

# Wheel of the Sangha

Volume 29 Issue 11 November 2010  
 A monthly publication by **Seattle Buddhist Church**  
*May peace and tranquility prevail  
 throughout the world*

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**Seattle Betsuin Vision**  
*Embrace true and  
 real life  
 in Nembutsu*



**Seattle Betsuin Mission**  
*Promote, protect, and  
 share the Buddha,  
 Dharma and Sangha*

### November 2010: Major Events of Interest

- November 7 8-9:30 ABA Hawaiian Breakfast  
 10:00 Eitaikyo Muen Hoyo Service Rev. Tatsuya Aoki, Vancouver, BC  
 Followed by Dharma School sharing their Japan Trip in Gymnasium
- November 21 10:00 Children's Service in Chapel  
 11:30 SBBWA General Membership Meeting  
 Music Service
- November 28 Japanese Services:  
 November 7 Reverend Tatsuya Aoki  
 November 14 Reverend Takemura  
 November 21, 28 Program

<p><b>1</b>          Temple Contact          Information</p> <p><b>2</b>          Calendar of Events,</p> <p><b>Newsletter Deadline:</b>  <b>Monday Nov. 15, 2010</b>  <b>8:00 pm</b></p> <p>Print: November 19,          2010</p>	<p><b>3</b> Rimban Castro's          Message,          Butsudan Class,          Look Who's Blogging</p> <p><b>4</b> Camp Fire,          Dharma School</p> <p><b>5</b> SBBWA,          Membership,          ABA Hawaiian Breakfast</p>	<p><b>6</b> Honen/Shinran Film,          Choir, Mochi Sales,          Campaign BCA Update,</p> <p><b>7</b> SBC Donations, Nenju</p> <p><b>8</b> More Donations,          Nembutsu Camporee,          Rev. Taitetsu Unno at          White River Buddhist          Temple,          Betsuin Musical Notes</p>	<p><b>9</b> Dharma School          2010 Japan Trip</p> <p><b>10</b>  <i>First International          Conference...</i> by IBS,</p> <p>"Thanksgiving and On"          by Gregg Krech          (continued on  <a href="http://www.SeattleBetsuin.com">www.SeattleBetsuin.com</a>          November newsletter)</p>
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## Betsuin Events for November 2010

### EVERY SUNDAY All are invited:

- 8:45 am \*MEDITATION SERVICE at 1441 S. Main St; Sutra Chanting, 20-minute meditation, discussion.  
10:00 am SERVICE - in Hondo (main sanctuary) includes Sutra Chanting, singing, and Dharma Talk  
11:00 am DHARMA EXCHANGE – in dining room, Q/A, dialogue with minister and ministers assistants

### EVERY WEDNESDAY \*\*10:30 am DHARMA SUPPORT GROUP with meditation at 1441 S Main St

#### SUNDAYS \*8:45 am Meditation Service Weekly

November 7 8:00-9:30 am ABA Hawaiian Breakfast

10:00 am EITAIKYO MUEN HOYO SERVICE  
with Ochigo Procession Guest Speaker, Rev.  
Tatsuya Aoki, Vancouver Buddhist Temple,  
Vancouver B.C.

Children: Rev. Aoki

Adult: Rev. Aoki

Japanese: Rev. Aoki

DS DX: Rev. Warrick

DX: Joe Schwab

10:45am YBA Meeting

11:00 am – 2:00 pm Dharma School Japan 2010  
All-Sangha Report Out

11:45 am SBBWA Board Meeting

November 14 Rev. Castro speaking in Las Vegas

10:00 am FAMILY SERVICE

Children: Youth MA

Adult: Rev. Warrick

Japanese: Rev. Takemura

DS DX: Joe Schwab

DX: Rev. Warrick

12:00 pm Religious Department Meeting (Rev. Warrick)

November 21

10:00 am FAMILY & CHILDREN'S SERVICE

Children: Youth MA

Youth: Rev. Warrick

Adult: Rev. Castro

Japanese Program

DS DX: Rev. Warrick

DX: Rev. Castro

11:30 am SBBWA General Membership Meeting (Rev. Castro)

November 28

10:00 am MUSIC SERVICE

Children: Rev. Castro

Adult: Rev. Warrick

Japanese Program

DS DX: Rev. Castro

DX: Rev. Warrick

11:45am SBBWA Board Meeting (Rev. Castro)

**MONDAYS** November 8 Rev. Castro (Study Day Off)

November 15 Rev. Castro (Day Off)

**November Newsletter Deadline:**

**Monday, November 15 - 8:00 pm**

**Print: November 19, 2010**

#### TUESDAYS

November 2 Rev. Castro (Day Off)

November 9 Rev. Castro (Day Off)

November 16 Rev. Castro (Study Day Off)

10:00 am Shinran Shonin Monthly Memorial Service

November 23

10:30 am Keiro Service

**WEDNESDAYS** \*\*10:30 am Dharma Support Group

November 3

7:30 pm Dharma School Board Meeting (Rev. Castro)

November 10, 17 Rev. Castro (Vacation)

#### THURSDAYS

November 4

1:30 pm Nikkei Manor Service (Rev. Castro & MA)

November 11 Temple Closed for Veteran's Day

7:30 pm Betsuin Cabinet Meeting

November 18 Rev. Castro (Vacation)

1:30 pm Nikkei Manor Service (Joe Schwab)

7:30 pm Betsuin Board Meeting

November 25 Temple Closed for Thanksgiving

#### FRIDAYS

November 5

12:00 pm Gojikai Service and Meeting (Rev. Castro)

November 12 Rev. Castro (Day Off)

November 19 Rev. Castro (Vacation)

November 26 Rev. Castro (Day Off)

#### SATURDAYS

November 6 9:30 am – 1:00 pm Dharma Support  
Group/Book Study (Rev. Castro)

November 13 Rev. Castro (Travel Day)

November 20 Rev. Castro (Vacation)

November 27 Rev. Castro (Day Off)

#### **December 2010: Major Events of Interest**

Sunday, December 5 Bodhi Day Service  
& Potluck Luncheon

Sunday, December 12 Annual General Membership  
Meeting @ 11:00 a.m.

Saturday, December 18 Mochi Making & Mochi Sale

Sunday, December 19 Temple Clean-Up  
& Mochi Sale

Friday, December 31 New Year's Eve Service



## SACRED SEATTLE TOUR

By Rinban Don Castro



On November 6 our Dharma Support Group is coordinating a guided tour of the new exhibition on display at the Wing Luke Museum of the Asian Pacific Experience. Others are welcome to join us. I had the pleasure of being on the planning committee for this exhibit where I was first introduced to the beautiful artwork of Naomi Kasumi whose work is featured in the exhibit and who is often inspired by Buddhist themes.

In the exhibition flyer, the question is asked, "Is Seattle Sacred?" In the opening lines of the Pali Buddhist text Dhammapada, it says, "With our mind, we make the world." In other words, things are sacred if we regard them as sacred. I think Shin Buddhists, as Mahayana Buddhists, perceive things somewhat differently. We see everything as inherently sacred in the sense that everything has Buddha nature; everything is a manifestation of Amida's boundless wisdom and compassion. Shinjin (faith) is an awakening to what is already there.

**Getting back to our tour**, those interested in joining us should contact either Rev. Castro or the Seattle Betsuin office by Nov. 3 at (206) 329-0800. We will meet at the temple on Saturday morning Nov. 6 at 9:30am and will car pool to the museum. Admission prices are \$9.00 for adults and \$7.00 for seniors 62 years old and above. The tour is scheduled for 10am and we will return for lunch at the temple at noon. Please bring your own brown bag lunch which can be stored in the temple fridge while we are at the museum. During lunch, we will have an opportunity to discuss the exhibit. The museum is located at 719 S. King St., Seattle 98104. In advance of our tour, you can visit the **Sacred Seattle blog**. at: [www.seattleu.edu/artsci/theology/blog](http://www.seattleu.edu/artsci/theology/blog).

Our Dharma Support Group is a Buddhist educational group that meets at least on the first Saturday of each month for various kinds of educational-social activities. On Saturday, December 4, from 9:30am to 3:30pm, we will host Dr. Kenji Akahoshi who will conduct a workshop. Dr. Akahoshi is a retired dentist and former President of the San Jose Betsuin who is a recent graduate of the Institute of Buddhist Studies and recently ordained Jodo Shinshu minister. Dr. Akahoshi has conducted very successful retreats for us in the past and we will heartily welcome him back. Details of the workshop will be forthcoming. For information on the Dharma Support Group, please talk with Rev. Castro.

### Obutsudan Etiquette class was well attended.

Approximately 20 people came to learn how to create a sacred space in their home on October 17. Attendees briefly shared their remembrances of obutsudan or asked where to locate their obutsudan in their home. Reverend Julie Hanada was present and offered her ideas. This class/discussion is offered as an alternative to Dharma Exchange and will be continued. Please direct suggestions to Laverne Imori or Irene Goto. - IG



### Study Group will focus on Sacred Seattle.

See "getting back to our tour," above, in Rev. Castro's article.



SEATTLE  
BETSUIN




New Year's Party

January 9, 2011

*Tickets on sale November 28*

**Look Who's Blogging!** Reverend Castro, Reverend Jim Warrick, and EcoSangha! Join in, and post your comments. submitted by Alan Hoshino  
<http://revcastro.blogspot.com/>  
<http://revwarrick.blogspot.com/>  
<http://ecosangha-seattle.blogspot.com/>

**Camp Fire USA** Submitted by Debbie Shibata  
 Starflight K – Submitted by JoAnn Kosai-Eng  
New Starflight K. group members Cassidy, Kaylee, Megan, and Marli completed their

first two Campfire meetings. With the help of Junior Leaders Samantha, Kayla and Koki from the Hummingbird group, the girls had a lot of laughs while learning about feelings, helping, creating, and pretending. They were very pleased that their favorite stuffed animals were also invited to one of the meetings. The meetings have been non-stop entertaining, including charades and other pretending games, a slimy science experiment, paper bag puppets, and drawing and coloring.

They have been doing a great job with lighting the candles, taking attendance, collecting dues, and helping with snacks. Thanks to all the help, the Starflight group is off to a great start!

Dolphins/Starflight 1<sup>st</sup> – Submitted by Grace Tazuma

To start the new Camp Fire year off, the Dolphins were invited to a swim party hosted by the Rainbows. The girls enjoyed a pizza lunch and swimming at the Mount Lake Terrace Pool. The large pool with a lazy river was enjoyed by all. Thank you, Rainbows for a fun-filled outing.

For the first official meeting of the year, the Dolphins talked about fall and why & how leaves change color. The girls made “stain glass leaf windows” out of an assortment of freshly picked fall colored leaves, wax paper and a colorful paper frame.

Starlights/Starflight 2<sup>nd</sup>/3<sup>rd</sup> – Submitted by Debbie Shibata The girls met twice this month. The first meeting was led by Bob and Kelly Crimmins. The group discussed ways of being and staying healthy. They proceeded to craft a plate of “germs.” They wrapped up the meeting with an energetic relay race involving “getting ready for school” tasks and by singing rousing camp songs like “Found a Peanut” and “Dr. Pepper.”

The second meeting was lead by Stacy Nakata and special guest Gwen Florence. The girls learned about Obon Festival. After the girls decorated pairs of fans, Stacy and Gwen taught the girls two Japanese dances in as large circle the girls could keep.

Horizon – Submitted by Alissa K. Last Sunday, October 10th, the Horizon Camp Fire group had a meeting for the first time this year. Camp Fire leaders, Susie Yamane and Joan Nakano led the meeting. The girls discussed what activities they would like to participate in and who would be leading each activity during the year. Some activities included decorating Wisteria View Manor for the

holidays, planning a movie night at the Ronald McDonald house, volunteering at Angeline’s (a women’s shelter), scrapbooking, and also volunteering at the Orion Center (a shelter for homeless teens). The next meeting will be Sunday, on October 17th.

**Dharma School** submitted by Joyce Tsuji  
Dharma School hosted the Hatsumairi celebration on October 3. Welcome to the new kids and their families! Thank you for participating in our Hatsumairi or first visit to temple ceremony. Also thanks go out to the volunteers who helped with the festivities, including picture taking, service program, certificates, and refreshments.

3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> grade class Our year has gotten off to a great start. We welcomed our new 3rd graders to class, bringing with them fresh faces and big grins. Our 4th and 5th graders are now veterans and really give us a solid foundation to work with.

We started in September by making personalized nametags which included our favorite TV show and favorite food. We learned a few more factoids about each person with a little competition between the “Earth” team and the “Sun” team. We’ll continue again sometime soon to get to everyone.

With gracious help from Youth Minister’s Assistants Jason Yokoyama and Krista Nakano, our students learned about the history of the okesa and how to properly wear and store it. Pauline Sakuma taught the students how to properly tie the tassel knots on their okesa, first with cord and then with shoelace licorice! Now they are complete and ready to wear to service.



We next stepped into some basic Buddhism which begins with “what is suffering?” The Three Poisons—greed, ignorance and attachment, are the basis of our suffering. Much of our students’ suffering seemed to revolve around their siblings, homework, and parents who made them do things they didn’t want to do. We’ll follow up with the Four Noble Truths and the Noble Eightfold Path as a means of dealing with that suffering.

# Seattle Betsuin Buddhist Women's Association

## SBBWA President's Message

### Submitted by Shizue Yahata

- The 2010 SBBWA Memorial Service was held on Sunday, Oct. 24, 2010. The service honored the memory of 715 deceased members. The guest speaker for the service was Rev. Dennis Fujimoto of the Oregon-Idaho Buddhist Temple.
- Frances Shintaku and Shizu Kaku represented the Seattle SBBWA at the Federation meeting that was held in Sacramento, CA on Oct 9, 2010.
- The SBBWA General Membership meeting (Sokai) will be held on Sunday, Nov. 21, 2010 followed by a luncheon for the Board of Directors (Irokai).

## SBBWA Activity Report

### Submitted by Marian Asaba

The participants of the Oct. 6th Bracelet Beading class with instructor Fumi Yamaguchi made an array of beautiful bracelets. Origami Book Marker and Pocket Calendar Cover class with instructor Rikuko Tanaka was held on Oct. 20.

The November classes are as follows:

- Nov. 10: Preview of upcoming Medicare changes, instructor Cho Shimizu, open to members and the general public.
- Nov. 17: Mesh Boxes, instructor Taka Kogita.

All classes are from 9:30 am to 12 noon. Sign-up sheets and additional information will be posted on the bulletin board across from the office.

A special thank you to all those who donated the 48 beautifully knitted baby blankets which were delivered to the Pediatric Care Center in Kent, and the matching sets of hats and scarves, to be donated to the Orion Center and Union Gospel Center.

## SBBWA Calendar

Sunday, November 7	SBBWA Board Meeting
Wednesday, November 10	Medicare Update Class
Wednesday, November 17	Craft Class: Mesh Boxes
Sunday, November 21	SBBWA General Membership Meeting (Sokai) Luncheon for SBBWA Board of Directors (Irokai)

*Submitted by Joan Nakano*

**On behalf of the SBC Membership Committee...** We would like to "thank" the following regular members, for contributing at least the minimum annual Ijikai dues (the basic dues toward the Temple maintenance/operations). This is a list of those paid members that have posted dues for the fiscal year 2010 since last month's posting:

*Steve Aisaka, Michael & Carole Aoki-Kramer, David & Penny Atcheson, Robet & Kelly Crimmins, Kelly Enstrom, Min & Aiko Fujii, Betty Fukuhara, Mieko Gilmore, Alan & Fumiko Groves, John & Lynda Hamakami, Ron Hamakawa, Frances Hamanishi, Nelson Harano, Amy Hirasawa, Cyrus Honmyo & May Chin Honmyo, Norigiku Horikawa, David Ichikawa, Larry Imamura, Jean Ishii, Sid Katayama, Ed & Joyce Kato, Nina Tomita Kato, Arthur & Sally Kawaguchi, Masako Kawamoto, Pat Kihara, Paul & Janet Knutzen, Jeff Ko & Tina Zumoto Ko, Frances Kobayashi, Marian Korosu, Takashi Matsui, David Lee & Dianne Kosai Lee, Howard Luke & Marie Kosai Luke, Matthew Morgan-May, Corey & Claire Murata, Kiyoko Nakanishi, Ryan & Stacy Nakata, Jack Natsuhara, Michiye Nomura, Tokuzo & Mari Okumura, Yasuko Ouchi, Gerald Quintua, Sono Sakaguchi, Masako Sako, Fusaye Shibata, Aiko Shimizu, Nobue Shimizu, Gail Suzaka, Ken Takemura & Jill Williams, Sandy Takeuchi, Toshio Taniguchi, Paul & Mable Tomita, Tatsuko Tsunehara, Masao Yamaguchi, Mark Yuasa*

We'd like to 'welcome'  
*Kelly & Robert Crimmins, Sandy Takeuchi*  
as new members to our Sangha.



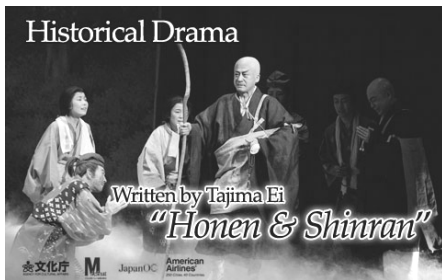
## ABA Hawaiian Breakfast November 7, 2010

**8:00-9:30 am, Dining room**

**Tickets: \$10 Adult, \$5 12 and under**

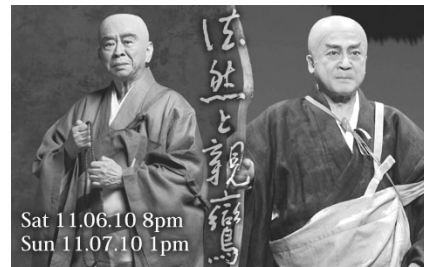
**All ticket sales benefit Mongolian Project and ACRS Food Bank**





## Honen and Shinran

Join ABA members going to Berkeley for the special performance of Honen and Shinran on Sunday, November 14 at 3pm. Gail Kaminishi will arrange to get your tickets and lodging reservations at the Jodo Shinshu Center. Travelers must do their own flight plan or alternate hotel arrangements.



**Choir Is Asking for Help** If you have enjoyed the music of the Seattle Betsuin Choir in the past, we are asking for your help. With age and health problems, our group has been getting smaller and needs additional members in all voice ranges and all ages.

We have enjoyed singing for the Keiro and Nikkei Manor residents and at the Northwest Buddhist Conventions as well as at the Betsuin Special Services.

So if you enjoy singing, even if you don't read music or speak Japanese, we want you to join us at our practices on Sunday mornings at 9 a.m. before regular services. For more information, please call the Betsuin office or notify Terry Tanino @ katsumi.tanino@comcast.net"



## MOCHI & CHI-CHI MOCHI SALES

The Seattle Betsuin youth groups (Dharma School, Jr. YBA and Camp Fire) along with Matsuri Taiko are selling tickets for mochi and chi-chi mochi. Tickets for the mochi and chi-chi mochi will be available for purchase at the front foyer and at the Betsuin office starting in early November. You may also pre-order your Okasane for the New Year's holiday as there will be a sign-up book in the front foyer. Details will be available through service announcements or advertisements posted in the Temple.



**Sales for the mochi are primarily by pre-sales as there may only be a limited number of walk-up sales on the day mochi are made. Purchase your tickets early as only a fixed amount of rice will be purchased.**



## Campaign Update – November 2010

By Robert Noguchi – BCA Fundraising Manager

### By the Numbers:

Thanks to your generous gifts and pledges, the campaign has raised over **\$350,000** in 2010!

### Total So Far:

As of 9/30/2010, the campaign has raised **\$18,611,669** since its inception in March 2003. Not only has this gone towards funding for the Jodo Shinshu Center, but also the wonderful programs being run there:

### Just Announced:

First Int'l Conference on Other-Centered Approaches (ICOCA) – New Directions in Buddhist Psychology. Co-sponsored by BCA Ctr. For Buddhist Education, Institute of Buddhist Studies, Amida USA, Amida Trust, UK, and To Do Institute (2/18-20/2011 at the Jodo Shinshu Center. (Contact: 510-809-1460)

### The Practice of Dana:

Please pay special attention to the article on page 4 of the October 2010 Wheel of Dharma, written by **Rev. George Eishin Shibata** of Reedley Buddhist Church. Thank you, Sensei, for your kind words of encouragement towards the campaign!

### End-of-Year Appeal:

Please consider making a tax-deductible gift to the campaign at the end of 2010. For details, please contact Robert Noguchi at the campaign office.

### Annual Giving:

The Campaign Committee is currently working on an Annual Giving program (Phase II) that will be announced over the next few months.

### For More Information:

Contact: Robert Noguchi in the Campaign Office at the Jodo Shinshu Center – 510-809-1453 or e-mail: robert@bcacampaign.org.

As of 09/30/2010

**\$18,611,669 in gifts and pledges**

6,661 Gifts & Pledges  
39% Participation

**Shinran Shonin 750<sup>th</sup> Memorial**

Over \$150,000 Received  
from over 680 gifts and pledges

**CBE 500 Club**

227 members –  
over \$33,000 in gifts and pledges

## The Seattle Betsuin Gratefully Acknowledges the Following Donations – September – October 2010

<u>Funeral / Memorial / Nokotsudo:</u>	<u>For:</u>	<u>Given by:</u>
Yoshikazu Kawabata – 49 <sup>th</sup> Day Memorial Service	\$ 400	Gwen Florence
Tomiko Parker – Graveside Service	\$ 250	Stephen Parker
Nokotsudo	\$ 100	Tamako Niwa Kano

<u>Remembrances for:</u>	<u>Given by:</u>
Dick Hara	Jim & Louise Akizuki; Diane Ash; Mae Deguchi; Maria Eubank; Jane Hamatani; Dale & Shizu Kaku; Meriko Kardel; Kazue Kato; Marilyn Kato; Nina Tomita-Kato; Ritsuko Kawahara; Mutual Fish Company; Craig & Joan Nakano; George & Hiroko Nakashima; Akio & Mabel Nishizaki; Nordstrom; Stephanie Ojima; Ray & Mineko Okamura; Albert & Frances Shintaku; Mary S. Shigaya; Nori Suguro; Florence Sumida; Kiyoko Takashima; Harry Yoshimura
Yoshikazu Kawabata	Howard & Marie Kosai-Luke; Jack T. Matsui
George Kobayashi	Mack & Setsuko Harada
Betty Kubota	Stephen Hasegawa; Howard & Marie Kosai-Luke; Jack T. Matsui; Craig & Joan Nakano
Tadashi Nakanishi	Stanley & Susan Nakamura
George Natsuhara	Stanley & Susan Nakamura
Saburo Ray Sakamoto	Miyuki Hanada; Peggy Hanada; Satoru & Grace Ichikawa; Paul & Taka Kogita; Howard & Marie Kosai-Luke; Jack T. Matsui; Mutual Fish Company; Craig & Joan Nakano; Yoshio & Judith Nakamura; Nobuko Otsuji; Harry & Terrie Shigaya; Ken Shigaya; Mary S. Shigaya; Sato & Darlene Shimizu; Margaret Teramoto; Michiko Vaart; Harry Yoshimura
Joe Wakazuru	Sue Fujino; Amy Hirasawa; Mickey & Yoshie Hiroo; Toshiko Isomura; Karry Sakamoto; Roy & Kazumi Shimizu; Louise Takisaki; Fumiye Taniguchi; Merrily Taniguchi; Janet Terada; Margaret Teramoto;

<u>Temple Supervision:</u>		
Yakima Buddhist Church	\$ 100	
Spokane Buddhist Church	\$ 100	

<u>General Donations:</u>		
Takashi Hori	\$ 250	General
Sunnie & Ernie Nagai	\$ 100	Hatsumairi
Joon & Jamie Huh	\$ 100	Hatsumairi
Mel & Jo Asato	\$ 25	Hatsumairi
Janet Baba	\$ 25	Hatsumairi

**Onenju Sales:** \$ 65

**ONENJU ARE AVAILABLE FOR PURCHASE** Onenju for children, women, and men are now available for purchase in the



temple office. Heirloom and modern beads have been restrung by Pauline Sakuma into beautiful new onenju. Please visit the office to see the variety of styles available. Proceeds go to Seattle Betsuin. - jn

**The Betsuin gratefully acknowledges the donations received for the following (please accept our apologies for any inadvertent omissions or misspelling of names):**

**Ohigan - Fall:** Atcheson, David & Penny; Deguchi, Jene; Fujii, Minoru & Aiko; Furuta, Mary Y.; Hamatani, Jane; Imanishi, Edith; Ise, Hal; Isomura, Toshiko; Katayama, Takeo & Mary K.; Osako, Yasumi; Oye, Sunako (Sunkie); Shimbo, Ben & Etsu; Takashima, Kiyoko; Vaart, Michiko Jean; Yamaguchi, Fumiko; Yasui, Kiyoshi & Ayako (Ruby); Yee, Fukuyo; Yoshihara, Isoko

**Hatsumairi:** Asato, Mel & Jo; Baba, Janet; Huh, Joon & Jamie; Nagai, Ernest & Sanaye (Sunnie)

**Hatsubon - Obon:** Mitchell, Lisa Kumasaka -

*Note: Some donations will be recorded after the newsletter deadline and will be acknowledged in the next month's issue.*

**2011 BCA Nembutsu Camporee - Save the Date!**

**August 5-7, 2011 Camp Waskowitz, North Bend, WA**

Hosted by Seattle Betsuin Boy Scout Troop 252 & Camp Fire Group 699. Open to all kids entering 4<sup>th</sup> Grade through High School (in 2011). Submitted by Susie Yamane. Info: [nembutsucamporee@seattlebetsuin.com](mailto:nembutsucamporee@seattlebetsuin.com).



**Betsuin Musical Notes**

The Betsuin choir recently received a new Manhasset music stand from Tom and Lorraine Sakata. We gratefully acknowledge receipt of this item, which will enhance our musical performances. Thank you Mr. and Mrs. Sakata! We encourage anyone of any age or musical experience to consider joining the choir for our rehearsals at 9 a.m. on Sundays. Please contact Terrie Tanino or Kemi Nakabayashi or e-mail [gatha@seattlebetsuin.com](mailto:gatha@seattlebetsuin.com) for any additional information.



We plan to have the Family Music Service again this year on the Sunday of Thanksgiving weekend, November 28. Musicians from Dharma School will be featured along with the choir and taiko. We hope that you will make a special effort to hear the musical arrangements planned for this service.

Lani Carpenter and Dennis Yamashita have kindly volunteered to coordinate the chairpersons and music for Children's Service this year. The

music survey conducted at Dharma School orientation was helpful in our attempt to engage more musical participation throughout the year. However, we are always open to involvement of more people for our service music effort. Please don't be shy to let your talents be known or to share suggestions about how we can improve the musical offerings for our services. submitted by Kemi Nakabayashi

**IMMERSING OURSELVES DEEPER AND DEEPER INTO AMIDA'S VAST OCEAN OF BOUNDLESS COMPASSION AND WISDOM**

(in English). Informal Discussions with Reverend Tetsuo Unno will take place on Saturday, November 13, 2010 from 9:00 a.m. to Noon. No lunch, but feel free to bring your own, and visit with Reverend Unno between noon - 1:00 in English; 1:00-4:00 in Japanese - 歎異抄の心を戴く



Cost: None. Donations are welcome. Location: White River Buddhist Temple 3625 Auburn Way North, Auburn, WA (253) 833-1442 <http://www.whiteriverbuddhistmpl.org/> Contact: [wrlink4goldenchain@comcast.net](mailto:wrlink4goldenchain@comcast.net).

*On the shallowest level, we merely **Know** about Amida's Compassion and Wisdom. From there, we then **Understand** its workings. Descending still deeper, we then **Experience** their saving power. Following that, we **Become One** with Amida Himself. Finally, at the deepest level, like a child with its mother, with a sense of unconditional security, we **Live** out our lives, ultimately free of all inward suffering.*

Gassho, Rev. Tetsuo Unno

Personal History – Reverend Tetsuo Unno – Education: UC Berkeley, Ryukoku University, Tokyo University, UCLA. Teaching: California State University Northridge and Long Beach (Religious Studies); IBS (Berkeley). Ministry: Seattle Betsuin (at which time he also served as minister for the White River Buddhist Church), Senshin Buddhist Church, and at present, part-time minister, Pasadena Buddhist Church. Activities: Lecturing, mostly within BCA, Hawaii, and Canada temples, but at times at colleges when invited. Activities occasionally include translating, editing, and writing. Personal: Married, four children, all with families of their own.



## **Seattle Betsuin Dharma School Families Travel to the Hongwanji**

Submitted by Steve Chisholm

It was a trip of a lifetime and the strengthening of a relationship with Jodo Shinshu. A group of forty-eight Temple members associated with the Seattle Betsuin Dharma School traveled to the Hongwanji in Kyoto in August of this year. Thirteen families, with twenty three children aged 5 to 14, participated along with Reverend Jim Warrick and his wife, Rona. This large, diverse group spent ten days together traveling throughout Japan, but the highlight for many was the Hongwanji itself.

After a long flight, the group arrived at the Osaka Kansai airport to board buses to Kyoto. For most this was their first time in Japan. First impressions were of rice paddies tucked into small spaces, very green mountains, and finally a beautiful, huge Hongwanji.

The children spent two days at the Hongwanji participating in the 2010 Children's Program with approximately 200 other children from throughout Japan. For many of our children, this program was a highlight of the Japan trip. They immediately bonded with the young assistants (Sempai) who had them singing and playing games while waiting for the other kids to register. During the program they participated in some volunteer work, cleaning the temple and the forest spaces within the Hongwanji. Most of the time was spent playing a variety of games and bonding with the other participants, especially with the Sempai. On the second day we all met at the Hongwanji for the 6am morning service, and some from our group received their Buddhist names at a confirmation ceremony led by the Monshu. When we picked up our kids at the end of the second day they weren't really ready to leave and a few of the assistants were a little emotional to see them go. The entire group, including the

parents, went on a very special tour of the Hongwanji to see the facilities, the grounds and learn about the history. It is a very special, beautiful site.

There were other highlights of the Japan trip beyond the Hongwanji. While in Kyoto our group visited the Otani Hombyo to pay respects to Shinran Shonin and conducted a short service at the Seattle Betsuin Obutsudan niche at that site. We toured through Nijo Castle, Kinkakuji temple, Tenryuji Temple, walked through bamboo forests and the entire group even went white water rafting down the Hozu River. The group then traveled to Hiroshima and toured through the historic sites associated with the bombing there 65 years ago. The children sang the song "Sadako, Thousand Paper Cranes" in Japanese and English at the Sadako memorial in Hiroshima. A real taste of Japan followed this when we traveled to Miyajima Island and stayed in a Japanese inn (ryokan) where everyone wore yukatas, enjoyed a traditional Japanese group dinner, and then belted out some hits in Karaoke. After Miyajima, the group traveled to Tokyo on the bullet train and experienced the big city.

Many stayed on to visit friends and family in Japan and explore other areas. It was a very memorable trip and the children all enjoyed sharing this experience with their Dharma School friends. The time spent at the Hongwanji provided an opportunity for a familiarity with Jodo Shinshu Buddhism that was unforgettable. We are thankful for the support we have received from Seattle Betsuin and the sangha. The group plans to share photos, stories, and memorabilia with the sangha on November 7<sup>th</sup> in the gymnasium after service.

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### Thanksgiving and the Spirit of *On* By Gregg Krech

*"The palms of the hands are used for many purposes during one's lifetime. Usually the palms are outstretched for a handout. Throughout the year, how many times have we received or actually taken from the world? Let us reflect on the gifts we have received from the world and join our hands together in the gassho of thanksgiving."*

- Rev. Kenryu Tsuji

I once traveled with a friend who had great insight into human nature. He said, "Wherever you go you can find something to complain about." If we travel, we can complain about lumpy beds and crowded airports. But if we stay home, we can complain that we never go anywhere interesting and there's never anything good on television. When I first went to Japan about twenty years ago I had a little book of phrases to help me communicate in Japanese. I had purchased it without thoroughly examining it, but when I was in Japan I read it carefully. I was amazed at how many phrases were designed to help the traveler complain about something. In the "hotel" section of the book, about one third of the phrases showed you how to complain about some problem at a hotel (*"The air conditioner in my room does not work properly."*) Yet in that same section, there wasn't even one phrase that helped you express appreciation (*"Thank you for cleaning the room while I was out."*) The authors of the book apparently assumed that English speaking people in Japan have a great need to complain.

In Japanese language there is a term - *on*. The meaning of *on* (pronounced "own") often includes a sense of gratitude combined with a desire to repay others for what we have been given. It's not just that we feel grateful, or that we express our gratitude, but that we actually experience a sincere desire to give something back. So how do we go from a complaining life to one which cultivates, and is grounded in, a spirit of *on* - a

spirit of Thanksgiving? The first thing we must do is become aware of how much we complain and how complaining creates suffering for ourselves and those around us. As an experiment, try not complaining for an entire day. Don't complain about the traffic or your mother. Don't complain about the weather or your work. Don't even complain about not being able to complain. If you try this, you may find that you regularly fail and let a complaint slip through your lips. Even if you refrain from complaining *speech*, you may realize that you do a lot of complaining *in your head*.

Now consider what it's like for others to listen to your complaints. We generally don't think about the other person's experience when we are in the midst of complaining, because the act of complaining is one in which our attention is very self-focused. So consider your phone calls, and meals with friends and family. Consider evening conversation with your spouse. Imagine what it is like for others to listen to your complaints. I recently had a conversation with my daughter about how unpleasant it is to listen to her argue with her sister. The next day she happened to be nearby when my wife and I argued and confessed to me, "Now I know what you mean."

But to refrain from complaining is not the same thing as being grateful. It simply opens up some space for us to shift our attention. We can begin to notice all the aspects of our existence that we have taken for granted. Toasters that make toast. Light bulbs that make it possible to read at night. Hot water for showers. Eyeglasses that take defective eyes and make them see almost perfectly. The world supports us in infinite ways and it often does such a good job that we don't pay much attention. There's a story of a young boy who didn't speak. His parents were very concerned and had him examined by medical doctors and psychiatrists, but they could find nothing wrong. Then one morning, when he was about five years old, his mother served him some toast for breakfast that was slightly burnt. He looked at the toast and said, "This toast is burnt." His mother was thrilled that he had finally spoken. After her initial excitement, she asked him why he hadn't spoken up until now. And he said, "Up until now, everything was OK." That's pretty much how the mind works. When everything is OK we don't pay much attention to it. So our challenge is to start paying attention to what is OK. If you do this, you may begin to have brief moments of appreciation, of feeling grateful for how your life is supported, moment by moment.

I should warn you that you will lose much of the so-called "drama" of your life when you notice what is OK instead of complaining. And you will lose the sympathy of others that is sometimes (not as often as you'd like, of course) stimulated by your complaints. Nobody has sympathy for you because your car started this morning. And it's not particularly dramatic to tell the story of how tirelessly your furnace worked on a chilly evening and how a nice pair of wool socks kept your feet warm. Some of us don't want to give up the drama and sympathy of talking about how difficult our lives are. We like the spotlight to shine on our suffering. We know that everyone is suffering, but we want to advance the claim that our suffering is somehow special, somehow different.

The best way I know to learn to shift your attention is to have a daily period of quiet self-reflection called ***Naikan***, originally developed in Japan and rooted in Shin Buddhism. Naikan suggests that you reflect on the day using three simple questions:

1. **What have I received from others today?**
2. **What have I given to others today?**
3. **What difficulties have I caused others today?**

You simply spend about twenty five minutes before bedtime and write down detailed answers to these three questions. If you do this, even for 3-4 nights in a row, you may start to notice a change in your perspective, a greater awareness of how your life is supported by others and what impact you are having on the world around you. But over time, you will also notice that what you notice is changing. Your attention will momentarily shift and you will begin to notice the world in a different way. It may not be dramatic at first -- perhaps just the awareness of the person bagging your groceries in the checkout line. Or the availability of a pen at the bank where you're making a deposit. You start noticing all the little ways the world is supporting you throughout the day.