

Spokane Buddhist Temple

Volume 66, 2019 - Issue 4
This newsletter is published monthly by
the Spokane Buddhist Temple
927 S Perry Street
Spokane, WA 99202



Everyone is welcome to attend all activities and services. Visit us online at:
www.spokanebuddhisttemple.org
email: **spokanebuddhisttemple@gmail.com**
www.Facebook.com/SpokaneBuddhistTemple

April 2020

Until further notice, the Spokane Buddhist Temple is closed for services and all other activities, due to concerns for the well-being of our Sangha.

Many of the Temples are live streaming there services. Watch local services or explore the dharma being shared at temples and churches throughout the United States. By visiting a temple’s live-stream video page at the scheduled time, you are able to join service, chant and sing along, and listen to dharma messages from your home. Check temple websites to confirm weekly live stream schedules, as services may not be streamed every Sunday. Temples may also offer recordings of recent services or dharma talks, with many now posting new content on a weekly basis. We recommend you stream one of these services on Sunday.



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



*****COMING SOON*****
Join Sensei Melissa Opel for a “Zoom”
Dharma Discussion webinar

If you are interested, email Sensei Opel at
Melissajoshinopel@gmail.com
You’ll be notified when the Dharma Discussion is available.

*****Also see her message on the next page*****

Message from Reverend Melissa Opel



April is the month in which we would typically be preparing for and celebrating Hanamatsuri, the birth of the baby who would become the Buddha. Hanamatsuri is a wonderful time of gathering together to adorn the Hanamido with flowers, and placing sweet tea in the bowl that we pour over the Buddha, which signifies the story of his mother giving birth to Siddhartha Gautama in the Lumbini Garden, and the sweet tea that rains down in celebration.

This year, it seems most likely that we will continue to quarantine during this special Buddhist holiday. When I think about the time apart that we're having, at first it makes me sad, but then I remember this will not be forever and we continue to practice kindness and compassion by doing so.

Shortly after the Buddha's birth, his mother passed away and he was separated from her. It is never easy for a child to lose their mother—or any parent for that matter, and I wonder what sort of affect that had on him growing up? There is a bond that holds parents and children together—the gift of life is something we cannot do on our own—we cannot will ourselves into existence or care for our self in infancy. We are dependent on so many things around us to nurture and care for us. Perhaps Siddhartha felt the comfort of his birth mother in the people around him, in his father and in himself.

Right now we are all living in our own realities. For some of us, we are able to work from home or maybe we're retired and just feeling the loneliness of quarantine, while others are not sure how rent is going to be paid next month, because we've been laid off or let go. Others still, in our medical community and essential workers, are keeping the heartbeat of our country chugging along. There are people among these groups who may feel forced to go to work in order to keep food on the table as well. The point is, we all have a different viewpoint during this time, just as I'm sure the Buddha had his own view of what it meant to lose his mother. Things happen to us, around us, for us . . . maybe we think against us, all the time. The only way for us to put it into perspective, is to focus on the teachings of the Buddha. With the Temple closed, it may feel impossible to practice your spiritual path at this time (or frankly, you may not feel like it), but as you'll see in this newsletter, temples around us are pouring out their time and resources for all sentient beings to benefit from. Our full time Ministers throughout the BCA are so busy and as time presses on, we are losing these ministers to old age, sickness, and death and along with their passing, we are losing their understanding of the teachings, but one way to consider this time is to see the treasure trove of Shin teachings that are not only being given to us, to continue on our path, but are being kept alive for us to interact with in digital form, long after we emerge from quarantine.

When we find ourselves on the other side of this —and we will—the world will be different than when we left it—it is the nature of life and the nature of our new perspectives. I encourage us all to continually realign our perspectives with the teachings. It is okay to be human and feel the fullness of our humanity and fragility, during this time, but remember—you only have to make it through today—tomorrow will be different. Although this separation feels real, we are still connected through Buddha, Dharma and Sangha.

In Gassho,
Rev. Melissa Opel

Spokane Buddhist Temple

APRIL 2020

VOLUME 66 ISSUE 4



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**

We no longer mail out the newsletter.

IT IS EMAILED IN COLOR. Email:

SpokaneBuddhistTemple@gmail.com

◆ **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.



Rinban Katsuya Kusunoki
our Supervising Minister

(Left to right)
Sensei Melissa Opel (MA with Tokudo), Minister Assistant Eric Kerkove; Minister Assistant Chad Donoho



Spokane Buddhist Temple Team

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

---Minister Assistants---
Sensei Melissa Opel
MA Chad Donoho
MA Eric Kerkove
Sensei Paul Vielle (ret.)



---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



Special Message from the Bishop:

I would like to express my deepest concern over everyone's physical and spiritual wellness. Due to the Covid-19 pandemic, many temple and church services and events have been cancelled or postponed until further notice.

Though you are not able to physically be at your temples and churches, you can listen to the chanting of Juseige, Sanbutsuge and Junirai on our website. When we put our hands together and recite the Nembutsu, we are reminded that we are always within the compassionate heart of Amida Buddha.

Shinran Shonin teaches us that we are always with the Buddha no matter where we may be or what condition we are living in. Though we live in this world of uncertainty, the Nembutsu teaching makes us realize that we are constantly grasped by the realm of Oneness. Nothing can destroy our Life. Let us continue to live our lives in accord with the compassionate heart of Amida Buddha.

In Gassho,
Kodo Umezu

Please 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/

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/>



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/18K14SOj0EyQPmaF9NHeC5m1nLBJL6PDA/view?fbclid=IwAR2aD6JKqj-RQqapONoYXe98r5vKpR0xmBr7AKLpZBjpdA1_WDkPvphfPQQ

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

See our **Facebook** page for news from the Temple leadership and postings from other Temples.

Message from Board President Becca Opel: The temple is having a garage sale June 20th so if you find items you'd like to donate we would be happy to store them for you once the quarantine is over.



Hi from Jacqui to the Sangha Dharma School kids:

Here is a message for our Sangha Dharma school kids. Something fun you can do at home. Here is a Dharma school lesson that we do at the Temple. It talks about the Four Gratuities, and there is a worksheet where you circle the things we use at Dharma school.

See if you can remember :) how to say thank you in Spanish, Japanese, French, and Italian? And what Gratitude means?

Have a fun day and do some nice things for your parents and friends. :)

In Gassho, Jacquisan

The Four Gratuities

I. Introduction to teachers

A. At the primary level, in order for the children to develop an understanding of the Four Gratuities, it is important for them to become involved with projects and discussions so that the feeling of gratitude can be experienced.

B. The Four Gratuities

1. Gratitude to our parents—for the loving care of us.
2. Gratitude to friends and all other life—without whose help we could not live.
3. Gratitude to our country—because it allows freedom for everyone.
4. Gratitude to the Three Treasures—for showing us the way to Amida's Pure Land.

II. Discussing The Four Gratuities with children

- A. What does "Gratitude" mean? It means to be thankful.
- B. How many ways do you know how to say thank you?
 1. In English, we say "thank you."
In Spanish, we say "gracias."
In Japanese, we say "arigato."
 2. The words may sound different but the feelings they convey are all the same.
It is a way we express gratitude for something that is done for us.
- C. What is the Buddhist way to say "thank you?" Namu Amida Butsu
- D. There are Four Gratuities in Buddhism that are very important and that I want to share with you. (teacher note: may be helpful to write on a chart)

THE FOUR GRATITUDES

WE ARE THANKFUL TO OUR PARENTS FOR
THEIR LOVING CARE OF US.

WE ARE THANKFUL TO OUR FRIENDS AND ALL
OTHER LIFE FOR THEIR HELP IN PROVIDING
FOR OUR WELL BEING.

WE ARE THANKFUL TO OUR COUNTRY FOR ITS
BELIEF IN FREEDOM FOR ALL PEOPLES.

WE ARE THANKFUL TO THE THREE TREASURES
FOR SHOWING US THE WAY TO AMIDA'S PURE
LAND.

NAMU AMIDA BUTSU

Circle the things we use at Dharma School



Ojuzu



Earring



Necklace



Paper lantern



Candle



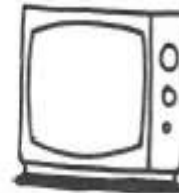
Flashlight



Incense



Teapot



TV set



Jacks



Flowers



Song book



Shotsuki-Hoyo

We will not have the monthly Shotsuki-Hoyo remembrance service at the Temple. According to Temple records and other sources, a total of 19 people passed away during the month of April of their respective year:

Craig Bruebaker

Koji Hayashi

Akira Katayama

Kazuo "Kaz" Kuwada

Walter Kurt Morgenstern

John Naber

Minoru Terao

Bradley Whitehouse

Fumi Uyeji

Robert Cole Pierce

Kenneth Clark

Takeshi Kan

Isako Mary Kimura

Mariechen Oldsen Morgenstern

Yasumasa Moriya

Chiyono Nakanishi

Mary Barna Twiner

Chiyono Yamaguchi

Tomiko Yamamoto



In the Time of Coronavirus

The vast shimmering sky blue
Outlines delicate pink petals
Cherry blossoms, early this year
So calm and beautiful
This day in March
Yet so eery and unfamiliar
In the time of Coronavirus
Streets empty of cars and people
Except the lonely few
In the time of 'social distancing'
We find ourselves turning within
Anxious thoughts, concerns
Unfurling against the background of
The limitless Ocean of Light of
Great Compassion
Home again, in deep silence
I am led to bow, palms together
All beings are one with me, I am led to become one with all beings
Amida Buddha
Her Heart of Great Compassion opening,
Illuminating, enveloping, and dissolving
Deep within
My heart, in Her heart
Namu Amida Butsu