omine	Seichi Nakamura
John Norisada	Rei Shigenobu
Jim Shimizu	Kame Uyeji
Takeo Uyeji	Andrew Vielle
Fred Yamamoto	Edith Craig
Jackie Boltz	Kenneth Winterroth

Help Needed While We Are Closed

We are grateful for the volunteers who have been maintaining the Temple and for the dues and donations that you have been sending since we closed. Although we are closed, the monthly bills are still owed.

DUES: Dues are \$240 annually, or \$20/month per adult. Keeping up with your dues keeps the doors open.

DONATIONS: Since we stopped having services on Sundays, donations have been down. Please consider sending a donation, which will help keep our temple thriving and available for you and for future generations. Financial contributions are gratefully accepted by mail or you can make a secure donation using a credit card on our website (using PayPal).

LANDSCAPING: We need help with yard work. Please email spokanebuddhisttemple@gmail.com if you can help.



SEEN BUDDHIST
SERVICE BOOK

Other on-line sources of the Dharma you might want to check out:

Website "Everyday Buddhist" <https://www.everydaybuddhist.org/>

Buddhist Churches of America website <https://www.buddhistchurchesofamerica.org/>

SERVICE BOOK TO DOWNLOAD:

Thank you to Rev. Dr. Takashi Miyaji for scanning the BCA service book (300+ pages) that we use at the Temple. What a wonderful resource for all to practice while we are at home practicing social distancing. It can be found at:

https://drive.google.com/file/d/18Kl4SOj0EyQPmaF9NHeC5m1nLBJL6PDA/view?fbclid=IwAR2aD6JKqj-RQqapONoYXe98r5vKpR0xmBr7AKLpZBjpdA1_WDkPvphfPQQ

See our Facebook page for a direct link to the book as a pdf.