

Spokane Buddhist Temple

Volume 69, 2021 - Issue 3
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

March 2023


March Service Schedule

- 3/5 9:30 am **Shoshinge Chanting Service** (see page 6)
- 10:30 am Sangha Service followed by Social Time
- 3/12 10:30 am **Spring Ohigan Service & Shotsukihoyo Service**
followed by Social Time (See page 6)
- 3/19 10:30 am Sangha Service followed by Dharma Discussion
- 3/26 10:30 am Sangha Service followed by Dharma Discussion
Special Guest from the Women's Hearth
- 10:30 am **Dharma School** for Ages 4-11

Other Events in March - See Pg 4

Wed 3/8 - 6 pm Buddha & Beer with Reverend Opel @ Lumberbeard Brewing
Wed 3/15 - 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.

Email SpokaneBuddhistTemple@gmail.com to get the weekly emails. Most
services will be live on Facebook.




Dharma School

DHARMA SCHOOL for kids is now
One Sunday Per Month
March 26th
10:30 during service
Ages 4 to 11

Spring Ohigan Service

Sunday - March 12th - 10:30 AM

Ohigan honors the Buddhist notion of crossing over to the
Other Shore (i.e., Enlightenment), away from This Shore of
impermanence, stress and dissatisfaction, and is traditionally
observed during the Spring and Fall equinoxes. See Pg. 6



Spokane Buddhist Temple

MARCH 2023

VOLUME 69 ISSUE 3



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/

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 February 2023



Welcome

New

Member

Liz Marez

Kris Birdsell
Wednesday Meditation Group
Melissa & Becca Opel
Stacy Carr
Paul & Karen Vielle
Sadina Henderson
Janice Tyson
Lisa Geiss
Liz Marez

Mary Naber
Tuesday Meditation Group
Izumi Pierce
Eric Inaba
Mari Haworth
Susan Hales
Ryan Campanella
Kiku Terao

Karen & Paul Vielle in memory of Jim & Shirley Bennett, Evelyn Vielle and Alpha Clark



BUDDHA & BEER

Join Reverend Melissa Opel on **Wed. March 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. March 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.



March Shotsuki-Hoyo

On March 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 22 people passed away during the month of March of their respective year:

Eileen Kiyoko Tanaka
Marceline Burdett
Iku Horiuchi
Shoichi Kayahara
(Mrs.) Asano Kirihara
Charlie Nakanishi
Yoshito Norisada
Joe Takeshita
Toshiko Uyeno
Bruce Jerial Waters
Robert Cole Pierce

Jeffrey Lee Pierce
Fumi Hara
Gracye Hattori
Kengo Kato
(Mrs.) Tayeko Kayahara
(Mrs.) Kiuyo Osumi
(Mrs.) Marguerite Peterson
Kuhei Tschida
Kana Yamamoto
George Heyamoto
Robert Ohashi

If you wish to have someone added to the Shotsukihoyo list, see Reverend Opel or one of the Minister Assistants.



The Benefits of Living a Life of Gratitude Reverend Marvin Harada, Bishop

This month, I would like to continue on the topic of the benefits of living the Shin Buddhist way of life. My topic is the benefit of living a life of gratitude, which is something that modern psychology is now emphasizing, but is something that Shin Buddhism has been teaching for centuries.

Modern psychology is finding that grateful people are actually happier people. People nowadays are constantly in search of finding that elusive thing called “happiness” and are now learning that the key to happiness is just to be a grateful person.

In Shin Buddhism, it is not so much that we “should” be a grateful person, but having encountered the teachings, one cannot “help” but be grateful.

One of the most striking examples of gratitude in Shin Buddhism is the life of Hisako Nakamura, who is like the Helen Keller of Japan. Hisako Nakamura lived nearly her entire life without hands or feet due to frostbite as a small child. She lived a most tragic and difficult life, being handicapped and living in Japan in the 1900s.

Later in life, she encountered Shin Buddhism and became a popular lay speaker. She was an accomplished calligrapher, writing with the brush in her mouth. She could knit, sew, and do anything a normal person can do, but not without tremendous struggle and effort to learn how to do those things without hands or feet.

In one of her poems, she expresses the following:

*I have them, I have them,
I have them all ...
It's all I need.
What a refreshing autumn morning.*

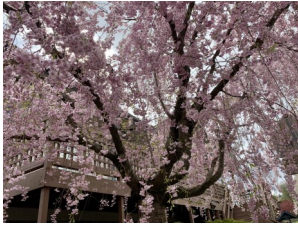
How can someone who has no hands or feet say they “have them all”? How could you not be bitter about the tragic life you have had to live, without hands or feet like other people? But Hisako Nakamura states that she has everything in life. She lacks nothing. Her life is fulfilled and gratified. Can we say the same? We might be grateful to a certain degree, but there is always something more that we “think” we need, whether it is a new car, a bigger house, or a new computer. Hisako Nakamura has such a perspective on life because of her encounter with Shin Buddhism.

In our Shin Buddhist services, we often sing the Japanese gatha, “Ondokusan.” The lyrics to this gatha are actually a poem written by Shinran Shonin, called “wasan.” Music was added to this poem to create a popular gatha that has been sung both in Japan and the United States for decades. The poem goes as follows:

*Such is the benevolence of Amida's great compassion,
That we must strive to return it, even to the breaking of our bodies;
Such is the benevolence of the masters and true teachers,
That we must endeavor to repay it, even to our bones becoming dust.*

Continued on Page 6

In this poem, Shinran Shonin expresses the most profound sense of gratitude that he has, not for his parents, or for his home, or for his family, or for his daily food. He expresses his profound gratitude to the heart of the Buddha, great compassion, and to the masters and teachers who have transmitted that heart of compassion to him, through the teachings. For Shinran Shonin, that is the deepest sense of gratitude. It doesn't mean he isn't grateful for his wife, or his family, or his home. It means that even deeper than that for him is his sense of gratitude to the Dharma, to the Nembutsu. And that is why he feels compelled to repay that debt of gratitude. How does one repay that debt of gratitude? By sharing the teachings with others.



Spring Ohigan Service Sunday - March 12th - 10:30 AM

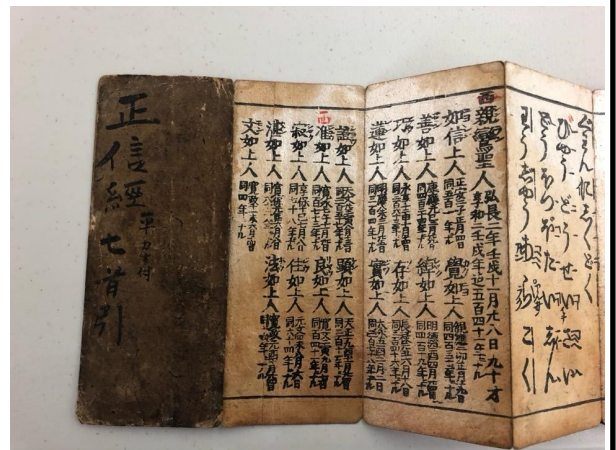
Ohigan honors the Buddhist notion of crossing over to the Other Shore (i.e., Enlightenment), away from This Shore of impermanence, stress and dissatisfaction, and is traditionally observed during the Spring and Fall equinoxes, because the weather is more pleasant and people have more time to rest and reflect.

Shakyamuni Buddha, the historical Buddha, was born in this world, on this shore of impermanence. Observing profoundly the sorrow of this world of illusion, he reached that distant shore of nirvana. He showed all humankind the means of crossing the ocean of darkness to the realm of light on that shore. These are called the Six Paramitas to nirvana. The Six Paramitas serve as a bridge spanning this wide ocean; they are Charity, Morality, Patience, Right Effort, Meditation, and Wisdom. These constitute the universal way for humans to attain ultimate peace, but it is not easy for us to keep them in mind and carry them out, because we are busy living and working everyday. For this reason, we set aside a special day twice a year, in Spring and Fall, so that we may reconsider these teachings, reflect upon ourselves, and pay respect to the innumerable people from the past to the present who have come into our lives and in some way or other influenced it to be better.

Shoshinge Service 9:30—10:00 am - Sunday March 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.



SHINJIN
—
Rev Dr David Matsumoto



Online Seminar

CBE Online Seminar Register Below | **Saturday March 18, 2023 11am - 1pm (PT)**

About


Rev Dr. David Matsumoto is the president of the Institute of Buddhist Studies. He will continue his series about the meaning of Shinjin. This is part 3 of his 4 part online series. Parts 1 & 2 are on the CBE Youtube Channel if you wish to view them.

REGISTER & INFO HERE:
<https://tinyurl.com/ShinjinSeminar3>




SEE THE BCA'S EVENT PAGE for info and links to the many workshops & learning opportunities:
<https://www.buddhistchurchesofamerica.org/>

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/7x0qKVapCep2duZ26>

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



WHAT IS OBON?
MARCH 25TH, 2023, 11:00 AM (PDT)

As we approach a return to in-person Obon festivities this summer, we are provided with a unique opportunity to reconsider the purpose of this important Buddhist event.

The BCA Bon Odori Taiko Sub Committee invites the BCA Sangha to join a conversation with Rev. Masao Kodani and artist and activist Nobuko Miyamoto to revisit the history of Obon - why it exists as it does today, what it means, and its cultural and religious significance.


Co-sponsored with TaikoVentures and the Center for Buddhist Education. The event is free and open to the public. Registration is required. Donations gratefully accepted.

Registration link: <https://forms.gle/pYvyob2w89ZYutGQ8>

The Institute of Buddhist Studies Presents

THE 2023 TAITETSU UNNO MEMORIAL LECTURE



"Beyond Transcendence Back to Earth: A Challenge to Religions in our Time of Global Crisis"
With Dr. Ruben Habito
March 31, 2023

More information at www.shin-ibs.edu/events



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