



Wheel of the Sangha

September 2020

Seattle Betsuin Buddhist Temple, A Shin Buddhist Temple,
Jodo Shinshu Nishi Hongwanji-ha

a monthly newsletter of Seattle Buddhist Church
Volume 39 Issue 9
online only

Dharma School Begins

by Rimban Katsuya Kusunoki

September has come. It is time to kick off our Dharma School. "The programs for youth and children must be the center of the temple's activities". When my father was a college student, his teacher gave him this guidance. Therefore, he devoted himself entirely to conduct Dharma School at my family temple. I, as a minister's son, did not like to attend Dharma School. But now, I honestly think that Dharma School is the most important program at the Betsuin. Due to Covid-19, our Dharma School is going to be online and class activities will be limited. I work with Dharma School teachers and we are doing our best to provide our Dharma School programs. There are many good things about Dharma School. Today I would like to share three good things about the Dharma School program.

1. Built Buddha Dharma as the foundation of our life

We always encounter various issues and situations in our life, and we make decisions and choices in our life. Our life is not always simple. We encounter and live with various people. We experience situations which is not easy resolve. We sometimes we don't know how to deal with others. We also lose our way and suffer from the difficult situations. How can we and everyone surrounding us live with a smile and gentle heart? Do we have any solid spiritual foundations where we can always return to? Buddha Dharma gives us the guidance to live our life. During Dharma School, children learn Buddha Dharma and gradually build the foundation of their life. Let me share one teaching which I learned more than thirty years ago. "When it rains, do not complain to the sky. When it is raining, we must live with the rain, naturally just as it is. When it is a nice day, do not complain to the sky. When it is fine, we must live with the sunny days, naturally, just as they are". My father taught this poetic teaching at Dharma School and I still remember it. It tells of Buddha's wisdom to see things just as they are. Although monku (complaints) come out of my mouth all the time because I am still a bonbu (ordinary being), this poem reminds me to see things with a wide-open view and to accept things with a flexible mind.

continued...

continued on p. 2...



Rimban explaining Betsuin's Camp Fire Group in Japanese in celebration of their 70th Anniversary

Interested in Joining the Seattle Betsuin's Virtual Programs?

We have ongoing book study, weekly meditation sessions and Dharma exchange following our weekly Sunday services. More information on how to join available below.

Weekly Zoom Meditation 9:00am on Sunday. Contact Leonora Clarke (clarkel@uw.edu for a Zoom link).

Next monthly Seattle Betsuin Book Study Group on Saturday, September 19 at 9:30AM.

Get on Dharma School's email list at DharmaSchoolSupers@gmail.com for their news and events.

To be notified of Zoom links to Buddhist Book Study and Sangha Exchange, go to newsletter@seattlebetsuin.com, and specify the group in the subject line.

...Rimban's Message continued from p. 1

2. Mingle with various people

All different people come to the temple on Sunday. Children, youth, adults, and elderly members come to the temple. People of different race, gender, occupation, capability, thoughts, and character come to the Temple. There is a teaching, "Those who have been born first guide those who come later, and those who are born later call on those who were born before". Older children support younger children. Younger members help older members. Those who have many experiences guide other people. We help and support each other. We understand that everyone is different, and everyone is good. The Buddhist temple is such a place. We can only meet virtually now, but we try our best to practice this Buddhist deed. Through mingling with various people, children learn the heart of harmony and how to socialize with others. These are important skills as children grow and go to different places and meet different people. At the temple, there is one common understanding which everybody has. It is that everyone appreciates and respects Buddha Dharma.

3. No evaluation and competition

Nowadays at a school in team sports, music class, and whatever children do, they compete against others. They are evaluated, receive scores and awards. They try to get higher

scores and awards. It is important to have a desire to improve themselves. However, they also feel heavy pressure from it. Some of them are distressed and suffer from it. There is a teaching, "Winning the battle against yourself is more important than competing against others". It is also important to put themselves in a place where there is no evaluation and competition. When we see our friends without judging and competing, we realize their personal magnetism which we have never realized before. We may also find our unrecognized talent and potential. Children learn a lot of things when they play. Children learn a lot through interacting with others. Our Dharma School teachers support and guide them to learn Buddha Dharma in their classes. There is no competition and evaluation there. It is at Dharma School that children just learn and play.

Seattle Betsuin's Dharma School is a warm and friendly program for children and youth supported by teachers, ministers, and sangha. Buddhism guides us on how we can have a wide view and a flexible mind and how we can live with a healthy mind and body. It says, "Unless a seed is planted, it will never grow". I hope more children join our Dharma School and encounter the Buddha Dharma. And then, their Dharma flowers grow and bloom in their hearts.

Gassho,

"Sangha Exchange"

sessions were held for the first and second times successfully



on August 9 and 23, hosted by Joe Gotchy and Irene Goto. Everyone is invited to gather informally and virtually to keep in touch, to meet newcomers through the Dharma. Look for the Zoom link in the temple's **Weekly E-News** prior to September 6 and 20 or email newsletter@seattlebetsuin.com. Joe and I look forward to seeing you!
Gassho - Irene Goto

Betsuin Tea Talk with Leanne Nishi-Wong

Priceless

September... The weather begins to change; school is back in session; Labor Day gatherings fill the long weekend; and families return to the Temple after taking a Summer hiatus. The Temple's organizations, activities, and social exchanges usually begin their calendar of meetings, programs, and events in September. This year will be different... a lot different. While in-person gatherings will not be available, the Betsuin welcomes you to take part in some or all of the virtual offerings. Please visit the Temple website at SeattleBetsuin.com for additional information.

In March, the Temple closed its doors to the public. In the almost six months of the "stay at home, stay healthy" directive, the Temple employees and volunteers have remained dedicated to streaming the Dharma Teachings for all, in the safety of their own homes. The Betsuin only has three full-time employees. It takes a volunteer community to operate the rest of the Temple. Volunteers and employees have continued working seven days a week. All have logged thousands of hours of their time and expertise, to produce and stream the services and programs; maintain the grounds; safeguard the Temple; and prepare the Betsuin to re-open when it is safe. The Betsuin is grateful to these individuals who work behind the scenes, with little or no recognition. Their contributions are priceless.

If you would like to volunteer at the Betsuin, even if you only have an hour or two, please let me know at seattlebetsuinchairperson@gmail.com. There are many opportunities at the Temple. Your skills and time would be appreciated.

Thank you for your continued support and dana to the Betsuin. Your membership dues and donations are integral in keeping the Dharma teachings, staff and Temple operating.

Thank you
Gassho

NW District Ministers held BCA's virtual Obon Service on

August 16, 2020. Appearing in Zoom gallery view are **top row:** Rev. Jay Shinseki, Rev. Yuki Sugahara,



Rev. Jerry Hirano, Rev. Tadao Koyama; **middle row:** Rev. Dean Koyama, Rev. Candice Shibata, Rev. Ron Miyamura, Rev. Ryuta Furumoto, **bottom row:** Rev. Jim Warrick, Rev. Kusunoki, (out of frame), Rev. Harry Bridge, Rev. Marvin Harada, Bishop of Buddhist Churches of America. —IHG

ON BEHALF OF THE MEMBERSHIP COMMITTEE...

We would like to “thank” the following for contributing their 2020 sustaining membership dues - the basic dues towards Temple maintenance/operations and programs. The minimum for individual membership is \$400 (for under 70 years of age), and \$350 (for 70 years of age and over).

Marian Asaba, Lauren Asaba-Aratani, Clara Beard, Lisa Butler, Sandra Cross, Gwen Florence, Florence Fujita, Aiko Fujii, Ellen Hale, Eileen Hamamoto-Yee, Yoko Hamanaka, Setsuko Harada, Roy & Deanna Ikegami, Jean Ishii, Loraine Jacobs, Gail Kaminishi, Nina Tomita-Kato, Masako Kawamoto, Stan Kondo & Bonnie Duran, Art & Lori Kozai, Yoshiko Kozai, Masako Kubo, Janet Kubota, Patricia Kubota, Rick Mamiya, Mariko Mano, Sibyl Mar, Matt & Rosalie May, Lynn Miyauchi, Tomio Moriguchi, Yukio & Karen Morikubo, Kiyoko Nakanishi, Junko Nakano, Eric & Betty Nakashima, Barry & Marlene Okada, Nancy Okawa, Greg Oxrieder, Troy Parke & Mayumi Terada, Phillip Robbins & Penne Lee, Irene Saito, Louise Sakuma, George Shimizu, Sato & Darlene Shimizu, Wayne Suyenaga, Sonoe Taketa, Katsumi Tanino, Dolly Tokunaga, Sam Umeda, Leanne Nishi-Wong, Akiko Yabuki, Shizue Yahata, Steve & Valerie Yamasaki, Sumie Yokota, Curtis Yokoyama, Charlene Yoritsune, Fuyo Yoshida

July (Compiled by Howard, Joan, Pauline & Steph)

ON BEHALF OF THE MEMBERSHIP COMMITTEE...

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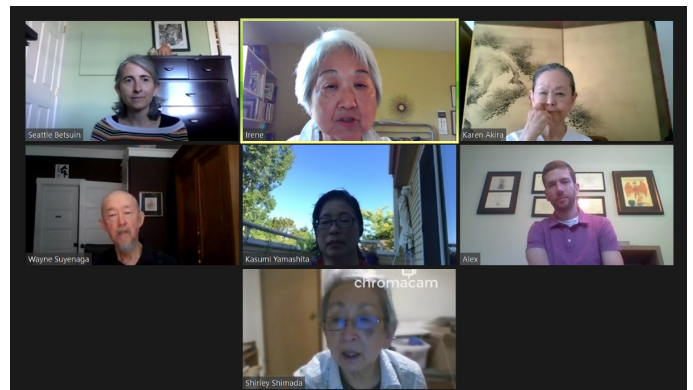
Pat Bobrow, Kazumi Janice Goshu, Irene Goto, Mary Hikida, Carolyn Kunihiro, Andrea Mano, Bryce Matsuda, Ken & Jean Moriyama, Ken Shigaya, Franklin Shinoda, George Suetsugu, Jr., Midori Takagi, Harry Yoshimura

We'd like to 'WELCOME' Bryce Matsuda as a new member of our Sangha.

August (Compiled by Howard, Joan, Pauline & Steph)

ZOOM KEEPS OUR LINKS BRIGHT AND STRONG

Medi-tation participants on August 9, 2020 offered to be pen-pals for temple members who have limited means of connecting to temple. They were connected to such a program that SBBWA is undertaking.



The first successful Sangha Exchanges were held August 9, 23, 2020. September Sangha Exchanges will be on September 6, 20, 2020 at 11:00AM. Please find the Zoom links in the Weekly E-News prior to the Sunday or email requests to newsletter@seattlebetsuin.com.

Special Outdoor Meditation Event in Wisteria Park (Date Changed!)

Sunday, September 6, at 9:00am (weather permitting).

All are welcome to attend. If you would like to come early for a brief instruction, the start time is 8:45am. Don't forget a blanket, mask, and a hat. We will be sitting six feet apart. - LC

Save the Date!

First Day of Dharma School Meet-and-Greet

September 13, 2020, 11:00 am– 12:00 pm

In lieu of in-person registration, please attend this Zoom event to meet your teachers and hear a little about how virtual Dharma School will look! Watch your email for a forthcoming Zoom link!

Know someone who is interested in joining the Temple and Dharma School? They can email dharmaschoolsupers@gmail.com or chairperson@seattlebetsuin.com for more information!

Communication will be through Dharma School e-newsletter and Temple e-newsletter. Subscribe by emailing communications@seattlebetsuin.com. Your class teacher will also set up a method of communication!

Looking for other opportunities for your children? Consider Campfire, Boy Scouts, Junior Young Buddhist Association, and Taiko! See the website <https://seattlebetsuin.com/> for more information!

Submitted by Joyce Tsuji

Buddhist Book Study on Dharma, Color, and Culture: New Voices in Western Buddhism edited by Hilda Gutierrez Baldoquin.

The August 22 discussion centered on our individual responses as Americans who are considered “other” in our pursuits for a sense of community. One of the contributing essay authors, Bonnie Duran, joined us and started the conversations. As Buddhists how can we respond to these times?

*The next Book Study will be on **September 19, 2020 at 9:30AM.***

For an update, e-mail newsletter@seattlebetsuin.com, designate the Subject: Buddhist Book Study.

– Irene Goto



Seattle Betsuin Gratefully Acknowledges the Following Donations July - August 2020

Funeral / Memorial / Nokotsudo:

Given by:

Chieko Shinagawa – Memorial Service	\$ 750.00	Janet Shibua
Dick Yoshimura – In Memory of	\$ 500.00	Lisa & John Duff
Misao Yoshimura – In Memory of	\$ 500.00	Lisa & John Duff
Mee-Sau Chue-chan, Burial Service	\$ 250.00	Kenneth Yokoyama
Shigeru Moritani – In Memory of	\$ 200.00	Estate of Shigeru Moritani
Sachiko Ozeki – Nokotsudo	\$ 200.00	Connie Ozeki-Chinn
Eiko Saiko – Funeral Service	\$ 200.00	Stephen Elliott & Serap Yigit

In Memory of:

Given by:

Chieko Shinagawa	Gene & Paula Shimada, Grace Tazuma
Ken, Marge & Russel Fujioka	Allan & Ronalee Mizoguchi
Alan Kishi	Rose Kishi
Bill Komoto	Kathryn Komoto; Patricia Mastrude
Hisako Kubo	Masako Kubo
Sunako Sunkie Oye	Patricia Mastrude
Sachiko Ozeki	Grace Tazuma
Tetsuya “Ted” Kunihiro,	Carolyn Kunihiro
Linda Quintero, Miyoko Sakamoto,	
Saburo “Ray” Sakamoto,	
M. Karry Sakamoto	
Shinichi Teramoto, Ayako Teramoto,	Margaret Teramoto
James Teramoto, Kenso Teramoto,	
Stan Teramoto	

General Donations:

Donor:

For:

Masaru & Anna Tahara,	In Honor of Edy Horikawa’s 100 th birthday
Don Castro & Shuri Saigusa,	
Sue Fujino, Pauline Sakuma	
Kenneth & Frances Aoki	Celebration of mother’s and grandmother’s 100 th birthday
Ryan & Linh Aoki	
Howard Luke & Marie Kosai-Luke	Appreciation for Scholarship for Janay Luke
Kristine Simons	General donation to support Temple

Continued.....

... Continued General Donations:

Donor:

Miyoko Kaneta
Shirley Shimada
Tetsuden & Cecilia Kashima
William Tashima & Chris Bentley
Tami Arinobu
Tome Mattila (Estate of)

For:

Appreciation to Shirley Shimada "Hiroshima to Hope"
General donation – in appreciation of Temple
General donation
General donation
Costco Employee United Way Campaign
Distribution of Inheritance

Musical Notes submitted by Kemi Nakabayashi

The planning and execution of the online service production of the Atomic Bomb Victims' Memorial Service on August 9 took much effort. Special kudos to Connor McKinney for compiling the audio and video components of the service, working with Rinban Kusunoki, Leanne Nishi-Wong, and Dr. Tsukasa Namekata as guest service host from the Seattle Hiroshima Club, to create an educational and meaningful memorial program. The youth participants sharing their experience in Hiroshima and wish for peace and hope echoed the sentiment of the featured gatha *Peace is a Seed*. This gatha was composed by Debbie Kubota, a member of the Honpa Hongwanji Hawaii Betsuin. She set to music the lyrics of a poem written by Megan Sakata. Megan was the 9th grade winner when she submitted her poem *Peace is a Seed* to the Martin Luther King, Jr. Peace Poetry Contest in 2014. Megan graduated from Pacific Buddhist Academy in Honolulu and came to the mainland for college in Colorado and now attends Idaho State University. How nice it was also to have the opportunity to use the lovely recording of *Sadako and the Thousand Cranes* by the Hirota sisters again as well as the Corona virus pandemic-adapted lyrics of *We are One*, our favorite gatha by Donna Sasaki, for the Campfire 70th anniversary service on August 23. Congratulations to the Seattle Betsuin Campfire community!



Megan Sakata



Debbie Kubota while visiting in Seattle, 2019

Recycle Your Styrofoam/Polystyrene I have a feeling we all have unusual amounts of take out containers piling up! I will take clean, dry, tape-free bubble wrap, formed Styrofoam, blue, white, and black meat trays, food containers.

Meet me in the rear parking lot on **Tuesday, September 22 at 11:00AM**

Send me your email address so that I can contact you in the event I can't make it that day, or if I am delayed.

Thanks, gkaminishi@hotmail.com

Seattle Betsuin Buddhist Women's Association

(SBBWA)'s Mission Statement is to cultivate religious awareness as Jodo Shinshu Buddhist women and **promote fellowship among its members**; to serve and support the Seattle Betsuin, and contribute services to the welfare of the community.

Since we are not able to continue our regular activities, we thought each month we would highlight some things we do as part of our Mission Statement:

It's hard not to be able to see friends (or make friends) at the temple, so we are always looking for ways to **promote fellowship among its members**. So as a way to reach out to our members, Vice President, Tina Ko, organized a team to send cards via snail mail for all our members - to check on say hello/ we miss seeing them, and to give them the directions for getting on line for the live streaming services in English or Japanese. Most members enjoyed writing and receiving a note, and wrote (or called) back to the original sender. It was a nice way to get to know someone we didn't know well before, or someone who had newly joined our temple and SBBWA. Some writers were also good seamstresses and sent face masks with their cards. Needless to say it has been a success, and we are planning do another mailing and establish a Tomodachi Friend birthday list.

Also as a **house warming gift**, the SBBWA commissioned artist and author, Aki Sogabe, to create a unique piece for the Kusunokis, below.



Below: the Kusunoki family with past & present presidents Janie Okawa, Nina Tomita-Kato, Kanako Kashima, and Machiko Wada.



Upcoming events:

Board meeting - September 6 via zoom.

Women in Buddhism Webinar - October 3, 4

Esshinni-ko/Kakushinni-ko Memorial Service - October 4

SBBWA Memorial Service - October 25

BCA Connect

(Buddhist Churches of America)

Sign up for the BCA newsletter is where you can find all the temples' livestreams, workshops, and messages from temples across the country. <https://www.buddhistchurchesofamerica.org/connect/>

SEPTEMBER 5, 2020 - VIA ZOOM

*Finding Our Spiritual Hearts in Turbulent Times:
Naikan Self-Reflection*

<https://www.buddhistchurchesofamerica.org/>

Guest Speaker: GREGG KRECH The TōDō Institute

Saturday, September 5, 2020 11 am - 1 pm (PDT)

CBE Seminars Online For All (SOFA) FREE & OPEN TO THE PUBLIC - REGISTER FOR ZOOM LINK
Registration - Free • Click to Register: <https://forms.gle/553k5bV8Y9CX5i5c7> • Zoom link sent after registration

OCTOBER 3, 4 - <https://SeattleBetsuin.com/2020wib/> to register



WOMEN IN BUDDHISM

Tools for Spiritual Wellness



A Webinar Gathering • October 3 & 4, 2020

Registration: Free • Details: seattlebetsuin.com/2020wib

**FIVE EXCEPTIONAL BUDDHIST
EDUCATORS TO HEADLINE**

Tools for Spiritual Wellness

Saturday, October 3 & Sunday, October 4

via interactive video-conferencing

12:45 pm to 3:15 pm each day

Help bring Jodo Shinshu into clearer focus.

Information and Registration:

seattlebetsuin.com/2020wib/

Presenters include: psychiatrist and MA at Salt Lake Buddhist Temple, *Carmela Javellana Hirano*; professor and Vipassana meditation instructor at Spirit Rock, *Bonnie Duran*; professor of Buddhism and yoga instructor, *Sharon Suh*; professor of Psychology and Neuroscience, *Sheri Mizumori*; and artist and arts educator *Tara Tamaribuchi*.

The programs are free.

Suggested donation is \$15 per day.



SPEAKERS:

Carmela Javellana Hirano, M.D.

Radical Humility: Jodo Shinshu Path to Joy

Bonnie Duran, Ph.D.

Dharma for Undoing Internalized Stereotypes

Sharon A. Suh, Ph.D.

Meditation & Yoga for Healing Trauma

Sheri Mizumori, Ph.D.

Brain Health & Everyday Well-Being

Tara Tamaribuchi, B.F.A.

Art as Healing



seattlebetsuin.com/2020wib

Seattle Betsuin Buddhist Temple & Women's Association
and BCA Center for Buddhist Education

SEPTEMBER 2020 SEATTLE BETSUIN SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please visit</i> http://www.youtube.com/seattlebuddhisttemple <i>to view all services</i></p> <p>New! Every Monday at 11 am starting on Sept 14th "Seattle Japanese Dharma Gathering" <i>on Zoom</i></p>		1 <i>Rinban's day off</i>	2 10 am livestream Morning Service 11 am Sutra Chanting & Dialogue on Zoom	3 10 am livestream Morning Service	4 <i>Rinban's day off</i> Japanese Play Group CANCELED	5 10 am livestream Joint Memorial Service 2 pm Gagaku mtgng & practice - Zoom
<p>6 9 am Meditation on Zoom 10 am SUNDAY SERVICE streamed on YouTube Adult Service Japanese Service 11:00 am Sangha Dharma Exchange on Zoom</p>	7 Labor Day holiday <i>Morning Service canceled</i>	8 <i>Rinban's day off</i>	9 10 am livestream Morning Service 11 am Sutra Chanting & Dialogue on Zoom	10 10 am livestream Morning Service 10 am Japanese Play Group on Zoom	11 <i>Rinban's day off</i>	12 10 am livestream Joint Memorial Service
<p>13 9 am <i>First day of Dharma School</i> Religious Dept meeting on Zoom 9 am Meditation on Zoom 10 am SUNDAY SERVICE streamed on YouTube Adult Service Japanese Service 11 am 1st Day of DS Meet-and-Greet on Zoom</p>	14 10 am livestream Morning Service 11 am Seattle Japanese Dharma Gathering - Zoom	15 <i>Rinban's day off</i>	16 10 am livestream Morning Service 11 am Sutra Chanting & Dialogue on Zoom	17 10 am livestream Morning Service	18 <i>Rinban's day off</i> 10 am Japanese Play Group on Zoom	19 Joint Memorial Service CANCELED
<p>20 9 am Meditation on Zoom 10 am FALL OHIGAI SVC by MW District Ministers Association streamed on YouTube Adult Service Japanese Service 11:00 am Sangha Dharma Exchange on Zoom</p>	21 10 am livestream Morning Service 11 am Seattle Japanese Dharma Gathering - Zoom 8 pm Newsletter deadline	22 <i>Rinban's day off</i>	23 10 am livestream Morning Service 11 am Sutra Chanting & Dialogue on Zoom	24 10 am livestream Morning Service 10 am Japanese Play Group on Zoom	25 <i>Rinban's day off</i>	26 10 am livestream Joint Memorial Service
<p>27 9 am Meditation on Zoom 10 am SUNDAY SERVICE streamed on YouTube Adult Service Japanese Service 10:45 am DS Dharma Exchange on Zoom</p>	28 10 am livestream Morning Service 11 am Seattle Japanese Dharma Gathering - Zoom	29 <i>Rinban's day off</i>	30 10 am livestream Morning Service 11 am Sutra Chanting & Dialogue on Zoom			

October 3 & 4	October 2020 Major Events TBD Women in Buddhism Webinar "Tools for Spiritual Wellness" 12:45 - 3:15 pm each day
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Seattle Buddhist Church
 1427 S Main Street
 Seattle, WA 98144

2020 September
Wheel of the Sangha
A Monthly Newsletter of
Seattle Buddhist Church



The flyers below, in more detail, are available at <https://www.BuddhistChurchesOfAmerica.org/>

BCA Center for Buddhist Education

CBE Seminars Online For All (SOFA)
 FREE & OPEN TO THE PUBLIC - REGISTER FOR ZOOM LINK

SATURDAY, SEPTEMBER 5, 2020
 11 am - 1 pm (PDT) Check local time zone

**Finding Our Spiritual Hearts in Turbulent Times:
 Naikan Self-Reflection**

Guest Speaker:
GREGG KRECH

The ToDo Institute



Gregg Krech is an author, poet, and one of the leading authorities on Japanese Psychology in North America. His work has been featured in major publications, including THE SUN Magazine and TRICYCLE, and his books include: *Naikan: Gratitude, Grace, and the Japanese Art of Self-Reflection*, *A Natural Approach to Mental Wellness*, *The Art of Taking Action*, *Tunneling for Sunlight*, and his newest, *Question Your Life*.
 Krech and his wife, Linda, are the founders of *The ToDo Institute*, a non-profit center in Vermont that uses Japanese Psychology as an alternative to traditional Western approaches to psychology.
 —Photo and excerpt from <https://grahamnews.org/blog/gregg-for-outings/>

In these unusual times, many of us have suffered losses – in some cases, loved ones, but in nearly all cases, losses of a way of life we had become accustomed to. Thirty years ago, I conducted a seminar in a refugee camp on the border of Cambodia. Many of the refugees there had escaped from their country after witnessing the atrocities committed by the Pol Pot regime. Yet it was possible for them to reflect on their situations and discover how they had been supported and cared for even under the most horrific circumstances. I was truly amazed at their ability to reach into their spiritual hearts and find something beyond fear and despair.

Today, the world is faced with threats from many directions. But in the midst of this storm, can we reach into our own spiritual hearts to find something beyond despair and sadness?

"Naikan" is a Japanese word which means "inside looking" or "introspection." A more poetic translation is "seeing oneself with the mind's eye." It is a structured method of self-reflection that helps us to understand ourselves, our relationships and the fundamental nature of human existence.

Naikan was developed by Ishin Yoshimoto, a devout Buddhist of the Jodo Shinshu sect in Japan. It is well-suited to those of us whose spiritual paths seek the capacity for gratitude, humility and a commitment to self-examination. In this seminar I hope to share with you this profound process of self-reflection, along with poems and stories I have encountered over the past decades.
 —Gregg Krech

REGISTRATION - Free
 Click to Register:
<https://forms.gle/53k3bV8Y9C9j5c7>
 Zoom link sent after registration.
 visit: buddhistchurchesofamerica.org

DONATIONS GRATEFULLY ACCEPTED
 Click to Donate:
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<https://bca.kindful.com/campaigns/232361/uf8a4239c4>
 email: cbe@bcahq.org tel: 510.809.1460

BCA Center for Buddhist Education
 Every Day Buddhism Committee online Seminar



SAVE THE DATE:
OCTOBER 24,
2020
 10 am to 12 pm

Dharma
in Your
Life

"How to find and apply the Dharma into your life."

GBC ICHI 味 MI
 presents

GENDER LANGUAGE VIRTUAL WORKSHOP

to explore gendered language in our oral and written communication as Buddhists

SATURDAY, SEPTEMBER 26, 2020
 1-3 PM on GBC'S ZOOM
EVERYONE IS WELCOME!

Donations are welcome – please send & write checks to Gardena Buddhist Church, 1517 W 166th St. Gardena, CA 90247 (memo: Ichi-Mi)

Rsvp at tinyurl.com/ichimi-gender-lang-or
 EMAIL US AT ICHI-MI.GBC@GMAIL.COM

Women in Buddhism
 A Webinar Gathering: October 3 & 4, 2020

Registration: Free

Tools for Spiritual Wellness



SPEAKERS:

Carmela Javellana Hirano, M.D.
 "Radical Humility, Jodo Shinshu Path to Gratitude & Joy"

Bonnie Duran, Ph.D.
 "Using Mindfulness & Dharma to Undo Internalized Negative Stereotypes"

Sharon A. Suh, Ph.D.
 "Filling Our Spiritual Well from the Inside Out: Healing from Trauma Through Meditation & Yoga"

Sheri Mizumori, Ph.D.
 "Brain Health and Everyday Mental Well-Being"

Tara Tamaribuchi, BFA
 "Self-Renewal Through the Hand: Art as Release"

REGISTRATION & DETAILS: seattlebetsuin.com/2020wb
 presented by: Seattle Betsuin Buddhist Temple & Women's Association and BCA Center for Buddhist Education


BCA CENTER FOR BUDDHIST EDUCATION
 & **TECHNOBUDDHA**
 PRESENTS...

Saturday, October 10
 10am - 12pm (PDT)
 Free & open to everyone

Good Trouble!

"I don't think slavery ended in 1865... I think it just evolved."
 -Bryan Stevenson

Tens of thousands marched throughout America, and around the world, following the horrific death of George Floyd. What led to this seemingly sudden outpouring of solidarity? How do we deal with the burden of injustice, and of racial inequality? How can we awaken to our history of depraved indifference and brutality?



Richard Stambul

Attorney, past BCA President, Foot soldier in the Civil Rights movement, Trustee of the Institute of Buddhist Studies.

Rick Stambul practiced law for 41 years in Los Angeles, New York, and Washington, D.C., with a focus on issues of Social Justice. He was a past BCA President. He received his B.A. in History from UCLA, and a J.D. from Loyola Law School where he taught as a Teaching Fellow. He has lectured about his involvement as a foot soldier in the Civil Rights movement and the incarceration of Japanese-Americans during WWII throughout the United States. He is co-author of *Lawless Law Enforcement* (4 Loyola Law School of L.A. Law Rev. 161, 1971) discussing police brutality targeting the African-American community.

CLICK BELOW TO REGISTER:
<https://forms.gle/Kh2kznkEmGqkt97> | <https://buddhistchurchesofamerica.org>
 Registration is FREE – Donations gratefully accepted – CLICK TO DONATE
 (Scroll campaigns to select CBE. Donations are processed by BCA Endowment Foundation)
 CONTACT CBE: cbe@bcahq.org | 510.809.1460

Contact Us

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Visit us on the web at www.SeattleBetsuin.com

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 Mon-Fri 9am–3pm

Minister 24 hours:
 206.779.2214
Rimban:
 Rev Katsuya Kusunoki

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 Deadline is the third Monday each month at 8PM