



Buddhist Thoughts

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DIGGING IN THE DIRT:

Growing your Gratitude Garden with Self-Reflection

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"Obstructions of karmic evil turn into virtues; it is like the relation of ice and water; the more the ice, the more the water; the more the obstructions, the more the virtues." (CWS 1, 40, p. 371)

"The true meaning of Life is to plant trees under whose shade you do not expect to sit." (Nelson Henderson)

March madness. Spring fever. The last days of winter are here. *Ohigan*, the "Other Shore", reminds us of the natural balance of the Universe, when night and day are on the equinox, when the frozen cold of doubt melts into the flowing waters of enlightenment.

When the grey shroud of winter inversion covers the bowl of the Salt Lake valley, I longingly remember the careless sunny days of my childhood in the Philippines, running around barefoot in the warm rains after school, climbing trees in the back of my parents' house, all the way up to the roof, and declaring the world below as my territory. Utah must have had one of the coldest winters in a long time (I heard). I have also been told about the trapped gunk we have inhaled, and the armies of rhinoviruses and noravirus assaulting our immune systems as they tried to compensate with the usual sneezes and free flow of nasal discharges. Poopy droopy people took to their light boxes and their wall calendars full of pictures of the blue Caribbean. Kacie and Taylor longed for sunny California, notwithstanding the long traffic lines on the freeway and the local bakeshop. Despondency, inertia, and irritability, like dead leaves buried underneath the ice, wait to be discovered from the veil of winter and transform into mulch. As the days become sunnier and longer, the outdoors become more insistent in their invitations to gardening enthusiasts to join in the celebration of spring. It is time to dig up some dirt!

I have been telling myself to hit the flower beds every spring in the last couple of years. For some reason, my life just took over, while the yard fended for itself. (Fortunately my brave and patient husband has his trusty lawnmower to the rescue.) But now, the melting snow is creating opportunities once again to investigate what this year's garden will look like. As the softening

earth gives way to shovels and trowels, the true nature of dirt reveals itself.

For Shin Buddhists, self-investigation is a critical aspect of understanding our relationship with Amida Buddha, much like digging up dirt in our garden. Honest self-reflection allows the light of Amida, like the brightness of the sun, to reveal the current conditions of our mind's soil and the true intent of Amida's Vow, which is our deliverance from our karmic bondage of self-centeredness and desire, watering and nurturing the seedlings of our salvation from this *saha* world.

So we dig deep into the earth. We may find the soil sandy, clay, or loamy. We may find creepy crawlies whose sleep we may have disturbed, and roots of last year's annual plantings. Investigating the conditions of our minds brings information about what this soil needs to grow our garden, our landscape that our neighbors and our sangha will eventually see.

One thing is certain: we don't dig other people's dirt; we dig our own. We don't plant our flowers and tomatoes in somebody else's backyard; we plant in our own backyard. There may be some of us who just love going to the neighbor's yard and see what's growing there, just so we have some point of reference about where our own yard stands in the big landscape of the neighborhood, but why would we waste our time digging up someone else's dirt? Self-reflection emphasizes taking responsibility for our patch of the earth and take care of it.

In this process, we realize that weeds of ignorance can easily take over if we neglect tending our garden on a regular basis. We realize that what beautiful flowers we plant can easily die in stagnant pools of greed (not to mention mosquitos) or the searing heat of anger from neglecting to water them with understanding and forbearance. We may also realize that in order for our soil to be rich in nutrients and grow the juiciest and sweetest tomatoes, we need to surrender our manure and decay, all our misconceptions and condemnations of others that poison our mind's landscape into barren fields of isolation and despair. Ultimately we may realize that nothing will grow in this garden without the care and compassion of Amida's gentle rain and warm sun, and all we need to do is trust that last fall's tulips and daffodils, still sleeping in their embryonic bulbs, will awaken to the inexhaustible light and love of Amida's heart. In gratitude we tend to this garden with care, this *bombu* self.

On Saturday, March 16, we will have a one-day self-reflection retreat called *Naikan* at our Temple, graciously sponsored by the BWA. *Nai* means *inner*, and *kan* means to *look deeply, or hear deeply*. All day long, we will dig and investigate our own dirt, and hopefully receive guidance and wisdom on growing tomatoes of gratitude and flowers of celebration. Anyone who cares enough to get down on their knees in humility and risk the back-breaking practice of knowing one's own true nature is invited. So put on your gloves, arm yourself with your trowels and sunhats, be prepared to get down and dirty in the mud, and let's dig!

Namo Amida Butsu.

BWA News & Buddhist Thoughts

Karie Minaga-Miya

February was a short, yet busy month. We had an organizing meeting in February to outline our yearly calendar. This was conducted on the day we celebrated Nehan-e services, the day that Amida Buddha passed away. It seems very appropriate to plan for our future as we honor, appreciate and pay respect to those who have passed on before us. In many ways, the Buddhist Women's Association or Fujinkai has always been the heart and soul of the Buddhist Temple. I learned a lot about this organization as I put together a historical review of the BWA for our

“Time Capsule” project associated with the Jodo Shinshu. So as we begin this year and plan for a rebuilding of the BWA, I share with you the article that will be placed in the SLBT Time Capsule regarding the BWA. We are accepting membership for renewals as well as new members. Contact any BWA member or Board member for details on how to be involved. Reminders of upcoming activity:

- BWA meeting on Sunday March 10th at 9:00 a.m. We will be planning our menu for Nihonmatsuri, so plan on coming to participate.
- Omigaki- Sunday March 10th following service. The BWA will also work to polish and shine the altar. Come learn from our experienced members as they share their knowledge with the rest of us on how to correctly conduct omigaki or cleaning of the altar.
- Naikan Day of Retreat, Saturday March 16th from 8:00 to 5:00 p.m.
- Ohigan Service, Sunday March 17th

Salt Lake Buddhist Temple – BWA/Fujinkai History

Utah Buddhist Centennial - Time Capsule Project
1912 – 2012

The Buddhist Women's Association (BWA) is the English name of the worldwide auxiliary lay organization of the Nishi Hongwanji-ha branch of [Jodo Shinshu Buddhism](#). Its Japanese name is Fujinkai. The honorary head of the worldwide BWA is, traditionally, always the spouse (o-urakata) of the current Nishi Hongwanji-ha monshu (head abbot); at this time, this position is held by the Lady Noriko Ohtani².

The BWA or Fujinkai was founded in [Japan](#) in the early 20th century by [Takeko Kujo](#) (1887–1928), a daughter of Koson Ohtani, the 21st monshu (head abbot) of the Nishi Hongwanji-ha. Soon, BWA chapters were established in every Jodo Shinshu temple in Japan, and later in the United States. The BWA in the United States is an auxiliary organization of the [Buddhist Churches of America](#), the mainland United States branch of the Nishi Hongwanji-ha.

After [World War II](#), Lady Yoshiko Ohtani (1918–2000) the spouse of the 23rd Monshu, Kosho Ohtani, revitalized the Buddhist Women's Association by visiting many temples in Japan and overseas. She was the first to institute Japan-wide and worldwide conferences so that diverse BWA chapters could better communicate and learn about the various cultural traditions of each region where BWA chapters are active.

Haha No Kai/Fujinkai/Buddhist Women's Association – Salt Lake Buddhist Temple

The Haha no Kai (Mother's Club) was the beginning of the Fujinkai, now known as the Buddhist Women's Association. The Haha no Kai was organized on April 23, 1918 with 29 mothers¹. The original purpose of this club was to support the young brides from Japan to support each other as they raised their children, nourished their marriages and learned the American way of life. The organization has since grown and developed to provide a strong and loyal support for the Minister, Temple and Sangha and is seen as a stabilizing force of the church, much like the woman of any family structure.

Throughout history, the Fujinkai/BWA has served the Sangha and the Community through various service projects. Before World War II, which started in 1939, members of the Fujinkai comforted the Sangha members who were sick or men injured in the mines, many who

were hospitalized at St. Mark's Hospital. Many enjoyed the delicious and healthy "gochiso" (Japanese Feast). Later, as WWII ended, the Fujinaki/BWA welcomed the frightened, weary and displaced Internees from Topaz Relocation Center who came to Salt Lake City looking for work on local sugar beet or truck farms in the Utah – Wyoming area.

In 1958, the Fujinkai sponsored a Keirokai (Appreciation Dinner for the elders) including men (75 years and older) & women (70 years and older). This practice has been handed down to other organizations over time, including the Sonnenkai, Dharma School and Nikkei Sr. Center. The Fujinkai/BWA has served an instrumental part in funding support for the Temple, Dharma School and YBA/Jr. YBA organizations. In addition, the Fujinkai/BWA provides the education of handing down time-honored recipes used at the various celebrations including Hoonko, Hanamatsuri, Obon, Bodhi Day among other celebrations.

These traditions, although modified and changed for the current times, remain the core functions of the BWA/Fujinkai. Everyone wishing another 100 years of BWA traditions going into the future.

March Shotsuki Hoyo

March 17, 10:00 am

Deceased	Date	Next of kin
Adachi Henry	3/11/97	Fujii Adachi
Brouwer Mayeda Emiko	3/4/96	Fumio Mayeda
Endo Nobuzo	3/16/93	Stan Endo
Ikegami Mitsuko	3/2/72	Yuta Ikegami
Imada Matsuyo	3/12/91	Tsukamoto
Iwata Miya	3/11/91	Imai Family
Kano Setsu	3/14/40	Victor Oishi
Kida Uwano	3/16/67	Jeff Kida
Koseki, Iseko Ada	3/17/92	Kathy Terashima
Kumagai Hyozo	3/11/86	John Kumagai
Maeda Matsuzo	3/18/64	Koga Family
Matsumiya Chiyo	3/12/90	Jeanne Konishi
Matsumiya Jinzaburo	3/19/64	Jeanne Konishi
Matsuura Kame	3/25/54	Francis Akimoto
Muraki Tomekichi	3/1/75	
Nakano Tokuyo	3/3/91	Atsumu Nakano
Namba Makiji	3/2/57	
Nishikawa Emily	3/20/95	Nancy Wayman
Sasaki Yvonne Katsuyo	3/16/56	Haruto Sasaki
Shimizu Toshi	3/24/88	Kerry Lee
Tachiki Tetsu	3/18/83	Steve Tachiki
Uyeda Hisashi Harry	3/7/85	Uyeda Family
Kobayashi Sakae	3/17/00	Kobayashi Family
Shiba Takataro	3/10/01	Helen Nakashima
Igata Toshizo	3/2/02	Tomi Igata

Kasai Seiko	3/20/02	Grace Kasai
Taketa Shizuo	3/1/04	Nanae Taketa
Shizuye Nakagiri	3/6/12	Howard Nakagiri
Grahame Leach	3/1/12	Leanne Leach

2013 FEBRUARY DONATIONS

Bob Sugino Family	500	Memorial for Aki Sugino
Rose Watamura	15	Bodhi Day
Thomas Endo	25	Hoonko
Asako Mori	25	Hoonko
Asako Mori	25	Shotsuki Hoyo
Jun & May Sudoku	25	Hoonko
Kazuko Yakumo	30	Hoonko
Robert Kasubuchi	30	Memory of Matsue Kasubuchi
Ivan Van Laningham	100	Special
Kazuko Terasawa	35	Hoonko
Chic Terashima	25	Buddhist Thoughts
Ivan Van Laningham	100	Special
Yuriko Iwamoto	25	Hoonko
Misao & Elsie Doi	50	Bodhi Day
Nancy & Tom Hohler	20	Special
Ivan Van Laningham	150	Special
Setsuko Nagata	25	Nehane
Reiko & Byron Watanabe	25	Nehane
Reiko & Byron Watanabe	25	Pet Memorial
Karie & Marcus Miya	100	Nehane
Hideo Morinaka	100	Memorial

FEB SHOTSUKI HOYO

Ichiro & Takeko Doi	25	Buster Mayeda	100	For Rose Mayeda
May Akiyama	25	Setsuko Nagata	100	7th yr memorial
Chic Terashima	50	Kathy & Paul Terashima	50	
Bruce & Christy Fong	20	Reiko & Byron Watanabe	50	
Ken Nodzu -Mother's Shotsuki Hoyo	50			
Bob Sugino -For Gentaro Ogawa	20			
Bob Kasubuchi - Tsugino Masuko	30			

BWA

Bob Sugino Family	100	Memorial for Aki Sugino
Gina Mejia	5	Special
Karie Minaga-Miya	35	Special
Misuko Shimada	25	Special

BWA paid members

Fran Akimoto	Holly Black	Yuriko Dennison	Maya Chow
Elsie Doi	Takeko Doi	Terry Fujinami	Gina Mejia
Maxine Furubayashi	Tammie Kuramoto	Helen Mitsunaga	Alice Ogura
Junko Mitsunaga	Karie Minaga-Miya	Setsuko Nagata	Donna Sato
Dot Richeda	Connie Sakashita	Nanae Taketa	Brenda Lewis
Kathy Terashima	Judy Watanabe	Reiko Watanabe	Geraldine Chappell
Sadie Kato	Elaine Endo	Kazuko Yakumo	Karen Sato

DHARMA SCHOOL

Bob Sugino Family	100	Memorial for Aki Sugino
Aiko Okada	150	Special
Nobue Sudoku	20	Special
Hideo Morinaka	100	Memorial
Setsuko Schock	25	Special
Reiko Matsuura	40	Bowling party
Soni & Jeff Hirasuna	20	Bowling party
LaVerne Kyed	25	Bowling party

GOODIE BAG --

Ichiro & Takeko Doi	25	Mits & Terry Fujinami	25
Maxine Furubayashi	25	Walter & Hatsue Masuda	20
Helen Mitsunaga	25	Sachiko Tohinaka	20
Chic Terashima	25	Asako Mori	25
Mary & Hiroshi Aramaki	40	Sadie Kato	25
Mabel Okubo	25	Misuko Shimada	25
Ruby Doi	25	Grace Oshita	50
Misao & Elsie Doi	50		

YBA

Bob Sugino Family	100	Memorial for Aki Sugino
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JR YBA

Bob Sugino Family	100	Memorial for Aki Sugino
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