



## Hoonko and Nigome offering

by Rimban Katsuya Kusunoki

In January, we observed our founder's annual memorial service, "Hoonko (lit. Dharma gathering for acknowledging indebtedness). At our mother temple, Hongwanji, they annually observe the Hoonko service from January 9 through January 16. When I was a student of Gonshiki Shidosho (a school for the Jodo Shinshu liturgy), I was able to participate in the Hoonko services there. The services were observed from early morning till late afternoon. My legs were so painful because we had to sit on the tatami mat. I was so tired, but these were wonderfully productive days.

Following the Hongwanji's Hoonko service, I held Hoonko service at 10am each day from January 9 through 16 this year. About ten people attended regularly. We tried to chant the Three Pure Land Sutra this time. It was not easy to do it because it takes so long and we were not used to doing it. But all attendees, including me, really enjoyed chanting the Three Pure Land Sutra. I am planning to chant the Three Pure Land Sutra, section by section, and learn the meaning of them at the weekly Wednesday morning service in 2019. *[regular attendees pictured below; photo by Joe Gotchy]*



Hoonko service is the most important service for us as Jodo Shinshu followers. Therefore, there are some special rituals and traditions. We respectfully

hang the Goeden (An Illustrated Biography of Shinran Shonin) and listen to the Godensho which describes main features of Shinran Shonin's life. At the Hongwanji, they do a special Sutra chanting, Shoshinge with Shinpu-style. They also offer magnificent flower arrangement and food offerings.

At the Seattle Betsuin, we traditionally offer "Zenzai" and "Nigome". Zenzai is the sweet red beans soup. We usually put Mochi (rice cake) in it. "Nigome" is a vegetarian dish. Nigome has these vegetables; Gobo (burdock root), Shiitake Mushroom, Daikon (radish), carrot, deep fried tofu, Satoimo potato, red beans and Renkon (lotus root) and cook them with Wakame (seaweed) dashi soup. It is a healthy vegetarian dish. In honesty, I did not know what Nigome was until last year. At last year's Hoonko service, one BWA lady told me, "Sensei, we are going to cook Nigome for the Hoonko service". Without knowing what it was, I just said, "Thank you so much". After the service, it was my first experience to eat Nigome. It was so delicious. I again, said "Thank you" to the people who cooked it and was leaving there. Then, one BWA lady was spontaneously speaking about Nigome. "Sensei, each vegetable in Nigome has a meaning. Please remember the Shinran Shonin's statue in the Wisteria park, (see p. 7). It is the statue with travel costume. A Gobo (burdock root) represents the walking stick. A Shiitake mushroom represents the hat. A Daikon (radish) represents Kyahan which is the white leg-wear. A carrot represents a zori slipper's strap. A deep fried Tofu represents the yellow Okesa. Red bean is the Shinran Shonin's favorite food. Renkon is lotus root. Lotus is the Buddhist symbol. Satoimo Potato,,,? I don't know, but maybe it represents Shinran Shonin's head? All these vegetables are cooked with Wakame dashi soup. It is called Nigome." It was an eye-opener for me. I felt sorry because I just ate without knowing these meanings. I also heard that it is a Hoonko tradition in Hiroshima, Japan. The Jodo Shinshu followers in Hiroshima cook and offer it to Shinran Shonin at their Hoonko service. Many years ago our former member(s) introduced this valuable tradition to the Seattle Betsuin and it has become a Seattle Betsuin Hoonko tradition.

At the Hoonko service, we learn the life of Shinran Shonin and express our

*continued on p. 2...*

...continued from p. 1

appreciation because we are able to receive the Amida Buddha's guidance which Shinran Shonin revealed. Shinran Shonin traveled from Kyoto to Echigo, from Echigo to Kanto, from Kanto to Kyoto again and spread the teaching of Amida Buddha at each area. There were no airplanes and cars. It was not always fine weather. Shinran Shonin traveled on foot. There must have been a lot of difficulties. While cutting Gobo (burdock root), people remember the Shinran Shonin's stick. While cutting Shiitake mushroom, people remember Shinran Shonin's hat. While cooking Nigome, people remember how Shinran Shonin traveled to all these places and propagated the teachings of Namoamidabutsu. They express their respect and appreciation to Shinran Shonin through cooking the Nigome dish. After the Service people eat Nigome and talk about Buddha Dharma and Shinran Shonin's life.

It is such a wonderful tradition. I, as a Rinban of Seattle Betsuin, would like to express my deepest appreciation to people who prepared Nigome this year. I also express my appreciation to people who introduced it and have been carrying on the tradition. How did you enjoy eating Nigome this year? Some people did not know these meanings. Some people did not have the chance to eat it. Please look forward to attending next year's Hoonko service. Then, please eat Nigome thinking of the meaning of each ingredient.

Gassho,

2019 New Year's Resolution

**(E-excellent, G-good, S-so so, B-bad)**

Complete the Hosshikikihan English translation project	G
Make more visitations	B
Organize more educational program	E
Do exercise once a week	S
Stroll in Seattle	G

## Seattle Betsuin Gratefully Acknowledges the Following Donations December 2018 – January 2019

### Funeral / Memorial / Nokotsudo:

### Given by:

Shiro Fujihira – In Memory of	\$ 500.00	Joy Fujihira
Teruko Fujihira – In Memory of	\$ 500.00	Joy Fujihira
George Kodama – In Memory of	\$ 250.00	Tokuzo & Mari Okumura
Nokotsudo for Masako Hamano	\$ 150.00	Terry Nakano
Nokotsudo for Haruyo Hamano	\$ 150.00	Terry Nakano
Dick Yoshimura – In Memory of	\$ 100.00	Harry Yoshimura
Misao Yoshimura – In Memory of	\$ 100.00	Harry Yoshimura

### General Donations:

#### Donor:

#### For:

Paul & Janet Knutzen

General Donation

# Dharma School News

submitted by Joyce Tsuji

Happy year of the Boar everyone! Dharma school is busy and learning.

We hope everyone who attends the Northwest Convention has a great time.

**We would like to invite the Sangha to a vegetarian potluck on February 10 to add to the observation of Nirvana day. Please bring a favorite dish or just come and enjoy the camaraderie of being together.**

## Classroom Reports

**Pre-K/K class** The students played "Memory Game" with different Buddhist symbols and items found

around the temple. After they played they then made their own set so that they could play at home. The children also learned about the Butsudan and the accessories and their meanings that go into the Butsudan. They then made their own Butsudan to keep at home.

**1<sup>st</sup>/2<sup>nd</sup> grade** We have been celebrating the New Year by making an origami pig to decorate a 2019 calendar and then we did a fun object search on a picture of all the Zodiac animals. WE also heard the story of how the animals got in that order. Then the students got a special treat when Ami's parents taught the class and had the kids doing Japanese calligraphy. They did a beautiful job and we are very grateful to her parents for sharing their talents with us. Finally we made a scroll of Shinran Shonin to commemorate Ho-onko. You can come see them in the upstairs hallway.

## Trip to Mongolia

submitted by Gail Kaminishi

This is a very belated account of my trip to visit my charity in Ulaanbaatar, Mongolia last spring. The social services and Buddhist center Asral/Jampa Ling was built with money from HH the Dalai Lama to help the impoverished people there and to rebuild Buddhism, which was abolished when Mongolia was ruled by the USSR for 70 years.

I am very grateful to the wonderful donations of over \$1,000, medical supplies and vitamins donated by members of the Betsuin and other supporters of Asral/Maitreya. The money is used to fund our hot



Women's Prison

meal program for some of the poorest children, to give supplies and medical and emergency assistance to needy families, to employ women in felt making, teach vegetable gardening and digging of

wells.

While there for nearly a month I stayed in a simple but comfortable dorm room with a shared bathroom and kitchen. I taught English every day. I could see how donated money is being used.



Children attending dharma lesson, having a snack

We took supplies to children in an orphanage, sundries to women in prison, visited a children's prison where the boys are helping to make felted items which might be sold. We visited a kindergarten and helped children who attend. We went to the burn ward of the hospital to see children in our program. And we also visited the home of a single mother with a toddler affected by burns.

Buddhist teachings are held on weekends for children and adults. Special Tibetan/Mongolian pujas are celebrated on certain days. I was able to meet several monks and teachers.

There is an overwhelming need there and we are trying to help in some way. I was very inspired by our director's desire to try to help everyone.



# Camp Fire News

Submitted by Christine Watanabe

**PLEASE SAVE THE DATE!** Were you a member or leader of a Seattle Betsuin Camp Fire group?

We will be honoring all past & present leaders with a special luncheon at this year's Council Fire.

Date: Sunday May 19, 2019

Where: Temple gym

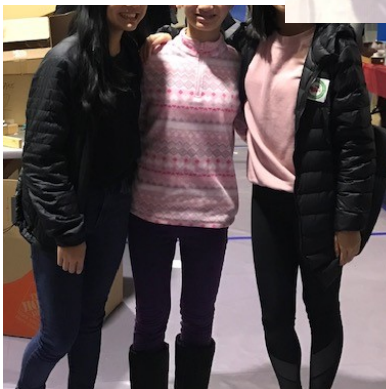
Submitted by Lisa Butler

**Wisteria View Visit** On November 25, 2019 our CF group decorated residents' doors, Christmas trees and sang holiday songs with the Ukulele Band. All residents received a holiday gift bag that our CF members crafted.



Submitted by Akiko Yabuki

**Rainbows and Lemonades** **Holiday Coastguard Stocking Stuffing** In December the Rainbow and Lemonade CF groups volunteered at the annual Holiday Coastguard Stocking Stuffing event. Our groups, along with parents, have been requested each year to greet and register volunteers, as well as stuffing handmade stockings for over



4,300 homeless children in the greater Seattle Area. We always have a fun time and bond with each other. The Coast Guard are always grateful and appreciative to have the girls

take on this task each holiday season.

Submitted by Janet Knutzen

**Dolphins, Turtles and Alicorns** **CF Blanket Making Project** The Dolphins kicked off the new year hosting a meeting for the kindergarteners and 1st



through 4th graders. The Dolphins taught the Ali-



corns and Turtles how to make no-sew fleece blankets. These blankets will be donated to the Seattle Children's Hospital Guild Association. This blanket making project has become an annual community service event for the Dolphins. Hand-made blankets are in great need at the hospital, especially for the very young children who are admitted unexpectedly. Along with the blanket making, the girls also enjoyed playing fun games, including a floating donut eating contest, which they all loved and a jingle bell minute to win it shake off. The Dolphins had a great time taking a leadership role with the younger members.

Submitted by Grace Tazuma



## SEATTLE BETSUIN BUDDHIST TEMPLE

EXPAND YOUR KNOWLEDGE OF THE DHARMA

WITH REVEREND KIYONOBU KUWAHARA!

HE WILL BE LECTURING ON MASTER

SHINRAN'S *KYOGYOSHINSHO*, A COLLECTION

OF ESSENTIAL JODO SHINSHU TEACHINGS

*TEACHING, PRACTICE, SHINJIN, REALIZATION*



FEBRUARY 22,23, 2019 at Seattle Betsuin

FRIDAY FROM 9:30 - 2:30 IN JAPANESE\*

SATURDAY FROM 10:00 - 12:00 IN ENGLISH

\*Registration required for Japanese Session—please call the office: 206.329.0800.

## SBBWA Seattle Betsuin Buddhist Women's Association

submitted by Nina Tomita-Kato

- Thank you all in advance for your assistance with "more projects". Janie Okawa will post a schedule on the SBBWA bulletin board.
- Registration will begin in Mid January for the World Convention.
- We will be having a rummage sale on March 30. All Asian and Hawaiian Goods-sale. Proceeds will benefit organizations/ programs and add to our subsidy fund. We would appreciate gently used or new items such as kimonos, yukatas, obis, furniture, dishware, etc. We are looking for volunteers to chair, co chair, triple chair this event.
- Thank you members for your assistance for the Shinnekai. It was a great success. Happy Year of the Pig!!



Kimpira making and lunching on January 5

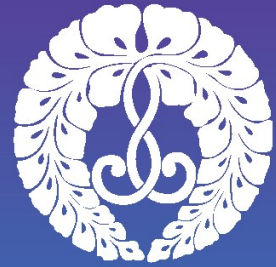
## 16<sup>th</sup> World Buddhist Women's Convention

August 30 – September 1, 2019

San Francisco Marriott Marquis  
San Francisco, California

Keynote Speakers:  
Reverend Yukiko Motoyoshi  
Minister, Buddhist Churches of America

Professor Keiko Toro  
Independent Buddhist Scholar



*Live the Nembutsu*

*Vivemos no interior do Nembutsu*

お念仏に生かされて



Registration: [www.wbwconvention.org](http://www.wbwconvention.org) | [info@wbwconvention.org](mailto:info@wbwconvention.org)

Presented by the Buddhist Churches of America | Federation of Buddhist Women's Associations

## BCA JYBA LEADERS WORKSHOP

"SAVE THE DATE"

Feb 23- 24, 2019  
Jodo Shinshu Center  
2140 Durant Ave, Berkeley, CA 94704

FOR: Current & aspiring High School age YBA Leaders

GOAL: To meet members from other districts, and cultivate ideas to help your YBA grow and be more successful.

WHEN: 2/23/19 All Day



A CBE Workshop

*How inclusive are  
our sanghas?*

Perspectives on Shin Buddhism  
& LGBTQ\* Community

SATURDAY, MARCH 9, 2019

RENAISSANCE PHOENIX DOWNTOWN HOTEL  
100 N. 1st Street, Phoenix, Arizona 85004

LGBTQ\* Includes Lesbian, Gay, Bisexual, Transgender, Queer as well as other gender identities and orientations

## BCA SUMMER YOUTH RETREAT

"SAVE THE DATE"

JUN 30 - JUL 6, 2019  
Jodo Shinshu Center  
2140 Durant Ave, Berkeley, CA 94704

FOR: High School age students interested in expanding their knowledge of the Dharma.  
GOAL: To spend a life-changing week with youth from all across the nation to participate in an in depth study of Jodo Shinshu Buddhism, its history and its practices.

WHEN: 6/30/19 - 7/6/19



Dharma School invites  
the Sangha to

a vegetarian potluck on  
February 10, 2019

In observation of  
Nirvana day

Please bring a favorite  
dish or just come and  
enjoy the camaraderie of  
being together



# Musical Notes

Submitted by Kemi Nakabayashi

Thank you to the Bodhi Ensemble (including founding members Kristy, Kayla, and Emily) for providing the traditional New Year's Eve service music with Alina and Hieu. We also appreciate the Seattle Betsuin Ukulele Band leading the service music and New Year's Party songs on January 6 and Emi providing the piano accompaniment along with the Seattle Betsuin gagaku group for Ho-Onko service. Rinban Kusunoki continues his commitment to organizing regular gagaku practices and performances. The next scheduled gagaku practice will be on Saturday morning February 9. Please let Rinban Katsu know if you are interesting in attending the monthly practices and learning to play gagaku instruments for special services this year.

Photo intentionally  
deleted

Bodhi Ensemble on New Year's Eve:  
Kristy, Emily, Kayla, Alina, and Hieu

Photo intentionally  
deleted

Playing and singing *Yube no Uta* (Evening Song)



Dennis Yamashita ringing the bonsho on New Year's Eve



SBUB and Singers providing entertainment at the New Year's party (Photo by Sat ,Ichikawa and family)

## February Book Study

- Sunday, February 3, Noon - Searching for Mary Foster by Patricia Masters

The next Book Study Group will take place on **SUNDAY, February 3rd at noon** in the Memorial Hall Chapel. We needed to shift things around a little bit due to some conflicts in Rev. Castro's schedule. We will be discussing Searching for Mary Foster. If you did not order a copy, please let me know and we will figure out a way to get the materials to you.

Gassho, Leonora

# 2019 FAMILY MEMORIAL SERVICE SCHEDULE

In the Jodo Shinshu tradition, family memorial services are held on designated anniversaries to express gratitude and recall cherished memories of our loved ones while listening to the Buddha Dharma. If you have a family member who passed away in the following years, you are encouraged to conduct a family memorial service in 2019:

<u>Year of Death</u>	<u>Service</u>
2018	1 <sup>st</sup> year memorial
2017	3 <sup>rd</sup> year memorial
2013	7 <sup>th</sup> year memorial
2007	13 <sup>th</sup> year memorial
2003	17 <sup>th</sup> year memorial
1995	25 <sup>th</sup> year memorial
1987	33 <sup>rd</sup> year memorial
1970	50 <sup>th</sup> year memorial

Please call the Temple office at (206) 329-0800 to schedule a service.

## Gems of Wisteria Park



### SHINRAN SHONIN

1173 – 1262

FOUNDER OF THE JODO SHINSHU  
SCHOOL OF BUDDHISM

THIS STATUE OF SHINRAN SHONIN WAS DONATED BY MR. YEHAN NUMATA, PRESIDENT OF THE BUDDHIST PROMOTING FOUNDATION, TOKYO, JAPAN. HIS DEEDS MANIFEST THE RADIANT JEWELS OF THE PURE LAND AND HIS SPIRIT REFLECTS THE HEART OF SHINRAN. THE STATUE FOUNDATION WAS DONATED BY MRS. MITSUMA SHIMOKON AND THE LATE MASARU SHIMOKON

JANUARY 14, 1983

The statue and dedication wall shown above stand across the street from Seattle Buddhist Temple in Wisteria Park. The placard at left accompanies the Shinran Shonin statue with the above inscription. All are reminders of our beginnings. - IHG



# Dharma Exchange Notes

*Dharma Exchange is a mix of discussion and educational programming that takes place in the dining room downstairs. Join us — we enjoy coffee and donuts almost every Sunday after service until 12Noon.*

**2019 January 6** MA Irene Goto presented 2019 seminar dates and asked Dharma Exchange suggestions for the coming year.

February 22, 23 Winter Seminar Class #1 with Rev. Kiyonobu Kuwahara on “Kyo” Teaching. Irene told a sample story from KyoGyoShinSho about Prince Ajatastru that she would like to expand upon in the future.

April 20 Eco Sangha Seminar with Rev. Dr. Duncan Williams. Rev. Castro is coordinating with Jason Wirth at Seattle University’s EcoSangha on Williams’ presentation. Tetsu Kashima further described Duncan Williams’ writings and translations, particularly his book that will soon be released, American Sutra, about the role of Buddhism in the lives of Japanese Nikkei in WWII War Relocation Authority camps. Williams will be at the NW Convention in February. EDITOR’S NOTE: He will be a speaker at a workshop at Convention on February 23, 2019. He and his book will be available for signing.

May 3 – 6 Spring Seminar by Rev. Dr. Nobuo Haneda  
October 11, 12 Fall Seminar Class #2 with Rev. Kiyonobu Kuwahara “Gyo – Practice”

September 3 GoMonshu to visit. One participant shared her experience with the former gomonsu when her father entertained him on his visit to Seattle. She found him very personable; he played basketball with other members.

September 28 Irene announced that she will not be leading the Women in Buddhism Conference this year. Instead an afternoon workshop on Sunday, September 29, 2019 is possible. She invited suggestions for speakers for that day on which SBBWA celebrates the lives of Eshin-ni and Kakaushin-ni.

Suggestions for other DX topics: **Tannisho:** Rev. Castro would like to present a series on this popular text and DX might be a venue. **Sharing by Book Group:** someone to attend DX and report on good discussion of a book. **Newsletter link by email** would be appreciated.

Announcement: English version of Sanbutsuge is available on Betsuin Facebook; some have found it to be meaningful and poetic, something to be read everyday.

Submitted by Irene Goto

## 2019 January 20

College-age Assistant Youth Ministers spoke on one of three prompts: 1. Concept of compassion or persis-

tence or wisdom, etc.; 2. Lady Takeko Kujo; or 3. HoOnko, as part of a Dharmathon presentation that presently happens about two times a year.

Emi Nakashima wanted to learn conversational Japanese at the UW as a freshman so she joined Kaiwa Table but felt discouraged because she wasn’t understanding as much as she wanted to. Nonetheless she continued to practice with friends through her Sophomore year and now realizes that she can communicate in Japanese because she has been persistent and determined.

Emily Ko was grateful to be back to normal (despite a few tears) after being in an accident on I-90 as a member of the UW marching band traveling to Pullman for their football game. One of the three buses skidded off the highway and rolled onto its side. It was a terrible experience to go through in the dark of 10:00 PM. She is grateful to the community of George, WA, who donated resources, the First Responders, and the concern of Sangha, Huskey Fans and bands at home and across the US and to have received only minor injuries.

Alex Sakamoto learned that January 16, HoOnko, Shinran’s birthday, is also National Religious Freedom Day in the US. He also learned that 120,000 Jodo Shinshu Buddhists were tortured or killed in Japan because of politics of that time. He has learned that religious freedom cannot be taken for granted.

Marissa Wong was reminded of Takeko Kujo’s dana and work, especially during the great Kanto earthquake, that eventually led to the founding of Asoka Hospital in Tokyo in the 1920’s. Takeko Kujo died in her forties from her selfless giving. Marissa was reminded about interdependence when reading Lady Kujo’s poem, “Splendor of An Evening Sky”. Marissa suggested that we focus on our own selfless giving of money and time.

Trevor Yokoyama asked, “What can we do as Buddhists” when faced with divisive adversity in a “culture that is both accepting and divisive”? He suggests using “wisdom” and “heeding the relevance of the Buddha Dharma”, which is to “tap into our own acceptance”, and to take action by “showing compassion”.

Kusunoki Sensei is attempting to revive ministerial training of young Buddhists up to age 23 years by bridging the gap between Summer HS Retreat and ministerial training for adults with this crop of Assistant Youth Ministers. Submitted by Karen A



# Message from Chairperson Alan Hoshino



## Temple Improvements and Remodeling Opportunities:

The City of Seattle has announced plans for seismic safety requirements for brick buildings within the city limits. These safety requirements include retrofitting all existing brick buildings to be within compliance with their building codes. After several months of study, the estimated cost for the seismic upgrade of our temple's brick building has been submitted to us. The first phase of the study completed last fall was by a structural engineering firm (IL Gross Structural Engineers), which conducted an in-depth analysis of our building. Their detailed plan to retrofit the building to meet current seismic related codes, in order to increase public safety; lessen damage during earthquakes; and allow buildings to be reopened sooner following smaller earthquakes is in hand. The second phase of the study was to obtain an estimate of the cost of the seismic upgrade. The temple hired a professional construction estimator (JMB Consulting Group), and last month received their report that an upgrade based upon the ILG Seismic Evaluation report would cost approximately \$4,053,000. These numbers assume we begin the process as soon as possible, with plans and permitting, and construction beginning in 2020. (If we delay, the costs are projected to increase)

This project is obviously a large amount of money to complete. It is a project that is not optional. It also does not include any other desired facility enhancements, such as an elevator, renovating the kitchen, renovating the main altar (onaijin) and other needed repairs and upgrades. The additional enhancements

will add a few more million dollars to the bottom line. Clearly, we have some big decisions to make on what additional upgrades/renovations to make and how we will pay for them.

Financial and project decisions by temple members are needed in order to proceed. Discussions on what types of fundraising and the possibility of liquidating some of our assets will be discussed in the next few weeks. Topics to consider include the cost to operate the temple, which currently exceeds our annual dues, donations and fundraising revenues by \$200K. This \$200K operating deficit (spending more than we receive) is currently funded by our endowment account, which provides 4% of its value each year towards temple operations. Liquidating any or all of the endowment account would mean significantly higher dues for existing members.

All suggestions and decisions will not be taken lightly by the Board. Each temple member has unique personal wants, needs and financial situations. Our goal is to make everyone comfortable with the upgrade/remodel processes.

The first all sangha discussion will be held immediately following service on February 3<sup>rd</sup>, in the Hondo. The time had already been reserved for the General Meeting, which will now be held on February 10<sup>th</sup>. Additional information will be forthcoming at the all sangha discussion.

Please plan on attending the discussions. Your questions and ideas are welcome. If you wish to discuss any of these subjects personally, with a temple representative, please contact me or vice chairpersons Leanne Nishi Wong, Tyler Moriguchi or Calvin Terada.

With palms together,  
Alan

## Six Betsuin Board of Directors elected

In November a list of nominees for the Betsuin Board of Directors was mailed out. With the list was a ballot for each 'sustaining member' to cast their vote for six directors. Typically, there are ten open positions every year. This year four directors were automatically re-elected so that they could fulfill their Cabinet terms. The remaining six positions have been selected to serve a three-year term. We welcome: Harrison Chinn, Andrea Mano, Dennis Shibata, Grace Tazuma, Dennis Yamashita, and Donna Zumoto. Submitted by Steph Ojima

## <報恩講とにごめ>

1月にはいつものように親鸞聖人のご命日（1月16日）に合わせて、報恩講法要が勤められました。京都のご本山、本願寺では、1月9日から16日にかけて御正忌報恩講が勤められます。私も、勤式指導所で、お勤めの勉強をしている時には、毎日お参りさせていただきました。朝早くから夕方遅くまでの法要や諸行事に出させていただき、正座のため足は痛かったですが、とても充実した一週間を過ごさせていただきました。ご本山に倣って、今年は私も1月9日から16日まで毎朝10時からお勤めしました。（1月10日は、ホワイトリバー仏教会に於いて）今回は、浄土三部経の読誦に挑戦してみました。普段なかなかお称えしないお経ですので、大変でしたが、みんなと楽しくお勤めすることができました。今後、毎週水曜日の朝のお勤めでは、浄土三部経を少しづつ繰り返し読みながら、その教えに触れていきたいと考えております。御正忌報恩講は、浄土真宗の門徒にとって一番大切な法要ですので、普段とは違う特別なことをします。御絵伝という親鸞聖人の人生が描かれた絵巻物を奉獻します。それを見ながら御伝鈔という親鸞聖人の伝記を拝読します。ご本山では、正信偈が真譜と呼ばれる特別な節で勤められます。お花のお飾りやお供えも普段よりも豪華になります。

ここシアトル別院では、ぜんざいとにごめをお供えします。みなさんは、にごめというのをご存知ですか。私は、シアトルに来るまで知りませんでした。にごめというのは、ごぼう、しいたけ、大根、ニンジン、お揚げ、さといも、あずき、蓮根を昆布だしで炊いたものです。ヘルシーな精進料理ですね。昨年の報恩講の時に婦人会の方々が、「先生、報恩講だから、にごめ炊くからね。」とおっしゃってくださいました。その時は、何もわからないまま、「ありがとうございます。」と返事をしていました。お参りの後、ダイニングルームでにごめをいただき、「ありがとうございます。」とお礼を述べて帰ろうとすると、婦人会の方が、にごめについて教えてくれました。

「先生、にごめの一つ一つの具材には意味があるんですよ。

にごめは、親鸞聖人の旅装束を表しているんです。外のウイ

ステリアパークの親鸞聖人像を思い浮かべてください。長いごぼうは、杖。しいたけは、頭にかぶっておられる傘。白い大根は、脚絆。ニンジン、雪駄の緒。黄色いお揚げは、お袈裟。小豆は親鸞聖人の好物。蓮根は、仏教のシンボルの蓮の花。さといもは、、、何かな？親鸞聖人の頭かな？それを昆布だしで炊いたのがにごめですよ。」

目からうろこでした。何も知らずにただ食べていた私が恥ずかしくなりました。よくよく聞くと、にごめは広島郷土料理で、広島熱心な浄土真宗の門徒さん方が、報恩講の時に供えするそうです。その習慣が、ここシアトルにも伝わって今でも残っています。今では、シアトル別院の報恩講の伝統の一つになりました。

報恩講は、親鸞聖人の生き様を聞かせていただき、今、私たちの元に南無阿弥陀仏の教えが届いていることへの感謝を示す法要です。親鸞聖人は、京都にお生まれになり、越後（新潟県）、関東、そして、晩年は再び京都へと旅をつづけながら、南無阿弥陀仏の教えを各地へ広めてくださいました。車も飛行機もなかった時代です。天気の良い日ばかりではなかったことでしょう。各地を歩いて回られた親鸞聖人には多大なご苦労に違いありません。にごめを作ってくださいっている方々は、ゴボウを切りながら杖を思い浮かべ、大根を切りながら脚絆を思い浮かべ、料理を通して親鸞聖人のご苦労を偲び、そのご恩に報いようとされてきたのでしょう。そのにごめを、法要の後にいただきながら法友たちと、仏教談議に花を咲かせたり、親鸞聖人のことを話したりしたことでしょう。

シアトルに来て“にごめ”というとても温かい習慣に触れさせていただくことができました。シアトル別院の輪番としてにごめを作っていただいている方々に心から感謝いたします。みなさんは今年どのような気持ちでにごめをいただきましたか。このにごめの由来についてご存じなかった方もおられるかもしれません。その方は、ぜひ来年の報恩講で、一つ一つの具材の由来をかみしめながら、みんなとともににごめをいただいてみてください。

# FEBRUARY 2019 SEATTLE BETSUIN SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2019: Major Events</b> March 3 Camp Fire Sunday service March 13 Buddhist Study Class #4 "Nature of Human Being" March 17 Spring Ohigan service followed by special lecture by Dr. Sharon Suh, Seattle University March 20 Buddhist Study Class #5 "Amida Buddha" March 23 Salmon Dinner Fundraiser March 27 Buddhist Study Class #6 "Primal Vow Other Power"					<b>1</b> 12 noon Gojikai Svc & lunch meeting (Asst Minister Irene Goto)	<b>2</b>
<b>3</b> 9:00 am Meditation (TBD) 10 am SCOUT SUNDAY SERVICE (Scouts) 11:00 am Town Hall Workshop (No DX, DSDX or Japanese) 11:45 am SBBWA BoD meeting 12 noon Book Study Group	<b>4</b> Rinban's day off	<b>5</b>	<b>6</b> 10 am Morning Service	<b>7</b> 11-2 Japanese Play Group 1:30 pm Nikkei Manor Service	<b>8</b>	<b>9</b> 10:30 am - noon Gagaku practice
<b>10</b> 9:00 am Meditation (MA Leonora Clarke) 10:00 am NIRVANA DAY / PET MEMORIAL SERVICE (Rinban) 10:50 am DX "Buddhism on Air" (MA Rev Matt May) DSDX (MA Rev Irene Goto) Japanese (Rinban) 11:45 am Vegetarian potluck luncheon 12 noon Betsuin Annual General meeting during lunch 1:30 pm Sangha Award class #2	<b>11</b> Rinban's day off	<b>12</b>	<b>13</b> 10 am Morning Service 7 pm Betsuin Cabinet mtng	<b>14</b>	<b>15</b> NW District Buddhist Convention at DoubleTree Suites Southcenter	<b>16</b> NW District Buddhist Convention at DoubleTree Suites Southcenter
<b>17</b> <b>NO SUNDAY SERVICE AT THE BETSUIN</b> NW District Buddhist Convention at DoubleTree Suites Southcenter	<b>18</b> Office closed for President's Day holiday Rinban's day off 8 pm Newsletter deadline	<b>19</b>	<b>20</b> 10 am Morning Service	<b>21</b> 1:30 pm Nikkei Manor Service	<b>22</b> 9:30am - 2:30pm Jpns seminar w/ Rev Kuwahara 11-2 Japanese Play Group	<b>23</b> 10am - 12pm English seminar w/Rev Kiyonobu Kuwahara
<b>24</b> 9:00 am Meditation (MA Leonora Clarke) 10:00 am SUNDAY SERVICE (Rinban) 10:50 am DX "Emergency Planning" (Janie Okawa) DSDX (MA Rev Matt May) Japanese Program (Video with MA Leonora Clarke) 11:45 am SBBWA Cabinet meeting 1:30 pm Sangha Award class #3	<b>25</b> Rinban's day off	<b>26</b> 10:30 am Keiro service	<b>27</b> 10 am Morning Service	<b>28</b> 11 am Merrill Gardens Renton visit		



Seattle Buddhist Church  
1427 S Main Street  
Seattle, WA 98144

February 2019  
*Wheel of the Sangha*  
A Monthly Newsletter of  
Seattle Buddhist Church



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FOR NEWSLETTER

***“Peace and Harmony” when we encounter the Dharma***

**Sundays...** Please confirm at [www.SeattleBetsuin.org](http://www.SeattleBetsuin.org) “coming events” or call the temple office 206.329.0800

**9:00 am - 9:40 MEDITATION in Memorial Hall Chapel** east wing

**10:00 am - 10:35 SERVICE** - in *hondo* (main hall)

**10:35 am - 10:45 SANGHA GATHERING** - offer incense, “meet and greet”

**10:50 am - 11:30**

**CHILDREN’S DHARMA SCHOOL** classes during the public school year  
**JAPANESE PROGRAM** in hondo (main hall) with a message in Japanese  
**DHARMA EXCHANGE** – a mix of discussion and educational programing; downstairs dining room

**PARENTS’ DHARMA EXCHANGE** in Memorial Hall Chapel - discussion among young adults and parents while children are in class.

**TEMPLE TOUR**

**11:30 - 12:00 REFRESHMENTS and Social** in dining room downstairs

**Contact Us**

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*Visit us on the web at  
WWW.*

***SeattleBetsuin.com***

***Office Hours:  
Mon-Fri 9am—4pm***

***Emergencies: Call  
the temple office  
for updated record-  
ed message.***

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Deadline is the third Monday each month at 8PM