



# Wheel of the Sangha

Volume 28 Issue 2 February 2009

A monthly publication by **Seattle Buddhist Church**

*May peace and tranquility prevail  
throughout the world*

## Seattle Buddhist Church

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### New Office Hours

Mon-Fri 9:00am-3:00pm

### Ministers

Rinban

Hoshu Matsubayashi

Day: (206) 380-9911

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### Wheel of the Sangha

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### Seattle Betsuin Vision

*Embrace true and*

*real life*

*in Nembutsu*



### Seattle Betsuin Mission

*Promote, protect, and*

*share the Buddha,*

*Dharma and Sangha*

## February/March 2009 Special Events

- SCOUT SUNDAY SERVICE FEBRUARY 1 10:00 AM
- NIRVANA DAY SERVICE/POTLUCK FEBRUARY 8 10:00 AM
- NORTHWEST CONVENTION FEBRUARY 13 – 15
- TEMPLE CLOSED FEBRUARY 16 PRESIDENT'S DAY
- CHILDREN'S CHAPEL SERVICE FEBRUARY 22 10:00 AM
- CAMP FIRE SUNDAY Service MARCH 1
- BETSUIN BAZAAR MARCH 15
- JAPANESE MONPO SEMINAR MARCH 21 W/ REV. NAKAGAKI
- SPRING OHIGAN SERVICE MARCH 22

New Office Hours : Monday - Friday from 9:00 a.m. - 3:00 p.m. CLOSED SATURDAYS.

<p><b>1</b> Temple Contact Information</p> <p><b>2</b> Calendar, Newsletter Deadline: <b>Feb 16</b></p>	<p><b>3</b> Rimban's Message, DX on website</p> <p><b>4</b> Camp Fire, Scholarships, Go Paperless</p>	<p><b>5</b> Rev Castro, President Tahara Messages</p> <p><b>6</b> Temple Membership, Dharma School, Religious Dept</p>	<p><b>7</b> SBBWA, Need A Ride to Hanamatsuri Service?</p>	<p><b>8</b> Scouts, Sangha-Karuna Class, Save the Planet</p> <p><b>9</b> Donations</p> <p><b>10</b> Dharma Exchange</p>
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## Betsuin Events for February 2009

### SUNDAYS

February 1 Boy Scout Sunday

10:00 am FAMILY SERVICE

Children: Rev. Castro

Adult: Rev. Warrick

Japanese: Rinban Matsubayashi

DX: Rev. Castro

11:45 am SBWA Board Meeting

1:00 pm Sangha Award Class (Rev. Castro)

February 8 Nirvana Day & Pet's Memorial Service

10:00 am FAMILY SERVICE

Children: Joe Schwab

Adult: Rev. Castro

Japanese: Rinban Matsubayashi

DX: Rev. Castro

February 14, 15 NW District Buddhist Convention –  
Portland (Rinban Matsubayashi & Rev. Castro)

No Sunday Services



February 22

10:00 am Children's Service (Rev. Warrick)

Youth: Rev. Castro

Adult: Rinban Matsubayashi

Japanese: Rinban Matsubayashi

DX: Minister's Assistant

1:00 pm Sangha/Karuna Class (Rev. Castro)

### MONDAYS

February 2, 9, 23 Rinban Matsubayashi (Days off)

February 16 Temple Office Closed – President's Day

### TUESDAYS

February 3, 10, 17 Rev. Castro (Days off)

February 24

10:30 am Keiro Service (Rev. Castro)

#### **750th Shinran Shonin Memorial planning**

**update:** Excitement is building for the BCA-sponsored Shinran Shonin 750th Memorial Observance. BCA members and friends are encouraged to participate in the commemoration Feb. 27 and 28, 2010, at the Fairmont Hotel in San Jose. The event will be held in conjunction with the BCA Ministers and National Council meetings. Keynote speaker will be "Ocean" book author Rev. Dr. Kenneth Tanaka of Musashino University in Tokyo. Rev. Tanaka, a product of the BCA, was born in Japan but grew up in Mountain View, Calif. ...

- extracted from [www.BuddhistChurchesofAmerica.org](http://www.BuddhistChurchesofAmerica.org)

### WEDNESDAYS

February 4

2:00 pm Ministers' Meeting (Rinban Matsubayashi & Rev. Castro)

7:30 pm Dharma School Board Meeting (Rinban Matsubayashi)

February 18 Rinban Matsubayashi (Day off)

February 25 BCA Ministerial Meeting – Orange County (Rinban Matsubayashi & Rev. Castro)

### THURSDAYS

February 5

1:30 pm Nikkei Manor Service (Rev. Castro)

February 12

7:30 pm Religious Dept. Meeting (Rinban Matsubayashi & Rev. Castro)

February 19

1:30 pm Nikkei Manor Service (Rev. Castro)

7:30 pm Betsuin Cabinet Meeting (Rinban Matsubayashi & Rev. Castro)

February 26 BCA Ministerial Meeting – Orange County (Rinban Matsubayashi & Rev. Castro)

7:30 pm Betsuin Board of Directors Meeting

### FRIDAYS & SATURDAYS

February 6 Friday

12:00 pm Gojikai New Year Party (Rinban Matsubayashi & Rev. Castro)

February 13-15 NW District Buddhist Convention – Portland (Rinban Matsubayashi & Rev. Castro)

February 27 & 28 BCA National Council Meeting – Orange County (Rinban Matsubayashi & Rev. Castro)

### **Betsuin Bazaar:**

Sunday, March 15

### **Japanese Monpo Seminar:**

Saturday March 21

with Rev. Kenjitsu Nakagaki from New York

### **NEXT NEWSLETTER DEADLINE:**

**February 16, 2009** 8:00 PM

Email Articles to: [Newsletter@SeattleBetsuin.com](mailto:Newsletter@SeattleBetsuin.com)

**Print on February 20, 2009**

**Effective immediately, the office hours are:  
Monday through Friday from 9:00 a.m. - 3:00 p.m. The office is closed on Saturday.**



## Four Important Events in Shakyamuni Buddha's Life And Four Kinds of Nirvana

Rimban Hoshu Y. Matsubayashi, Ed.D.

- I. Prince Siddhartha's Birth
- II. Enlightenment at 35
- III. Wheel of the Dharma in Motion
- IV. Shakyamuni's Death at 80

1. *Originally Pure Nirvana*
2. *Nirvana with a residue*
3. *Nirvana without a residue (Pari-Nirvana)*
4. *No-abiding Nirvana*

In Shakyamuni Buddha's life, I find four important events. The first important event is his birth. He was born as Prince of Kapilavastu in the Lumbini Flower Garden in India on April 8<sup>th</sup> over 2500 years ago in India. His father, King Suddhodana, named him Siddhartha, which means "Fulfillment of One's Wishes." According to Shinran Shonin, founder of Jodo Shinshu Buddhism, the birth of Prince Siddhartha was considered a manifestation of Amida Buddha in order to lead the ordinary people to attain Nirvana.

Renouncing his royal life at 29, Siddhartha attained Nirvana by extinguishing all illusions (klesa) and became the Buddha at 35 under the Bodhi tree in Buddhagaya. This Nirvana is called "**Nirvana with a residue.**" This is the second important event.

As the Buddha, the Compassionate One, he began to preach the Dharma to others. His first talk became known as "the Wheel of the Dharma in Motion for the First Time." His decision to preach the Dharma gave us all opportunities to listen to the teaching of the Buddha. This first sermon of Shakyamuni Buddha is the third important event in his life.

After 45 years of propagation, he died/entered into Nirvana on February 15<sup>th</sup> at the age of 80. This is the fourth important event in his life and this Nirvana is called "**Pari-Nirvana**" or "**Nirvana without a residue.**"

When Shakyamuni Buddha was near death, he addressed the Sangha (assembly) saying, "It may

be that some of you will think, 'the word of The Teacher is a thing of the past; we now have no Teacher.' But this is not the correct view. The Dharma which I have taught and enjoyed upon you is to be your teacher when I am gone." Thus, the Dharma became the guiding light of all Buddhists after Shakyamuni Buddha passed away.

The Mahayana Buddhists categorized Nirvana into four kinds. The first kind is **Originally Pure Nirvana**. This shows that the nature of Nirvana is originally pure and it refers to the Tathata (Thus-ness or Such-ness). The essence of this Nirvana is same with the enlightenment.

The second kind is **Nirvana with a residue**. This refers to the person who attained Nirvana by destroying all illusion (klesa), but still possesses a physical body. The third kind is **Pari-Nirvana** or **Nirvana without a residue**. This refers to Nirvana of one who no longer possesses a physical body. The fourth kind is **No-abiding Nirvana**. This refers to the perfect enlightenment, which does not dwell in quiescence, but actively works for the benefit of all sentient beings as the compassionate Buddha.

Amida Buddha as the compassionate Buddha is always acting everywhere for the benefit of all of us to attain Nirvana. We will be awakened to the great compassion of Amida Buddha by listening to the Dharma as our guiding light, the teacher. No-abiding Nirvana reminds us that we are all living in the compassion of Amida Buddha. Gassho

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Notes from Dharma Exchange ... is available on page 9 in this issue of our online "newsletter". Thank you, Pat Bobrow, for keeping us all apprised of this Sunday interactive discussion.

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### Camp Fire Candy Sale

The Camp Fire Candy Sale is going on now until Feb. 16th! Buy traditional mints, caramel clusters or almond roca for \$5/box from your favorite Camp Fire student. Candy makes a great Valentine's Day gift too, and you're helping Camp Fire USA! Half of the proceeds benefit local Camp Fire programs, and each box of candy generates funds for our group's activities. We'll be selling in the *hondo* on February 2 and February 8. Thank you for your support!

### Camp Fire Birthday Service – March 1

Our annual birthday service will be on March 1st. This special service will be organized and led by our Discovery/Horizon group. We welcome all Camp Fire alumni and the *sangha* to join us.

### Rainbows

This year our group focus is food! We are incorporating learning about different cultures with cooking. So far we have made spam *musubi* (Hawaii), *krumkeke* (Norway), paper heart holders (Denmark), *musubi* and tied chopsticks (Japan), and baked cookies for the Wisteria View Manor residents. Thank you to all the parents who have put together such fun activities. We shared a little of what we learned by teaching the Starflight PreK-1 group the *hula* "Pearly Shells" and performing with them at the New Year party.

A couple of additional thank yous from this fall:

- We would like to thank the Hummingbirds for putting on a super fun carnival for the Starflight groups!

- Thanks to Ellen Mori for organizing our annual Camp Fire Halloween party!

### Adventure 3-4

On January 11th, the girls performed their dance routine, "All for One", from High School Musical 2, at the Temple New Year's Party. The routine included some of the girls "playing" their instruments, and some dancing as "boys" or "girls." The girls really practiced hard and it showed. They performed with confidence and enthusiasm. Special thanks to the girls for their positive attitude and hard work, to our group's parents, for supporting us through the many practices, and to Pam and Alison, for choreographing and coaching the girls through a creative, successful performance.

### Hummingbirds

We finally were able to have a meeting, after all the snow days in December! The Fall Officers ran their last meeting on January 4th. With the \$180 raised at our Starflight Carnival, we decided to purchase a pig and trio of rabbits through Heifer International. We also discussed ideas on how to spend our candy sale refund. After 4 months of playing a Secret *Tomodachi* game, we had the exciting, big "reveal" on January 4th! Lastly, Meghan and Alder led us in a fun game of Pictionary. Thanks to President Koki, VP Kristy, Secretary Samantha and Treasurer Tedi for doing a terrific job for the 1st term! Incoming officers are: President Kayla, VP Meghan, Co-Sec. Emily & Miye, and Co-Treasurers Alder & Emma. Next, we will be focusing on the annual Camp Fire candy sale.

Submitted by Lisa Butler

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## SCHOLARSHIPS

**High School Seniors 2009** - If you are a temple high school senior class of 2009 you are eligible to apply for the Seattle Betsuin Tsujihara Memorial Scholarship Grant / Seattle Betsuin Continuing Education Grant. All applications must be submitted by 1pm Friday, April 24, 2009. Contact: Shizue Kaku via the Betsuin office at 206.329.0800.

**College Students** - The Masaru & Mitsuma Shimokon Scholarship Grant is available to temple college students. To apply you must be currently attending college with majors in medicine, nursing, or engineering. The application submission deadline is Friday, April 24, 2009 at 1pm. Contact: Shizue Kaku via the Betsuin office at 206.329.0800.

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GO PAPERLESS! THIS NEWSLETTER IS NOW ONLINE AT

[WWW.SEATTLEBETSUIN.COM](http://WWW.SEATTLEBETSUIN.COM) Contact the temple office at 206-329-0800 or email [Newsletter@SeattleBetsuin.com](mailto:Newsletter@SeattleBetsuin.com) to have your name removed from the mailing list and jump online! Thank you!

## Does a Dog Have Buddha Nature? by Rev. Don Castro

In February, we observe Nirvana Day/ Pet's Memorial Service. At first glance, it might seem odd to link these two memorial observances but one of the wonderful characteristics of Buddhism is that it regards all life as sacred. Buddhism also attributes various kinds of intelligence to animals. In one Tibetan text I recall reading that, if we could but understand them, even the birds are preaching the Dharma.



I am fascinated by how early in Buddhist history animals are graphically shown worshipping the Buddha. At the ancient Buddhist monastery at Sanchi, India, many animals are depicted worshipping the Bodhi tree. Ancient Japanese artists, in picturing the Buddha's final instructions to his disciples on his death bed, also charmingly included many kinds of animals gathered around mourning the loss of their

beloved teacher from this world.

I believe animals have various kinds of intelligence of various levels of sophistication. I certainly admire many of their traits – I wish I could “cat nap,” for instance. Mostly, from my pets I have learned how dull witted I am: I didn't hear that person approaching the front door! I didn't smell that...I-don't-want-to-know!

Buddhists don't regard animals as having been put on earth by God in order to be a food source for man. And what about the belief that God is pleased by animal sacrifices? Such beliefs must surely account for the fact that few, if any, animals have any faith in God.

Animals are our teachers so, on Nirvana Day, it is perfectly appropriate that we honor our pets who taught us so much, maybe not with words but, like the Buddha, primarily by example.

## Message to Our Members by Mas Tahara

Wasn't it a great New Year's party on January 11? We appreciate so many members - young and old, helping in planning, preparing and working together on all the functions that needed to be done. The installation ceremony of officers signaled the beginning of many programs and activities that the temple and its affiliated organizations will be involved with together with all of you members.

However, I must add, it is not going to be a “business as usual” year since we must face some cold realities of hardships in many areas of our operations. Some changes must be made.

As I mentioned in my message at the party, the Betsuin Board of Directors has been busy in truly understanding what our temple can and should do to cope with the challenges we must face. Dealing with declining membership is one of the major tasks along with the advancing age of our membership (those over 70 years are more than the younger



members). Another serious issue is the deteriorating conditions of the temple buildings and facilities. The financial outlook, having a deficit of over \$100,000 each year, is yet another area that needs some strong remedial actions. The Board will tackle these issues and more, very soon, and come up with some action plans. We plan to inform you well enough to work together to keep our temple the place to “Embrace True and Real Life of Nembutsu”.

Just a brief note to thank everyone for asking about my wife Anna's condition. She is no longer getting out-patient rehabilitation therapy since she has sufficiently recovered from the stroke she suffered last October. She has not returned to her swimming routine yet, and is still hesitant to drive; but, otherwise, she is back to normal. I, too, am back after taking a leave of absence for the last two months. We appreciate very much the overwhelming support you all have given both of us.

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## Temple Membership

### On Behalf Of The SBC Membership Committee...

We would like to “thank” the following **regular members**, for contributing at least the minimum annual Ijikai dues (the basic dues toward the Temple maintenance/operations). This is a list of those paid members that have posted dues since our last month’s posting:

Gary & Sandee Hamatani, Mack & Setsuko Harada, Laverne Imori, Masako Kawamoto, Miwako Ohta, Steve Shahbaghlian & Tish Oye, Rikuko Tanaka, Toshio & Jackie Uyeji, and Dennis Yamashita

*We'd like to 'welcome' Laverne Imori as a new member to our Sangha.*

**\*AS A REMINDER:** The basic dues towards the Church maintenance/operations, is **\$250 for those over 70 years of age and \$300 for those under 70 years old. Payments are due by September 30, 2009.** If you have any questions about your membership status, please contact Howard Luke or

Steph Ojima by way of the Betsuin office: 206-329-0800 or [office@seattlebetsuin.com](mailto:office@seattlebetsuin.com).

How To Become A Member of the Seattle Buddhist Temple Membership is open to anyone in accord with the purposes of the Temple. According to the Temple constitution, these purposes are defined as follows:

**“...to strengthen and propagate the Teachings of the Buddha as determined by Shinran Shonin and the Patriarchs before him, in an expression of gratitude for the Sacred Name and the Primal Vow of Tathagata Amitabha; to participate in the general welfare of the community.”**

Newcomers are always welcome to become ‘regular’ members of the Seattle Betsuin. “Regular” members of the Temple consists of those individuals contributing the current year’s minimum annual Ijikai dues (the basic contribution toward the Temple maintenance/operations).

## Dharma School

Submitted by Joyce Tsjuji

### Nirvana Day Potluck and Pet Memorial

Dharma school would like to invite everyone to the Nirvana day vegetarian potluck on February 8. The pet memorial service will be held the same day. Cards will be available in the foyer to write down the names of pets that have passed away. During the service the sangha will be given the opportunity to *oshoko* and have their card placed on a board in the front of the *hondo*.

**New Year’s Party** The third, fourth and fifth grade classes made the centerpieces for the New Year’s Party. The high school class put on the Project Runway Japan skit during the entertainment portion.

We hope these were enjoyed by all. Also to be noted is that there were only 4 bags of garbage generated by this event thanks to the hard work of our composting/recycling team. Great job!!

### Classroom reports

**First/second grade** We started our New Year’s celebration by making *nenga jo* or New Year’s cards to give to family, friends and the ministers and coloring pictures of *kagami mochi* posted up in our classroom. We then continued by making year of the ox calendars, and reading the story of how the zodiac animals came to be. Finally for *Ho-onko* we made scrolls of Shinran Shonin and talked about his life story.

## Religious Department---Are we there yet? by Paul Mori

Beginning this year, our Betsuin organizations will be asked to provide Regular service chairpersons for their assigned months. This is our opportunity to have Sangha members participate in the service. Those who have chaired in the past, thank you very much. To the new volunteers thank you ahead of time. Please, when asked to chair, remember we (who have participated) had to start some time. If the service is important to you, take part in it; you may find it enlightening. **SAVE THE DATE:** Saturday, March 21 is the Japanese Monpo Seminar with Rev. Kenjitsu Nakagaki from New York.

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# Seattle Betsuin Buddhist Women's Association

**Message by President Terrie Tanino:** On November 25, 2008, Rimban Hoshu and Mrs. Matsubayashi, members representing SBBWA and Betsuin made their annual year end visitation to Keiro presenting each resident with a box of Kleenex. The group also stayed to attend and assist the Keiro staff during the monthly Buddhist Service conducted by Rimban Matsubayashi.

Our Food Committee Chair, Ritsuko Kawahara and her committee member were assisted by Kinue Kuwahara, Yoshie Hiroo to plan, coordinate and procured the items for the annual Seattle Betsuin New Year's Party. To all the members that participated with the kitchen help to cut vegetables, cook, prepare and package the over 500 obentos, thank you for a job well done.

On the calendar of events, notices have been sent for our annual Dana Day observance, February 8th. Also a friendly reminder that it is time to submit your annual SBBWA dues. Although, a notice will be publicized, the SBBWA invites any ladies interested in joining our organization to please contact Membership Committee Kiyoko Takashima, Norigiku Horikawa or President, Terrie Tanino. The New Membership installation service and luncheon is scheduled for May 3<sup>rd</sup>. We look forward to hear from you

## Donations for this month

**by Treasurer Mabel Nishizaki:**

Mas and Anna Tahara - General donation

Norigiku Horikawa - General donation  
Lillian Horita - In memory of Mitsui Hayashi  
Lutes Fujita - 7th year memorial for Katherine Fujita  
Frances Tamekuni - General donation  
Haruno Morishima - General donation

## Activity Committee: Knitted Scarfs and Hats.

Many thanks to all the SBBWA members who so generously gave of their time and talents toward the "Knitted Scarfs and Hats Project". On January 5, Fumi Yamaguchi and Yoshi Hiroo took four boxes to the Seattle Union Gospel Mission. There were 60 scarves and 24 hats, a total of 84 articles that were donated. The articles were well received and during this cold season they will certainly be put to good use. We thank the following members for all their efforts; Louise Akizuki, Saeko Aoyama, Sue Fujino, Yoshie Hiroo, Toshiko Isomura, Ritsuko Kawahara, Taka Kogita, Yoshi Mamiya, Darlene Shimizu, Nobue Shimizu, Jean Taketa, Frances Tamekuni, Fumi Yamaguchi, Miyoko Yamazaki and Mabel Nishizaki. Thank you, ladies.

## SBBWA Calendar for February 2009:

2/1 BOD meeting  
2/8 Dana Day  
2/13-15 NW Convention Portland, OR  
2/22 Cabinet meeting

Submitted by Deanna Ikegami

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**DO YOU NEED A RIDE? Can You Give A Ride? To Hanamatsuri...**  
Hanamatsuri Service is Sunday, April 12, 2009. If you would like a ride or are willing to give a ride on your way to temple, please mail this completed form to: **ABA, Seattle Buddhist Church, 1427 S Main St, Seattle, WA 98122** by March 29. Plan to arrive at Seattle Buddhist Church by 9:15 a.m.

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Name	Address	City	ZipCode
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Telephone Number and/or Email Address

Please mark the boxes that apply: I need a ride . I can walk unassisted . I will bring my own wheel chair/walker . I am a temple member and can give a ride on my way to temple .

When we match you with a driver or rider on your neighborhood, an ABA representative will contact you and determine your return trip departure time.

## Cub Scout Winter Camp – December 13 & 14, 2008

Submitted by Andrea Mano

Ten Cub Scouts with accompanying adults, ventured to Camp Sheppard for Winter Camp. The Cubs attending were: Kobe T., Drake I., Aaron R., Azaad Z., Alex S., Joshua M., Giovanni A-F., Bryan Y., Matthew K., and Nathan S.

We arrived to find 8 – 10 inches of new powder, untouched by even the Winter Camp staff. Morning was filled with inner-tubing (or 'tubing', as the Cubs say), while the parents watched, as well as snow ball fights, and building a snow fort. Kobe T. made a huge snowball, which required 4 adults to roll it. In the afternoon, tubing continued and many practiced carving and leather craft. Bryan stitched a wonderful leather holder for his pocketknife. While Azaad tubed more while the other boys had a snowball fight with another troop at the snow fort. Then the boys and Tom destroyed the snow fort by diving into it. Kobe's huge snowball was now a huge snowman, with the addition of a body and head. Finally, as it was getting dark, we pulled Azaad off the mountain and headed for dinner. After dinner, there was another snowball fight around the cabin, until the power went out and the Cubs must

rest before the evening show at the campfire.

Luckily the emergency generator kicked in, and we had lights (and heat) again.

In true Pack 252 style, there was plenty of food. Remembering that last year's meals were Fair-to-Middling at best, Kris brought in over a dozen rolls of sushi. Added to this was rice and chicken, spam *musubi*, chips, and hot chocolate. We didn't even need to break into the hotdogs this year!

Of course, the fun included cars spinning out on the hill to the parking lot, a power outage, and midnight runs to the bathroom. Unfortunately, the Camp staff forgot Troop 252's skit at the Campfire – had they performed it, it would have been a great skit, as the Cubs practiced it over 30 times before the evening show.

Thank you to Kris for organizing and for all the parents for participating (and bringing food).

We thought we were extremely lucky to get Snow at Snow Camp (as opposed to Rain at Snow Camp last year). What a surprise to return to Seattle on Sunday, to find the entire city covered in snow!

## Sangha-Karuna Religious Class Holds Retreat by Tina Ko

The Sangha-Karuna religious class (for Boy Scouts and Camp Fire) held a retreat over the weekend of December 27-28, 2008 at the temple. Rev. Castro, Rev. Warrick and junior minister assistant Travis Suzaka led the sessions on chanting the Junirai, etiquette for being on the *onajjin*, preparation of the *onajjin* for services, and *kansho*. There was a chance to create New Year decorations, which are displayed in the foyer. Six Scouts and 10 Camp Fire members spent the weekend learning the meaning and practicing the chanting and then led the Sunday service on December 28. Both groups plan to lead their respective upcoming services. Thank you to Rev. Castro, Rev. Warrick, Travis Suzaka for planning this retreat, Susie Taketa, Julianne Tosaya, Lauren Asaba and Lori Kozai for food prep and Rev. Castro, Joyce Kato and Tina Ko for chaperoning overnight.

## Large And Small Things You Can Do To Save Our Planet by Gail Kaminishi



- Your trash is someone else's treasure. Get organized in the winter for a garage sale, donation, online sale of your unwanted items.
- If you are not attending the NW Buddhist convention, here is an interesting alternative in Portland - the NW Dharma Association annual meeting on February 14:

*The theme of this year's meeting is "Green Dharma - Buddhism & Ecology". The day's events will feature a keynote speech by Robert Beatty, Founding Teacher and Director of Portland Insight Meditation Center. Robert's accomplishments include a Master's Degree in Environmental Studies. A panel of Green Dharma practitioners and theorists will address the afternoon discussion session.*

*This event is open to all: members and non-members, Buddhist or interested friends and supporters. So, please invite others and plan on coming yourself. This is an opportunity to meet a broad range of folks who practice, teach, or are interested in the Dharma throughout our region. A full agenda and more details will appear soon on our website at [www.nwdharma.org](http://www.nwdharma.org).*

The Seattle Betsuin Gratefully Acknowledges the Following Donations –  
December 2008 - January 2009

<b><u>Funeral / Memorial / Nokotsudo:</u></b>	<b><u>For:</u></b>	<b><u>Given by:</u></b>
Alan Nakamura and Joyce Nakamura – In Memory of	\$ 1,000	Ted Nakamura
Teruo “Ham” Koba – Funeral	\$ 750	Susan Meyer
Tommy Tameo Deguchi – 49 <sup>th</sup> Day Memorial Service	\$ 400	Jean Deguchi
Hiromi Sugiyama – Burial Service	\$ 300	Sugiyama Family
Mitsuko Matsumoto – 7 <sup>th</sup> Year Memorial Service	\$ 250	Minae Suetsugu
Silahis Taverna – 49 <sup>th</sup> Day Memorial Service	\$ 200	Odette Polintan & David Della
Jim & Ayako Demise – In Memory of	\$ 100	Jay & Alice Demise
Nokotsudo	\$ 50	Nobuo Yutani

<b><u>Remembrances for:</u></b>	<b><u>Given by:</u></b>
Tommy Tameo Deguchi	Shirley & Roger Fukai; Sue & Grank Genzale; John & Mitsuko Hamakami; Dr. Scott Kanemori; Cheryl & Dani Ohashi; D.M. Ohashi Landscape Services; June & Frank Sato; Louise Takisaki; Bev & Art Uyeda
Ayako Demise	Yuki M Laurenti
Hiroko Kitano	Gene Arinobu; Samuel & Matsue Watanabe
Teruo “Ham” Koba	George & Fusaye Funai; Yoshiye Iwamura; John Litz; Nobuko Otsuji; Masako Shibuya; Harry & Terri Shigaya; Al & Fran Shintaku; Emiko Taniguchi; Shokichi & Elsie Tokita; Masako Tomita; Nobu Yutani
Robert Yoshio Kono	George & Fusaye Funai; Jim & Hiroko Hasegawa; Daisy Kuramoto; Merrily Taniguchi; Fumiko Yamaguchi
Satoshi & Roger Masuda	A.G. Nakashima
Ryoto Yabuki	Hidemi & Keiko Tsuboi; Munehisa & Akiko Yabuki

**Supervising Minister:** Yakima Buddhist Temple \$ 100

**New Year 2009:** Janet Kosai; Pauline Sakuma; Roy & Kazumi Shimizu

<b><u>Other:</u></b>	<b><u>Donor:</u></b>	<b><u>For:</u></b>
\$ 1,500	SBBWA	Year-end Appreciation
\$ 300	Gojikai	Year-end Appreciation
\$ 228	Alice Doi	General (United Way)
\$ 200	Rev. Julie Hanada	Appreciation
\$ 100	Shuzo & Alice Takeuchi	General
\$ 100	Bill Vegeley	General
\$ 100	Yoshie & Takumi Mikami	General
\$ 100	Spokane Buddhist Church	Year-end Appreciation
\$ 72.26	Reiko Hara	General (United Way)
	Kazuko Yakumo	Wheel of Sangha Newsletter
	Alan Hoshino	Bodhi Day
	Norimi Kusanagi & Michael Leonard	2008 Year-end Appreciation
	Miyo Kaneta	Appreciation for Ted Yorita
	Hiro & Dorothy Nishimura	Get well wishes for Anna Tahara

## Notes on Dharma Exchange...December 28, 2008, January 4, 18, 2009

*These notes are intended for those who were unable to attend Dharma Exchange -- Japanese service attendees, committee members, Dharma School parents.*

On December 28 Joe Schwab, Minister's Assistant, continued Castro sensei's commentary on "*dhukka*," and cited the story of New York shoppers rushing through a door and trampling to death the employee who opened the door. He also addressed the 50 billion dollar scam perpetrated by Mr. Bernard Madoff. Both are examples of *dhukka* relating to desire.

How we handle desire is the important thing, not the desire itself. Rev. Julie Hanada asked, "What causes desire?" She agreed with a participant that fear and mortality are at the basis of greed. Greed can be traced back to pre-history when it was necessary for survival to accumulate food. Out-of-control desire equals greed and the question today is where to draw the line. Gassho, Pat Bobrow

On January 4, 2009 Rev. Julie Hanada took the lead by asking the question, "How do we learn or teach gratitude?" Some participants offered the answers – awareness, curiosity, action. Jim Sensei asked, "How many are afraid to do good deeds?" after citing the example of a resident snow plowing his neighborhood streets and was told to stop because he had no authority to do it. Rev. Julie offered, "Don't let another's poison, poison you." and "How do we listen? Hear the Dharma everyday." She mentioned the movie, *Gran Torino*, as an example of the power of role modeling. Jim Sensei said we teach with our "backs"- that is, by example.

After next week's Dharma Exchange an added informal discussion and an extension of Dharma Exchange will take place after 11:30 for those who want to go beyond coffee and donuts.

Paul Mori urgently asked for volunteers to sign up to take their turn (*toban*) for acquiring donuts/coffee, set-up/clean-up of Dharma Exchange's coffee/refreshment duty.

On January 18, 2009 during his Dharma Talk Rev. Castro expressed his sense that *nembutsu* is an expression of sincere gratitude. At Dharma Exchange he related that for himself the Christian idea of Jesus dying for our sins projected a sense of agony; whereas, Buddhism presents a peaceful, poised image. In response to questions, he made comments on sages: that they practice with the goal of enlightenment; but "no matter how much I try, I cannot" - this is self-power; on Zen masters: lineage of teachers is important; on Tendai Buddhism: it includes an eclectic form of Zen; on Amida: it is awakening to something beyond ourselves.

Gassho, Irene Goto