



Buddhist Thoughts

Salt Lake Buddhist Temple: 211 West 100 South
Salt Lake City, Utah 84101, volume 18 issue 9
web site: slbuddhist.org

October, 2010
Rev. Hirano=s contact numbers: Office: 363-4742,
home: 299-8727, emergency 718-5755

How Not to Become a Buddha in 5 Weeks

J.K. Hirano

The highest form of spiritual practice is the cultivation of the altruistic intention to attain enlightenment for the benefit of all sentient beings, known as bodhicitta. This is the most precious state of mind, the supreme source of benefit and goodness, that which fulfills both our immediate and ultimate aspirations and the basis of altruistic activity.

14th Dalai Lama

Last month I wrote about the transient nature of human life. The inspiration for that article was my experience of coming very close to death. After having experienced almost dying, I felt very grateful for almost everything in my life. The world seemed to be reborn or at least my perspective on the world around me. When I returned home from the hospital in Reno, I sat down with my family, Carmela, Kacie and Taylor to let them each know how important they were to me and how much I loved them. This all happened about five weeks ago and I haven't had a recent near death experience.

Last night I got into arguments with Taylor and then Kacie and then Carmela. I ended up going to bed upset with all three of them plus my dog Peanut. I'm really not sure how my dog Ponzu or cat Baby were spared from my wrath. I first got into arguments with Taylor; Kacie then said something I took to be siding with Taylor over my point of view. I grounded them both. Carmela was sitting in the other room, out of the fray. When I saw her just sitting there, I thought, "Why isn't she upset like me?!" So I yelled at her for something off the wall to add her to my list of victims. When I get upset, I clean or rather, throw things away that get in my way. As I was venting with a mop in my hand, I became mad at my dog peanut for tracking mud all over the kitchen. Five weeks have passed since my near death experience. What happened to the blissful, grateful, "happy just to be alive" feeling I had after almost dying. I think the problem was that I am still alive.

Last week I was going through the clearance shelves and bargain books at Barnes & Noble. One of the books caught my eye; it was called How to Become a Buddha in 5 weeks. It was written by an Italian psychotherapist Giulio Cesare Giacobbe. I began laughing when I saw the cover and when I read the author's name, I thought, "It would take me five weeks just to pronounce his name correctly, let alone become Buddha."

According to the cover, this book was a best seller in Italy and the author was a famous psychotherapist. The title alone should have made me walk away, while at the same time, I was drawn to the book because of the cover. I had to buy it. After going through the book, I can tell you it isn't very good.

It was a book about some basic concepts in Buddhism, such as all human beings have Buddha nature (Bodhicitta). Each week you learn something new such as the Four Noble Truths or the Eightfold Path and you meditate on it, and by the fifth week you tell yourself, "I am Buddha" and now you are Buddha. It's the same theory of my giving Carmela a large piece of coal for our anniversary and telling her to mount it on a beautiful setting and just to say, "What a beautiful diamond." It just doesn't work that way.

I am now beginning my 23rd year as a minister with the Buddhist Churches of America. I have now been the minister in Salt Lake City for seventeen years. I remember when Reverends Watanabe and Yakumo had been in Salt Lake for almost 14 years each, and wondering, "How could they stay in Salt Lake City for so long!" Last week, we were in Denver for Rev. Kanya Okamoto's retirement dinner. He served the Tri State Buddhist temple for thirty five years. It doesn't seem that long ago, I was in YBA and we were greeting the new Sansei (third generation Japanese American) minister to the Mt. States District.

After the Mt. States Conference, it was wonderful hearing some of our YBA members talk about what a great time they had in visiting the Denver YBA. Listening to them brought back many fond memories of my own trips to Denver when I was younger. In fact, my first night in Denver for the Mt. States District Conference, I stayed at Gail and Robert Ida's home. I first met Gail almost forty years ago, when I was a Salt Lake YBA member visiting Denver and she was in the Denver YBA. I have so many wonderful memories of the various experiences I have had with the Sangha of our temple and throughout the world. This is where I have found what it means to be a Buddhist and it doesn't just happen in five weeks.

I can understand that in five weeks it is possible to become a Buddhist, but it took the Buddha over thirty years to become the Buddha, and he was the Buddha! Being a Buddhist is not about how long it will take to be Buddha. One day, we will all be Buddha. In Jodo Shinshu we are all assured birth in the Pure Land and the opportunity to become Buddhas ourselves. However, this is after our death. While we are alive, our egos keep us from being Buddhas in this life. I have met many Buddhist priests and Buddhist friends over my years involved with BCA, such as those I had mentioned in this article, only Rev. Yakumo, who passed away before I arrived in Salt Lake City, may have become a Buddha.

As we walk the path of the Nembutsu, we learn about ourselves. As we learn about ourselves, we begin to understand true and real life. In learning and living true and real life, we will become Buddhist. When our time to leave this earthly life arrives, we will become Buddha. I hope that none of you become Buddha in five weeks or less. If you do, there is nothing to worry about. Until then, just live and become Namu Amida Butsu! Thank you for allowing me to walk the Nembutsu path along with you.

President's Message

Dot Richeda

Doesn't time fly by!! This past weekend went by so fast, it seems like a dream. On Friday night with the Dew Tour music playing in the background, we boarded our bus to go to Denver for the attend Mt States Conference. On the way, we encountered heavy fog but arrived in Denver early in the morning. The Denver, TSBT members greeted us and had breakfast ready for us.

We got right down to business at the General Meeting which included Kyokucho & MSD Minister's Report, Financial Report, BWA Report and the welcoming of Longmont Buddhist Temple to Mountain States District.. The rotation of the conference will be as follows: Ogden Buddhist Temple -2011, Longmont Buddhist Temple-2012, Salt Lake Buddhist Temple-2013, TSBT-2014. This will give our Temple more time to prepare for our turn.s

At the opening service, our guest speakers were Socho Ogui and Rev Ken Fujimoto. Both Dharma talks were inspirational and heartwarming. I always come away with a good feeling.

The special event at this Mt States Conference was the retirement luncheon for Rev Kanya Okamoto. Rev Okamoto serviced the Denver, TSBT for 35 years. All of us enjoyed the luncheon and program by the DBT Dharma School. Rev Okamoto will be working part-time until the new minister arrives in January 2011. Thank you Rev Okamoto for all you have done for the Mt States District.

Following a delicious lunch, BWA held their business meeting. Jane Sakashita gave a report on her trip to the FBWA Conference in Sacramento last year. All districts reported on their activities. We were introduced to Kathryn Ida and KC Stewart. They were part of the student exchange program and they gave their report on their trip to Japan.

Some of the members went to Blackhawk in the evening. They had a story to tell when they returned. They had a flat-tire on the way back. Glad everyone was safe. Other activities included the DBT YBA took our YBA to Boondocks and one group going to the Botanic Gardens.

Sunday morning we held our Dharma Family Hoonko Service with the guest speaker Rev Fujii. Remember to always ask the right questions? With Bentos in hand, we departed the TSBT for home. We were making good time when we had to detour I-80 because of smoke from a fire. Finally, we came home tired but happy, looking forward to our next bus tour.

I would like to thank Mark Minaga and Jim Eng for encouraging the YBA members to attend this Mt States Conference. I know everyone had a great time. Thanks.

I would like to send a special thank you to Gail Ida and Joni Sakaguchi for chairing this event and to all the members and volunteers of the Denver, TSBT. Arigato.

I can't forget Christy Fong for arranging for the bus. Thank you. We are still asking a donation of a \$100 for the bus. Thank you if you have donated.

Ohigan Breakfast is Sept 26th at 8:00 AM.

Food Bazaar is Oct 2nd. Please step-up and volunteer and help support this event. Chairs: Karen Tohinaka, Dave Black, Dot Richeda

Toban:

October:

Paul Terashima

Kathy Terashima

May Akiyama

Troy Watanabe

Ken Matsuura

Ken Nodzu

Byron Watanabe

Reiko Watanabe

Elaine Fukushima

Judy Watanabe

Reiko Matsuura

Next Board Meeting: October 7th, 6:00 PM.

BWA Report

Brenda Koga

The year is already 75% over and the fall season is upon us. The BWA members continue to be active supporters of the temple activities, following a busy summer.

On September 15, 2010, **Kathy Terashima, Fran and Tom Akimoto, Dot Richeda** and myself volunteered for The Road Home's annual Chili Affair at the Salt Palace. This is a major fund raiser for the downtown homeless shelter, and we appreciate the time and efforts of these members in this community event.

More recently several members enjoyed the bus trip and activities of the Mountain States District Conference in Denver, Colorado. The conference took place during the weekend of September 18-19, 2010 with the highlight being the retirement luncheon and party for Rev. Kanya Okamoto.

A short meeting of the Mt. States BWA was held with the two youth representatives reporting on their trip to Japan as exchange students. Kathryn Ida and KC Stewart presented slides of their experiences and narrated the events of their trip this past summer to Japan.

Upcoming on October 2, 2010 will be the annual food bazaar. The BWA members have already made plans and have been busy organizing and ordering supplies in preparation for this event.

We are requesting all those who are available to assist with the preparations at **8:00 a.m. on Friday, October 1**. Then on **Saturday, October 2**, the sushi rolling will occur at **7:00 a.m.** Please come and help out with this major fund raiser for our temple.

At the last meeting the members decided to overlook the Ohigan bake sale and dedicate their efforts to bake items for the bazaar bake sale booth and the dessert booth. Therefore, we are requesting all members to prepare a home baked item for either the bake sale or the dessert booth at the bazaar. For those who would like to contribute more, you can make something for both. Anything is appreciated.

Thank you all again for your continued support of the temple. There is no doubt that the BWA is the backbone of the temple.

The next meeting will be **October 24, 2010 at 11:30 a.m.**—please mark your calendars.

Dharma School News

Christy Fong

The Dharma School is off to a **GREAT** start! Many, many thanks to the Dharma School teachers who dedicate their time to motivate and teach the children. We love our teachers!

The Dharma School is looking for volunteers to assist in the planning of many of the scheduled events held during the year. If you are willing to assist, please sign up on the Volunteer board on the bulletin board or see Christy Fong. The success of our year will depend on you!

Our annual Halloween party will be held on October 31. More details will follow but save the date for a day of Halloween fun at the temple!

Please get your Dharma School registrations and fees to Risa Hirabayashi no later than the Halloween party.

Thank you for your continued support and we hope to see the children each Sunday at the temple!

Special Award Winners 2010

January: Fred Richeda

February: Brenda Koga

March: Lou Nakagawa

April: Kent Sakashita

May: Kent Sakashita

June: Yo Uno

July: Jane Sakashita

August: Lee Oikle

October Shotsuki Hoyo *Service will be October 31*

Deceased	Date of death	Next of kin
Akita Sakae	10/25/36	Janet Thomas
Iwasaki Ritsuko	10/25/61	Dean Iwasaki
Kano Gunpei	10/13/65	Marilynn Shimada
Masuko Kyushiro	10/25	Robert Kasubuchi
Mitsunaga Ruth	10/30/95	Faye Mitsunaga-Eng
Muto Chiyo	10/15/83	
Ninomiya Katsuji	10/20/42	Yoshiko Ninomiya
Nishihara Alice	10/20/90	Greg Matsuura

Oda Mitsuji	10/9/31	Mumatsu Sasaki
Ogawa Fusaye	10/19/31	Bob Sugino
Ogawa Kuma	10/6/19	Bob Sugino
Oike Katsuye	10/14/74	May Koike
Saito Shizuno	10/26/21	Yoshiko Ninomiya
Sasaki Sukeichiro	10/19/68	Charlie Sasaki
Shiba Yoshiro	10/19/52	Yuri Uyeda
Sugiyama Unosuki	10/27/84	
Tadehara Masami	10/9/87	Tadehara Family
Tohinaka George	10/28/95	Ayako Tohinaka
Tokunaga Shigao	10/27/90	Tokunaga Family
Tsuyuki Ikuzo	10/3	Mark Tsuyuki
Wakayama Gerry	10/7/94	Wakayama Family
Yamamoto James	10/25/71	Eleanor Nakamura
Tamagawa Frank	10/18/95	Shizue Tamagawa
Hisae Tsutsui	10/15/01	Geraldine Chappel
Frank Ling	10/02/02	Elaine Fukushima
Betty Yamaguchi	10/8/04	Jeannie Yamaguchi
John Imada	10/24/05	Reiko Imada

In Deepest Condolence

Our Temple offers our deepest sympathies to the family and friends of

George Doi
Toshiko Mayeda

We hope that through the nembutsu teachings and the strength of your family and community, you will find comfort in this difficult time. Namo Amida Butsu

SEPTEMBER DONATIONS

Setsuo Takenaka	50	Shotsuki Hoyo
Brent & Sherrie Koga	25	Shotsuki Hoyo—August
Karie & Marcus Miya	125	August Monthly pledge
Chic Terashima	50	Shotsuki Hoyo -August
Ruby Doi		1000 Memorial for George Doi
Karie & Marcus Miya	125	Sept monthly pledge
Faye & Jim Eng	100	Obon
Bus Trip to Denver -		
Jerry & Carmela Hirano	200	

Christy Adachi	50
Karie Minaga-Miya	100
Brenda Koga	100
Dot Richeda	100
Christy Fong	100
Steve & Ellen Kato	150
Maya Chow	200
Setsuko Nagata	100
Jim Eng	100
Tracy & Ed Roberson	100
Tomio & Junko Mitsunaga	250
Reiko Mitsunaga	150
Jane Sakashita	100

OHIGAN --

Jane Sakashita	20
Masami Hayashi	25
Setsuko Nagata	25
Paul Terashima	50
Tomio & Junko Mitsunaga	25
Byron Watanabe	25
Henry Hirano	25
Brenda Koga	25
Ruby Doi	25
Terry & Mits Fujinami	25
Brent Koga	25
Chic Terashima	25
Dot Richeda	25
Chizuko Ishimatsu	50
Jeanne Konishi	25
Maxine Furubayashi	25
Ichiro & Takeko Doi	25
Yukie Okubo	30
Tomiye Ishimatsu	50
Grace Oshita	25
Richard & Lynne Doi	25
May Akiyama	25

SHOTSUKI HOYO --

Jeanne Konishi	100
Lisa & Kirk Imamura	25
Yutako Ikegami	50
Jane Sakashita	30
Ichiro & Takeko Doi	50
Misao & Elsie Doi	25
Bruce & Christy Fong	20

Robert & Tami Tokita	20
Ruby Doi	25
Rick & Bobbie Ikegami	25
Terry & Mits Fujinami	25
Tom & Fran Akimoto	120
Junko & Tomio Mitsunaga	20
Grace Oshita	25
Faye & Jim Eng	25

BUILDING FUND

Setsuko Nagata 200

BWA

Jane Sakashita	500	Special
Ruby Doi	500	Memorial for George Doi
Chizuko Ishimatsu	25	Special
Tomiye Ishimatsu	25	Special

BWA picnic --

Nob Aoki	50
Brenda Koga	10
Ruby Doi	50
Jeanne Konishi	50
Maya Chow	25
Tamara Kuramoto	20
Christy Fong	25
Alice Ogura	20
Grace Oshita	25
Connie Sakashita	30
Reiko Watanabe	25

DHARMA SCHOOL

Ruby Doi	300	Memorial for George Doi
Brenda Koga	10	Picnic
Wes & Debbie Koga	25	Picnic
Naomi Sanada (San Jose)	25	Picnic
Chizuko Ishimatsu	25	Special

9 Salt Lake Buddhist Temple: 211 West 100 South Salt Lake City, Utah 84101, volume 18
issue 9 web site: slbuddhist.org October , 2010

10 Salt Lake Buddhist Temple: 211 West 100 South Salt Lake City, Utah 84101, volume 18
issue 9 web site: slbuddhist.org October , 2010