

Wheel of the Sangha

Volume 31 Issue 3 March 2012

A monthly publication by **Seattle Buddhist Church**

*May peace and tranquility prevail
throughout the world*

Seattle Buddhist Church

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**This is a cover page.
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Rimban Don Castro

24 hours: (206) 779 -2214

Reverend Jim Warrick

Wheel of the Sangha

NEWSLETTER STAFF

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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*

Saturday: March 3 First Saturday Study Group 9:30 – 12:30
Guest Speaker: Alan Ness on Meditation see p. 4

Sundays:

March 11 One Year Memorial for Japan Earthquake/Tsunami Victims

March 18 Spring Ohigan Service

Japanese Service: Rev. Yuren Tai, Koyasan Temple

March 25 Betsuin Bazaar see page 7

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Betsuin Events for March 2012

EVERY SUNDAY All are invited:

- 8:45 am *MEDITATION SERVICE at 1441 S. Main St; Sutra Chanting, 20-minute meditation, discussion.
10:00 am SERVICE - in Hondo (main sanctuary) includes Sutra Chanting, singing, and Dharma Talk
11:00 am DHARMA EXCHANGE – in dining room, Q/A, dialogue with minister and ministers assistants

EVERY WEDNESDAY **10:30 am DHARMA SUPPORT GROUP with Meditation

SUNDAYS *8:45 am Meditation Service

March 4

- 8:45 am Meditation Service
10:00 am FAMILY SERVICE
Youth: Rinban Castro
Adult: Rev. Warrick
DSDX: Akahoshi Sensei
DX: Rinban Castro
11:45 am Dharma School Teachers' Meeting
11:45 am SBBWA Board Meeting
1:00 pm Cub Scout Metta Award Class (Rinban Castro)

March 11

- 8:45 am Meditation Service
10:00 am 1 YEAR MEMORIAL SERVICE FOR
JAPAN EARTHQUAKE/Tsunami VICTIMS
Youth: Rinban Castro
Adult: Akahoshi Sensei
Japanese: Program
DSDX: Rev. Warrick
DX: Akahoshi Sensei
12:00 pm Religious Department Meeting
1:00 pm Cub Scout Metta Award Class (Rinban Castro)

March 18

- 8:45 am Meditation Service
10:00 am SPRING OHIGAN SERVICE
Youth: Akahoshi Sensei
Adult: Rinban Castro
Japanese: Rev. Yuren Tai, Koyasan Temple
DSDX: Joe Schwab
DX: Akahoshi Sensei
11:45 am SBBWA Cabinet Meeting
1:00 pm Cub Scout Metta Award Class (Rinban Castro)

March 25

- 8:45 am Meditation Service
10:00 am FAMILY SERVICE
Family: Rinban Castro
No DX or Dharma School
11:00 am – 3:00 pm SEATTLE BETSUIN BAZAAR

MONDAYS March 5 Rinban Castro (Day Off)

TUESDAYS

- March 20 7:00 pm Third Tuesday Study Group
(Rinban Castro & Akahoshi Sensei)
March 27 10:30 am Keiro Service (Rinban Castro)

WEDNESDAYS **10:30 am Dharma Support Weekly

March 7 **

- 7:30 pm Dharma School Board Meeting (Rinban Castro)
March 14 Rinban Castro (Day Off); Rev Akahoshi**
March 21, **28**

THURSDAYS

- March 1 1:30 pm Nikkei Manor Service Rev Akahoshi
March 15 1:30 pm Nikkei Manor Service Rev Castro
7:30 pm Betsuin Cabinet Meeting
March 22 7:30 am Betsuin Board Meeting
March 29 Rinban Castro (Vacation)

FRIDAYS

- March 2 12:00 pm Gojikai Service & Lunch/Meeting
March 9 Rinban Castro (Study Day Off)
March 16 10:00 am Shinran Shonin Monthly
Memorial Service (Rinban Castro)
March 23 Rinban Castro (Day Off)
March 30 Rinban Castro (Day Off)
2:30 pm Betsuin Scholarship Deadline

SATURDAYS

- March 3 9:30 am - 11:30 pm First Saturday Study
Group (Rinban Castro) with Alan Ness on Meditation

April 2012: Major Events - Sundays

- April 8 Hanamatsuri Service & Luncheon
April 15 Camp Fire Sunday Service
April 22 Earth Day Service &
Scholarship Awards Presentation

Next English Seminar at Seattle Betsuin – Save the Date!

May 12, 2012

Reverend Harry Bridge
will conduct A Music Workshop
with

Dii Lewis from Berkeley Temple
who wrote *Like Blossoms*



**April Newsletter Deadline:
Monday, March 19, 2012 - 8:00 PM**

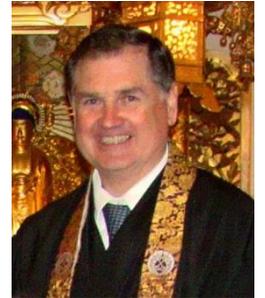


One Year Memorial

by Rev. Don Castro

It's hard to believe that one year has already passed since the tragic earthquake, tsunami and radiation leak in northern Japan last March 11. The terrible images of the disaster are deeply imbedded in my memory. So, also, are the wonderful stories of heroism and selfless "dana" such as the older engineers who volunteered to expose themselves to elevated levels of radiation so that the younger ones wouldn't have to be exposed as they struggled to stabilize the Fukushima nuclear power plant.

It happens that the first anniversary of March 11, 2011 falls on a Sunday and we will be observing the First Year Memorial Service as our regular Sunday service at 10:00am on that day. I will be delivering a Dharma School message and Dr. Kenji Akahoshi sensei will deliver the Adult Dharma Talk. Akahoshi sensei is well known to many of you and I am pleased to announce that he will be spending a month with us as he undergoes his BCA ministerial internship. Since he has served as San Jose Betsuin Board President as well as serving in various religious capacities, he already has a broad background in temple ministry. Akahoshi sensei will be travelling to Japan later this year to receive his Kyoshi Certification and will probably be assigned to a BCA temple after that so we have a wonderful one month opportunity to share the Dharma with him. One of his first duties as Seattle Betsuin intern minister will be to conduct the Nikkei Manor Service on March 1 and wish his auntie Mrs. Mitsu Florence Kato a happy 105th birthday!



President's Message by Yukio Morikubo

The Spokane Buddhist Temple hosted the 65th Annual NW Convention in February, and it was great. As I looked over the schedule at registration, I could see Spokane's organization and spunk in the big plans set for the weekend. The whole thing was really well done. Congratulations, Spokane, and thank you!

Personal stories were important throughout the convention. Rev. Marvin Harada wove funny accounts of his own into his keynote address. Karen Akahoshi -- wife of Dr. Kenji Akahoshi who also participated at the convention, and daughter of Rev. Eiyu Terao who, with his brother, founded the Spokane Buddhist Temple in the 40s -- told warm, sometimes poignant family stories in her speech at the banquet. And while I didn't get to listen to all the other ministers who conducted workshops at the convention -- including Rev. Kiyonobu Kuwahara (BCA), Bhante Seelawimala (IBS), Rev. Gregory Gibbs (Portland), and Rev. Dennis Fujimoto (Idaho-Oregon) -- those that I did get to hear all helped me better understand the narrative of my own life.

The convention was also an opportunity to commemorate Socho Ogui whose term will end in March. In his greeting, Socho Ogui thanked the members of the NW temples for their support during his term. It is easy to underestimate the benefits that we have received and will continue to receive thanks to Socho Ogui's leadership. He championed the idea of offering Buddhist training and education in the United States, and of focusing on our youth. Both were important and bold, and the convention was the right event at which to begin to recognize his accomplishments.

All in all, the convention was affirming, and it reminded me of the significant role that our own ministers and ministers' assistants play in helping to advance Jodo Shinshu throughout the Northwest. Rinban Castro supervises the ministers' assistants who serve at the Spokane Buddhist Temple. This is a responsibility that sensei takes seriously, and that has helped the Spokane Buddhist Temple survive and flourish. Rinban Castro, Rev. Warwick and our ministers' assistants Joe Schwab and Irene Goto also travel to other temples in Washington to help conduct services. It isn't easy, I'm sure, but their service is heartfelt. Thank you, Rinban Castro, Rev. Warwick, Joe and Irene, for your dedication.

If you were not able to attend this year's convention, be sure to mark your calendars for next year. Next year's convention will be hosted by White River and held at the Tukwila Doubletree on February 15 - 17, 2013. I know that White River will rise to the high standards set by Spokane this year. See you there!

Study Groups at Seattle Buddhist Temple **First Saturday Study Group March 3 9:30am to 12 noon at the Mediation House (2 doors east of the Temple) - *Beginning Meditation: Stress Relief and Life Insight***, Presented by Alan Ness. Brown bag lunch to follow.

This is free and open to all. No experience needed. Chairs will be available for those who are not able to sit on the floor for long stretches. This seminar will introduce you to the practice of sitting meditation.

You will learn the three key points of meditation: sitting posture; breathing practice; and working with your mind and emotions.

Meditation allows us to be more fully present in the here and now. This can open us up to a feeling of gratitude to our world, as well as a state of humility about our place in the universe.

Optional reading: "Ordinary Struggles" by Socho Ogui (in Tricycle Magazine)

Bio: Alan Ness is an authorized meditation instructor in mindfulness-awareness technique. He has taught meditation to groups and individuals for 20 years. He is also a teacher of Buddhist topics and conducts Buddhist funerals and 40-day memorials.

Contact: Leonora Clarke (clarkel@uw.edu).

Third Tuesday Study Group will meet on March 20 led by Rinban Castro and Rev. Kenji Akahoshi.

Eco News Use antibacterial soap sparingly. Regular soaps work to kill bacteria and microbes without killing nonpathogenic bacteria. In other words, antibacterial soap is overkill! We are upsetting the balance of microbial life and possibly creating superbugs.

Save yourself some work- use the same pan to rinse out vegetables and then cook them in it – leaving one less thing to wash up. Also by doing so, you'll be able to see how much water you are using.

Waterless car wipe cloths may be a good alternative. They are available at auto supply stores. Also, it is better to go to a recycled water car wash than to wash at home with soaps. When washing at home you may be rinsing harmful detergents, heavy metals, oil into the water system. Salmon can be affected by these elements. Submitted by Gail Kaminishi

Dinner for Orion YouthCare Center was served to 60 youth on February 17, 2012 by the crew pictured here.



Midori, Spence, Michi, Dennis, Irene
Submitted by Irene Goto

SCHOLARSHIPS Are Available for high school seniors graduating in 2012 and students currently attending college for careers as nurse practitioner, medical doctor, registered nurse, engineer, or computer science. Application **deadline: Friday, March 30, 2012** by 2:30pm to the temple office. For applications and/or questions, please contact Shizue Kaku via the temple office 206-329-0800.

Azaad gives children's message at Scout Sunday Service



Jodo Shinshu Correspondence Course Enrollment Spring 2012 is Filled

Enrollment for Fall 2012 will open on May 1, 2012. Please visit the course website at www.JSCC.cbe-bca.org

Seattle Betsuin Buddhist Women's

Association *Submitted by Joan Nakano*

SBBWA President's Message Submitted by Janet Baba We've had a busy winter. On the day of our first snowfall, Ritsuko Kawahara and many members made Nigome and Ozenzai following the Hoonko Service. The warm treats were a welcome sight on this cold day.

Our Activities Committee donated knitted hats to Nikkei Manor/Kokorokai, YouthCare Orion Center, & Union Gospel Mission. Our skillful knitters, Mae Deguchi, Sue Fujino, Yoshiko Isomura, Yoshiko Kozai, & Chieko Kubota made hats from donated yarn.

For the Silent Auction at the NW Convention, our board members donated items for two Gift Baskets. Haruko Shimizu generously donated a Mizuhiki Framed "Butterfly" Art. All the proceeds will benefit the Seattle Betsuin.

On March 16 our members will provide dinner for homeless youths at Orion Center. Our members continue to generously give service to the Betsuin, Sangha, and to the Community.

We seek new members to join our organization. Please contact the Temple Office at 206-329-0800.

SBBWA Activity Report Submitted by Frances Tamekuni A class to learn how to make washi pencil holders will be held March 7 from 9:30 am to noon in the high school classroom across from the dining room. Please bring a pair of scissors, pencil and washi paper. A sign-up sheet is posted on the bulletin board across from the office.

Donations - Submitted by Treasurer Shizue Kaku
Fran Nishimoto - In Memory of Helen Kubo
Kinue Kuwahara - In Memory of
Mrs. Mitsuyo Taniguchi

SBBWA Calendar

Sunday, March 4	11:45 am SBBWA Board Meeting
Wednesday, March 7	9:30 am Crafts Class – Washi Pencil Holders
Wednesday, March 7	10:00 am Planning Meeting – New Membership Service/Lunch
Friday, March 16	Evening SBBWA Providing Dinner at the Orion Center
Sunday, March 18	11:45 am SBBWA Cabinet Meeting
Friday, March 30	9:30 am Kitchen Clean-up - January, February & March Toban

Musical Notes Submitted by Kemi Nakabayashi Mikio, Evan, Aaron, Brandon, and Trevor provided the service music for Scouts Sunday and did a great job.



Camp Fire Sunday is postponed to April to allow for the one year memorial service for the Earthquake and Tsunami victims. Special music is planned for the March 11 service, so please plan to attend.

JOB OPENING - PROJECT DIRECTOR

Submitted by Karry Sakamoto

Wisteria View Housing Corporation seeks an experienced project director to administer and direct the operation of its senior, low-income residence housing project Wisteria View Manor. This opportunity promises challenging and rewarding work to meet the housing needs of its independent senior citizen residents.

Position requires a bachelor's degree in business administration or health administration or equivalent work related experience. Knowledge of Microsoft Office Suite required. Managerial and leadership skills required in supervising on-site staff. HUD subsidized projects regulation "Property Management Standards" apply. Salary is dependent on experience.

Mail applications and resume to: Search Committee Wisteria View Housing, 1400 S Main St, Seattle, WA 98144. Telephone 206-325-9810. Applications must be postmarked on or before March 9, 2012

ABA will have a mahjong session for experienced players and novices. Join us in the library on Sunday March 18 at noon. Feel free to bring your lunch. Submitted by Gail Kaminishi

Dharma School We hope everyone enjoyed the Nirvana Day vegetarian potluck, bake sale and pet memorial service. Big thanks go to all who helped with these events, by contributing baked goods, yummy dishes and supporting the Dharma school by buying goodies. Also to our tireless garbage/composting team and potluck chairs we say "thank you."

Classroom Reports

1st/2nd grades We continued with our New Year's discussion as we colored our daruma dolls. We heard the story of Bodhidharma and how people use the dolls today as reminders of resolutions, wishes and goals. We played a matching game of cards showing pictures of various Buddhist symbols and items commonly seen in the altar. We heard the story of a grandpa and his grandkids sharing some experiences and then made a family tree of apples with our relatives' names on them. Finally on Nirvana day we talked about various milestones in the Sakamuni Buddha's life and colored a picture of him with some animals.

6th/7th/8th Grades In February the Middle School covered the following ideas and concepts:

- Perspectives: Glass half full or half empty- Is one perspective "better" than the other?
- Discussion of the "ocean" metaphor on core of Jodo Shinshu teaching

We continue to refer to the book, Ocean, by Dr. Ken Tanaka, which most MS kids have purchased and left in classrooms.

Seminars at White River Buddhist Temple

Registration forms and more information at www.wrbt.org. Deadlines are one week prior events.
 Saturday, April 7: Reverend Henry Adams
 Friday, May 4: 7-9 pm Dr. Nobuo Haneda, ENGLISH
 Saturday, May 5: Dr. Haneda, Seminar in JAPANESE
 Monday, May 7: 10-2pm Dr. Haneda Discussion
 Saturday, September 8: Rev Mark Unno Seminar

Contact: Karen Murakami

wrlink4goldenchain@comcast.net.

- IG

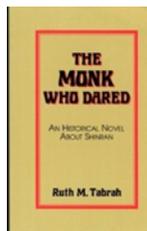
ON BEHALF OF THE MEMBERSHIP COMMITTEE...

submitted by Steph Ojima
 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 paid for the 2012 fiscal year.

A Book Review from the First Saturday Group:

The Monk Who Dared by Ruth Tabrah

The Buddhist Study Group met on February 4 to discuss a novelized version of the life of Shinran, "The Monk Who Dared," by Ruth Tabrah. It is based on Shinran's writings, the letters of his wife, Eshinni, as well as the Pure Land Sutras. It is available to borrow at the SBC Library.



This novel gives the reader a vivid picture of life in 12th century Japan.

Shinran comes to life as a three dimensional character through Tabrah's imagination. The dialog and personal encounters, though fictionalized, may help to understand some of Shinran's actions. How would you have reacted to the supreme power of the emperor, or the rigidity of the established Buddhist sects with their corrupt practices? When he found Honen teaching the poor, the prostituted, and even the prominent, he could see that Buddhism was helpful to all people. He was banished from Kyoto to the remote area of Echigo, losing his status as a monk and made a commoner. How he suffered and survived but persisted in his teaching and writing makes this a very good read.

Below are some comments from the group about the novel:

- As a child he adores his mother, and the closeness which he must have felt is clearly described in this story, then he loses her.
- At Mt. Hiei, he has to learn how to use a broom which reminds the reader that Shinran was brought up with servants who did all of the household chores so that he did not learn these simple tasks.
- He traversed through the forested trails with fallen trees blocking his paths; and in the winter, through deep snow, and had to wade across cold streams to fulfill his commitments to join those groups waiting for him in the villages.
- Shinran ran into obstacles but there were a lot of good people helping him also.

Submitted by Shirley Shimada & Leonora Clarke

Michael & Carol Aoki-Kramer; Hanako Aramaki; Thomas Carter; Tsuyako Chadwick; Lutes Fujita; Linda Higa; George & Kayoko Kakiuchi; Jack Matsui; Helen Mikzuki; Eiichi & Ruth Morimoto; Tokuzo & Mari Okumura; Irene Saito; Patricia Shahbaghlian; Shirley Shimada; Ben & Etsu Shimbo; Roy & Kazumi Shimizu; Franklin Shinoda; Paul Suguro; Mas & Anna Tahara; and Haruso & Sonoe Taketa; Rikuko Tanaka; John & Arlene Yamada; Dennis Yamashita

Fundraising Opportunity *submitted by Lauren Asaba* Are you interested in a fundraising activity that doesn't involve cooking, baking or wearing a hairnet? The Seattle Buddhist Church is a registered participant in a local retailer's Card Program. To support non-profit groups and schools, this retailer has joined with a national scrip company to create a system that rewards customer loyalty by contributing a percentage of their purchases to their designated group. It's easy to participate, simply pick up a registration form that includes our group name and number (forms in foyer and on our website), complete the registration form and bring to any of the local retailer's store. If you pick up an in-store registration form include our group name, Seattle Buddhist Church and group # 163944317. You will be given a card that will need to be registered by phone or over the Internet.

Please keep in mind that qualified purchases do NOT include: pharmacy prescriptions, alcohol, tobacco, postage stamps, lottery tickets, transportation passes, gift or phone cards.

The Betsuin gratefully acknowledges the donations received for the following special service, (please accept our apologies for any inadvertent omissions or misspelling of names):

Ho'Onko Akada, Mary; Akizuki, Jim & Louise; Anonymous; Fujino, Suteko (Sue); Goshu, Kazumi (Janice); Habu, Gordon & Mae Yamasaki -; Harada, Setsuko; Kasahara, Grace; Kato, Edward & Joyce; Keltner, Marc & Janice Nakamura -; Kobuki, Haruko; Kozai, Yoshiko; Kubo, Masayoshi & Masako; Mano, George & Irene; Matsui, Jack T.; Mitchell, Lisa Kumasaka -; Nagai, Ernest & Sanaye (Sunnie); Nakamura, Ted; Noritake, Shinako; Shigaya, Kenneth; Shimada, Shirley; Shimbo, Ben & Etsu; Shimizu, Sato & Darlene; Sumida, Florence; Tahara, Masaru & Anna; Tamekuni, Masao & Frances; Taniguchi, Theodore & Akico; Terada, Hideko; Yahata, Shizue; Yamasaki, Fujie; Yorita, Takako; Other: **Bodhi Seals:** Keeley, Robert & Dawn **New Year's Day:** Mori, Paul Bruce & Teresa; Sakuma, Pauline; Voageley, Bill; Yabuki, Akiko & Munehisa

MOCHI from December's annual fundraiser to benefit Dharma School, Junior YBA, Camp Fire and Matsuri Taiko is available for purchase, discounted 50% from the original \$4.00, at \$2.00 per dozen. The mochi will be available for purchase on Sundays (preferably) or at the Temple office during normal business hours. Net proceeds from the sale will benefit the groups outlined above. Sales will be on first-come, first-serve basis. -HL

SPRING BAZAAR IS MARCH 25 - SAVE THE DATE The Seattle Buddhist Church Spring Bazaar will be held on March 25. The event is not only one of the two large fundraisers for the Temple to help with the operational costs, but also an opportunity for the Sangha to come together for this annual event. The success is not measured just from the funds raised or the positive comments on the food itself but also the number of individuals who step forward and volunteer many hours of their time to put on this event. Organizational representatives will be contacting their members for signing up to help with the various tasks that need to be performed. Sign-up sheets for the various tasks are also posted in the hallway outside the dining room if you do not get contacted by an organizational representative. Please volunteer your time generously to make this event a success.

Spring Bazaar ticket scrip was mailed out in late February. The included letter has instructions on paying for the tickets as payment may be made prior to the event or on that day. If you do not need all the ticket scrip mailed, please feel free to return the unneeded tickets back to the Temple or sell them to your friends or family with the funds remitted to the Temple. Ticket scrip is numbered so we can appropriately record any ticket scrip that may be returned. Please note that US Postal service bulk mail rules mandate that all envelopes be of the same weight so we cannot individually tailor each envelope to the desired number of ticket scrip for that addressee. The amount of ticket scrip mailed is a general amount for the whole Sangha.

As in prior years, donations of baked goods are desired for sale to those attending the event. Donations can be dropped off the morning of the event in the auditorium. Please label your products if any nuts or nut by-products are used as individuals have allergies and the presence of these items may result in life-threatening situations. -HL



Did you know...the "W" shaped emblem above the front window of our temple is that of the Ryukoku University, Kyoto, where many of our ministers received their schooling?
Submitted by Sat Ichikawa

The Seattle Betsuin Gratefully Acknowledges the Following Donations for December 2011 – January 2012

Funeral / Memorial / Nokotsudo:

Fusaye Shibata – Funeral Service	\$ 1,000
	\$ 1,250
Akiko Wataoka – Inurnment Service	\$ 200

Given by:

Dennis Shibata
Evergreen-Washelli
Harumi & Douglas Guiberson

Remembrances for:

Yoshiko Kihara
Aizo 'Buster' Kosai
Fusaye Shibata

Arthur Watanabe

Given by:

Karen Akira;
Mary Osaki; Michiko Vaart; Jerry Yuasa; Nobuo Yutani;
Jim & Louise Akizuki; Janet Baba; Sue Fujino; Brian & Valerie Hogan; Kinue Kuwahara; Craig & Joan Nakano; Karry Sakamoto; Pauline Sakuma; Martha Taniguchi; Margaret Teramoto; Susanne Umeda; Michiko Vaart
Joe & Evelyn Jinguji

Temple Supervision:

Spokane Buddhist Temple	\$ 100
Yakima Buddhist Church	\$ 100

New Year's Day Service

Marianne Osaki; Marianne Osaki; Pauline Sakuma; Roy & Kazumi Shimizu

Other Donations:

Donor:

Takako & Tamio Uchida
Gary & Debbie Shibata
Craig Csontos
Kazuko Yakumo
Mary Hikida
Kawabe Memorial Foundation
Wisteria View Manor

For:

Appreciation for Newsletter
General Donation
General Donation
General Donation
Onenju donation and repair
General Donation
General Donation

Seattle Betsuin Camp Fire #699

Submitted by Gayle T. This year our Camp Fire organization sold over 6,500 boxes of candy and collected over 100 boxes of candy to be donated to Operation Homefront. Congratulations to the Dolphins for winning the Camp Fire Council Grand Prize Drawing of \$150 and to the Starlights for placing 2nd for the "Most Money Turned In" during the Super Sell-A-Thon weekend. Thank you everyone for supporting Camp Fire and most of all for helping to "build caring, confident youth and future leaders".



Dolphins at a candy site sale

Horizon – Submitted by Marissa Y. In January we made centerpieces for Wisteria View Manor's annual New Year's luncheon. We filled little glass bowls with purple and white potpourri. Thank you to the Horizon members that came out to help.

Dolphins 2nd Grade – Submitted by May H. In January the Dolphins had a meeting with the Lemonades hosted by the Hummingbirds. They made puzzle cards, designed t-shirts and talked about friendship. Thank you Samantha, Kayla and Alyssa for an exciting and fun meeting.

Notes on Dharma Exchange *Dharma*

Exchange takes place from 11:00 a.m. to 11:30 a.m. after Sunday Service in the dining room. All are welcome to attend this opportunity for discussion and questions typically led by Reverend Castro, Reverend Warrick, or Minister's Assistants Joe Schwab, or Irene Goto.

Jan 22, 2012 - Rev. Jim Warrick held forth and produced a few groans with some funny stories. Case in point: Why does the Buddha have trouble vacuuming in the corners? Answer: He has no attachments. And then there was the tale about a person who was trying to explain an American hamburger with all the trimmings to the Dalai Lama. He tried and tried to explain, "Make me one with everything," to no avail.

On a more serious note, Sensei continued by saying it is the nature of our lives to be attached, and as Jodo Shinshu Buddhists we accept life as it is.

Jan. 29 - Rinban Castro recommended a book by Rachel Naomi Remen, M.D., who is a professor at UCSF. It is *Kitchen Table Wisdom* and is full of touching stories. Sensei said a serious illness or other misfortune is often a "wake-up call" to what is really important in our lives. A participant commented that we should allow the afflicted person to come to his/her own conclusion and not make gratuitous suggestions. In other words, let that friend go through the process of denial and acceptance on their own, while still being supportive of their condition.

Feb 5 - Joe Schwab M.A. talked about the significance of the Boy Scout service. . . He recommended asking Christians, "How many people did the Devil kill" when they espouse their mistaken theories on Buddhism. So far, no one

has an answer. Christians memorize what they believe through studying the Catechism when young; Buddhists don't. Jim sensei said the world is shades of gray. Many Christians want the world to be black and white. Sensei feels that Buddhism is about peace, love, understanding, and kindness toward all. Sensei asked the group to compose some phrases that epitomize Buddhism.

Feb 12 - Rev. Jim Warrick led the discussion on Nirvana day, and brought up the subject of the Buddha's death because of having eaten something bad, or perhaps he was already ill. Jains, who are extreme vegetarians, carry a strainer to prevent accidentally eating any insects in their drinking water. . . A participant who returned from Japan talked about his mountain climbing adventures. He was impressed that so many Japanese elders climb in Japan, unlike in the U.S. where they sit in front of television. Another participant asked the classical question, "Why climb?" Many answers were offered, including the spiritual connection, thrill and beauty, plus recalling what it is to be a human animal. . . A participant noted Rev. Imamura of Evergreen College brings his students to the Betsuin service yearly, and that sensei came from a musical family.

Feb 19 - Joe Schwab capably handled the Dharma talk in the Hondo as well as the Dharma Exchange later. He talked about his recent trip to hawaii and that "paradise" also had insects, ants, termites, and cockroaches that had to be exterminated throughout the house every 5 years--a constant battle. . . On another note, a question was posed: Our desires cloud our vision? A participant felt that Buddhism is about "thank you" and not "please."

In gassho, Pat Bobrow

