



# Wheel of the Sangha

Volume 32 Issue 10 October 2013  
A monthly publication by **Seattle Buddhist Church**

*Take Refuge in the True and Real Light*

## Seattle Buddhist Church

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### Office Hours

Mon-Fri 9:00am-3:00pm

THIS  
IS A  
COVER PAGE –  
PLEASE  
SCROLL  
DOWN FOR  
NEWSLETTER

### Seattle Betsuin Vision

*Embrace true and  
real life  
in Nembutsu*



### Seattle Betsuin Mission

*Promote, protect, and  
share the Buddha,  
Dharma and Sangha*

### Ministers

Rimban Don Castro

24 hours: (206) 779 -2214

Reverend Jim Warrick

### Wheel of the Sangha

NEWSLETTER

**Editors:** English - Irene Goto

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**Events With Bishop Kodo Umezu** Friday, October 4: in Japanese 3:00 – 6:00; Saturday, October 5: in English 9:30 – 11:00; Sunday, Oct. 6: English Sermon 10:00; Japanese service 10:45; Affirmation & Minister's Assistant Certification Ceremonies 11:30. See Rimban's article on p. 3

Sunday, October 13 Hatsumairi Service (infant/child presentation)10:00; Naikan Workshop with Gregg Krech 12:30 – 3:30 see p. 9;

Saturday, October 19 Seminar "Rita no Kokoro 利他の心" 9:30 – 3:30 p. 8

Sunday, October 20 Eshinni-ko & Kakushinni-ko Memorial Services/English & Japanese with Rev. Patti Usuki and Rev. Mariko Nishiyama 10:00 & 10:45

Sunday, October 27 SBBWA Memorial Service 1:00 PM

**1** Temple Contact  
Information

**2** Calendar of Events

**Newsletter Deadline:**  
**Monday,**  
**October 21, 2013**  
**8:00 pm**

**3** Rimban's Article

**4** SBC Membership  
San Luis Obispo Letter to Youth  
Study Group  
Musical Notes

**5** SBBWA

**6 – 7** Donations

**7** Orion Dinner Project  
Sarana Affirmation & MA Certification  
Ceremonies

**8** Endowment Fund  
Women in Buddhism Conference  
**9** Dharma School, Naikan Workshop

**10** Dharma Exchange  
IHOPE 2013 from CBE

## Betsuin Events for October 2013

**MOST SUNDAYS** – confirm Sundays listed below; 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

**MOST WEDNESDAYS** 10:30 am DHARMA SUPPORT GROUP with Meditation – confirm Wednesdays below

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

October 6 8:45 am Meditation Service (Irene)

10:00 pm FAMILY SERVICE

Youth/Adult: **Bishop Kodo Umezu**

Service in Japanese: **Bishop Kodo Umezu**

DSDX: MA Irene Goto

DX: MA Joe Schwab

11:30 am Affirmation Ceremony:

**Bishop Kodo Umezu**

11:45 am Minister's Assistants Certification

Ceremony: **Bishop Kodo Umezu**

11:45 am SBBWA Board Meeting

October 13 8:45 am Meditation Service (Leonora)

10:00 am HATSUMAIRI SERVICE

Youth: **Dharma School Mothers**

Adult: Rinban Castro

Japanese Program

DSDX: TBD

DX: **Gregg Krech**

12:30 – 3:30 pm **Workshop with Gregg Krech**

**“Pure Land Buddhism and Naikan Therapy” p. 9**

October 20 8:45 am Meditation Service (Leonora)

10:00 am **Eshinni-ko & Kakushinni-ko Service**

Youth/Adult: **Rev. Patti Usuki**

Service in Japanese: **Rev. Mariko Nishiyama**

DSDX: MA Joe Schwab

DX: **Rev. Patti Usuki**

1:30 pm Sangha Award Class (Rinban Castro)

October 27 8:45 am Meditation Service (Irene)

10:00 am **Family Service & Children's Service**

Children: Youth MA Jason Yokoyama

Youth/Adult: Irene Goto

Japanese Program

DX: MA Irene Goto

DSDX: Youth MA Jason Yokoyama

1:00 pm SBBWA Memorial Service: Rinban Castro,  
Guest Speaker

**MONDAYS**

October 7 Rinban Castro and **Bishop Umezu** at  
Yakima Buddhist Church

October 14 Rinban Castro (Day Off)

**TUESDAYS**

October 22

10:30 am Keiro Service (Rinban Castro)

**WEDNESDAYS** October 2, 9, 16, 23, 30

10:30 am Dharma Support Group (Rinban Castro)

October 16 10:00 am Shinran Shonin Monthly

Memorial Service (Rinban Castro)

**THURSDAYS** October 3, 17

1:30 pm Nikkei Manor Service (Rinban Castro)

7:30 pm Betsuin Cabinet Meeting

October 24 7:30 pm **Betsuin Board of Directors Meeting**

October 31 Reverend Kiyonobu Kuwahara arrives  
from Jodo Shinshu Center with 4 IMOP (International  
Ministerial Orientation Program) Students

**FRIDAYS**

October 4 3:00 – 6:00 pm Japanese Language  
Seminar with **Bishop Kodo Umezu**

**SATURDAYS** October 5 9:30 – 11:00 am Dharma  
Discussion in English with **Bishop Kodo Umezu**;

11:30 am Gojikai 50<sup>th</sup> Anniversary and Memorial  
Service followed by luncheon for Gojikai Members

October 19 9:30 am – 3:30 pm Women in Buddhism  
Conference, *The Heart and Mind that Benefits Others*,  
with Rev. Mariko Nishiyama, Pearl City Hongwanji;  
Naomi Kusumi, Seattle University Associate Professor;  
Rev. Patti Usuki, San Fernando Valley Buddhist Temple

**November 2013: Major Events of Interest**

Friday, November 1 Japanese Language Session  
with IMOP Students (Tentative)

Saturday, November 2 English Language  
IMOP Session “Shinjin in Jodo Shinshu” (Tentative)  
Young Adult IMOP Session (Tentative)  
Dharma School Parents and Middle/High School  
IMOP Session and Volleyball (Tentative)

Sunday, November 3 Eitaikyo Muen-Hoyo Service  
with Ochigo and IMOP Students

Sunday, November 17 SBBWA General Membership  
Meeting and SBBWA Board of Directors Luncheon

Sunday, November 24 Family Music Service

**November Newsletter Deadline:  
Monday, October 21, 2013  
8:00 pm**



## What an October! By Rinban Don Castro

The Dharma rain will fall steadily in October. In other words, we've got a lot of wonderful educational opportunities this month. We wouldn't have planned it this way but the opportunities just came our way!

The month begins with a rare visit from Bishop Kodo Umezu. He will be here as part of his effort to visit all BCA temples during his four year term as Bishop. He will also visit the Yakima Buddhist Temple on this trip. His speaking schedule in Seattle is as follows:

- Friday, October 4, from 3pm-6pm **Japanese Language Seminar** (please note the time change from 2pm to 3pm to start).
- Saturday, October 5, from 9:30am-11:00am **English Language Dharma Discussion**  
This is open to the public and is an excellent opportunity to discuss Shin Buddhism with an eloquent and inspirational leader.
- Sunday, October 6, Bishop will give the English and Japanese sermons.

The following Sunday, October 13, promises to be a wonderful day with quite an agenda.

- Hatsumairi Service at 10am. Hatsumairi is a child's first presentation at the temple.  
The service will be conducted by the Dharma School moms. If you remember, the Dharma School dads conducted the Mother's Day service.
- Dharma Exchange at 11am will introduce Gregg Krech who runs the ToDo Institute in Monkton, Vermont. He will briefly introduce the Jodo Shinshu based therapy known as Naikan (literally meaning "Inner Seeing" or "Insight"). After a brief lunch break, Gregg will conduct a three hour workshop on Naikan.
- "Naikan: Gratitude, Grace and Self-Reflection in the Pure Land Tradition"**  
This workshop is open to the public and does not require registration. It will run **12:30pm - 3:30pm** and is free (donations will be accepted). We have often referred to Naikan Therapy but have never had a workshop on it. Now, we have one of the leading practitioners of Naikan in the U.S. here to present it more in depth. Gregg has made presentations at the Jodo Shinshu Center and a number of BCA temples. I attended one of his workshops a few years ago and it was excellent. Please look for further information inside this newsletter.

The third weekend in October brings us our second annual **"Women in Buddhism Conference"** which was so successful last year. Don't forget to register by October 11. There are registration forms in the foyer [and on p. 8 of this newsletter]. One note from me on the Conference: This conference is **by** women but is **not just for** women. It will be equally valuable for men. Reverend Usuki and Reverend Nishiyama will stay for Sunday service and will give the English and Japanese sermons.

**Heads up on November, too!** Since the November newsletter may not reach you in time, please mark the first weekend of November on your calendar. It will feature Rev. Kiyonobu Kuwahara and four ministers from Japan who are here in the U.S. preparing for overseas ministry. On Friday, November 1, we will have a **Japanese Seminar** and on Saturday, Nov. 2, we will have an **English Seminar** from 9:30am to noon on Shinjin (True Entrusting) as the heart of the Jodo Shinshu teaching. In addition, we are working on workshops for young adults in the afternoon and Dharma School families in the evening. I have even heard rumors about volleyball in the evening between Dharma School youth and parents versus the ministers (there will be six of us ministers). Stay tuned and reserve the date.

## ON BEHALF OF THE 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 since our last posting for the 2013 fiscal year.

*Michele Anciaux-Aoki; Lisa Butler; Leonora Clarke; Nobuichi & Sachiko Fujita; Mitsuko Fukuhara; Mary Furuta; Kazumi (Janice) Goshō; Irene Goto; Gordon Habu & Mae Yamasaki; Jane Hamatani; Reiko Hara; Mickey & Yoshie Hiroo; Noburo & Hatuye Kawada; Evelyn Kitashima; Paul & Takako Kogita; Kris & Keiko Kosugi; Art & Lori Kozai; Yoshiko Kozai; Masayoshi & Masako Kubo; Chieko Kubota; Kishiko Kusakabe; Susie Taketa-McKinney; Takiko Miyauchi; Yoshiko Miyauchi; Fumiko Nakamura; Michiye Nomura; Tomiko Okano; Marianne Osaki; Sono Sakaguchi; Tom & Beverly Sakamoto; Gayle Sordetto; Judy Suto; Jean Taketa; Masao & Frances Tamekuni; Katsumi & Terrie Tanino; Calvin & Yvette Terada; Ronald & Suzuko Terada; Michael & Gayle Teramoto; Gary & Julianne Tosaya; Michiko Vaart; Rev. Jim & Rona Warrick; Robert Werner; Ayako (Ruby) Yasui; Kiyoko Yoshida*

***We'd like to 'welcome' Robert Werner as a new member to our Sangha.***

### Letter from San Luis Obispo Buddhist Church

***July 9, 2013***

#### ***Greetings to all the graduating students,***

*For those of you planning to attend Cal Poly, San Luis Obispo, the SLO Buddhist Church invites you to join us for Sunday Services at 6996 Ontario Road, San Luis Obispo, CA.*

*The Temple is in a beautiful private location on the way to Pismo Beach. You will enjoy planned activities along with inspiring Dharma talks from Reverend Nakano.*

*For service times, directions or for transportation needs please call 1-805-595-2625.*

*Board of Directors, SLO Buddhist Church*

***Parents:*** *We are looking forward to seeing and maybe giving them a home cooked meal. We believe your sons and daughters are very important in keeping Jodo Shinshu in their lives. If they are in need of transportation we can arrange it for them.*

*Submitted by Yukio Morikubo*

**Seattle Buddhist Temple Book Study Group** Saturday, October 5, from 9:30am-11:00am  
**English Language Dharma Discussion.** This is open to the public and is an excellent opportunity to discuss Shin Buddhism with an eloquent and inspirational leader, Bishop Kodo Umezu. *Submitted by Rimban Castro*

**Musical Notes** submitted by Kemi Nakabayashi



Youth musicians are welcome to participate in service music. Pianists are welcome to help with gathas at children's service or combined service. Youth musicians, choir and the ukulele band are preparing for this year's Family Music Service on Sunday, November 24. (It is not Thanksgiving weekend Sunday this year.) The Betsuin Choir and Bodhi Ensemble will be providing service music on October 6 when Bishop Umezu visits Seattle Betsuin. Lani Carpenter and I remain the primary contact persons for service music. The Betsuin has resumed 9 a.m. choir practice on Sundays. Anyone interested in singing may contact Terrie Tanino or any choir member for more information. Please contact Mas Tamekuni or any ukulele band member if interested in jamming with the ukulele band!

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

### **President's Message submitted by Janet Baba**

**Welcome to autumn.** This fall our Betsuin's Gojikai is celebrating their 50<sup>th</sup> Anniversary and White River BWA is observing their 100<sup>th</sup> Anniversary celebrations. They both have contributed toward furthering Buddhism, given service to the Sangha and provided camaraderie over the years. Congratulations to both organizations!

**Our fall women's seminar plans** are made and registration is being accepted. The speakers scheduled are promising a meaningful conference, "The Heart & Mind That Benefits Others." Rev. Patti Usuki, Rev. Mariko Nishiyama and Seattle University Associate Professor Naomi Kasumi will together provide thoughtful information for our second annual seminar for women and men. Registration information can be found at [www.SeattleBetsuin.com](http://www.SeattleBetsuin.com) or call Joan Nakano in the temple office at (206) 329-0800. Our Eshinni-ko and Kakushinni-ko Service will be held the next day on October 20. I hope you'll join us for both events.

**Buddhist Service at Keiro:** Rinban Castro conducts a monthly Buddhist Service at Keiro Nursing Home for Buddhist residents who cannot attend services at the temple. The third floor dining hall with an obutsudan becomes a place for chanting and hearing sensei's message. Our members, Terrie Tanino, Kinue Kuwahara and Julie Mayeda and others assist Rinban with residents in wheel chairs and walkers who wish to come to the butsudhan. Many of the residents come to clasp hands together in gassho. Keiro's Buddhist Service is held on the fourth Tuesday of each month. Additionally, Rinban Castro conducts services for residents at Nikkei Manor on the first and third Thursdays of each month.

**Listening Assist Hearing System:** Our listening assist system is now available for use at services in the hondo each week. SBBWA members are assigned to check out the system for all to use. If hearing the Dharma message or announcements is difficult to understand, we encourage everyone to try the assist system. Our members will help with its use. Look for our members with the clipboard to check out the system.

**Memorial Service:** To honor our deceased members, our annual Memorial Service is scheduled on October 27. Over 700 past members will be remembered this year with a photo and/or name shown on two large screens in the hondo. We have been ask-

ing family members of our deceased members for photographs we can use for this major service. Rinban Castro will give the Dharma message at the service. If you haven't yet sent in your deceased family member's photo, please send in the temple office with the name of the deceased and date of passing. The photos will be scanned and returned. Everyone is invited to our service on October 27 at 1:00 pm. We hope you'll join us and help us pay tribute to our past members.

In gassho, Janet

**Donations - Submitted by SBBWA Treasurer Shizue Kaku Setsuko Harada -**

In Memory of Ume Terao & Mitsuyo Harada  
Julie Mayeda - In Memory of Pat Kihara

### **Calendar**

Oct. 19 Women in Buddhism Conference  
Oct. 20 Eshinni-ko & Kakushinni-ko Service  
Oct. 27 SBBWA Memorial Service  
Oct. 30 SBBWA Medicare Update Class 9:30am



Sue Fujino, Judith Nakamura, Fumi Groves and Kiyo Takashima demonstrating the Listening Assist System



Terrie Tanino, Mary Osaki and Reverend Castro at the monthly Keiro service

## The Seattle Betsuin Gratefully Acknowledges the Following Donations Aug - Sept 2013

### Funeral / Memorial / Nokotsudo:

### Given by:

Masayoshi Honmyo – Funeral Service	\$7,000.00	Estate of Masayoshi Honmyo
Nobu Ishida – Funeral Service	\$ 750.00	Yosh & Sue Nakagawa
Sally Satoe Hayashi – Funeral Service	\$ 500.00	Dr. Steven Hayashi, Alan Hayashi Keith Hayashi and Patricia Bartok
Albert Kiyoto Shintaku – 49 <sup>th</sup> Day Memorial Service	\$ 500.00	Frances Shintaku
Dawn Yamamoto – Funeral Service	\$ 500.00	Tiffany-Ann Yamamoto & Daniel Condrea
Teruo Maruko – 49 <sup>th</sup> Day Memorial Service	\$ 300.00	Keiko & Tsukasa Namekata
Tatsuo Gosho – In Memory of 25 <sup>th</sup> Year	\$ 300.00	Kazumi (Janice) Gosho
Nokotsudo in Memory of Dick Hata	\$ 300.00	Reiko Hara
Rise Otani – In Memory of	\$ 300.00	Kunio Otani
Joseph Hamanaka – In Memory of	\$ 200.00	Yoko Hamanaka
Marion Kurosu – First Year Memorial; Kurosu Family and Kaneda Family	\$ 200.00	Lillian Sako
Harold and Sally Hayashi – In Memory of	\$ 150.00	Patricia Bartok
Grace McLeod – In Memory of	\$ 100.00	Rosalie Jacobson

### Remembrances for:

### Given by:

James Hasegawa	Hatsumi Higa
Hajime Hirata	George & Toshi Fukeda
Masayoshi Honmyo	Michele Anciaux-Aoki; Janet Baba; Mae Deguchi; Sue Fujino; Ellen Hale; Estate of James & Hiroko Hasegawa; Stephen Hasegawa; Ritsuko Kawahara; Marc & Janice Nakamura-Keltner; Jeffrey & Tina Zumoto-Ko; Paul & Takako Kogita; Daisy Kuramoto; Kinue Kuwahara; Howard & Marie Kosai-Luke; Julie Mayeda; Yukio & Karen Morikubo; Yoshie Nakagawa; Elaine Nakamura; Yoshio & Judith Nakamura; Craig & Joan Nakano; Akio & Mabel Nishizaki; Dani & Cheryl Ohashi; Stephanie Ojima; Pauline Sakuma; Dennis M. Shibata; Roy & Kazumi Shimnizu; Florence Sumida; Kiyo Takashima; Haruso & Sonoe Taketa; Masao & Grances Tamekuni; Peggy Tanemura; Katsumi & Terrie Tanino; Margaret Teramoto; Michael & Gayle Teramoto; Dolly Tokunaga; Steve Uyenishi; Leanne Nishi-Wong; John & Arlene Yamada; Fumiko Yamaguchi; Jeffrey & Susan Yamane; Dennis Yamashita
Takashi Hori	Ruby Yasui
Yayeko Patricia Kihara	Katsumi & Terrie Tanino
Yoshiko Kihara	Alice & Shuzo Takeuchi
Ted Kunihiro	Akio & Mabel Nishizaki
Ken Nakagawa	George & Jean Nishi
Albert Kiyoto Shintaku	Marian Asaba; Clara Beard; John & E. Lisa Duff; Setsuko Harada; Evelyn Kitashima; Kris & Keiko Kosugi; Kinue Kuwahara; Yoshio & Judith Nakamura; Hiro & Dorothy Nishimura; Akio & Mabel Nishizaki; Irene Saito; Collin & Charistine Sakamoto; Pauline Sakuma; Roy & Kazumi Shimizu; Florence Sumida; Kiyo Takashima; Haruso & Sonoe Taketa; Katsumi & Terrie Tanino; Ronald & Suzuko Terada; Frances Terami; Angela Shimizu-Tse; Leanne Nishi-Wong; Fujie Yamasaki; Takako Yorita
Ronald Yoshida	Noboru & Hatsuye Kawada

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

**General Donations:**

Katsumi & Terrie Tanino	In Honor of Jack Matsui's 90 <sup>th</sup> birthday (donation to Endowment)
Nelson Harano; Marc & Janice Nakamura-Keltner Jeffrey & Tina Zumoto-Ko; Shigaya Family; Gary & Julianne Tosaya; Kevin & Kari Ann Yokoyama	In appreciation for Eagle Court of Honor
Kathy Hasegawa	In appreciation for O-Butsudan adoption
Jeffrey & Susan Yamane	In appreciation for O-Butsudan adoption
Gary & Julianne Tosaya	In appreciation for Drew Tosaya's graduation
Jeffrey & Susan Yamane	Donation to Endowment in appreciation for Lindsey's graduation
Dale & Shizu Kaku	In appreciation for Onenju repair
Mitsu Connery	In appreciation for Onenju repair
Pauline Sakuma	In appreciation for use of dining room
Evergreen State College	In appreciation for class visitation
Patricia Bartok	In appreciation for Pauline Sakuma's assistance with funeral for mother
Merwin Kato	In appreciation for use of gym

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**Coupon Book Sale Supporting Monthly Orion Center Meals Project** submitted by Michael Teramoto. Volunteers are needed for the monthly meals project that provides a hot meal once each month to homeless youths at YouthCare's Orion Center. Help is needed to prepare and serve meals on the 3<sup>rd</sup> Friday of each month. The homeless youths that we feed each month are very appreciative of our efforts. Typically, volunteers need to arrive by 4:45 pm, and clean-up is completed by 7:15 pm. If you haven't yet volunteered to be a part of this project, please consider doing so. You'll be glad you did.

Thank you to Michi Vaart (coordinator) and her team: Irene Goto, Yukio Morikubo, Karen Morikubo, Dennis Shibata & Margaret Teramoto for handling the September meal duties.

This project is supported by the sale of Entertainment 2014 Coupon Books. All proceeds from the sale of these coupon books go to support the costs of the Monthly Meals project. Coupon Books are just \$25, and will be available on Sundays at the temple through October.

To volunteer to be a part of this project, or to purchase coupon books, please contact Mike Teramoto at [mteramoto@yahoo.com](mailto:mteramoto@yahoo.com) or 206-369-5986.



**You are invited to attend the  
Sarana Affirmation and  
Ministers' Assistant Certification Ceremonies  
on Sunday, October 6, 2013 at 11:30 – 12 Noon in the hondo  
Bishop Kodo Umezu, officiant**



**Seattle Betsuin Endowment Fund** submitted by Fund Management The Seattle Betsuin gratefully acknowledges donations to the Seattle Betsuin Endowment Fund by the following:

Kats & Terrie Tanino-In Memory of Pat Kihara	\$100.00
Kats & Terrie Tanino-In celebration of Jack Matsui's 90 <sup>th</sup> Birthday	\$100.00
Fran Shintaku - In Memory of Albert Shintaku	\$500.00
Joe & Carolyn Schwab - Endowment Donation	\$100.00
Jeff & Susie Yamane - Donation to Tsujihara Scholarship Fund in appreciation of Lindsey (daughter) scholarship presented to her.	\$100.00

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

**Saturday, October 19, 2013 9 :30am – 3:30pm**  
**Women in Buddhism Conference**

“The Heart and Mind That Benefits Others”

**Rita No Kokoro 利他の心**

**Speakers:**

Reverend Mariko Nishiyama, Pearl City Honwanji  
 SU Associate Professor Naomi Kasumi, Fine Arts  
 Reverend Patti Usuki, San Fernando Valley  
 Buddhist Temple



**Registration** is required so that we can provide meals for participants:

- Cost: \$25 per person + vegetarian lunch: \$10 (or you may bring your own)
- **Deadline: October 11, 2013**
- Questions: Contact the temple office at 206.329-0800 or [office@seattlebetsuin.com](mailto:office@seattlebetsuin.com)
- Send completed form & check payable to Seattle Betsuin Religious Department to: Seattle Betsuin Buddhist Church, Attention: Gail Kaminishi, 1427 South Main St, Seattle, WA 98144

October 19, 2013 Conference Registration Form - Please print

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



Amount enclosed:

\$25 for conference: \$ \_\_\_\_\_

\$10 for optional vegetarian lunch: \$ \_\_\_\_\_

Donation: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_



Check number: \_\_\_\_\_



## DHARMA SCHOOL submitted by Joyce Tsuji

Welcome back everyone!! The first day of Dharma School got us all off to a wonderful start with the hon-do and halls filled with lots of excited children. We look forward to a terrific year. Thanks to everyone who came, registered their children and provided refreshments.

All Dharma school parents are welcome in the Memorial hall chapel for parent's meetings and Dharma exchanges this year during class time. Have an idea for a discussion topic?? Let Rinban Castro know.

Calling All Children Interested In The Upcoming Ochigo Procession Sunday, November 3, 2013! If you have a child who is interested in participating in this memorable event coinciding with the Eitaikyo Muen Hoyo service, please pick up a participation form in the foyer and return to Yvette Terada or the Betsuin office by Sunday, October 20. You may also contact the Betsuin office for more information at (206) 329-0800.

### Classroom Reports

#### Pre-K & Kindergarten:

We are happy to welcome back our students to the Pre-K & Kindergarten class. There were 8 smiling children on the first day of Dharma School, all excited to be back at the temple. To start off the year, we talked about having a "Frog Mind" or "Monkey Mind" and the children gave examples of actions that both of

these would exhibit. We then put together our "Frog Mind" Classroom Rules that everyone (including the teachers) agreed to and signed, showing their acceptance of how to act in the classroom. We read the story "The Mouse and the Buddha" and shared how the mouse had a Frog Mind. We also made little frog and monkey stick puppets to be mindful of our actions in the temple.

On the following week, the children learned about the care of their Onenjus. We read the story "Olivia The Onenju" and each student made their own onenju that had their name included on the beads. We also decorated onenju cookies. We look forward to the students bringing their onenju every week to Dharma School.

1<sup>st</sup>/2<sup>nd</sup> grade: We've started off the first two Sundays with about 6 very enthusiastic, bright kids including one new student. We began by introducing ourselves, learning each other's birthdays and some of our favorite snack foods. Yum! Next we read a story about David, who has some trouble following rules at school and discussed good rules to have for the rest of the year so we can all be safe, considerate of each other and have fun. We have agreed on the ones we like and signed our class contract. We then read the story of the Three Fishes, made fish puppets and acted out good/bad temple etiquette.

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## "Naikan: Gratitude, Grace and Self-Reflection in the Pure Land Tradition"

**with Gregg Krech** This workshop is open to the public and does not require registration.

It will run **12:30pm-3:30pm** and is free (donations will be accepted).

Though Naikan literally means "inner observation" it is sometimes translated as "seeing oneself with the mind's eye." It was developed by Yoshimoto Ishin, a devout Pure Land Buddhist, based on an ancient Buddhist practice known as "mi-shirabe." Naikan provides a structured vehicle for Shin Buddhists to make the Pure Land teachings personal. The method involves quiet, sincere reflection on oneself in relation to others. By examining one's conduct towards others, the participant has an opportunity to see the daily workings of Other-power in his life (tariki) while simultaneously discovering his own ego-centeredness. Naikan is an opportunity that can lead one to the doorstep of religious awakening in the Pure Land tradition. Gregg's seminar will include a mix of stories, quotes, personal anecdotes, poetry, and brief, quiet periods of self-reflection.

*Gregg Krech is the Director of the ToDo Institute in Middlebury, Vermont and the author of several books including **Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection** (Stone Bridge Press, 2002). He is also the Editor of the journal, **Thirty Thousand Days: A Journal for Purposeful Living**. He is a former board member of Ekoji Buddhist Temple in Springfield, VA where he was a student of the late Rev. Kenryu T. Tsuji for 10 years. He had been teaching courses in Naikan and conducting Naikan retreats in the U.S. for the past 25 years. Additional information about Naikan can be found at the websites of the ToDo Institute.*

[www.todoinstitute.org](http://www.todoinstitute.org) and [www.thirtythousanddays.org](http://www.thirtythousanddays.org)

## NOTES FROM DHARMA EXCHANGE

August 25, 2013 - Rev. Yasuo Izumi was guest speaker in the Hondo. He has been with the Buddhist Church of Canada for 40 years, and attended the IBS with Rinban Castro almost 35 years ago. . . Castro sensei read the last verse of the Shinshu Shuka aloud. . .He just returned from the Ministers' Convention in Chicago where a major topic was building bridges to scientific endeavors and other religions. The featured speaker was Rev. Ken Tanaka. Sensei was impressed with their temple. It is well-sited, fenced and there is no through traffic. It had been a problem area in the city, but is now upscale. Their three-day Obon grossed \$100K. Sensei wants to explore the unconditional love of Amida Buddha always embracing us just as we are. . .He commented that gay marriage was accepted by the Ministers' Association many years ago. An anti-gay group, "On My Honor," is against the Boy Scouts stand on admitting gays to membership in their group. . . Rev. Jim Warrick feels the anti-gay stand has softened.

Sept 1 - Rosalie Town MA conducted the service in the Hondo and the DX later. She commented that we all have the potential to make things better for others in our particular job. Rev. Jim Warrick indicated Right Livelihood, part of the Eight-fold Path, has been with us for a long time. Jodo Shinshu gives the ordinary person the ability to work in a variety of jobs in the Buddhist community. . . Renyo Shonin wrote a letter on hunting and fishing. . .Questions about Syria in the news currently came up for discussion.

Sept 8 - Rinban Castro continued his discussion on how we so easily become scatter-brained and engage in multi-tasking. He indicated we all need to learn to focus better. Mindfulness has grown beyond Buddhism and is being taught in prisons. . .On the subject of mindfulness Rev. Jim Warrick told the story on himself when he was in Idaho falls. With his rental car he headed to the hospital to do some work, and when he returned to it three hours later the car was locked and still running. Castro sensei reminded us that "frog mind" is focused and "monkey mind" is scattered.

Sept 15 - After completing the Dharma talk on gratitude in the Hondo, Mat May, M.A. held forth during Dharma Exchange. He related how young terminal cancer patients were not concerned with future life -- cars, proms, etc.; they live in the present and find pleasure in the clown who might come to the room. Matt talked about a young nephew who fell out of bed after brain cancer surgery and required additional surgery. He is fine now. . . Irene, Rosalie and Matt recently attended the Jodo Shinshu Center in Berkeley where ministers come four times a year to teach M.As. on subjects including grief counseling, shinjin, the Shoshinge, etc. Rev. Harry Bridge instructed them on the Shoshinge and psychologist Dr. Pating of the San Francisco Buddhist Temple covered counseling. Rosalie said 21 M.As. gave seven-minute Dharma talks on short notice. Rosalie and Matt had a lot of practice with Shoshinge and Wasan as all 21 M.As. were interested in doing it. Rosalie was impressed with the way participants with special dietary needs were handled. Later they all visited the cemetery where many Dharma followers were interred. A participant congratulated Rosalie and Matt for their accomplishments. . . A video, "Streams of Light" (2012), will be shown at the Betsuin. Rev. Bridge was responsible for the sound. Tetsu indicated the music fit well with the content of the film. It is available at the BCA Bookstore.

In gassho, Pat Bobrow

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