



Buddhist Thoughts

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SALT LAKE BUDDHIST TEMPLE

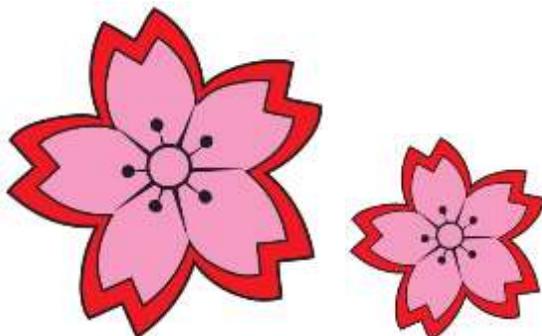
Japanese Food Bazaar

SATURDAY, OCTOBER 4, 2014
211 West 100 South, SLC, UT

Food Served from 1:00 - 8:00

Sushi * Teriyaki * Gyoza * Beef Bowl * Tempura

Chapel Tours, Raffle, Silent Auction Baskets
Gifts for Sale
Public Welcome!



Exercises for Compassion

J.K. Hirano



Mind Full, or Mindful?

Happiness does not come automatically. It is not a gift that good fortune bestows upon us and a reversal of fortune takes back. It depends on us alone. One does not become happy overnight, but with patient labor, day after day. Happiness is constructed, and that requires effort and time. In order to become happy, we have to learn how to change ourselves.

Luca and Francesco Cavalla-Sforza

Recently on our kitchen table, I came across this cartoon that Carmela had printed out. This image can be found on various websites. It was drawn by Henck Van Bilsen, a cognitive behavioral psychologist, from his book, Zee Beatty and the Socks of Doom. Although I have not yet read the book, when I saw this cartoon, I thought of this quote by the geneticist Luca Cavalla-Sforza and his son Francesco. I feel this quote and cartoon encapsulates the real goal of Buddhism and the reason we have a temple.

When you read books or Internet sites about Buddhism, they usually say that the goal of Buddhism is to become Buddha or enlightened. However, to become Buddha is one of the most difficult of difficult goals. To be Buddha is to be a perfect human being. Yet why has Buddhism flourished for over two thousand years? There aren't Buddhas standing around every street corner or even a few in the countries that claim to have Buddhist traditions. I have

not heard of a Tibetan Buddha, Chinese Buddha, Japanese or Korean Buddha. There hasn't been another Buddha since the time of Shakyamuni Buddha and no one knows when Maitreya Buddha will appear.

However, Buddhist temples seem to be flourishing in our current time and place, more than anytime in history. If there are no Buddhas floating around in their blissful spheres called Buddha Lands, why bother? Why is the United States now home to more denominations of Buddhist temples than anytime in history since Shakyamuni Buddha?

I believe that we are Buddhists, not necessarily to become Buddha, but to discover happiness in our everyday lives. It would be great to become Buddha; however, I do not believe it is in my near future. I am not shooting for perfection, but striving to discover or rediscover the type of happiness that makes me want to wake up in the morning, help me maintain and love my family and yes, to create and maintain our temple, our Sangha. It is from these gradual steps, that we work to create a more harmonious society and world.

This cartoon is a picture of a man named Zee and his dog Percy. They are both walking in the sunshine. Zee's mind is so cluttered by his worries of work, home, traffic, etc. that he cannot see the beauty that embraces him. However, Percy is able to live at that moment, enjoying the companionship of his master and the beauty of the world around him. Zee's mind is full of distraction, while Percy is mindful of the beauty of the moment.

As Dr. Cavalla-Sforza has pointed out, happiness is not an automatic state of being. In Shinshu we acknowledge this by calling ourselves, "Bombu" (foolish beings). We are filled with "Bonno" (Klesha), which is characterized by greed, anger and ignorance. Our natural state is to survive at all costs. This bonno fills Zee's mind with a chaotic mix of survival. I don't think our Neanderthal ancestors were hanging around meditating around the fire. I could imagine them worrying about what to eat, was it safe to sleep around the fire, what about tomorrow? Zee is not a Neanderthal and neither are we and at this moment we do not have to worry about basic means of survival, shelter, protection, food, yet our minds are so chaotic and confused because of these thoughts based upon the instinct to survive. Percy, Zee's dog may be mindful, however he is not a human being with the ability to transform who and the possibility of enlightenment.

Shinshu teaches us that our Bonno is a part of who we are, yet it can be modified. Our mind full of distractions can be modified by mindfulness, compassion and gratitude. Our temple, our Sangha is the place that we learn how to create this modification. As Dr. Cavalla-Sforza points out, it is a step-by-step process of effort and time. At our temple, we have religious services to create an environment conducive to these modifications. We have a variety of classes and seminars to learn about various methodologies and systems. When you want to modify your body and get healthy you go to a gym. Our physical body is just a part of being human. The development of our spiritual self is equally important.

We have been fortunate that our Issei and Nisei pioneers have worked so hard to build our temple and we are all working to maintain it and our Sangha. We have been blessed to have a place to work on our spiritual selves. I know that there are some people who would say, "I do not need a temple to work on my spiritual well being." I agree it is not necessary to go to a temple, just as we do not need gyms to work on our physical selves. I have a treadmill, an elliptical trainer, stationary bike and weights at home, and I also have two Obutsudans. However, I find that going to the gym, filled with other people initially working for their own benefit, inspires me to work out harder for myself and ultimately we are working for ourselves and benefit each other. In a similar manner, as we work together at our temple, I am inspired to

work harder for the betterment of myself and the Sangha. I realize that in many ways, thinking of all this can make our minds too full. We can even become stuck in the mind full scenario in worrying too much about the temple's survival, without looking at the purpose and why we are grateful for having it in the first place. However, it is my hope and dream that we are all moving to become more mindful, for the betterment of all.

Our temple needs to be a place where each of us can work towards the benefit of self and other. As a Sangha, we contribute in many ways, through work and monetary donations, to maintain our temple. I hope you can see the benefit in giving and receiving. This month we will be holding two events that work to create a more mindful Sangha. The first is our food bazaar on October 4th and we will need help physically and monetarily. On the 3rd we will begin the physical task of preparing for the food bazaar. On the 4th we can use both. The food bazaar is one of our temple's major fundraisers. On October 18th at 1:00 pm Carmela and I will be leading a seminar called "Monku, Monku, Monku: Listening with the Light of Compassion". This will be the BWA-sponsored Eshinni-ko seminar. I hope that you can join us for both.

Buddhist Women's Association (BWA) News

Elaine Endo

BWA members will, once again, be preparing sushi for the Bazaar on Saturday, October 4. Junko Mitsunaga is in charge and she will need help Friday morning starting at 8:00 to prep the ingredients. Starting at 7:00 on Saturday morning she will need as many people as possible to help roll the maki sushi and prepare the inari sushi. Thanks in advance to anyone who can help out. Also, Karie Minaga Miya is in charge of tempura and needs help cutting the vegetables on Friday and frying or plating Saturday. Please contact her if you can take a shift.

Eshinniko will be observed on October 18 and 19. On Saturday, October 18, from 1:00-4:00 Sensei and Carmella will be conducting a seminar called "Monku, Monku, Monku: Listening with the Light of Compassion." Carmella will be the speaker for the Eshinniko (Shinran Shonin's wife's memorial service and BWA memorial service on the 19th at 11:00 am, following the Dharma School service at 10:00. We hope to have as many people in attendance so please invite your family and friends to join us.

Also on Sunday, October 19, the BWA will be sponsoring a Food/Bake Sale for people to buy some delicious food items. Please help by making a delicious cooked or baked homemade item of your choice. This is our way of helping the temple finances, so we hope to have more Food/Bakes Sales in the future. After the Eshinniko service, we will enjoy our traditional luncheon at 12:30 at the New Golden Dragon. Jane Sakashita is once again making reservations for our group. Please let us know if you are able to make it.

Upcoming events for November include Mountain States in Denver on November 8 and 9 and the Boutique on November 22 and 23. Also, remember that Lumbini's Garden Book and Gift Store will be open every Sunday after service.

Our next meeting will be on Sunday, November 2 after service. Hope to see you then.

Eshinni Seminar
Monku, Monku, Monku:
Listening with the Light of Compassion
Dr. Carmela Javellana Hirano
Rev. Jerry Hirano
October 18th, 1:00-4:00 pm
Salt Lake Buddhist Temple

Welcome Back To Dharma School!
Sherrie and Stephanie, Co-Superintendents

Welcome back to Dharma School! We look forward serving as your co-Superintendents this year! We are grateful to be a part of this wonderful group of parents and students, the future of our church. Our goals are to have another fun filled year, to help support the vision of the temple and to make new lifelong friends. We can both attest to lifelong friendships that were established here at church. Many of our friends are ones we made in Dharma School when we were babies. We love the dynamic nature of church and the diversity of the sangha. It is truly a shared learning opportunity.

Thank you to all of you who came to the Dharma School picnic. We appreciate the kindness of Rev. Jerry Hirano and Dr. Carmela's for opening their home for the picnic. We played games, ate delicious food and had a wonderful time. And the weather was perfect! We are still looking for a board member and a teacher for the 3/4th grade class, please let us know you are interested.

The bazaar is coming up and we are hoping all the Dharma school kids will sign up to help with bussing. Please see Sherrie to sign up for a slot. The next activity will be the favorite Halloween Party on Oct. 26th. Everyone is invited to see all the kids in their cute costumes. The costume parade will begin after lunch followed by games for the kids. We will have our traditional chili and hotdogs for lunch. We are asking people to bring salads or side dishes to help with the lunch. We hope to see you there!

Thank you to all the parents who support the Dharma School. Registration for the 2015 year will be in January with the Temple registration. If you have not paid for 2014 please see Stephanie. The registration fee to attend Dharma School is \$10.00. Please note, in order to be a Dharma school member you must be a Temple member. The registration fees help support activities for the kids and supplies for the teachers. Again, thank you for your support!

We look forward to this upcoming year and we hope you will join us for another fun filled year of Dharma School!

October Shotsuki Hoyo

Service will be October 26

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	Tohinaka Family
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	Fred 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	Imada Family
Otome Hasegawa	10/11/10	Roxanne Hasegawa
Takashi Nagasawa	10/21/11	Yaeko Nagata
Masako Morinaka	10/22/2012	Glen Morinaka

Mountain States District Family Conference

Nov. 8th and 9th, 2014

Tri-State Denver Buddhist Temple

1947 Lawrence Street

Denver, CO 80202

The Tri-State Denver Buddhist Temple is pleased to announce that they will be hosting the annual Mountain States District Conference. Come join us as we gather with our Colorado and Utah Temples for a weekend of Dharma lectures and family fun!

This year's theme is Myokonin or 'wondrous person'. These are examples of Jōdo Shinshū followers from the past and present who exhibited deep commitment to the Jōdo Shinshū teachings through the ways in which they lived. Ministers and Minister Assistants from the different temples will be presenting short lectures on different myokonin.

Please register ahead of time so that we can get a rough head-count and notify you in advance of any changes.

Name(s): _____

Address: _____

Phone: _____ Email: _____

Temple Affiliation: _____

Dietary Restrictions: _____

You can send the form to:

**Tri-State Denver Buddhist Temple
c/o Rev. Diana Thompson
1947 Lawrence Street
Denver, CO 80202**

Mountain District Conference 2014

Location: Denver Buddhist Temple

Theme: Myo-Ko-Ni (Living example in Jodo-Shin-Shu)

Style: Workshop, Q&A period (English and Japanese workshops)

Each minister shares one Myo-ko-nin during the workshop.

Participants enjoy 4 or more living example. (*Dharma school and YBA workshops*)
Speakers: Mt. District ministers & Map

Saturday, November 8th, 2014.

08:00-8:30 am: Registration
08:30-9:00 am: Opening Service at Hondo.....Service order
(Taken care of by Denver)
09:15-10:30 am: Meetings (District Council, BWA, Dharma School, YBA)
10:30-10:45 am: Intermission at Gym
10:45-12 Noon: Workshop-I
12:00-1:30 pm: Lunch (Potluck at Gym)
01:30-2:45 pm: Workshop-II
02:45-3:15 pm: Intermission at Gym
03:15-4:30 pm: Workshop-III
05:00-6:30 pm: Dinner at Gym
06:30-08:00 pm: Entertainment at Auditorium? (*gambling trip?*)

Sunday, November 9th, 2014.

08:30-09:00 am: Morning ServiceService order
(Taken care of by Salt Lake/Ogden/Longmont)
09:15-10:45 am: Workshop IV
11:00-11:30 Noon: Closing Service.....Service order
(Taken care of by Denver)
12:00 Noon: Lunch at Gym and/or Bento Box