



Buddhist Thoughts

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Hostess with the Mostest
J.K. Hirano

The teachings which I have given you, I gained by following the path myself. You should follow these teachings and conform to their spirit on every occasion.

If you neglect them, it means that you have never really met me. It means that you are far from me, even if you are actually with me; but if you accept and practice my teachings, then you are very near to me, even though you are far away.

My disciples, my end is approaching, our parting is near, but do not lament. Life is ever changing; none can escape the dissolution of the body. This I am now to show by my own death, my body falling apart like a dilapidated cart. Do not vainly lament, but realize that nothing is permanent and learn from it the emptiness of human life. Do not cherish the unworthy desire that the changeable might become unchanging.

The demon of worldly desires is always seeking chances to deceive the mind. If a viper lives in your room and you wish to have a peaceful sleep, you must first chase it out.

You must break the bonds of worldly passions and drive them away as you would a viper. You must positively protect your own mind.

My disciples, my last moment has come, but do not forget that death is only the end of the physical body. The body was born from parents and was nourished by food; just as inevitable are sickness and death.

But the true Buddha is not a human body: -- it is Enlightenment. A human body must die, but the Wisdom of Enlightenment will exist forever in the truth of the Dharma, and in the practice of the Dharma. He who sees merely my body does not truly see me. Only he who accepts my teaching truly sees me.

Mahaparinivana sutra (Last teaching of the Buddha)

It seemed like a fairly normal morning. I checked my blood sugar, took my assortment of pills, my glucose shot, brushed my teeth and showered. I sipped the coffee Carmela had brought me as I walked to the kitchen saw I had a hostess apple pie, I had bought the previous day. Picking it up, I carelessly ripped off the wrapper, threw the wrapper in the garbage, grabbed a paper towel and set the pie and towel on the table. As I turned on my laptop, I gobbled up the pie. The MSN report said, "Hostess Closes". After a few minutes it dawned on me, I may have eaten the last Hostess apple pie in the world. I thought to myself, "No, I'm just being silly, there has got to be more apple pies, how could there be a world without Hostess

and Twinkies.”

I really didn't think much about it, but as the news reports continued to talk about the World losing icons of snacking, Twinkies, Ding Dongs, Ho Hos, the shock wore off, I began to get angry. I stopped at the first gas station that had a food mart. Jumping from my car I ran to the market, no Hostess. I stopped one 7 11, then another and another, the same story at each place, the shelves were bare, those white wire racks were empty. “Those stupid bakers, why didn't they sign their new contracts! The teamsters did!” I drove quickly to the Bountiful Hostess outlet near my home. The usually empty parking lot was full, however, a car pulled out as I pulled in and I parked. It was a mad house, the usually empty store was full of people with shopping carts grabbing anything that was left on the shelves. I saw some people with ten loaves of bread in their carts and it wasn't even wonder bread. “What were they going to do with TEN LOAVES OF BREAD!” The only things left were a few packages of no name generic looking crackers of some type.

My next strategy was to look online for some kind of Hostess web site. The only thing I could find were Ebay offerings of \$100.00 Twinkies. I then remembered I had signed up for an online grocery delivery service. I logged in and found a listing of Hostess products from Twinkies to apple pies. I ordered \$100.00 worth of various delicacies. I felt calmer. I could sleep that night, with thoughts of Twinkies, Ding Dongs and Hostess apple pies dancing in my head.

The next morning I followed the usual routine, without an apple pie. Checking my email, there was a letter from my grocery delivery service informing me that they were crediting my account \$10.00 for the inconvenience of not being able to fill my order. What could I do? They had tried to contact all the suppliers in in the Salt Lake area, maybe I could try California, was \$100.00 really that much for a Twinkie?

That evening as I moped around the kitchen talking with Carmela about my despair, she said, “I think we might have a few apples pies, you hid in the pantry.” I sometimes hide a few here and there since Carmela doesn't think they're healthy. I have never been happier about being found out. I could hear angels singing, a ray of light enveloped our kitchen, four fruit pies, Hallelujah! Then it dawned on me, only four Hostess apple pies for the rest of my life, how do I decide when to eat them? As I paced the kitchen and pondered this Solomon like decision, Carmela said, “Just eat one!” I took one of the pies, caressed the package, slowly tore the corner and slipped it out. I lovingly looked at the wrapper, green with blue and red writing. I nibbled at the corner to savor one of the last Hostess pies in existence. It was over a month old and slightly rancid. Nevertheless this was one of the last Hostess fruit pies in the world. I am going to eat one on Christmas morning and maybe New Year's Eve. The last one, I will keep in the freezer to take out from time to time, just to look at and remember.

The next few days, I checked the news for hope of some sort of last minute intervention by the president or maybe the U.S. Supreme court. I didn't feel like talking about my sadness with others. It's been close to two weeks, since the initial news reports about the Hostess closing. There was a slight glimmer of hope when the bankruptcy court tried to get the baker's union and the Hostess management to try one more time. It failed. I found one gas station with a Hostess Strawberry pie and two packs of powder sugared donuts, I quickly snatched them up and took them home. However, they weren't my Hostess apple pies.

On the way to Ogden's family service, I stopped at a gas station on the slight chance of a stray apple pie, there was a rack, kind of like the Hostess rack, but it was filled with Little Debbie snack cakes and pies. I felt like a traitor, but I had to go on. I was the one, still here.

I don't think the apple pie would mind and would want me to be happy. I tried the Little Debbie apple pie, it wasn't bad, I will never take this apple pie for granted again.

How many other things in our lives have we taken for granted. "Dad, could we play some catch tonight, sure son, give me a little time." Don't we always have reason to do those important things, later? How often has "I love you and thank you" been relegated to the realm of watching our calories tomorrow. Elizabeth Kubler Ross the great Thanatologist and therapist has identified, five stages of death we each go through.

Denial and Isolation

Anger

Bargaining

Depression

Acceptance

I found that this is what happened to me with the Hostess fruit pies. Something as foolish as a fruit pie that isn't even good for me, had taken on a significance I never expected. I believe it is when we look and treat things in our lives as unchanging. As the Buddha states in the quote I began with, "Do not cherish the unworthy desire that the changeable might become unchanging." When we are setting ourselves up for pain and disappointment. This is just as true for apple pies as it is for friends and loved ones.

We are now in the Holiday season, as many of you know, my favorite time of the year. It is an occasion for deep reflection on what we should be grateful for. It is a time when we have the opportunity to look upon all that allows us to live. I would like to thank Sherrie Koga and all the temple members that put on the wonderful 25th year party for me. As I have said, it was as though I had the opportunity to see my own funeral. I felt like Scrooge confronted by the Spirit of Christmas Future. I was like George Bailey in "It's a Wonderful Life" seeing that maybe his life did have meaning. I would like to thank each of you from the bottom of my heart. On behalf of Carmela, Kacie, Taylor and myself, I hope that each of you have a wonderful Holiday season and thank you for your support this past year. As Ebenezer Scrooge said in the Christmas Carol, "I will honour Christmas in my heart and keep it all the year. I will live in the past, the present and the future. The Spirit of all three shall strive within me. I will not shut out the lessons they will teach." I will try my best to remember all the kindnesses I have received from each of you, thank you, Merry Christmas and Namu Amida Butsu.

Ichi-go Ichi-e

Rev. Masami Hayashi

*Ichi-go Ichi-e, "Live life with a deep sense of appreciation and gratitude that today might possibly be the last day of our life."
Let us gassho, Namu Amida Butsu*

It was four days before my wife, Ritsuko, passed away. At 8:00 in the evening, Ritsuko called from the hospital. She wanted to express her appreciation and gratitude for my being attentive, kind, and loving for 57 years of our married life. She continued talking for over 10 minutes thanking me. It was kind of shock to me to hear these thoughts of appreciation. I hesitated

and wondered if she wanted me to go to the hospital. I thought it best that she gets some rest, then I could see her early in the morning. But as it turned out, she gave the nurses a very hard time that night. She pulled out all her tubes connecting her to the medications she was receiving. When I arrived early next morning, she was sleeping soundly. She didn't talk to me the whole day because of being tired from the struggling all night with her nurses. The following day we consulted with the doctors to send her home for hospice care. Early the next day I stayed home to clear a space for a bed that the hospice agents were to deliver to the home. It was then that I thought I could talk to Ritsuko in our home, where it was quiet and peaceful. But it was too late. She passed away in the hospital while waiting to go home. I experienced what *Ichi-go Ichi-e* meant. I didn't believe that this day would be her last day. I lost my chance to express my gratitude to her for all the 57 years of wonderful life.

Rev. Shintatsu Sanada was our minister in Salt Lake from 1954-1964, and is a grandfather to Tracy Roberson and great grandfather to Ryan, Blake, Landon, Trevor, Justin and Jordan. He wrote the article, *Ichi-go Ichi-e*, and included it in his collection of Dharma talks, "*Kore ga Jodo Shinshu desu.*" In this article he defines *Ichi-go* as life time and *Ich-e* as one meeting. Therefore the meaning of *Ichi-go Ichi-e* is that there is only one meeting during the entire life time of man.

When family members live in the same house, and they met yesterday, they can again meet tomorrow. We think that this is ordinary, but it is not. Strictly speaking in Buddhism, this situation is examined with more care. It appears that every day, parents, children, and siblings face each other without much thought. But each time they meet it is not repeating the same meeting. The meeting is different. It is different because the time and place are not the same. **It is never possible to meet under the same circumstances at the same time and place.** Buddhism takes everything and all things to be uncertain. Everything moves and flows each moment without stopping. For example when you observe the flow of the river, it seems to be the same but moment to moment the flow changes. The river is never the same. Some say that history repeats itself, but it does not if history is examined carefully.

In man's life, moment for moment, death and birth occurs simultaneously. I am not the same from moment to moment. The truth is life and death flows continuously within us. If I were to meet a person, it will be the first meeting and the final meeting. It will not be the second time of our meeting. When you read the obituary and notice your friend was in the newspaper, you were surprised and now regret it because you knew he was ill and you had planned to visit him. When I look at a flower now, it will not be the same flower tomorrow. We cannot see the flower eternally as the same. We can think of this road, this mountain, this meal, the many objects that I hear and see are the beginning and the end of my life. This is the truth. This is what is known as *ichi-go ichi-e*, one chance-one encounter.

The Nembutsu warns us by proclaiming impermanence and the importance to live now by teaching the concept of *ichi-go ichi-e*.

*"Every day is the first day and the last day of our life"
Because of the teaching of impermanence, we live our life as if today is the first day of our life,
and we live it as if it might possibly be our last.*

Salt Lake Buddhist Temple Board Report

The Temple Board meeting was held November 16, 2012. The following are summaries of the business conducted:

The Temple is buying an Automatic External Defibrillator (AED). Included in the cost are on-site evaluations, placement recommendations and in-service training on the use of the AED to an unlimited number of people. The Sangha will be notified when the training sessions start.

Karie Minaga-Miya, (Centennial Chairperson) reported that because of generous donations, there is a surplus of Centennial Celebration funds. This surplus funding will be divided between the Honeyville, Ogden and the Salt Lake Buddhist Temples. Many thanks to Karie and her committee members for an outstanding effort with the Centennial celebration. It was a year of hard work.

Ken Yamane has generously bought and donated a 25 year old Bonsai tree to the temple. He will help with the planting of this expensive tree and will teach anyone interested in the caring for this Bonsai tree.

The Board approved that Troy Watanabe and Ernie Kyed construct a concrete pad adjacent to the northeast Hondo entrance. The pad will be allow for safer access to the bell and enable the YBA to setup refreshments during the Obon festival.

The article in the November Buddhist Thoughts from the Ministerial Affairs Committee (MAC) about Sensei's request for reassignment prompted the Temple Board to resolve this problem. A motion was made and approved that all Temple Board members voluntarily remove themselves from the Board. The President, two treasurers, all organizational representatives and MAC members will continue on as Board members. Temple By-Laws indicate that the President's duty is to fill these positions. A motion was made and approved that the MAC and organizational leaders will help select Sangha members to fill these vacancies.

MAC Report

The MAC met with President Richeda on November 29 at the Temple, and has selected the following members to serve on the temporary board.

Dot Richeda
Ivan Van Laningham
Dave Sekino
Maya Chow
Paul Terashima
Reiko Mitsunaga
Mark Minaga
Stan Endo
Sherrie Hayashi

Troy Watanabe
Dean Hirabayashi
Judy Watanabe
Reiko Matsuura
Kyle Matsumura
Brian Fukushima
David Black
Shelly Doi
Robert Tokita
Arthur Yakumo
Aaron Froemming
Jeff Watanabe
Jim Eng
Stephanie Sueoko
Tracy Akimoto
Donna Sato
Cindy Yamada-Thomas

Two additional committees were formed: 1) Nominating Committee: Ivan Van Laningham, David Black, Sherrie Hayashi, Reiko Matsuura and Reiko Watanabe; 2) By-Law Committee: Ivan Van Laningham, Sherrie Hayashi and Stan Endo.

The Nominating committee will send out ballots to all paid Temple members on December 5, 2012 which should give approximately one week for members to vote and return ballots to the Temple. These ballots will be for the election of an entirely new Governing Board, and will be due by Sunday, 16 December 2012. Each member has 25 votes to cast. Be mindful of every vote, because all are critically important. If elected, please support the temple with your participation on the Governing Board as the temple is at a critical time to ensure the continuation of the temple for the future.

The By-Law committee intends to revise the By-Laws in order to:

- 1) streamline procedures and allow for more flexibility in emergency situations,
- 2) initiate term limits for Temple Officers and Board Members,
- 3) reduce the number of members on the Governing Board and
- 4) add an additional membership rate for those whose finances are limited.

The MAC will present revised/amended By-Laws at the General Meeting to be held on 27 January 2013; they will require an immediate up or down vote, so that the new By-Laws will take effect immediately.

BWA News

Reiko Matsuura

The BWA held their monthly meeting on November 2, 2012. Christy Fong, Gail Minaga and Reiko Watanabe reported that they sent out the ballots and the results will be sent to Reiko Matsuura for publication. The following are the results of the new Board members for

2013:

Holly Black, Maya Chow, Yuriko Dennison, Elaine Endo, Christy Fong, Terry Fujinami, Maxine Furubayashi, Sandy Iwasaki, Brenda Koga, Sherrie Koga, Tammie Kuramoto, Reiko Matsuura, Gail Minaga, Fay Mitsungag-Eng Junk Mitsunaga, Karie Minaga-Miya, Dot Richeda, Connie Sakashita, Jane Sakashita, Karen Tohinaka, Kathy Terashima, Yoshiko Uno, Judy Watanabe, and Reiko Watanabe.

Congratulations! Officers will be selected from the new slate of BWA Board Members at the December BWA meeting.

Appreciation to the Building Fund Committee, headed by Sherrie Koga, for preparing the delicious lunch boxes for our BWA ladies in our Out Reach Group. Kazuko Yakumo and Reiko Matsuura delivered the lunches and the ladies were very appreciative. Thank you to everyone for your help and support.

A reminder to the BWA that we will be preparing the main dish for the upcoming Bodhi Day Service Luncheon, and the Dharma School will be providing the side dishes.

The next BWA meeting will be held on Sunday, December 9, 2012 at 9:00 a.m. in the classroom.
Have a wonderful Holiday Season!

In Deepest Condolence

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

Masako Morinaka

Fusaye Kano

Miyuki Watanabe

Chad Tohinaka

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

Shotsuki Hoyo

December 16, 10:00 am

Deceased	Date of death	Next of kin
Aramaki Yasu	12/8/86	Hiroshi Aramaki
Hideshima Hideji	12/28/90	Tad Hideshima
Hirano Kiyoshi	12/18/73	Jerry Hirano
Ikari Hideyoshi	12/31	Sachiko Tohinaka
Ikegami Akitaro	12/2/60	
Iwasaki Bunjiro	12/11/65	Paul Iwasaki
Katsuki Yoshio	12/9/87	
Kawaguchi Sato	12/1/83	Bill Kawaguchi

Kida Kiyoji	12/9/65	Jeff Kida
Komatsu Fumie	12/30/88	Judy Komatsu
Matsuno Albert	12/21/93	Yuriko Matsuno
Mitsunaga Kiyoshi	12/16/94	Helen Mitsunaga
Mori Michiko	12/3/87	Asako Mori
Nodzu Kentaro	12/22/70	Ken Nodzu
Okubo Riyo	12/24/83	Harry Okubo
Omura Roy	12/22/87	Terry Omura
Osako Sadao	12/16/88	Yaeko Osako
Sasaki Omatsu	12/15/92	Shigeru Sasaki
Shimamura Michiko	12/14/94	Geraldine Chappell
Suyehiro Fusa	12/6/46	Greg Matsuura
Sueoka Joanne	12/1/83	Dru Sueoka
Sueoka Lillian	12/17/88	Dru Sueoka
Usui Yoshio	12/1/83	Beth Usui
Yakumo Chijun	12/13/91	Kazuko Yakumo
Yakumo Aya	12/1/82	Kazuko Yakumo
Frank Nishimura	12/31/2000	Setsuko Nishimura
Hamamoto Kiyoko	12/20/01	Aiko Okada
Shigemi Mori	12/5/08	Asako Mori
Kenny Mitsunaga	12/17/08	Tomio Mitsunaga
Henry Kawa	12/23/08	Bob Kawa
Mary Nakai	12/31/09	Marianne Nakai
Akiko Takenaka	12/31/09	Gary Takenaka
Mary Sasaki	12/17/11	
Ayako Tohinaka	12/21/11	Ray Tohinaka

2012 NOVEMBER DONATIONS

Yoshiko Ninomiya	100	Special
Faye Mitsunaga	30	Shotsuki Hoyo - Ruth Mitsunaga
Charlie Sasaki	20	Shotsuki Hoyo
Robert & Tami Tokita	40	Shotsuki Hoyo-Ruth Mitsunaga/John Imada
Elaine Fukushima	100	F. Fukushima memorial
Brian & Tammy Fukushima	100	Fukushima memorial
Ivan Van Laningham	100	Special
Lynn & Marilyn Shimada	25	Shotsuki Hoyo
Eleanor Naomi Kobayashi	25	Shotsuki Hoyo-Naoki Kobayashi
Masami Hayashi	200	1 yr memorial for Ritsuko Hayashi
Koyo Restaurant	125	Food bazaar
Gary & Ryoko Okamoto	20	Andy's birthday
Ivan Van Laningham	100	Special
Paul Terashima	100	Special
Greg & Theresa Sueoka	2000	Special
Kenny Watanabe	200	Special awards
Masami Hayashi	25	Bunzo Fujii Memorial
Amy Tomita	25	Buddhist Thoughts

Jerry & Carmela Hirano	100	Thank You - Rev's 25th anniversary	
Morinaka Family	250	Memorial for Masako Morinaka	
EITAIKYO -			
Dave Sekino	50	Maxine Furubayashi	25
Jeanne Konishi	25	Ichiro & Takeko Doi	25
Elaine Fukushima	50	Chiz Ishimatsu	25
Tomiye Ishimatsu	50	Nancy & Thomas Hohler	20
Tomio & Junko Mitsunaga	25		
SHOTSUKI HOYO			
Dave Sekino	50	Paul & Kathy Terashima	25
Maxine Furubayashi	25	Nobue Sudoko	50
Jane Sakashita	20	Lisa Imamura	25
Nancy Takagi	40	Amy Tomita	25
Kazuko Yakumo	25	Bob & Akiko Sugino	20
Rick & Bobbie Ikegami	25		
BWA			
Masami Hayashi	100	1 yr memorial for Ritsuko Hayashi	
Brenda Koga	100	FBWA Conference appreciation	
Reiko Matsuura	100	FBWA Conference appreciation	
Stan & Elaine Endo	100	Special	
Morinaka Family	100	Memorial for Masako Morinaka	
ESHINNIKO SERVICE			
May Akiyama	25	Maya Chow	20
Takeko Doi	25	Terry Fujinami	25
Maxine Furubayashi	25	Nancy Hohler	20
Carmela Javellana Hirano	50	Brenda Koga	25
Jeanne Konishi	50	Tammy Kuramoto	20
Reiko Matsuura	50	Junko Mitsunaga	30
Setsuko Nagata	25	Alice Ogura	25
Dot Richeda	20	Connie Sakashita	26
Chic Terashima	25	Kathy Terashima	50
Yoshiko Uno	25	Reiko Watanabe	25
Kazuko Yakumo	25		
DHARMA SCHOOL			
Masami Hayashi	100	1 yr memorial for Ritsuko Hayashi	
Morinaka Family	100	Memorial for Masako Morinaka	
YBA			
Masami Hayashi	50	1 yr memorial for Ritsuko Hayashi	
JR YBA			
Masami Hayashi	50	1 yr memorial for Ritsuko Hayashi	

Tentative 2012 Schedule

January	20	Hoonko, Shotsuki Hoyo, New Year's Party
	27	General Meeting
February	17	Nehan E, Shotsuki Hoyo
March	17	Ohigan
April	7	Ogden Hanamatsuri
	14	Salt Lake Hanamatsuri
May	19	Gotan E
June	2	Lagoon Day
	9	Graduation
July	13	Obon Dance
	14	Obon/Hatsubon
	20	Honeyville Obon/Hatsubon, Ogden Dance
	21	Ogden Obon/Hatsubon
Aug	13-15	BCA Minister's Fuken (Chicago)
September	15	Ohigan/Shotsuki Hoyo
October	20	Eshinni Ko
	27	Halloween Party
November	23-24	Holiday Boutique
	24	Eitaikyo
December	1	Bodhi Day
	31	Joya E