

A Life of Gratitude.

感謝の生活



FEBRUARY 2025

Spokane Buddhist Temple
A Jodo Shinshu Buddhist Temple,

All Are Welcome, Just As You Are.



Nehan-E

(Nirvana Day)

Observed on February 23rd

We invite you to join us for our observance of Nirvana Day (Nehan-E), which is a special occasion in the Jodo Shinshu tradition, as we remember the passing of Shakyamuni Buddha into Nirvana. This is a day of reflection, gratitude, and deep connection with the teachings of the Buddha.

It also gives us an opportunity for us to reflect deeply on the wisdom of the Buddha, along with the truth of impermanence, and the boundless compassion that guides us all. We come together in community to honor the Buddha's teachings and celebrate his path of enlightenment.

We look forward to seeing you here!

Please join us Sundays at 10:30AM

2/2 **Group Meditation at 9:30AM**
Sangha Service at 10:30AM

2/9 **Sangha Service at 10:30AM**
- *Shotsuki-hoyo*
Board Meeting 11:45AM

2/16 **Sangha Service at 10:30AM**

2/23 **Sangha Service at 10:30AM**
- *Nehan-E (Nirvana Day) with*
Rev. Cynthia Yasaki



We are looking forward to hosting our Supervising Minister, Rev. Cynthia Yasaki, from the White River Buddhist Temple. She will be here in the Spokane Buddhist Temple to share her Dharma Talk on Feb 23rd.



Shotsuki-hoyo (祥月法要)

Monthly Remembrance Service

(Sunday, February 9th)

The following people will be remembered during Shotsuki-hoyo

Alpha Mae Clark
John Goodsen
Shirley Bennett
Hazuo Horita
Mary Ikeba
Tsutae Maraoka
Nobuichi Nitta
Edward Parker

Ito Tanaka
Evelynn Beler Vielle
Masao "Mas" Wada
Midori Yamasaki
Chiyeko Yamauchi
Wilson Burdett
Jim Bennett

We come together to honor our loved ones and express gratitude for their lives and the affect they had on the world.

DEEPER MEANING IN TRANSLATION

"All Are Welcome, Just As You Are" in Japanese is **"Ari no ma-ma no ana-ta o kan-gei shi-masu"** (ありのままのあなたを歓迎します). At its surface, the translation in English seems simple, but its meaning runs so much deeper than just simple hospitality. It reflects a profound truth at the heart of Buddhist practice—the unconditional acceptance of ourselves and others.

ありのまま (ari no mama) means "as it is" or "just as it exists". **あり** (ari), means "to be" or "to exist", while **まま** (ma-ma) conveys a sense of unchanged or unaltered. Together, they describe a state of "being true and authentic, without pretense". It invites us to show up fully, without needing to hide our flaws, struggles, or fears.

In Jodo Shinshu Buddhism, this idea is central. Shinran Shonin taught that enlightenment is not about perfecting ourselves through effort, but in recognizing our limitations and entrusting ourselves to Amida Buddha's boundless compassion. The path isn't about striving to become something else, but realizing that we are already enough. **Ari no mama** embodies this spirit of "self-acceptance and honesty".

The second part, **あなたを歓迎します** (anata o kangei shimasu), is a joyful, active invitation. **あなた** means *you* (speaking directly to the individual), while **歓迎** (kangei) combines the kanji for joy (歡) and to welcome (迎). It is not just a passive acceptance, but an enthusiastic, heartfelt embrace.

The translation of **Ari no ma-ma no ana-ta o kan-gei shi-masu** offers more than words of welcome - it's a reflection of deep compassion. It assures us that we don't need to change who we are to be worthy of belonging. In a world that often asks us to be something else, it reminds us: ***You are enough, just as you are.***

CLASS & EVENT SCHEDULE

TO SCAN QR CODES BELOW:

*Point the camera on your phone at the QR code, then tap on the URL that pops up on screen.
For help, please ask JW.

Making Sandwiches for the Unhoused

Every Tuesday 9:30am (In-Person / Lower Level)

Meditation before Service with Karen Vielle (In-Person)

1st Sunday of each month 9:30AM

**In March this will be the 2nd Sunday (March 9th)*



Dharma Dialogue with Rev. Kusunoki

2nd TUEDAY of each month 7:00PM

**Scan QR Code to REGISTER for class.
Zoom hosted by Tacoma Buddhist Temple*

Virtual Group Meditation

Every Wednesday 9:00am (Zoom)

**Scan QR Code to JOIN the Zoom at 9:00AM.
Zoom hosted by White River Buddhist Temple*



Mindfulness in Shin Buddhism

Every Wednesday 7:00PM (Zoom)
(Meditation/Dharma Talk/Open Discussion)

**Scan QR Code to JOIN the Zoom at 7:00PM.
Zoom hosted by Seattle Betsuin Buddhist Temple*

Introduction to Meditation (Zoom)

Every Other Saturday 10:00AM

February 1st, 15th, and March 1st.

**Scan QR Code to JOIN the Zoom at 10:00AM.
Zoom hosted by White River Buddhist Temple*



Jodo Shinshu 101 - Rev. Koyama (Zoom)

Mar 12th 6:00PM (2nd Wed each month)

**Scan QR Code to REGISTER for class.
Zoom hosted by Tacoma Buddhist Temple*

Please welcome our 2025 Board of Directors



(L to R) JW Webb (Vice President), Susan Hales (Secretary), Celeste Sterrett, Ally Rice, MA Amanda Goodwin, Joe Bracco (President), Rae Gregory, Steven Langton (Treasurer), Tina Rodeen, (Lisa Geiss not pictured). Thank you for your efforts in supporting our Temple so we can continue to spread the Dharma.



Spokane Buddhist Temple

(509) 534-7954

927 S Perry Street, Spokane, WA 99202

Serving the Spokane community Since 1945

Please welcome our newest members!

Brian Alexander
James (Jim) McElroy
Jon Lossing
Kellie Neville
Megan Manuel
Michael (Mike) Smith
Myka Wallace

All Are Welcome, Just As You Are.

The Spokane Buddhist Temple welcomes everyone who wishes to learn more about the wisdom and the compassion of Amida Buddha without regard to their race, sex, age, religion, nationality, orientation, gender identity or expression. As as we walk the path of gratitude, together, we celebrate the teachings of Amida Buddha, embracing the light of compassion and wisdom in our everyday lives.

Dues and Donations

We are so grateful for your donations and dues, which offset our expenses. You are helping us keep the doors open at the Spokane Buddhist Temple and continue to spread the Dharma. To donate, please click on the Donation button on the temple website, or mail a check.

Spokane Buddhist Temple Team

Supervising Minister

Rev. Cynthia Jikaku Yasaki

(We are an all volunteer Sangha)

Minister's Assistants

Amanda Goodwin

Chad Donoho

Eric Kerkove

Rev. Paul Vielle (retired)

Special Observances

January 1st - New Year's Day (Shusho-E)

January 16th - Shinran Shonin's Memorial Day (Hoonko)

February 23th - Nirvana Day (Nehan-E)

Beginning of March - Dana Day

Middle of March - Spring Ohigan (Higan-E)

April 8th - Buddha Day (Hanamatsuri) Flower Festival

May 25th - Shinran Shonin's Birthday (Gotan-E)

July 15th-August 15th - Gathering of Joy (Obon)

October - Eshinni-ko Annual Memorial Service

November - Perpetual Memorial Service (Eitaikyō)

December 8th - Bodhi Day (Jodo-E)

December 31st - New Year's Eve (Joya-E)

**Observances may be held during Sunday Sangha Service.*

Visit us at:

SpokaneBuddhistTemple.org

Facebook.com/SpokaneBuddhistTemple