



# Buddhist Thoughts

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

## Thanksgiving is more than a meal

J.K. Hirano

### *Seven Principles for Cultivating Gratitude* By Gregg Krech

- 1. Gratitude is independent of one's objective life circumstances;*
- 2. Gratitude is a function of attention;*
- 3. Entitlement makes gratitude impossible;*
- 4. When we continue to receive something on a regular basis, we typically begin to take it for granted;*
- 5. Our deepest sense of gratitude comes through grace -- the awareness that we have not earned, nor do we deserve what we have been given;*
- 6. Gratitude can be cultivated through sincere self-reflection; and*
- 7. The expression of gratitude (through words and deeds) has the affect of heightening our personal experience of gratitude.*

This month we are celebrating Thanksgiving. It is a national holiday and for my own way of thinking the beginning of the Holiday season. It was not a holiday Shinran Shonin or any Japanese, Chinese, Korean or Indian Buddhist teachers knew about. It is a good old American Holiday. Most of us associate this holiday with Turkey, Football, Pilgrims and Family dinners. I hope that for us Jodo Shinshu Buddhists, it will be a time to think about gratitude and how we express and cultivate it.

Gregg Krech is a friend of Carmela and mine. He is the founder of the ToDo Institute in Vermont. He is one of the foremost authorities on Naikan and Japanese Psychology in the United States. He has developed these seven principles for cultivating gratitude and I believe they are a very useful way for us to begin the process that we call the Jodo Shinshu lifestyle or to live a life of gratitude.

**Gratitude is independent of one's objective life circumstances.** Whether we are rich, poor, young, old, in perfect health, sick or dying, we can still cultivate and express gratitude. One of my teachers in Japan, Rev. Sokusui Murakami told us that the essence of Jodo Shinshu is that when we are young, we learn from our youth. When we are sick, we learn from our sickness. When we are dying we learn from our own death. In this same sense, no matter our life's circumstance we can still be grateful.

**Gratitude is a function of attention.** I don't believe gratitude usually just pops up. We must cultivate the ability to truly be grateful. Our attention can be a powerful tool in cultivating this ability, because what we pay attention to IS what we experience. When we pay attention to the care and support we constantly receive, we experience the tireless work of Amida.

**Entitlement makes gratitude impossible.** I have begun to see that the greatest disease of modern society is the sense of entitlement I have found prevalent in many people's view of life. Entitlement is the polar opposite of gratitude.

**When we continue to receive something on a regular basis, we typically begin to take it for granted.** In my article last month, I described how I felt grateful for so many things for about two weeks after my experience in the Intensive Care Unit at the hospital. However, after those two weeks, I began once again, feeling like my living was something that I deserve, rather than something I am constantly receiving. The gratitude so deeply felt only a few weeks ago, changed to a sense of entitlement.

**Our deepest sense of gratitude comes through grace -- the awareness that we have not earned, nor do we deserve what we have been given.** Once I felt that my life was no longer in jeopardy. I began to feel that I deserved it. In reality, my life is as fragile as the drops of dew and it is given to me as a gift from an impossibly long list of causes and conditions. It is grace in its most authentic and real form.

**Gratitude can be cultivated through sincere self reflection.** Although Naikan uses three questions to guide in our personal self reflection, simply ask yourself how you got to where you are at this moment. No matter where you are, you didn't do it alone.

**The expression of gratitude (through words and deeds) has the affect of heightening our personal experience of gratitude.** In Jodo Shinshu we express gratitude with Namo Amida Butsu. I hope that all of you have a humble gratifying Thanksgiving Holiday. Namo Amida Butsu, Itadaki masu. (Itadakimasu is the expression we use before we eat to express gratitude for what we are about to receive.)

## President's Message

Dot Richeda

I would like to take this opportunity to thank every one for the support and hard work at our Food Bazaar held on October 2nd. A special thank you to Karen Tohinaka and David Black for chairing this event. Preparation started on Thursday. Saturday was a nice autumn day so we tried out door seating in the patio area which everyone enjoyed. I always appreciate the sangha, friends and family coming together to support and putting their best effort for this important event for the Temple. I hope you all got to see our wonderful billboard on 6th South. Thank you to Reagan sign, Judy Watanabe and Kenny Watanabe for this wonderful sign.

I am always thankful for all the support and hard work done for the Temple so please accept my heartfelt thank you, everyone. It is so nice to see so many members and friends come together and work together. Arigato.

At our last Board Meeting, we selected Bruce Fong, Ivan Van Lanningham, Mark Minaga, Phil Sakashita to be on the Nominating Committee. This committee and the Board will select 25 names to be on the ballot for the 2011-2012 Board. Please consider serving on the Board when approached by the nominating committee members. It is a great opportunity to serve the Temple.

In August, Dr Carmela and I received our certification of completion from the Jodo Shinshu Correspondence Course. We started in the fall of 2008 and completed our course in the spring of 2010. This is a two year course starting with General Buddhism. If you would like more information, please see Dr Carmela or myself.

TOBAN:

Steve Tachiki, Chair  
Becky Tachiki  
Ernie Kyed  
Paul Seo  
Lisa Papac  
Jay Sueoka

Shirley Farr, Chair  
Robert Farr  
LaVerne Kyed  
Karen Seo  
Damon Papac  
Stephanie Sato Sueoka

November 20th, 21th will be our Holiday Boutique.

Next Board Meeting: November 11th, 6:00 PM  
In gassho.

## BWA NEWS

Brenda Koga

October started off with a bang for the Buddhist Women's Association members working full force to prepare for the annual food bazaar. A core group of ladies were busy from Thursday through Saturday to ramp up for the event.

Thank you very much all who worked so hard, especially on Friday all day and Saturday early morning. Unfortunately, we did not have a full workforce present for the preliminary arrangements, but those who came worked very diligently and completed the job.

The bazaar was a huge success and much of the credit for the main dishes go to the many members of the BWA who prepared not just the sushi, but a significant number of the side dishes. Thank you to those women who spearheaded the mainstays for the event: **Junko Mitsunaga, Setsuko Nagata,, Terry Fujinami, and Takeko Doi.** Other members who headed up booths were: **Maya Chow, Karie Minaga-Miya, Christy Fong, Reiko Watanabe, Setsuko Nagata, Maxine Furubayashi and Sherrie Koga.**

Special thanks to those who came in the wee hours of the morning to prepare the rice and mix the sushi gohan. This group included **Jane Sakashita, Dot Richeda, Kazuko Yakumo, Yo Uno and PJ Nakamura.**

Since we were not able to hold the food bazaar last year due to the remodeling, the women wanted to target their efforts for the food bazaar. Therefore, instead of holding their semi-annual food sale, members were encouraged to donate items for the bake sale booth or the dessert booth. Thank you to those who donated baked items for those booths, also.

A special thank you is extended to **Maya Chow and Karie Minaga-Miya** who worked very diligently on Sunday, October 3, the day after the bazaar to thoroughly clean and scrub the entire stove. Many organizations have utilized the stove, but this is the first time it has been disassembled to clean since the installation. A huge appreciation to Maya and Karie for undertaking this endeavor.

Upcoming will be our selection of candidates for office by the nominating committee for our annual elections in December. If you would like to run for an office in the BWA, please contact Brenda Koga.

The Buddhist Women's Association is going to take up a collection of needed items for the homeless shelter. The following will be collected up through Thanksgiving:

**Warm Clothing, Bedding** (sheets, blankets--these are of critical need right now) ,**Large sized Underwear** for both men and women and **Baby items** (diapers, clothes, etc.)

Please bring these donations to the temple and leave them in the foyer of the West Wing...just inside the second doorway on the east wing. If you have questions, please contact Brenda Koga.

Our next meeting is projected for November 14 at 11:30 a.m.

## Dharma School Christy Fong

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!

Many, many thanks to the Dharma School students and parents that helped with our annual Food Bazaar. It takes many helping hands for this event to be a success and we thank each of you who helped with preparations both Friday and Saturday. Also thanks for donations to both the Dessert and Bake sales area.

Thank you to **Holly Black** and **Judy Watanabe** for planning a fun, creative Halloween project for the students on October 24<sup>th</sup>. We greatly appreciate **Brenda Koga** and **Troy Watanabe** for planning a terrific Halloween party and luncheon on October 31.

The **third** and **fourth** grade students will be helping lead the Golden Chain and Promise through November and December Dharma School services.

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

## Jr. YBA Mark Minaga & Jim Eng

During the food bazaar, the Jr YBA supported the temple by hosting and manning the games booths (fish pond, ring toss, golf putting, bean bag toss). Over 25 kids worked during the bazaar and all the funds that were raised were donated to the temple.

The next Jr YBA Meeting is scheduled for Oct 10<sup>st</sup> to elect new Officers, to discuss activities for the coming months and to finalize the Bus Trip to Southern California.

2011 fund raisers will include Scrip Orders, Movie Night, 2011 Calendars and chocolate covered pretzels.

As one of the service projects, we would like to help clean a Salt Lake Buddhist Temple member's yard that is a "shut in". If there is someone that the board can recommend, it would be appreciated.

Another service project is being planned for January or February. Tim Jessop and Mark Masters are going to design new booths for the Obon and bazaar food sale. The Jr. YBA will help with the sanding and painting of the new booths.

Thank you for continuing to support the Jr. YBA.

In Gassho,

# Jodo Shinshu Correspondence Course 2011 Spring Enrollment Applications Accepted from Nov 1

The Jodo Shinshu Correspondence Course Office is accepting applications from November 1 for the spring 2011 enrollment starting March 1, 2011. The popular 2-year, computer-based program continues to offer online instruction in the origins and development of Buddhism, Shinran Shonin's life and teaching, sutras & masters of the Pure Land tradition and history of Jodo Shinshu.

An excellent opportunity for beginners or for those who have already studied Jodo Shinshu, the program reaches out to people all over the world. Students come from Brazil, Canada, Germany, Malaysia, Belgium, Poland, Japan, as well as, Hawaii and the BCA. With over 100 students enrolled, the course has much to offer those interested in deepening their understanding of Buddhism and Jodo Shinshu. The course instructors consist of 14 ministers and professors who specialize in the subjects taught. An optional August Workshop at the Jodo Shinshu Center is held every year.

For more information, please visit the course website at: [www.JSCC.cbe-bca.org](http://www.JSCC.cbe-bca.org)

Applications may be submitted online at course website. Deadline: February 15, 2011. Course limited to first 20 students.

Questions may be directed to: Jodo Shinshu Correspondence Course Office, 2140 Durant Ave., Berkeley, CA Tel: 510-809-1441, email: [jssc@cbe-bca.org](mailto:jssc@cbe-bca.org)

## In Deepest Condolence

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

*Mrs. Otome Hasegawa*

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

## November Shotsuki Hoyo

November 21, 10:00 am

Deceased	Date of death	Next of kin
Fujii Bunzo	11/26/81	Ritsuko Hayashi
Fujii Shigeno	11/24/99	Amy Tomita
Hachisuka Toma	11/15/87	Nancy Takagi
Hasegawa Fumi	11/19/85	Jane Sakashita

Ikegami Torako	11/18/93	Rick Ikegami
Imada Mitaro	1/24/51	Matsuyo Imada
Imada Wasaburo	11/17/67	Shizuko Imada
Kaizumi Maki		Craig Kaizumi
Kashima Sawaki Kiyo	11/23/93	Hitoshi Suenaga
Kobayashi Naoki	11/13/71	Ken Kobayashi
Koga Sue	11/16/74	Koga Family
Koseki Toraji	11/22/79	Kathy Terashima
Matsuura GeorgeIwao	11/11/29	Ken Matsuura
Mitsunaga Tsurukichi	11/24/25	Tomio Mitsunaga
Muraki Yachiyo	11/21/87	Sam Muraki
Oishi Umeko	11/3/78	Victor Oishi
Okubo Kiyotaro	11/30/71	Harry Okubo
Omura Michiko	11/27/83	
Omura Toyome	11/13/94	
Sako Yoshimitsu	11/7/84	Sako Koko
Sekino Takasaburo	11/21/79	Dave Sekino
Sugino Mitsuye	11/29/91	Bob Sugino
Takagi Tami	11/25/89	Nancy Takagi
Watanabe Hikomune	11/7/93	Ida Watanabe
Yamane Kazuo	11/12/81	Eunice Yamane
Yakumo Ryuji	11/10/80	Kazuko Yakumo
Tohinaka Masayoshi	11/29/70	Sachiko Tohinaka
Iwamoto Kiyotoshi	11/11/02	Yuriko Iwamoto
Furubayashi Masato	11/9/03	Maxine Furubayashi
Matsuura Doris	11/1/04	Greg Matsuura
Akiyama Genevieve	11/2/04	Francis Akimoto
Shimizu Keiko Kae	11/6/04	Kerry Shimizu Lee
Namba Kumeno	11/21/05	Kaz Namba
Sudoko Taro	11/29/04	Nobue Sudoko
Sumiko Hattori	11/4/05	Gary Koga
Henry Imamura	11/11/07	Masako Imamura

## OCTOBER 2010 DONATIONS

Please excuse the lateness -

Brad Mayeda	200	Obon
Cindy Thomas	30	Obon
Linda & Ron Omori	25	Obon
Tosh & Jean Shiba	35	Obon
Hideo Uno	100	Memorial
Kazuko Terasawa	60	Shotsuki Hoyo & Ohigan
Mitsuko Hirota	20	Ohigan
Shizuye Nakagiri	20	Bazaar
Buster Mayeda	50	Bazaar
Brad & Amy Mayeda	250	Bazaar
Maya Chow	20	Bazaar
Jenn Diederich	20	Bazaar

Karen Miyake	100	Mother's memorial service
Chic Terashima	100	Denver bus trip
Paul & Kathy Terashima	200	Denver bus trip
Geraldine Chappell	25	Memory of Hisai Tsutsui
Mabel Okubo	25	Memory of Hisai Tsutsui
Rokuro & Miyuki Nakano	20	Bazaar
Asako Mori	40	Bazaar
Lee Oikle	15	Special

## **BUILDING FUND**

Koyo Restaurant	100
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**Eitaikyo Seminar**  
**“Appreciating Life’s Difficulties through Jodo Shinshu”**  
**4:00 pm**  
**November 20**  
**Ogden Buddhist Temple**

*Rev. Marvin Harada of the Orange County Buddhist Temple will be addressing this topic at our Eitaikyo Seminar. It will be held at the Ogden Buddhist Temple, 155 North Street 84404 (801) 392-7132. Rev. Harada will be the guest speaker for the Honeyville, Ogden and Salt Lake Eitaikyo services. Honeyville’s service will be held on November 20, 11:00 am. Salt Lake’s on November 21, 10:00 am and Ogden at 1:00 pm. Please join us. Free and Open to the Public.*





