



Buddhist Thoughts

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The Path to Happiness is through the Gate of Suffering J.K. Hirano

*The dharma-gates, each distinct, number eighty-four thousand,
But the keen blade for severing ignorance, its effects, and the karmic causes of suffering,
Is the Name of Amida:
In a single utterance, one's karmic evil is completely swept away.
CWS, pg. 37, Shinran*

Whenever it comes to December, my mind seems to relax a little and I am allowed to look over the past 12 months and reflect on my life. It isn't all pleasant, but for the most part, I love this holiday season from Thanksgiving through our Hoonko services in January. I initially reflect on my past and where I have come from. I remember my family and the wonderful memories, of gatherings where we get together and ate, laughed and tried to love one another. I remember the incredible gifts of kindness and generosity I have been allowed to receive. I have tried to create similar memories with my own children. However, the part that I have the most difficulty with is when I think of the incredible suffering in this world. How many parents are there that cannot create similar memories for their children. I believe that even more difficult than a child not receiving their Christmas wishes, is the suffering of a parent, not able to grant their child's wish. I try to help as much as I can with the difficulty of at least one or two families.

This year, I am especially grateful for a new concept I learned, a really incredible scientific fact; we human beings at a cellular level are hardwired to be Bombu (foolish beings). We are filled with greed, anger and ignorance (Bonno). To all the criticism we receive as Buddhists, this should answer those that call us pessimists, as a result of the first noble truth "Life is Suffering or Dhukkha." It may also help us better understand those people we just hate to be around. They can't help it. They are just living out there instinctual animal selves. They are not consciously making other people's lives miserable. It is just that they are hard wired to be that way, they can't seem to move beyond their suffering. This suffering, which is a result of our bonno is not pessimism but a truthful bit of scientific fact. However, it is also scientific fact that this bonno can be modified and overcome with gratitude, compassion and mindfulness.

Gratitude, compassion and mindfulness are the characteristics of Amida Buddha. They are also characteristics each of us can strive for to be better human beings. There are some that

say, “Jodo Shinshu does not have self practice.” It isn’t that Jodo Shinshu does not have any practice, it is that Jodo Shinshu believes it is difficult to achieve the results you want from practice. However, this doesn’t mean we shouldn’t try.

It is my deep wish that each of us will strive to work towards taming our bonno with gratitude, compassion and mindfulness this holiday season. As we pass the bell ringers, ask yourself “What can I give?” As you buy gifts for your family and friends, ask yourself if you still have it within your budget to spread that list a bit to include those you may not know and are in need. As you reflect on those you don’t want to be around, remember that you are practicing gratitude, compassion and mindfulness. As Amida looks to us as the object of his love and compassion, how can we extend that same feeling towards others?

Although they are less in number, the bells of Christmas remind me the sound of enlightenment. As we hear the pain and suffering in the world, may we each find our path to happiness. The gate of suffering can lead us to our own paths to happiness. Namo Amida Butsu.

On behalf of Carmela, Kacie, Taylor and myself, thank you so much for your support throughout the year. It is truly my great honor to serve the Salt Lake, Ogden, and Honeyville Buddhist temples. Please join us in strengthening our Sangha. Merry Christmas, Happy New Year and Happy Hoonko!

BWA Report

Karie Minaga-Miya and Gail Minaga

Kitchen Clean Up: NOTICE- December 8th will be BWA kitchen clean up. If your organization has food in the kitchen or especially in the refrigerator or freezer and it is not marked to be saved, those items will be tossed or donated to the food bank depending on the condition of the food.

October: The **Food Bazaar** was a success in so many ways. We had wonderful leadership from Karen Tohinaka, Paul Terashima, Reiko Mitsunaga & Troy Watanabe. After a day or two of telephone calls, begging and pleading, the planning phase of the Food Bazaar was off and running. The BWA took the lead to help make the sushi, manju, and ohagi. BWA members were key in other food prep and this event could not be done without everyone jumping in and spending several days before and many hours the day of the Bazaar. We extend our deepest appreciation to Takeko Doi, Terry Fujinami and Setsuko Nagata for donating the lima beans & sharing their tips, secrets and recipes to make our delicious manju. Thank you to those who came to help prepare and sell all the food items for this annual fundraising event.

The FBWA delegates meeting was held at the West LA Buddhist Temple. No one from Mountain States BWA was able to attend. However, a push to get people interested in the **2015 World Buddhist Women’s Conference** has been made. The conference will be held in Calgary, Canada over Memorial Day weekend in May 2015. Please save the date and stay tuned for more details and side trips as they come available. If you are interested, please let Gail Minaga or Karie Minaga-Miya know. **The FBWA Conference for 2014** will be held in Irvine, California on October 10th & 11th, 2014. Save the date and maybe the 2014 BWA Board can plan a group trip out for this event!

The **Eshinniko Seminar & Service** was held on October 19th & 20th. Our guest speaker was Reverend Yukiko Motoyoshi. She provided a delightful seminar on Saturday, conducted more like a fireside chat. It was so nice to get to know her and learn more about Eshinniko. On Sunday, we inducted two new members: Gina Mejia & Li Ying Fam. We also honored our BWA members who passed away during the past year: May Matsuda, Hatsue Masuda, Masako Morinaka, Akiko Sugino. Following the service we enjoyed a delicious lunch at the New Golden Dragon Restaurant. Our appreciation to Jane Sakashita for her planning of the luncheon items which included 7-Course meal: Egg drop soup, black bean & beef, cashew chicken, mabu dofu, peking spare ribs, buta dofu, & seafood chowmein.

Mountain States Conference was held on November 2, 3, 2013. It was so fun to re-connect with our friends & fellow BWA members from Colorado (Tri-State/Denver & Longmont). We also were happy to host Reverend Umezu, Bishop of the BCA. His Dharma Talk on *deep listening* was well received by all and gave everyone things to think about and practice in our daily lives. On behalf of the BWA, we thank Sherrie Koga, Elaine Endo, Susan Furubayashi, Marilyn Shimada, Sandy Iwasaki, Donna Sato, Joni Sueoka, Judy & Troy Watanabe, Gail Minaga, and so many more who planned for 5 meals, including Bento Boxes and Temple luncheon for this weekend event. It was great to see our youth re-connect with their friends from Colorado and participate in this weekend meeting. Dr. Carmela helped to coordinate two fascinating workshop/panel discussions. The topics of “How is Buddhism Relevant in My Life” and “Buddhism & Psychology” were covered in the workshops. Tri-State/Denver Buddhist Temple announced their 100th Centennial Celebration in 2015. Mountain States BWA will donate \$500 to fund a scholarship with a challenge to each Mountain States BWA to match it. Motion passed.

BWA Meeting November 17, 2013 & December 8th.

BWA discussed the “challenge” that the Mountain States BWA promoted to support the IBS – Scholarship for ministerial students. This will be a one time “start-up” fund donation. Mountain States BWA would like all BWA Chapters from the Mountain States to discuss and consider donation for this scholarship. Since the scholarship details are currently in discussion, we will hold off donation until the details of the scholarship is announced. At the meeting, we acknowledge Elaine Endo, 2013 BWA 2nd Vice-President working with Mrs. Kazuko Yakumo to scan BWA historical information stored in the library. Thanks goes out to the ladies making a delicious Keirokai Box lunch for BWA members who have not been able to attend events. 9 box lunches were delivered by Kazuko Yakumo, Reiko Mitsunaga, Gail Minaga & Karie Minaga-Miya.

Kitchen Clean up: Thank you to all BWA Members who braved the winter storm to help deep clean the kitchen. We are so appreciative of everyone who takes up the challenge to come when we call for assistance. Please remember that we will clean out the refrigerator as noted above. If you do not want something thrown out, please label it to be saved. Otherwise it will be thrown out or given away as appropriate.

SLBT BWA Board Members for 2014 are elected as follows from the BWA general membership: Holly Black, Takeko Doi, Elaine Endo, Karen Tohinaka, Sandy Iwasaki, Sherrie Koga, Tammie Kuramoto, LaVerne Kyed, Gina Mejia, Gail Minaga, Karie Minaga-Miya, Faye

Mitsunaga Eng, Junko Mitsunaga, Setsuko Nagata, Dot Richeda, Connie Sakashita, Jane Sakashita, Donna Sato, Joni Sueoka, Kathy Terashima, Cindy Thomas, Judy Watanabe, Reiko Watanabe, Kazuko Yakumo. **Slate of officers** put together by the Nominations Committee from the BWA Board. On December 8th the following were **elected officers for 2014**: Elaine Endo, President, Sandy Iwasaki, First Vice President, Kathy Terashima, Second Vice President, Connie Sakashita, Secretary, Tammie Kuramoto, Treasurer. Please join Gail & Karie in wishing our new Board and Officers much success in 2014.

Upcoming events:

- December 14 & 15, 2013 **Bodhi Day Workshop (3-5 p.m. on Saturday) Service & Luncheon (Sunday) (Guest Speaker – Bhante Madawala Seelawimala)**
- December 15, 2013 Collection of blankets to donate to Road Home
- December 31, 2013 – New Year Eve – **Joya-E Service**

Gail Minaga and Karie Minaga-Miya

Dharma School Judy Watanabe

Happy Holidays from the Dharma School! The Dharma school will be providing a lunch for the Bodhi Day service. We are asking parents to bring a main dish for the luncheon. The Service is Sunday, December 15.

The Dharma school teachers and Board meeting will be on December 22nd during class. Kids will be decorating goodie bags during our meeting.

Goodie bags will be delivered after the Ho Onko service in January. If you know someone who should be on our distribution list, please let Judy Watanabe know.

We are planning a tubing day February 9th at Soldier Summit. This will be in place of our ski day. The cost is \$20.00 a person, but if we get 50 or more to sign up, the cost will be \$13.00 a person. A sign up is posted at church. If you are interested in participating in our tubing day, please sign up or email me at Judywatanabe@utah.gov. It will be a lot of fun, so I hope you will all come and play!

In Deepest Condolence

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

Hatsue Masuda

Miyuki Nakano

Tadayoshi Sameshima

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 15, 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

Special Awards

September: Emma Munson

October: Nick Sueoka
November: Marion Hori
December: Bob Kasubuchi

Tentative 2014 Schedule

Jan
18 Hoonko Seminar Rev. Marvin Harada
19 Hoonko
Feb
23 Nehan E
27-Mar 1 BCA minister's and National Council, Seattle
Mar
16 Ohigan
April
6 Ogden Hanamatsuri
13 SLC Hanamatsuri
May
18 Gotan E, Hatsumairi
June
8 Last Day of Dharma School, Graduation service
July
12-13 Salt Lake Obon/Hatsubon
19-20 Ogden Obon/Hatsubon
September
14 First Day of Dharma School
21 Ohigan
Oct
26 Halloween Party Salt Lake
Nov
23 Eitaikyo
Dec
14 Bodhi Day
31 Shusho E