

Spokane Buddhist Temple

Volume 66, 2019 - Issue 6
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

June 2020



While We Are Closed

**See Page 2 for important messages about
Visiting the Temple
& help needed while we are closed**

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 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



**See info on many of the following pages for
more ways to hear or read the Dharma
& for messages from the Bishop of the Buddhist
Churches of America**

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.

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: Our Golden Chain tree is blooming and the weeds are growing. We need help with yard work. Please email spokanebuddhisttemple@gmail.com if you can help.



Message from Reverend Opel - Are We Re-Opening????

We will not be reopening in June. Our leadership is discussing plans for reopening and what that might look like. We want to ensure the Sangha and all visitors are safe and we will need time to review guidelines from the Governor and the BCA. Because you have asked if you could come to the Temple to do Oshoko and sit for a moment in the Hondo, we are working on this tentative plan:

Beginning July 5th (tentative date): Come between 10 am - 11 am to the Temple to do Oshoko and sit quietly in the Hondo for a few moments. We will have a dharma message handout for you. This will not be a service.

If you plan on coming to Oshoko:

- Masks are required - we will have a few disposable masks
- Please respect others and remain quiet
- We will limit the number of people in the Hondo at one time
- Stay 6' from other visitors. The pews will be marked appropriately.
- Family members can sit together
- We won't have snack or Dharma School
- If you wish to socialize afterwards, we will put out chairs on the grass next to the building.

Tentative Plan
Check the website, facebook and July newsletter for the final plans.

Join Sensei Melissa Opel & Sangha Members for a "Zoom"

DHARMA DISCUSSION WEBINAR

Thursdays 6:30 pm

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

Join in by emailing Sensei Opel at Melissa-joshinopel@gmail.com

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



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JUNE 2020

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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 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.



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---
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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/

Message from the Idaho-Oregon Buddhist Temple we found on their Facebook page:
In light of the many challenges, difficulties, sufferings, and conflicts facing people around the globe right now, we would encourage everyone to pause and self-reflect on these words from Gomonshu Kojun Ohtani. Teachings such as these are especially important to consider when times are difficult. Please take good care of yourselves and all other beings in these challenging times. Namu Amida Butsu.

Our Pledge

Breaking out of my shell
I will share a warm smile and speak gentle words
Just like the kind Buddha

Not becoming lost in my greed, anger, and ignorance
I shall think and act with an open-mind
Just like the calm and peaceful Buddha

Not putting myself first
I will share in the joy and sadness of others
Just like the compassionate Buddha

Realizing the gift of life I have received
I shall strive to live each day to its fullest
Like the Buddha who tirelessly works to liberate all.



Written by the Gomonshu Kojun Ohtani, Jodo Shinshu Hongwanji-ha 11/23/18



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

The temple has scheduled a **RUMMAGE SALE** sometime this summer or fall, so if you find items you'd like to donate, we will be happy to store them for you once the quarantine is over.



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 18 people passed away during the month of June of their respective year:

Gay Todd
Yoshio Hamamoto
Shozo "Sho" Higashi
Peter Key
Yoshiro Mori
Archie Okawa
Jean Taeko Soejima
(Mrs) Oto Uyeji
(Mrs) Tsuneye Wada

Eugene Bergman
Jack Hattori
(Mrs) Toshie Kanagae
Nobuichi Kiyabu
Tsumayo Nakai
Kozo Soejima
(Mrs) Riku Takeshita
Lachen Joy Verdery
Bill Bartholomew

Losing Our Sense of Humanity

Rev. Marvin Harada, Bishop



Recent current events have shown me how easy it is to lose our sense of humanity, our sense of being a human being. First, we saw the appalling video of the policeman in Minnesota sitting on George Floyd, to the point that he suffocated. If you have a sense of humanity, you cannot sit on top of a person until they can no longer breathe. I think it would be hard to do that to any living thing. But then, over the weekend, we saw peaceful demonstrations turn into riots and looting. There were also cases of peaceful demonstrations that remained that, peaceful and meaningful demonstrations of people expressing their right to speak. However, we also saw people who lost their sense of humanity, by choosing to break windows, set fires to buildings and cars, and to steal and loot from businesses. Those businesses are owned by regular people, regular human beings like you and I, who work hard to make a living. How can you steal from another human being like that unless you lose your sense of humanity?

How do we find our sense of humanity, and most importantly, keep it, even when we are angered, bitter, or disappointed? The Shin Buddhist lay teacher, Hideo Yonezawa, wrote that the path of Shin Buddhism is the path to “becoming human.” We might think that we are human already, but Yonezawa Sensei points out that without finding the Dharma, we are not living a life as a true human being, that we have not found our sense of “humanity.”

Perhaps you have heard of the teaching of the six realms of existence, starting from the heavenly realm, then the human realm, the animal realm, and followed by the realms of the fighting demon, the hungry ghost, and the lowest realm, the realm of hell. During the time of Shakyamuni Buddha, people in India looked at these realms literally, that if you didn't live a good life as a human that you would fall into a lower realm in your next life. Shakyamuni Buddha reinterpreted this world view and saw how these realms were teaching about our inner life, our psychological life. In one day, even in one hour, we could touch on several or all of these realms. We can go from a euphoric state of heaven, and fall all the way to the depths of hell. We fall into the fighting demon realm when we fight with traffic, or with our boss, or with a family member. We fall into the realm of the hungry ghost when we are greedy or are never satisfied.

One temple member that I know is a survivor of the atomic bomb in Hiroshima. In a conversation one day, he shared with me that he doesn't believe in hell in terms of an afterlife. He said, “That day in Hiroshima, I saw hell with my own eyes. There can be no other hell as horrendous as what I saw that day.”

When we reflect on these six realms, we have to ask ourselves, how much of the day am I in the human realm? Maybe not so much. Maybe not hardly at all. As we have seen, it doesn't take much to lose our sense of humanity. First, we have to see how we are caught in the vicious cycle of the six realms. Then, we must seek the teachings, the way to get out of that vicious cycle.

To see such terrible things occurring in the world gives us all the more reason to listen to the teachings, to follow the path of the Nembutsu, to find our truest sense of humanity. We have to first find our sense of humanity, and then not lose that sense of humanity. When we find our true sense of humanity, that humanity will then spread to others.

Namuamidabutsu,

Rev. Marvin Harada, Bishop

Buddhist Churches of America

PATIENCE, PATIENCE

Rev. Marvin Harada, Bishop



In Buddhism we have the teaching of the Six Paramitas, the six bodhisattva practices that carry us from this shore of samsara, to the other shore of truth or enlightenment. Today I would like to reflect on the second paramita, which is “patience.”

In Buddhism, we have to have patience in following the path. As they say, Rome wasn’t built in a day. We can’t expect to understand it all in a day or two. It takes time and patience. When young people first take a martial art, like Karate, right away they want to know, “How long will it take me to get my black belt?” It takes years to earn a black belt and it takes time to come to understand the heart of the Buddha-Dharma. How long you might ask? One year? Two years? Five years? I would say that it takes our whole life. Listening and learning in Buddhism is a lifelong enterprise. It is a lifelong undertaking.

The great Buddhist thinker, D.T. Suzuki, who is perhaps most responsible for introducing Buddhism to the west, when he was 95 years old, he had a five-year plan for what he wanted to study and research. For D.T. Suzuki, his study of the Dharma was a lifelong undertaking.

During this Coronavirus pandemic, I think that the word “patience,” takes on a new meaning. It feels like many people are reaching the “breaking point,” meaning that they are so sick and tired of being cooped up and not able to go out to restaurants, to bars, to stores, to the beach, that they are on the verge of exploding. Maybe that is why when about a week ago when they opened up the beaches in our area in Orange County, people flocked to the beaches.

This is a time in which as Buddhists, we can apply our teachings to help us face and endure this difficult, stressful, and anxious time. We can practice patience. We have to stick it out. We have to endure a little more this stay at home time, to help prevent the spread of the virus, or else it might become even more worse and deadly.

But it is not easy. Personally, I am dying to go to Las Vegas, but of course it is closed still. It seems like another lifetime ago that we went to Vegas and enjoyed the restaurants, the casino, and the shows. But we have to be patient, and we have to endure.

We might need to practice patience at home. Family members might be getting on each other’s nerves. Parents are trying to work from home, do home schooling for their kids, and not have any outlet of going out and getting away for a spell.

I heard a funny statement from someone who said, “Well, we haven’t killed each other yet,” and I know this was a joke, but we can all relate to that to some extent, can’t we? Truly, everyone’s patience is being tested during this shelter at home period.

Continued next page

I recall a wonderful quote from the novel, Siddhartha, by Herman Hesse, which is a classic novel. In the novel, the main character, Siddhartha, experiences renouncing the secular world, much like the historical Buddha did. During his time of religious practice, he didn't have material things like a home, nice clothes, or three meals a day. But Siddhartha said, "I can think. I can wait, and I can fast." That was what he was able to do.

I cannot fast for even one day, but I think that all of us can do the other two, we can think, and we can wait. It might not be easy, but we can wait this out, we can practice patience. It might last a long time, but it won't last forever. If we can wait, we will be able to endure it.

May we choose this time to practice patience, patience and more patience.

Namuamidabutsu,
Rev. Marvin Harada, Bishop, Buddhist Churches of America

**BCA
Center for
Buddhist
Education**

CBE Seminars Online For All

BCA members and the public are invited to
FREE online programs. All are welcome!

JUNE SEMINARS

Saturday, June 13, 2020 * 11 am - 1 pm (PDT)

**“Seeing Shin Buddhism in
Star Wars”**

Other Power, Self Power, blind passions, and
Bodhisattvas going and returning from the Pure Land —
are concepts seen in the sci-fi universe of Star Wars.

Guest Speaker: **Rev. Landon Yamaoka**
M.A. Student, Institute of Buddhist Studies



Saturday, June 27, 2020 * 11 am - 1 pm (PDT)

“Man’s Search for Meaning”

What is the rationale and process of awakening today?
How modern transpersonal psychology
clarifies Shinran Shonin’s 13th century Buddhist teachings.

Guest Speaker: **Rev. Dr. Kenji Akahoshi**
Resident Minister, Buddhist Temple of San Diego
M.A., Transpersonal Psychology Institute



Register online at **buddhistchurchesofamerica.org**

Registration is Free – Donations gratefully accepted –

[Click to Donate](#) (Scroll campaigns to select CBE)

Contact CBE: email: cbe@bcahq.org or phone: 510.809.1460

Dear BCA Ministers, Temple Leaders and Sangha Members,

EverydayBuddhist.org is an online educational site sharing contemporary Shin Buddhist teachings and practices for everyday life. Our vision is to provide a path to true happiness.

Launched in 2017, our purpose is to supplement the Dharma studies and services our BCA temples provide, and to reach out to all Buddhist practitioners and new seekers alike. With the COVID19 pandemic and our current stay at home or sheltering in place orders, our temples have shuttered.

EverydayBuddhist.org has over one hundred hours of Shin Buddhist education and Dharma content which is available 24/7. Our response to this crisis is to provide:

New free [Stay at Home](#) course bundle

Frequent blog posts, example: [A Fine Line Between Precaution and Panic](#)

Upcoming livestream "How To" courses and Q&A offerings

Online Dharma support is more important and relevant than ever in the current environment. We invite you to share this opportunity to receive the Dharma through EverydayBuddhist.org by forwarding this flyer to your Sangha members.

Gassho,



Rev. Jon Turner

www.everydaybuddhist.org

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.