

Spokane Buddhist Temple

Volume 69, 2021 - Issue 2
 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

February 2023

February Service Schedule

- 2/5 9:45 am Shoshinge Service (see page 6)
- 2/5 10:30 am Sangha Service followed by Social Time
- 2/12 10:30 am Shotsukihoyo Service followed by Social Time
- Noon Part 1 "Introduction to Buddhism"
- 2/19 10:30 am **Nirvana Day** Sangha Service followed by Dharma Discussion
- 10:30 am **Dharma School** for Ages 4-11
- Noon Part 2 "Introduction to Buddhism"
- 2/26 **NOTE: 10:00 AM** We will watch the **BCA Eitaikyo Muen Hoyo (Perpetual Memorial Service)** from the Buddhist Churches of America National Council Meeting. It is a memorial service in which we honor all the deceased members of the BCA churches, whether known and unknown. (See page 6)

Other Events in February - See Pg 4

- Wed 2/8 - 6 pm Buddha & Beer with Reverend Opel @ Lumberbeard Brewing
- Wed 2/15 - 6 pm Book Study Group with Reverend Opel @ Temple
- Every Tuesday at 10 am - Come Make Sandwiches for the unhoused. The basement door opens at 9:30 am.

Introduction to Buddhism

Two-Part Intro To Buddhism
Feb 12th - General Buddhism
Feb 19th - Shin Buddhism
Noon - 1 pm

Join Ministers Assistant Eric Kerkove & Reverend Melissa Opel for a brief introductory lecture, followed by a discussion time. The lecture follows the 10:30 am Service, so come to both.

If you are new to the Temple or to Buddhism, this is a good beginning class.
 All Are Welcome!

DHARMA SCHOOL for kids is now **One Sunday Per Month**
Feb 19th - 10:30 during service - Ages 4 to 11

NIRVANA DAY SERVICE

Feb 19th - 10:30 am

Nirvana Day commemorates the death of the historical Buddha and his entry into final or complete Nirvana.

See Page 3



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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 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.



Left to right:
MA Chad Donoho,
MA Eric Kerkove,
Rinban Katsuya Kusunoki,
Reverend Melissa Opel,
MA Amanda Goodwin

Rinban Katsuya Kusunoki
our Supervising Minister



Spokane Buddhist Temple Team

--Supervising Minister--

Rev. Katsuya Kusunoki
Seattle Betsuin

---Minister Assistants---

Reverend Melissa Opel
MA Chad Donoho
MA Eric Kerkove
MA Amanda Goodwin
Reverend Paul Vielle (ret.)

---2023 Board of Directors---

Chad Donoho, President
Joe Bracco, Vice President
Sadina Henderson, Secretary
Tina Rodeen, Treasurer
Susan Hales
KNona Liddell
Ryan Campanella
Amanda Goodwin
Celeste Sterrett

Mari Haworth, Bookkeeper

Have questions: Email Chad at
bronzetiger23@yahoo.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/



NIRVANA DAY SERVICE Feb 19th - 10:30 am

Nirvana Day is observed on February 15th. The day commemorates the death of the historical Buddha and his entry into final or complete Nirvana. Nirvana Day is a time for contemplation of the Buddha's teachings. The Buddha died at the age of 80 in the company of his monks. The

Buddha knew his life was at an end, and he assured his monks that he had withheld no spiritual teaching from them. He urged them to maintain the teachings so that they would continue to help people through the ages to come. Finally he said, "All conditioned things are subject to decay. Strive for your liberation with diligence." Those were his last words.

Social Welfare Seeks New Project Ideas

Sandwich-making for the Homeless continues full-bore with over 8,400 sandwiches distributed since January 1, 2022. And now, the Social Welfare Committee is looking to expand our Temple's community involvement through new projects serving those less fortunate than ourselves.

Members of the Sangha brainstormed after Service on January 22nd and proposed several new exciting projects. Volunteers leads are busy making calls to gather information about how each project might work. Look for updates soon!

If you missed the brainstorming session and have new project ideas, please reach out to the Social Welfare Committee members: Tricia Ohashi, Celeste Sterrett, Shawn Boltz, Tina Rodeen and Susan Hales, Chair. And if you would like to join the Committee, we would be delighted!

Dues and Donations

We are 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, either click on the Donation button on the website, or email a check to us. If you want 100% of your donation to go to the Temple, please send a check or do a BillPay transaction through your bank. We are grateful to those anonymous people who leave cash donations in the koro each week.

Dues & Donations received in January 2023

Thank you!!!
As of 1/31/23, we have 45 members. This is the highest number of members we have had since 2019.

***Welcome New Members
Jacob & Catherine
Espinoza***

Loren & Carolyn Nishimura	Kris Birdsell
Wednesday Meditation Group	Tuesday Meditation Group
HiFumi En	Virginia Saint Louis
Tricia Ohashi	Mary Naber
Melissa & Becca Opel	Joe Bracco
Mari Haworth	Kevin Tremblay
Janet Holmberg & Kosuke Imamura	
Jackie & Ken Endersbe	Izumi Pierce
Spokane Chapter JACL	Stacy Carr
Jeremy Phillips	Eric Inaba
Paul & Karen Vielle	Jun Yugawa
Julie Holcomb	KNona Liddell
Chad Donoho	Celeste Sterrett
Eric Kerkove	

BUDDHA & BEER



Join Reverend Melissa Opel on **Wed. Feb 8th at 6 pm**
Lumberbeard Brewing, 25 E 3rd, Spokane

Come have a casual discussion about Buddhism. All are Welcome!!

You can either bring outside food or order from Zeek's Pizza.

BOOK STUDY & GROUP



Join Reverend Melissa Opel on **Wed. Feb 15th at 6 pm**
Downstairs at the Temple - New or Not New To Buddhism? - All Are Welcome

We will be reading from either:
Crossing Over To Jodo Shinshu: Discovering the Buddhist Path
OR

Everyday Suchness: Buddhist Essays on Everyday Living by Gyomay M Kubose

These both have short essays that we will read together, so there is no preparation required.
If you have the book, bring it to this open discussion.



February Shotsuki-Hoyo

On February 12th, as part of our service, we will have the monthly Shotsuki-Hoyo remembrance service. According to Temple records and other sources, a total of 14 people passed away during the month of February of their respective year:

Alpha Mae Clark
Karsten Nis Oldsen
Hazuo Horita
Tsutae Muraoka
Edward Parker
Evelynn Beler Vielle
Midori Yamasaki
Wilson Burdett

John Goodsen
Shirley Bennett
Mary Ikebe
Nobuichi Nitta
Ito Tanaka
Masao "Mas" Wada
Chiyeko Yamauchi
Jim Bennett

We were just notified that Mary Terao passed away on January 27th at age 99. Mary and Satoshi Terao were some of the early members of the Spokane Buddhist Temple and lived just north of the Temple on Perry Street until recently. She was a member of the temple's Fujinkai Buddhist Women's Association.

Congratulations Amanda Goodwin
For receiving your Minister Assistant Certification
On January 29, 2023

Reverend Marvin Harada, Bishop, certified Amanda via zoom
and Reverend Katsuya Kusunoki presented her with her MA robe



Bishop Harada on screen. He also gave the Dharma Message during the service (see page 7 for a summary of that talk).



Rev. Kusunoki presenting her new robe.



Amanda receiving her MA certificate from Rev. Kusunoki.

Thank you. Amanda Goodwin, for your dedication to the Spokane Buddhist Temple, for all the many hours of classes you have taken, and the many hours you volunteer at our temple.



**BUDDHIST CHURCHES OF AMERICA
NATIONAL COUNCIL MEETING (NCM) 2/18—2/26/23**

The BCA's National Council and Ministers annual meeting by Zoom.

Our delegates Chad Donoho & Joe Bracco will attend. Board Member Celeste Sterrett, who is chair of the BCA Social Welfare Committee, will host a the Social Welfare Committee Workshop, and Reverend Opel is part of the Institute Of Buddhist Studies (IBS) Symposium.

See <https://www.buddhistchurchesofamerica.org/national-council-meeting>

Here's the list of **public workshops** at the NCM. As is typical at NCM's, the workshops tend to be on the leadership/practical administrative side and not dharma related. The importance of them is the workings of the BCA and ways our temple could and have used them to our benefit.

PUBLIC WORKSHOPS BY ZOOM

BCA Social Welfare Committee	2/18/23	1:00pm	(Celeste Sterrett)
BCA Dharma Forward Campaign	2/18/23	3:00pm	
BCA Endowment Foundation	2/18/23	4:00pm	
IBS Symposium	2/23/23	11:00 pm	(Reverend Melissa Opel)
BCA Eitaikyo Muen Hoyo (Service)	2/26/23	10:00 am	Perpetual Memorial Service

We are watching this service at 10 am at the Spokane Buddhist Temple.

You can also watch from home .

Info and Zoom Links: <https://www.buddhistchurchesofamerica.org/projects-3>

Shoshinge Service

9:45—10:15 am - Sunday February 5th

Join Sensei Melissa Opel in chanting the Shoshinge, one of the most important chants for Shin Buddhists. The Shoshinge was written by our founder, Shinran Shonin. It is written in the form of a song or poem, and consists of exactly 120 lines. The Shoshinge is one of our most fundamental sutra chants that we recite in Jodo Shinshu.

This special service will be followed by our regular Sangha Service at 10:30 am.





The Benefits of Following the Shin Buddhist Path Reverend Marvin Harada, Bishop

First, may I extend a warm Happy New Year's greetings to all of you. As all of our temples and churches reopen to in-person services and activities, I hope that this year will be one in which we reconnect with each other as a Sangha, as fellow Nembutsu travelers on the path. As the pandemic has subsided, in many cases, we are seeing friends and family that we haven't seen for three years. What a joy it is to see each other in person again.

The theme for our BCA this new year of 2023 will be, "The Benefits of Following the Shin Buddhist Path." Whether we have been a lifelong Buddhist, or if we are relatively new to Shin Buddhism, there are tremendous benefits to our everyday life that we often don't talk about enough. We need to share the "why" of Shin Buddhism as well as the "what" of Shin Buddhism.

I would like to discuss this topic in a series of articles this year for the Wheel of Dharma. This month, I would like to discuss the benefit of living "from inside out," instead of "from outside in."

Normally, we live our life from "outside in," meaning that we live our lives pursuing material things external to us, to find what we think will be our "inner happiness." We think a new car, a bigger home, a higher salary or position, or the perfect spouse, will lead to our inner happiness.

However, even if we are to achieve some of those things, we find that we are not any happier internally. In fact, we might find ourselves even more miserable than when we didn't have such things. We buy a home, but now we have to maintain it and do the home repairs.

The Shin Buddhist way of life is from the inside out, meaning that one lives fulfilling your deepest aspiration and your sincere wish of life. Every day is meaningful, fulfilling, gratifying, living a life from within. For example, a schoolteacher that lives from outside in lives for the paycheck, for the retirement pension after 30 years of teaching. The teacher that lives from inside out works to fulfill their deepest wish, to teach children, to nurture children, to connect with children.

The Shin Buddhist way of life is a life of self-introspection and self-reflection. From one's self-introspection, one sees the world around them. It is living from "inside out."

Shinran Shonin lived a life of deep self-introspection. In his writings, he says that his heart and mind is like "snakes and scorpions," full of cunning and malice. Such self-introspection leads to his life of humbleness and humility. There is tremendous strength and power in the life of a humble person. Like the willow tree that is able to bend in a strong wind, as opposed to a tall and stiff oak tree, a truly humble person is able to live a dynamic, even powerful life. They influence and affect others by their quiet humility. That is one of the many benefits of the Shin Buddhist life, of following the Shin Buddhist path.

BCA J.A.M.S.

JODOSHINSHU ARTISTS & MUSICIANS SHOWCASE

VIRTUAL TALENT SHOW



PREMIERES

@11:30 AM

SUNDAY, 26 FEBRUARY
BCA YOUTUBE CHANNEL

<https://www.youtube.com/@BuddhistChurchesofAmerica/streams>

BCA Center for Buddhist Education
Living The Dharma (formerly Every Day Buddhism) Committee Presents:



THE BENEFITS OF A LIFE OF GRATITUDE: Benefits of Shin Buddhism

PART 1

Saturday, March 11, 2023

11:00 am – 1:00 pm (PT)

Guest Speaker: Rev. Dr. Kenji Akahoshi



Rev. Dr. Akahoshi served as the resident minister of the Buddhist Temple of San Diego for 8 years and recently retired. Prior to becoming a minister, he received his DDS degree from UCSF Dental School and practiced dentistry privately in San Jose. He served as the San Jose Betsuin Broad President (2 years) and was a Buddhist Chaplain in the Santa Clara County Juvenile Hall for 7 years. He received a master's degree from the Institute of Transpersonal Psychology in Palo Alto and a Masters of Buddhist Studies from the Institute of Buddhist Studies of Berkeley, CA. He originated (1998) and continues to conduct annual Shin Buddhist Retreats in California, Washington, and Hawaii. He is currently heading the Minister's Support Pillar for the Dharma Forward Campaign.

Moderator: Rev. Marvin Harada

Registration

<https://forms.gle/7x0qKVapCEp7duZPS>

Donations gratefully accepted

Click to Donate <https://bca.kindful.com/> Scroll campaigns to select CBE
(Donations are processed by BCA Endowment Foundation)

Visit buddhistchurchesofamerica.org email: cbe@bcahq.org or phone: 510.809.1460



2023 Pledge Form

Dear Members and Friends:

When you find yourself taking refuge in the Three Treasures (Buddha, Dharma, and Sangha) and feel like this is a place where you would like to grow, then perhaps you'll consider membership to the Spokane Buddhist Temple.

The concept of Dana (selfless giving) is not only a Buddhist teaching but a manner of how we exist and do business. Dana comes in many forms; not only monetary, but also your time and talents. Membership empowers individuals who rely on the nembutsu to remember their responsibility to help sustain the Dharma in Spokane and surrounding area.

By joining or renewing your membership, you honor the legacy of the families and individuals who founded this Temple in 1945 and will help maintain the foundation for the future. Your membership is critical for keeping the Dharma alive in Spokane for the benefit of current and future generations.

In Gassho,
Spokane Buddhist Temple Trustees

Membership pledges are made/renewed on a yearly basis every November and can be paid in numerous ways and increments. Pledges can be paid by check, credit card, or an e-check from your financial institution. You can pay annually, semiannually, quarterly, or monthly.

Individuals who make annual pledges of \$300 or more are sustaining members of the Temple. Those contributing at lower levels are non-voting associate members of the Temple. Although \$300 is the minimum pledging amount for sustaining membership, additional pledges are greatly appreciated. It costs about \$60,000 annually to run the Temple, including: operating expenses, building upkeep, visiting minister costs, our minister's education, and dues to the Buddhist Churches of America (BCA) and the NW District. Membership pledges make up about 25-30% of our revenue, and we depend on them to be able to keep the Dharma alive in our community.

Printed Name (s) _____ Signature (s) _____

Address _____

Phone numbers _____

Emails _____

Payment method (please check) check e-check cash credit card

Payment frequency (please check) annually semi-annually quarterly monthly

Pledge amount for current year \$ _____

Check that you understand that your Membership includes membership in the BCA and you will receive the BCA monthly newsletter "Wheel of Dharma" in the mail.

* Please consult your tax advisor for specific questions related to charitable donations.

* If over the age of 70 ½ please consult your financial planner for using your required minimum distribution for charitable donations.

*Members of the Spokane Buddhist Temple are always welcome to request our financial records. Please contact the treasurer if you would like information on the Temple's budget and financial holdings.

Spokane Buddhist Temple, 927 S. Perry, Spokane, WA 99202

Email: SpokaneBuddhistTemple@gmail.com