

Wheel of the Sangha

Volume 32 Issue 3 March 2013

A monthly publication by **Seattle Buddhist Church**

Take Refuge in the True and Real Light

Seattle Buddhist Church

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This is a
cover page.
Please scroll
down for
newsletter.

Ministers

Rimban Don Castro
24 hours: (206) 779 -2214
Reverend Jim Warrick

Wheel of the Sangha NEWSLETTER

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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*

Every Sunday 8:45 am **Meditation Service** at 1441 S. Main St. house

Saturday, March 9 9:30 – 11:30 am Buddhist **Study Group**: *Finding our True Home: Living in the Pure Land Here and Now*, Tich Nhat Hanh

Monday, March 11 7:30 pm 3rd Year **Memorial Service for Japan Earthquake and Tsunami Victims** at Seattle Betsuin Hondo

Saturday, March 16 1:00 pm **Shinran Shonin Monthly Memorial Service**

Sunday, March 17 10:00 am **SPRING OHIGAN SERVICE**

Saturday, March 23 4:00 – 7:30 pm **SALMON DINNER FUNDRAISER**

Sunday, March 31 10:00 am **FAMILY SERVICE** in Hondo and

CHILDREN'S SERVICE in Memorial Hall Chapel

ATTEND SATURDAY MARCH 23 FUNDRAISER DINNER – INVITE FAMILY AND FRIENDS! p. 5

1 Temple Contact Information

2 Calendar of Events,

Newsletter Deadline:

Monday,

March 18, 2013

8:00 pm

3 Rimban's Message,
Salmond Dinner Fundraiser

4 SBBWA,
Simple Things to Save the Earth

5 Salmon Dinner Fundraiser,
Fund Management,
Musical Notes

6 Study Group, Scout Troop 252,
Dharma School

7 Hearing Devices, Gojikai,
Scholarships

8 Notes on Dharma Exchange

9 Online Version Only:
NW District Convention Photos

Betsuin Events for March 2013

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

SUNDAYS *8:45 am Meditation Service

March 3 *8:45 am Meditation Service

10:00 am FAMILY SERVICE
 Youth: Matt May, MA in Training
 Adult: Rev. Warrick
 Japanese Program
 DSDX: TBD
 DX: Rev. Warrick
 11:45am SBBWA Board Meeting

March 10 *8:45 am Meditation Service

10:00 am FAMILY SERVICE
 Youth: Rinban Castro
 Adult: Rinban Castro
 Japanese Program
 DSDX: MA Irene Goto
 DX: Rinban Castro
 12:00 pm Religious Department Meeting
 1:30 pm Sangha Award Class: Rinban Castro

March 17 *8:45 am Meditation Service

10:00 am SPRING OHIGAN SERVICE
 Family: Rinban Castro
 Japanese Program
 DSDX: Rinban Castro
 DX: Rev. Warrick
 11:45 am SBBWA Cabinet Meeting

March 24 *8:45 am Meditation Service

10:00 am FAMILY SERVICE
 Youth: MA Irene Goto
 Adult: Rinban Castro
 Japanese Program
 DSDX: MA Irene Goto
 DX: Rinban Castro
 1:30 pm Sangha Award Class: Elliott Zimmerman

March 31 *8:45 am Meditation Service: Rinban Castro

10:00 am FAMILY SERVICE and CHILDREN'S SERVICE
 Children: Rinban Castro
 Youth/Adult: Rev. Warrick
 Japanese Program
 DX: Rev. Warrick
 DSDX: Rinban Castro

MONDAYS

March 4 Rinban Castro (Day Off)

March 11 7:30 pm 3rd Year Memorial Service for Japan Earthquake and Tsunami Victims

TUESDAYS

March 26 10:30 am Keiro Service

WEDNESDAYS **10:30 am Dharma Support Weekly

March 6, 13, 20, 27

10:30 am Dharma Support Group: Rinban Castro

THURSDAYS

March 7

1:30 pm Nikkei Manor Service: Rinban Castro

March 21

1:30 pm Nikkei Manor Service: Rinban Castro

7:30 pm Betsuin Cabinet Meeting

March 28

7:30 pm Betsuin BoD Meeting

FRIDAYS

March 1

12:00 pm Gojikai Service and Luncheon Meeting:
 MA Irene Goto

March 1 – March 3 Rinban Castro in San Mateo, CA for BCA Ministers Meeting and BCA National Council Meeting

March 8 Rinban Castro (Study Day Off)

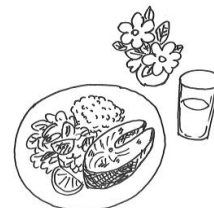
SATURDAYS

March 9 9:30 – 11:30 am Buddhist Study Group
 – Finding our True Home: Living in the Pure Land Here and Now, by Tich Nhat Hanh

March 16 1:00 pm Shinran Shonin Monthly Memorial Service

March 23 4:00 – 7:30 pm

BETSUIN SALMON DINNER FUNDRAISER



See P. 5

April 2013: Major Events of Interest, Sundays,

April 7 Hanamatsuri Service and Luncheon

April 14 Camp Fire Sunday

April 21 Earth Day Service

April Newsletter Deadline:

Monday, March 18, 2013

8:00 pm



Wheel of the Sangha

Volume 32 Issue 3 SEATTLE BETSUIN NEWSLETTER MARCH 2013



From One Drip to Another

By Rinban Don Castro



We just concluded our Northwest Buddhist Convention hosted by White River at the Doubletree Hotel at Southcenter. One of the highlights of the weekend was a five foot tall ice sculpture of Amida Buddha surprisingly well detailed. It seemed everyone wanted to have their photo taken in front of the gleaming sculpture that had lights shining through it and surrounded by flowers at its base.

My banquet table was quite close to the sculpture and I couldn't help looking over frequently to watch the melting statue with the water dripping into a basin filled with flowers and chunks of ice. It was quite beautiful until Amida's hand turned into a claw and then disappeared. The deformation of the ice sculpture reminded me of the lepers of Molokai losing their limbs and then I thought how Amida is there in Molokai too. There is an Amida for lepers and, of course, if they create his statue, he will look like them (incidentally, this tendency to "hu-

manize" Amida is why Rennyo Shonin emphasized the six character name as the central object of reverence).

With Nirvana Day, February 15, the first day of the convention, the ice sculpture reminded me of the Buddha's final instructions to his disciples where he tells them not to get attached to his mortal body but to let the Dharma be their guide. To see the Dharma is to see the Buddha and to see the Buddha is to see the Dharma. To see the melting Buddha is to see the Dharma of Impermanence.

Tibetan monks skillfully and patiently construct elaborate "sand mandalas" often spending weeks and using semi-precious materials. After completion, rituals are performed and the mandala is swept away, a lesson in impermanence. When it is all said and done, sand mandala or ice sculpture, the essential lesson is the same although the process of teaching the lesson is quite different: the sophistication of the monks on the one hand (complicated teachings are for complicated people) and the Shin Buddhists hiring a fellow with a chain saw to carve an ice sculpture of Amida on the other hand. I really liked the ice sculpture...drip!...drip!...drip!...and I heard the ice sculpture call my name!

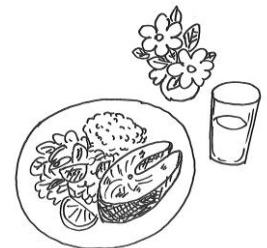
SPRING SALMON DINNER "REUNITING WITH THE TEMPLE" FUNDRAISER

This year, the Betsuin is replacing its annual Spring Bazaar with a Salmon Dinner fundraiser. The change was made as the number of volunteers to put on a successful Spring Bazaar has been declining each year. This has increased the demand on others for the preparation of the items sold at the Bazaar. With this Salmon Dinner, the intent is to have a successful fundraising event which requires less volunteer hours and tasks which are not as demanding.

The Salmon Dinner Fundraiser will be held on Saturday, March 23, 2013 starting from 4:00 PM to 7:30 PM. ***Please see the flyer on page 5 of this newsletter to view menu details.***

Tickets for the adult meal are \$15.00 each and Kids Meals are \$7.00 each. Beverages including wine, beer, soda and water will be available for sale. We will also have baked goods for sale, door prizes and games for kids. Please call the office if you need tickets. Directions for payment will be made as we are using the number of sold tickets to assist us in determining the amount of ingredients to order.

The Salmon Dinner Fundraiser is themed as an opportunity for those in the Sangha to reunite with the Temple, family and friends. This could be those who have not been able to attend recently and those who grew up through Dharma School or with other Temple organizations. Please reach out and invite family and friends who have been affiliated with the Temple to come back and help support this Temple fundraiser.



SEATTLE BETSUIN BUDDHIST WOMEN'S ASSOCIATION *Submitted by Joan Nakano*

President's Message by Janet Baba. **NW Buddhist Convention:** The 66th Annual NW District Convention,



"Where Am I," was hosted by White River. Fifty three SBBWA members attended this event at South Center in Tukwila. Our members donated two raffle baskets to benefit our Betsuin Temple. Thank you to all who generously donated a dinner themed item. **Education Classes:** Our popular classes organized by our Activity Com-

mittee continue to provide skills to our members. The Iris Eye Card making class taught by Sue Fujino, Judith Nakamura & Darlene Shimizu had 11 members; 16 members enjoyed Swirly Scarf class taught by Kiyoko Nakanishi and Rikuko Tanaka. Ritsuko Kawahara's class on health conscious okara, shirae, and shirasu gohan was held for 18 members. Future class on hanging girl ornament taught by Rikuko will be held on March 6. Our talented instructors share their expertise with others. We are truly fortunate our members can learn history, new skills, and healthy cooking habits from each other. Learning new skills are recommended for keeping memories sharp! **Spring Fundraiser:** The Salmon Dinner tickets will have been sent to temple families by this reading. SBBWA will receive additional tickets for sale to family members, friends, and community. Please take extra tickets if able to sell more than your mailed amount. SBBWA will be making miso shiru and tsukemono for the Salmon dinner. Additionally, we will be volunteering to make barazushi, ohagi, manju/mochi, and baked goods for sale. Sign-up sheets will be posted. More information will be forthcoming at the March 3 board meeting. **Listening Assist System:** We've received many rave reviews from Sangha members using our newly installed Listening Assist System in the past few weeks. At one service, this system was so popular, there were more requests than receivers. The receivers are connected directly to the sound system in the hondo and transmit clear sound without outside interference. We hope others will try the system. One member said, "I can barely hear the speaker without the system and now can hear every word." Please see Kiyo Takashima for use of this wonderful system donated by the Takashi Hori Family, in memory of Lily Hori.



R. Tanaka teaching A. Oxreider swirly scarf making

In gassho, Janet

Donations: Submitted by Treasurer Shizue Kaku

Louise Doyle - General

Charlene Yoritsune - General

Anna Tahara - In Appreciation

Mary Shigaya - In Honor of Mitsu Shigaya's 25th

Anniversary Memorial

Terrie Teruko Watanabe - In Memory of Sae Akada

Calendar:

March 3

March 17

March 23

SBBWA Board Meeting

SBBWA Cabinet Meeting

Betsuin Salmon Dinner



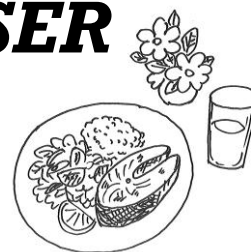
Simple Things You Can Do for the Earth submitted by Gail Kaminishi

- Polystyrene/Styrofoam is a difficult thing to recycle. Craft stores may take clean trays for crafts – as plaster molds, sorting trays, etc. Call around your area.
- Old chipped plates can be used under your potted plants.
- If you feel you don't need a whole compost bin for your waste collection, see if you can go in with family members or neighbors.
- Sometimes children have a limited perception of what to do for the earth. You can talk to your children and grandchildren about how it goes beyond not littering.
- The next time you move from your home, look at the walkability of your desired areas. It is called a walk score.

SALMON DINNER FUNDRAISER

Saturday, March 23, 2013

4:00 P.M. – 7:30 P.M.



“Reconnect with family and friends at this community event”

*Door Prizes, Raffle by Purchased Tickets &
Games will be available for kids*

Dinner includes: Miso soup, Salmon, Rice, Salad, Vegetables, Tsukemono
(Alternative Pork main entree available in LIMITED quantities, Kids Meals Available)

Desserts, Beer, Wine and non-alcoholic beverages available for sale

Seattle Buddhist Church

**1427 S Main Street, Seattle WA 98144
(206) 329-0800**

Cost: \$15.00 / Ticket

Net proceeds benefit the Temple's
operational expenses

Take out, Walk-up & Drive-thru sales available

Please call the Temple Office in advance to purchase tickets.

Tickets will be at will call.

Office Hours: M-F 9:00 A.M. – 3:00 P.M., e-mail: office@seattlebetsuin.com

FUND MANAGEMENT The Seattle Betsuin gratefully acknowledges donations to the Seattle Betsuin Endowment Fund by the following:

Gerald Quintua - Endowment Donation	\$500.00
Alan Hoshino - In Memory of Hiroko Hasegawa	\$ 50.00
Kats & Terrie Tanino - In Memory of Betty Kubota	\$200.00
Haruso & Sonoe Taketa - Endowment Donation	\$200.00

Your financial support of our Eitaikyo Endowment is greatly appreciated. Your donations will help the Betsuin continue to spread the teachings of Jodo Shinshu.

In Gassho, Craig Nakano
Endowment Committee

MUSICAL NOTES submitted by Kemi Nakabayashi Aaron, Brandon, and Trevor did a fine job of performing the musical selections for Scout Sunday on February 3, 2013.

The Betsuin choir wishes to thank Naomi Takemura for providing us with the music from the Tsukiji Honganji music service she attended in Tokyo in November. From this special music service book, we learned *Tairyo (Big Catch)* to sing at the Nirvana Day/Pet Memorial Service.

STUDY GROUPS at Seattle

Buddhist Temple The next Buddhist Study group will take place at 9:30am on Saturday, March 9 (please note change from first Saturday). We will be discussing *Finding our True Home: Living in the Pure Land Here and Now*, by Tich Nhat Hanh. Please see Reverend Castro if you are interested in purchasing the book. Checks can be made out to the Seattle Buddhist Church bookstore. We'll meet from 9:30-11:30 in the Memorial Hall Chapel. Everyone is welcome to stay for brown bag lunch afterward.

Wayne has sent a funny video on Mottainai as a follow-up to our discussion on February 16. The link is <http://www.youtube.com/watch?v=TrMLqbxLOEO>.

The White River Buddhist Temple is having a seminar on Mind/Body Harmony with Qi-Gong, Tai Chi and Yoga on March 16. www.whiteriverbuddhistmpl.org/assets/mind_body_seminar_registration.pdf.

Submitted by Leonora Clarke



Group on Saturday, February 16, 2013

BOY SCOUT TROOP 252 On February 3, Troop 252 led Scout Sunday. With Rev. Castro's help, we conducted the service as smoothly as we could. On Feb. 10, the Webelos II visited the troop during the weekly meeting and learned how to pack in their backpack to be ready for Crossover camp. We had an honorable opportunity to visit the Capital on February 15. State Senator Bob Hasegawa invited our troop to be the color guard recognizing the Day of Remembrance in the House of Representatives. We also had an opportunity to take a tour in the Capital building. On March 9-10, we have a Crossover ceremony in North Bend. Troop 252 is going to prepare for it and be ready to teach the new scout the skills. We are also conducting Scouting for food around Mercer Island High School area in March: 3/23...Flyer distribution, 3/30...Pick up.

Gassho, Nathan S.

Dharma School submitted by Joyce Tsuji We hope everyone enjoyed the Nirvana Day vegetarian potluck, bake sale and pet memorial service. Big thanks to all who helped with these events, contributed baked goods, yummy dishes and to those who supported the Dharma school by buying goodies.



Pet Memorial photos by Sat Ichikawa

Classroom Reports

1st/2nd grade We discussed the components of the naijin and their significance then compared them with the home obutsudan. The kids made a paper obutsudan to take home. We also reviewed the difference between Shakyamuni Buddha and Shinran Shonin in order to talk about the upcoming Nirvana Day holiday. The students are starting to distinguish the two, especially able to point out all the Shinran statues around the Betsuin. Finally we had some fun reading the old story of the lion and the rat and seeing how each of them was following the Golden Chain. They each helped the other when they needed it. We then made some rats out of heart shapes to take home.

Would you like to hear the speakers in the hondo better?

Give the Listening Assist System a try - available in the hondo. The Seattle Betsuin Buddhist Women's Association/SBBWA now has installed a transmitter with receivers, earspeakers, and neck-loops which are available on morning services. See Kiyo Takashima for assistance with the listening system.

This system has proved to be successful with individuals with minor or greater hearing loss, even ones with hearing aids, with a little adjustment.

This Listening System was purchased with a generous donation by the Takashi Hori Family, in memory of Lily Hori. Fumi Groves, Joyce Kato, and Kiyo Takashima were the committee members who researched this project.

ATTENTION:

TO THOSE WEARING HEARING AIDS

"Telecoil" feature in your hearing aids brings maximum hearing. It is a small coil of wire installed in your hearing aids designed to pick up a magnetic signal. It serves as an antenna which can be activated by the switch on the hearing aid.

- One major advantage of using a "telecoil" is that you can turn off your normal hearing aid microphone. You only hear the magnetic signal, which doesn't in-



clude all that noise, so you can hear a lot better (eliminates feedback or squealing).

- The Seattle Betsuin BWA Assistive Listening System will provide "neckloops" (worn like a necklace) which transmits magnetic signals for hearing aids

installed and activated with a "telecoil".

- Wearing a personal "neck loop" and plugging it into the receiver, the need for a headset is eliminated and much better hearing is enjoyed.

- With the "telecoil" on, users will be able to hear very clearly all that is said into the microphone. Often, even better than people who have normal hearing.

- Severe or profound hearing loss patients, in addition to people with lesser hearing losses, can benefit from the use of "telecoil".

- Please consult your hearing aid provider if a "telecoil" is available or can be activated in your hearing aids. More than 65% of hearing aids come with telecoils, but don't always count on your provider to inform you.

Please see Joyce Kato, Fumi Groves, & Kiyo Takashima for further information.

Gojikai meets monthly for 50 years. *As I understand it, "Gojikai" means supporting group (members). "Supporting" is in all forms. This is defined more by Article II, Purpose, in the Gojikai bylaws. Purpose is stated as: "The purpose of this organization shall be to encourage SERVICE and SUPPORT to the Seattle Buddhist Church, both orally and materially, and to encourage diligent attendance to religious services."* - Jack Matsui

February 1, 2013 pictured in front row, left to right: Ruby Yasui, Mineko Okumura, Fusako Kusumi, Kishiko Kusabe; back row left to right: Shogo Kusumi, Jack Matsui, Anna Tahara, Masaru Tahara, James Doi, Ray Okumura, Takashi Matsui; members not pictured: Amy Hirasawa, Norigiku and Hideyoshi Horikawa, Mariko Mano. This year they will celebrate 50 years as a dedicated advisory group for the temple. The sangha is indebted to Gojikai for their service. Thank you. – submitted by Jack Matsui and Irene Goto



'SCHOLARSHIPS' - High School Seniors / College Students **HIGH SCHOOL:** The Seattle Betsuin Tsujihara Family Memorial Scholarship Grant and Seattle Betsuin Continuing Education Grant are offering scholarships to high school seniors graduating in 2013. **COLLEGE:** If you are a student currently attending college, the Masaru & Mitsuma Shimokon Scholarship Grant is offering scholarships for careers as nurse practitioner, medical doctor, registered nurse, engineer, or computer science. The **deadline** to submit applications is Monday, April 8, 2013 before or by 2:30pm to the temple office. For applications and/or questions, please contact Shizue Kaku via the temple office 206-329-0800.

Notes from Dharma Exchange

1-27-13 In his Dharma talk, Rinban Castro talked about Finance Minister Taru Aso's view of aging Japanese citizens, and his extreme view that heroic measures should not be used to keep seniors alive because it is a drain on the economy. It became one of the topics of the Dharma Exchange coordinated by Matt May M.A. A participant questioned who built the infrastructure of schools, roads, bridges etc. if not those seniors? Another participant suggested having the conversation early on about "end of life care" with loved ones. When physicians were polled on their personal preferences their almost unanimous response was to ease the pain only and do nothing heroic . . . On July 4-7 the Japanese American National Museum will host a conference at the Seattle Sheraton to commemorate the 25th anniversary of the signing of the Civil Liberties Act of 1988. About 1,000 are expected to attend from all over the U.S. It is possible to register on-line and the "early bird" deadline is January 31. See brochures in the foyer.

2-3 - Rinban Castro explained that shaking hands is different from gassho. By shaking hands we indicate no weapons are involved; whereas, gassho means we are bowing to the Buddha within. He said the Chinese are now hugging rather than bowing. . . By the age of 15 abstract thought and critical thinking come into play, and therefore, we need to re-engage young people on a more adult level. The temple can inspire and challenge young people. The father of Noah Levine suggested meditation to help him combat drugs, alcohol and crime. Now Mr. Levine teaches meditation all over the world. Buddhism emphasizes constant self-evaluation and teaches that ignorance and stupidity are the basis for suffering. . . A participant asked about the Metta and Sangha programs for young people. Sensei said the Metta program takes three months to complete and the Sangha program requires a commitment of two years. It can become the motivation to attend the Summer Youth Program in Sacramento for ten days and learn to chant, speak, conduct a service, and eventually become a ministerial assistant. Rev. Jim Warrick commented that this program deepens the understanding of Buddhism, a life-long journey. . . Update: Rev. Kurt Rye, former member of the Seattle Betsuin, is now a minister at the Ekoji Temple in Virginia.

2-10 - Rev. Jim Warrick gave a description of all sentient beings -- a sentient being is alive and knows he is alive. He went on to say there is no life without death, and all is impermanent. We are accepted by Amida Buddha just as we are. . . In the Philippines dogs are

bred for food, and Jim sensei said it tasted like ham. There is no question about which animal we would kill because we automatically make distinctions. According to sensei, Nazis considered themselves of a higher status than the Jews, and they passed laws about mistreatment of animals.

2-16 Following are some brief notes on the workshops at the 66th Annual NW Buddhist Convention: **Rev.**

Kodo Umezu, Bishop - Sensei said Buddhism is in the heart. In his analogy, he recommended looking at both the cup and its contents -- similar to "the finger pointing at the Moon." He expounded on his view of the future of the BCA -- return to the founding spirit of Jodo Shinshu. Sensei feels we need bigger hearts and minds, and to include all people whether Buddhist or not. **Rev. Dennis Fujimoto and Rev. Koshin Ogui** - "**Meditation, Religion, and Age**" Ogui Sensei noted we can offer the Buddha meditation, incense, deep breathing, and walking meditation. He said "Just to walk," which is the practice of "Just." "It makes us free from good/bad. Let us go beyond." Rev. Fujimoto asked the participants to sit, then walk and chant Na-mo-A-mi-da-Bu-tsu taking one step with each syllable. Then sit again. Rev. Fujimoto asked, "How do we see things in our life?" Our view changes because of gravity and stress. He said repetition can be boring or refreshing to others. He presented a diorama of the ocean, mountains, trees, sun and clouds. He said all of life is like the great ocean; before and after our life we were like the ocean. And he presented a skit that involved two moveable waves speaking to each other using his voice. Our rituals include call and response, chanting, oshoko, fruit and wine offerings, candles, and incense. We acknowledge our self-centeredness. What is Enlightenment? Shakyamuni awakened to Amida Buddha, infinite past, present and future. Gradually, we hear the call of the Nembutsu. Sensei made the observation that there are no distinctions among races in the human genome. **Rev. Gregory Jundo Gibbs** - "Six or Seven Realms - What is Real and What is Imaginary" He addressed six realms, but indicated there are many. Pop-culture's take on mindfulness: Make eyes bulge and take a deep breath for one minute as a form of meditation. Sensei felt it was ridiculous. Shakyamuni concentrated on what is possible among realms, physical place, mode of being, or style of being. Sensei said Amida is concerned about everyone, and we are all on the "train" to Enlightenment. Sensei said Mahayanas will not become animals in future lives.

In gassho, Pat Bobrow

Photos of 66th Annual NW District Convention



Photos by Sat Ichikawa and Irene Goto

