

Wheel of the Sangha

Volume 30 Issue 3 March 2011

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*May peace and tranquility prevail
throughout the world*

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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*

March 2011: Major Events of Interest

Saturday, March 5
Sunday, March 13
Tuesday, March 15
Saturday, March 19
Sunday, March 20
Sunday, March 27

Kenji Akahoshi Workshop 9:30-3:30 p.7
Camp Fire Sunday Service
"Heart of the Buddha Dharma" see p.5
Rev Izumi Japanese Seminar 11:00-5:00
Spring Ohigan Service, Rev Izumi speaker
Seattle Betsuin Bazaar see p. 9

March 27, 2011 Seattle Betsuin Bazaar: Sign-up to Help

<p>1 Temple Contact Information</p> <p>2 Calendar of Events, Newsletter Deadline: Monday March 21, 2011 8:00 pm Print: March 25, 2011</p>	<p>3 Rinban Castro, President Mori</p> <p>4 On Gratitude, Religious Retreat, Dharma School, Scholarships</p> <p>5 Camp Fire, Rev. Castro's 5-Week Course</p>	<p>6 SBBWA, Rev. Izumi's Workshop, January's Akahoshi Workshop</p> <p>7 SBC Study Group, March's Akahoshi Workshop</p> <p>8 SBC Donations Received</p> <p>9 Receipts for Donations Explained, Sign-up for Spring Bazaar, Nembutsu Camporee</p>	<p>10 Ho-Onko/ Bodhi Seal Donations, Save Our Planet, ABA, Jr YBA, From Religious Department...</p> <p>11 Notes on Dharma Exchange, Events at Jodo Shinshu Center, Berkeley, CA</p>
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Betsuin Events for March 2011

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 at 1441 S Main St

SUNDAYS *8:45 am Meditation Service Weekly

March 6

10:00 pm FAMILY AND CHILDREN'S SERVICE

Children: Youth MA

Youth: Kenji Akahoshi

Adult: Kenji Akahoshi

Japanese Program

Dharma School DX: Rev. Warrick

DX: Kenji Akahoshi

11:45 am SBBWA Board Meeting

March 13

10:00 am CAMP FIRE SUNDAY SERVICE

Youth: TBD

Adult: Youth MA

Dharma School DX: Joe Schwab

DX: Rev. Warrick

Japanese Program

March 20

10:00 am SPRING OHIGAN SERVICE – Rev.

Yasuo Izumi

Youth: Rev. Izumi

Adult: Rev. Izumi

Japanese: Rev. Izumi

Dharma School DX: Rinban Castro

DX: Joe Schwab

11:45 am SBBWA Cabinet Meeting

March 27

10:00 am FAMILY SERVICE (No Dharma School or DX)

Youth: Rev. Warrick

Adult: Rinban Castro

11:00 am – 3:00 pm Betsuin Bazaar in Gym

MONDAYS March 28 Rinban Castro (Day Off)

TUESDAYS

March 1, 8 Rinban Castro (Days off)

March 15 7:00 – 8:30 pm

1st Class "The Heart of the Buddha Dharma"

March 22

10:30 am Keiro Service (Rinban Castro)

7:00 – 8:30 pm Class #2 "The Heart of the Buddha Dharma"

March 29

7:00 – 8:30 pm Class #3 "The Heart of the Buddha Dharma"

WEDNESDAYS **10:30am Dharma Support Group Weekly

March 2

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

March 16

10:00 am Shinran Shonin Monthly Memorial Service

THURSDAYS

March 3

1:30 pm Nikkei Manor Service (Rinban Castro)

March 17

1:30 pm Nikkei Manor Service (Rinban Castro)

7:30 pm Betsuin Cabinet Meeting (Rinban Castro)

March 24

7:30pm Betsuin Board of Directors Meeting

March 31

7:30 pm Joint Seattle University and Dharma Support Group at the Meditation House (Rinban Castro)

FRIDAYS

March 4

12:00 pm Gojikai Service & Luncheon Meeting (Rinban Castro)

March 11 Rinban Castro (Study Day Off)

March 18, 25 Rinban Castro (Days Off)

SATURDAYS

March 5

9:30 am – 3:30 pm Dharma Support Group with Kenji Akahoshi

March 19

11:00 am – 5:00 pm Japanese Seminar with Rev. Yasuo Izumi – Buddhist Temple of Southern Alberta

APRIL Major Events of Interest

- Friday, April 8 - English Lecture by Dr. Nobuo Haneda on his book Dharma Breeze – 7:00 – 9:00pm
- Saturday, April 9 - Japanese Spring Seminar with Dr. Nobuo Haneda
- Sunday, April 10 - Hanamatsuri Service with Dr. Nobuo Haneda, Guest Speaker, Hanamatsuri Luncheon hosted by Dharma School
- Sunday, April 17 - Earth Day Service

April Newsletter Deadline:
Monday, March 21, 2011 - 8:00 pm
Print: March 25, 2011



Okagesama de, Arigato

By Rinban Don Castro

The theme of this year's 64th N.W. Buddhist Convention hosted by the Tacoma Buddhist Church was "Okagesama de, Arigato" which was translated into English as "Because of You, I am Well." Reverend Kakihara and Reverend Yukawa, and the whole Tacoma sangha put on a wonderful event. Conference chairpersons June Akita and Mike Shiogi, after being recognized and thanked at the closing service, were not-too-subtly requested to please start thinking about their next convention. A special feature of this year's convention was photos and names of our N.W. District's Dharma members 88+ years old.

Much was said about the theme and it caused me to wonder if there is any similar expression in English. I had heard okagesama translated as , "In the shadow of..." but Reverend Bob Oshita translated it "In the shade of..." which I like better since it conveys a much more positive feeling. It puts me in mind of a hot summer day in my home of California and the refreshing shade of a big old tree that has weathered many storms. In English, however, the only expression I could think of for okagesama is "behind the scenes" which conveys some of the feeling but is still quite different.

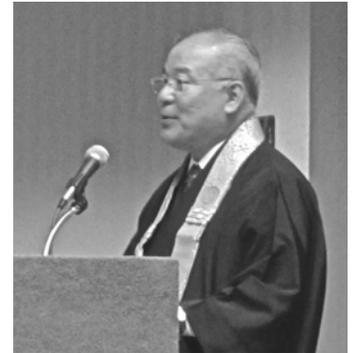
In the drama of my life, there are many people working behind the scenes to make it possible. We are each playwright and leading actor in our drama and everyone else is either a supporting actor or working behind the scenes; without them, the drama is impossible. No proper dramatic performance is complete without a curtain call where all the actors who appeared during the play are called once again on stage to be thanked and applauded. In reality, to thank everyone is impossible: stage hands, ticket sellers, ushers, janitors, costumes, etc., etc. Likewise, the drama of our life is incomplete without a curtain call to thank everyone who has made it possible: "And the award for Best Supporting Actor goes to..."

As with any actor, I hope I get a part in a great play. Imagine being offered free tickets to a great play and then being told, "...but the performance was horrible." Finally, at the end of my life, as I lay on my deathbed, I hope to hear the audience shout, "Encore!" I wonder if some day we will hear in English, "Behind the scenes, much obliged."

Re-invigorated...Again! To those of you who attended the Northwest District (NWD) convention hosted by Tacoma the second week in February, I hope you were invigorated as I was. The convention is held in the slow time of the year so the timing is right for lifting one's mindset. Rinban Bob Oshita shared his special perspective of the theme "Okagesama de, Arigato because of you I am well". The theme was threaded very well throughout the program and Tacoma is to be commended on their successful gathering.

I am always heartened by all the dedicated Sangha members who I see as continuous attendees and the first timers. As this was the 64th Annual NWD convention, two (2) conventioners were introduced as attending every year since the beginning. Shaking hands, exchanging hugs and smiles, catching up since the last convention, aah yes, this is what I've grown to enjoy about the event. The experience of the weekend in February keeps my focus going at least halfway through Spring. For those of you who missed the convention, plan to attend next year in Spokane with your fellow NWD Sangha members and invigorate yourself!!
gassho paul

Photos by Sat Ichikawa



On Gratitude... by Ben Shimbo It is my belief that GRATITUDE is the essence of the Buddha's teaching because it is the first and the essential step toward becoming aware that in spite of my frailty and all of the mistakes made throughout my life, I am still respected by my family and friends. I am still able to enjoy eating three delicious meals a day and drink refreshing cool water whenever I feel thirsty. I feel as if I am receiving more than I deserve.

As our awareness that all beings are constantly providing us with all of our needs, our egotistical nature should gradually broaden to include not only the self, but also those around us. Without their help I cannot exist, and without my help, the needs of others cannot be met. In time, our consideration should grow to include not only those around us, but to all of humanity.

I think that we all possess a natural inclination to return what we have received from others. Not because we owe others for the favor they extended to us, but as a way of showing our appreciation. This broad-minded insight acquired through the development of an attitude of gratitude must surely enrich our existence

Progressing through the three stages (1) from the realization that my life is being supported and sustained by all those around me, and (2) of becoming aware of how interdependently my life has been enriched, not only by my friends and relatives, but also by those who I will probably never meet in person; and finally (3) to serve all beings to the best of my ability—not as an obligation—but because I would feel compelled to compensate others for all of the good will that I have received. These three stages are the natural progression following the Mahayana ideals.

Religious Department Retreat We are looking for help in planning two weekend retreats to be held in the fall. One will be offsite but nearby. If you are interested in helping, contact Gail Kaminishi.

Dharma School Submitted by Joyce Tsuji We hope everyone enjoyed the Nirvana Day vegetarian potluck, bake sale and pet memorial service. Big thanks to all who helped with these events, contributed baked goods, yummy dishes and to those who supported the Dharma school by buying goodies.

Classroom Reports

1st/2nd grade We read the story Little Daruma and the Little Rabbits-a Japanese Children's Tale about Little Daruma and his sister Little Darumako having fun in the snow with their new friends, Roy and Ruby Rabbit. Afterwards we made paper Daruma dolls and talked about Bodhi Dharmma the Buddhist monk and also how to use the doll to keep track of a goal or wish by coloring in one eye then the other. We discussed the 3 Treasures and then had the kids write down what were treasures to them. Finally we read the story of the Lion and the Rat, an old favorite. We talked about the Eightfold path and then about which one of them the Lion or the Rat were doing in different parts of the story. We made paper rats/mice out of heart shapes for fun.

3rd/4th/5th grade In celebration of Ho-onko, the 3rd, 4th and 5th graders wore their Shinran hats and learned about kamishibai storytelling. The students will each make their own kamishibai in the next couple of weeks.

HIGH SCHOOL/COLLEGE SCHOLARSHIPS

If you are a high school senior graduating in the class of 2011 or a college student currently attending a four year college, the following scholarships are available. **HIGH SCHOOL:** The Seattle Betsuin Tsujihara Family Memorial Scholarship Grant will offer up to four scholarships of \$2,000 each. **COLLEGE:** The Masaru and Mitsuma Shimokon Scholarship Grant has up to three scholarships:

- 1 - \$5,000 college student who will graduate as a Nurse Practitioner
- 1 - \$5,000 college student graduating as a Medical Doctor
- 1 - \$3,000 college student degree BS as a Registered Nurse

The deadline to submit applications is Monday, **April 4, 2011 by 2:30pm** to the temple office. For applications or questions please contact Shizue Kaku.

Camp Fire USA submitted by Grace Tazuma

Dolphins / Starflight 1st Graders Submitted by Jenni Chinn We started off the new year by planning a party we are hosting for the Rainbows and the Starflight-K groups on February 27th. We made invitations with different types of paintings. We used sponge painting and vegetables to make creative pictures.

All the girls are working hard to sell their Camp Fire candies! They all have participated in different area site sales. Good luck girls!

Discovery 5th & 6th Graders Submitted by Dana Nakashima On January 23rd, our group visited the Starlights' meeting. The girls presented a skit about selling Camp Fire candy at a site sale. They brought lots of props (including a "Grease" car) and acted out a scene involving a CF girl preparing for and participating in a site sale. We hope the Starlights enjoyed the skit as much as the girls enjoyed presenting it. After the skit, we scrapbooked New Year's Party performance pictures

Discovery Horizon Submitted by Alissa Kato The Discovery/Horizon Camp Fire group is selling Camp Fire candy under the direction of Discovery/Horizon leader Lindsay. This year, Camp Fire is selling Almond Rocas, Chocolate Mint Patties, Almond Caramel Clusters, Camp Fire Camper's mix, and P. Nuttles. The Camp Fire Camper's mix includes a tasty sugar-free variety of cashews, almonds, peanuts, sunflower seeds, pumpkin seeds, and a variety of sesame sticks. The P. Nuttles are fire-roasted peanuts with a sweet crunchy toffee shell. Thank you for supporting Camp Fire!

THE HEART OF THE BUDDHA DHARMA

A FIVE WEEK, THEMATIC PRESENTATION OF BUDDHISM

Taught by Rev. Don Castro, Rinban of Seattle Betsuin

Tuesday evenings 7:00-8:30pm* March 15 - April 12, 2011

What are the essential themes that make us Buddhist? In this five week, thematic course, we will investigate Buddhist and Shin Buddhist perspectives and attitudes that comprise the major themes of our religion – or is it a religion? Using the hand gesture (mudra) of Amida Buddha as depicting our two primary themes, we will study the nature of his right, raised hand (wisdom) and left, lowered hand (compassion). These two aspects of Amida Buddha also illustrate the relation between insight and action.

Since this is a thematic presentation of Buddhism, no prior knowledge of Buddhism is required to enroll in this course and Rev. Castro will be available outside of class for those needing assistance or additional resources.

*Classes will be held in the Memorial Hall Chapel at Seattle Betsuin Buddhist Church, 1427 S. Main St. Seattle 98144. Building entry is through the front door near the crosswalk. Please ring the bell for entry. There is no fee required for enrolling in this course. However, we appreciate any donations to offset the costs of bringing these classes to you. A donation basket will be placed by the shrine at each class. Checks may be made out to "Seattle Betsuin Religious Dept." Additional information is available from Rev. Castro or the office at (206)329-0800 from 9am-3pm. Please submit your registration to the office by March 13 or via e-mail to office@seattlebetsuin.com

Rev. Castro has been a minister with the Buddhist Churches of America for 34 years, twenty five of it at Seattle Betsuin. He is currently the head minister (Rinban). He holds a M.A. from the Institute of Buddhist Studies in Berkeley, CA and is the founder of EcoSangha, a Buddhist conservation oriented organization.

REGISTRATION FOR "HEART OF THE BUDDHA DHARMA" March 15 – April 12, 2011

Name (please print)

E-mail Address

Mailing Address

Phone Number

Seattle Betsuin Buddhist Women's Association

SBBWA President's Message Submitted by Shizue Yahata

- About 40 SBBWA members attended the NW District Convention hosted by Tacoma Buddhist Church and held in Tukwila. Joan Nakano and I represented the Seattle Betsuin BWA as delegates.
- On Sunday, Feb. 6, 2011, about 20 Dharma School parents came to learn how to make makizushi. The class was taught by Kris Kosugi and his assistant, Pauline Sakuma. Thank you to Susie Yamane for organizing the class.

SBBWA Activity Report Submitted by Peggy Hanada

Lunch at La Conner & Jet Boat Ride Through

Deception Pass: The SBBWA is planning a day trip on Sat., June 25, 2011 starting with lunch in La Conner then a boat ride through Deception Pass. While on board the boat, a Park Ranger will talk about the bridge, the prison rock quarry and the

surrounding area. The price will be approximately \$89 per person, maximum of 47 passengers. It will be on a first-come, first-serve basis. More details will be forthcoming in the next issue of the Newsletter. Please contact Peggy Hanada if you are interested in going on this trip.

Donations - Submitted by SBBWA Treasurer Shizue Kaku

Sunkie Oye - New Year Dana

Charlene Nakayama - In Memory of Cherrie Tsubota

Mary Yoshifuji & Katharine Kato - In Memory of Gladys Hamano

Julie Mayeda - In Memory of Gladys Hamano

Takashi Hori - In Memory of Lily Hori

SBBWA Calendar

Sunday, March 6

SBBWA Board Meeting

Sunday, March 20

SBBWA Cabinet Meeting

Submitted by Joan Nakano

"May there be peace in the world, and may the Buddha's teaching spread!"

(世のなか安穏なれ、仏法ひろまれ。) Saturday, March 19, 2011 This workshop in Japanese will be held from 11:00am to 5:00pm. Resource booklet: "Dharma: My Guiding light #8" by Rev. Izumi; limited copies will be on hand.

Kenji Akahoshi's workshop "Thank God, I'm a Buddhist" was attend by 27 Seattle Betsuin, White River and community members on Saturday, January 29, 2011. This event was promoted by the Dharma Support Study Group. Future workshops by Dr. Akahoshi are scheduled during this year. See the flyer for his next event on page 7.

The SBC Buddhist Study Group will be combined with Reverend Akahoshi's workshop: *AMIDA BUDDHA – LIGHT AND LIFE The Form of Emptiness* on Saturday, March 5, 2011 from 9:30am to 3:30pm. All are welcome to attend this first Saturday of the month event. **Bring Your Own Lunch** or visit eateries in the area to take out or dine in.

The central image and essence of Jodo Shinshu is the name, Amida Buddha - depicted in human form, written script and other descriptive names. The Nembutsu, Namo Amida Butsu, connects us with this ultimate reality. Shinran and other masters have provided descriptions that fulfill our need for human spirituality. The traditional descriptions and concepts have served for centuries to bring this reality to our doorstep. However, these descriptions may be diminished through the lens of our contemporary society. Adding to the confusion is a similarity with icons of other religions.

This workshop will provide an opportunity to express the variety of impressions we have, regarding this most central of concerns. Blended into the mix are the tenants of Buddhism that question the substantiality of any form. Added to this mix are the differences of cultural interpretation, historical perception of time, and the apparent paradox of various schools of teachings. This may be the time in our life to project some light onto the form of emptiness. Shinran's assurance of Amida, brings all these divergent views into a practice that is accessible to the common householder. How can 21st century American Shin Buddhists actualize this practice? Together, we can explore the conceptual meaning of the form of emptiness, and move to a personal experience of Amida Buddha; light / life and wisdom / compassion. – submitted by Kenji Akahoshi

AMIDA BUDDHA: LIGHT AND LIFE The Form of Emptiness

Saturday, March 5, 2011 – 9:30 AM to 3:30 PM - Seattle Betsuin Buddhist Temple

Presented by Reverend Dr. Kenji Akahoshi

The Buddha said find out for yourself what is truth, what is real. In this spirit, Reverend Dr. Kenji Akahoshi's interactive workshops guide participants to discover the interpretation and experience of Amida Buddha, the Primal Vow and Nembutsu that resonate most deeply and personally within themselves.

He draws from basic Buddhist principles such as the middle path, form/emptiness, as well as from Shinran Shonin's teachings, to deepen our understanding, experience and appreciation of Amida, The Vow and Nembutsu.



Dr. Akahoshi is a recent graduate of IBS and recently received his Tokudo ordination. He has been conducting annual retreats and workshops for over a dozen years. His master's degree in transpersonal (spiritual) psychology prepared him to emphasize and include the experiences of the participants to assure the relevancy of the workshops. His past activities at the San Jose Betsuin include serving as Board President, Dharma School teacher, and Education Chairman.

Registration: Workshop with Reverend Kenji Akahoshi – Amida Buddha: Light and Life
 Seattle Betsuin Buddhist Temple, 1427 S. Main Street, Seattle, WA 98144 – Memorial Hall Chapel
 Saturday, March 5, 2011 - 9:30 AM to 3:30 PM - Bring your own lunch

Please submit your form to the Temple office by Thursday, March 3, 2011 or register via e-mail to limori@comcast.net.

Name (please print)	E-mail Address
<hr/>	
Mailing Address	Phone Number

There is no fee for attending this workshop. However, we appreciate any donations to offset the costs of bringing this educational program to you. Checks may be made out to The Religious Department, Seattle Betsuin Buddhist Temple.

The Seattle Betsuin Gratefully Acknowledges the Following Donations – January - February 2011

<u>Funeral / Memorial / Nokotsudo:</u>	<u>For:</u>	<u>Given by:</u>
Cherrie Tsubota – Funeral Service	\$ 1,000	Charlene Nakayama
Gladys Hamano – Funeral Service	\$ 700	Katharine Kato
Tadashi Fujita – 3 rd Year Memorial Service	\$ 500	Florence Fujita
Etsuko Lilly Tanino – 1 st Year Memorial Service	\$ 500	Ryomi Tanino
Harry Yoshio Terada – Funeral Service	\$ 500	Mieko Terada
Kazuye Piencykoski – 3 rd Year Memorial Service	\$ 300	Kimiye Higashi
Russell Fujioka – 25 th Year Memorial Service	\$ 200	Harumi Fujioka
Nokotsudo	\$ 100	Akiko Suganuma
Teruo 'Ham' Koba – In Memory of	\$ 100	Nobuko Oka

<u>Remembrances for:</u>	<u>Given by:</u>
Takao Aoki	Charles Beach Barlow; Charles & Sarah Chadbourn III; John & E. Lisa Duff; Mas Honmyo; Aizo & June Kosai; Howar & Marie Kosai-Luke; Yoshiko Mamiya; George & Irene Mano; Mutual Fish Co., Inc.; Akio & Mabel Nishizaki; Setsuno Noshō; Harry & Teruko Shigaya; Roy & Kazumi Shimizu; Albert & Frances Shintaku; Rikuko Tanaka
Russell Fujioka	Lorraine Blackler
Gladys Hamano	Alan & Fumiko Groves; Kinue Kuwahara; Paul & Teresa Mori; Junko Nakano; Mari Ohara; Karry Sakamoto; Ken Shigaya; Mary Shigaya; David & Gina Suguro; Nori Suguro; Kuniko Takamura; Marcia Takamura; Rikuko Tanaka; Martha Taniguchi
Shozo Kiyomizu	Daisy Kuramoto
Ben Sakai	James & Hiroko Hasegawa
Saburo Sakamoto	Brad & Gayle Miyake
Spencer Teranishi, Jr.	Mack & Setsuko Harada
Ryoto Yabuki	Akiko & Munehisa Yabuki

Joya-E (New Years Eve) Service:

Ruth Aoki; Teruo Maruko; Paul & Teresa Mori; Sunkie Oye; Pauline Sakuma; Roy & Kazumi Shimizu; Bill Voageley

<u>Temple Supervision:</u>		
	Yakima	\$ 100
	Spokane	\$ 100

Special Birthday Celebrations:

<u>Honoree:</u>	<u>Donor:</u>
Merwin Kato	Edward & Joyce Kato; Gary & Madeline Kato
Terry Suzaka	Edward & Joyce Kato; Gary & Madeline Kato

General Donations:

Kawabe Memorial Fund	\$ 500	General Donation
Spokane Buddhist Temple	\$ 100	Year End Orei

continued on next page -

- continued from page 8 **General Donations**

Katherine Kato	\$ 150	Appreciation for Floral Spray for Gladys Hamano
Waldorf School Assn 8 th Grade	\$ 100	Appreciation for Visitation
University Prep. Academy 7 th Grade	\$ 75	Appreciation for Visitation
Alvin & Michiko Terada	\$ 25	General Donation
Soper, Craig & Carolyn Ableman		In Memory of (unnamed person)
Yoshie Mikami		In Memory of (unnamed person)
George & Toshi Kawahara;		In Memory of (unnamed person)

RECEIPTS FOR DONATIONS This past year the Temple changed its procedure from mailing out receipts for each donation to accumulating the donations for the quarter and then providing a summarized listing for individuals. A notification was provided on when the receipts were available for pick-up in the Temple office. While some individuals did pick-up their receipts, many were distributed by the office staff and volunteers by literally chasing down the individuals as they were seen at the Temple. A large majority that went undistributed were mailed out via first class mail.

As another step in the progression to make the process more efficient and cost effective, we will be providing an annual summary of donations made during the calendar year. Acknowledgements to individuals for donations made on behalf of members who have passed away will still continue to be made to the next of kin as cash counts are regularly made. We will also expand the notifications to more than just passings which was not done in the previous year. As with donations made to charitable organizations, your canceled check is also a valid document for receipt purposes. We'll assess and re-evaluate the process for any changes that may be necessary. - HL

SPRING BAZAAR IS MARCH 27 - SAVE THE DATE The Seattle Buddhist Church Spring Bazaar will be held on March 27th. The event is successful not only from funds raised from the purchase or consumption of the delicious food items prepared by the Sangha but also from the many volunteers that help to put on the event. Organizational representatives will be contacting their members for signing up to help. 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 script 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 script 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 script is numbered so we can appropriately record any ticket script 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 script for that addressee. The amount of ticket script 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

2011 BCA Nembutsu Camporee – Save the Date!

August 5-7, 2011 Camp Waskowitz, North Bend, WA

Hosted by Seattle Betsuin Boy Scout Troop 252 & Camp Fire Group 699.

Open to all kids entering 4th Grade through High School (in 2011). Submitted by Susie Yamane. Info: nembutsucamporee@seattlebetsuin.com.



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

Ho'Onko: Deguchi, Jene; Hamakawa, Ron; Iwamura, Yoshiye; Jeffereis, Gail Kaminishi -; Kunihiro, Carolyn; Mitchell, Lisa Kumasaka -; Naemura, Joseph & Janie Okawa -; Okano, Tomiko; Otsuji, Nobuko; Shigaya, Harry & Teruko (Terrie); Tazuma, Miyoko; Yanagimoto, Michiko; Yoritsune, Charlene M.; Yoshihara, Isoko

Bodhi Seals: Bobrow, Patricia; Naemura, Joseph & Janie Okawa -; Nakata, Ryan & Stacy; Natsuhara, Jack & Yasuko; Sumida, Florence;

Small Things You Can Do To Save Our Planet . . . by Gail Kaminishi

Our own recycling committee chairperson Dave A. is active in the solar cooking movement in Seattle. Ex-Microsofties Tom S. and Renan J. have built/worked on the www.solarcooking.org website. It has information on constructing a cooker, buying one, recipes, events around the world, outreach to people in need, etc. No fast food here. Wouldn't it be a fascinating family activity!



Lipstick Case If you lament the waste of metal or plastic in the used lipstick cases, there is a solution. You can pull out the liner and use the case for toothpicks, needles and pins, beads, pills, and?? A small jeweler's tool called the flat nosed pliers is strong enough to grab and pull out the plastic tube inside the case. Clean it out and use it.



ABA We are going to a well-known jazz entertainment venue in downtown Seattle on Tuesday, March 29 to hear Jake Shimabukuro. He is an amazing ukulele player. The set starts at 7:30. We can carpool from the temple and have dinner before the show. The cost is \$26.50 for the show. Contact Gail Kaminishi for details.

The JR YBA is collecting yarn for Keiro. Keiro's residents are in need of yarn to do crafts and projects, helping their manual dexterity. Check your closets for extra balls of yarn and bring them to the Temple by April 3! There are boxes set up around the church for your donations.



FROM SBC RELIGIOUS DEPARTMENT

DONATE YOUR USED ENGLISH BUDDHISM BOOKS FOR BOOKSTORE A box is available for deposit in foyer.

Dr. Haneda's Upcoming Visit in April will include participation in the Dharma Study Group on April 2 and a lecture and book signing of his book, Dharma Breeze, on April 8 from 7:00pm to 9:00pm.

Newcomers Welcome and Q&A after Dharma Exchange will be offered by Ministers Assistants in Training, Laverne Imori and Irene Goto, on the first Sunday of each month.

Dharma Study Group announces book for May: Stroke of Insight by Jill Bolte Taylor 9:30 to 11:30. Bring you own lunch if you'd like to stay until 12:30. All are welcome.

Reverend Mark Unno, PhD, will offer an English program on May 14 from 10:00am to 4:00pm. The topic will be announced.

Submitted by Irene Goto

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 Assistant Joe Schwab.

Jan 23, 2011 - Ann O. presented some ideas on "Everyday Gratitude," divided into three categories: 1. Goal - Understand the proven benefits of Everyday Gratitude. 2. Learn about the available resources, i.e. books. articles. 3. Start to be more aware. Ann quoted materials from Rev. Dr. Taitetsu Unno and Einstein. To illustrate benefits Ann divided the DX group into three categories: Group 1 - Compose a list of things for which we are grateful. Group 2 - Voice complaints. She referred to it as "whining." Group 3 - will serve as the control group. She indicated that research has shown grateful people experience better health, more happiness, sleep better, are connected and more loving and forgiving. Research into patients with neuromuscular problems, i.e., post-polio, M.S., etc. showed they slept better when engaged in Everyday Gratitude. Ann's assignment for next Sunday is to write a note of gratitude to a member of the sangha.

Jan 30 - Rev. Jim Warrick announced the 2nd part of 3 parts will be presented by Gail K on Everyday Gratitude. Gail said Naikan therapy (looking inside) was founded by Ishin Yoshimoto (1916-1988) in Japan and that the practice, *mishirabe*, is based on Jodo Shinshu. His book is called *Naikanho e no go-anni*, (A Guide to Naikan). It relates to compassion, other power, etc. Gail commented there is receiving and giving in life, and asked the Dharma Exchange group to respond in writing privately to 3 questions: (1) What have I received? (2) What have I given or done for others? (3) Difficulties I have caused others. She asked that we try to see things as they are. Nobody sees what is written. Try to look for balance in give/receive. In gratitude we "pay it forward" -- send thank you notes for instance. Gregg Krech's book, *Naikan Gratitude, Grace and*

the Art of Self-reflection is in English. Mr. Krech and his wife discuss these 3 questions each night. Later, Rinban Castro will give a summation at Dharma Exchange.

Feb 6 - This is the third and last session of the gratitude project. Castro sensei recommended the book, *Thanks* by Robert A. Emmons, Ph.D. Gail K. talked about Naikan therapy (introspection). She said that many prisoners hold the notion that they are in prison because they have been wronged. Questions might be posed: who fed you? Who took you to school? Who bought clothes for you? Gregg Krech was told of a hike with a beautiful view, but found he was annoyed at the many fallen trees that blocked his path. In retrospect he had focused on those trees but not on the ones that had already been cleared, and found there were more of them. Sensei offered the opinion that the best account of gratitude is in the book by Rev. Dr. Taitetsu Unno called, *Gratitude*. In it Dr. Unno proposed two different kinds of gratitude: Horizontal gratitude is ego-centric and is measured by profit and loss; whereas in Vertical gratitude one becomes grateful when one possesses selfless gratitude -- a feeling of oneness with life. For instance, one is grateful for education as it allows one to teach others. Dr. Unno posed the question who or what am I? He concluded that people who are grateful are healthier and exercise more.

In gassho, Pat Bobrow

Feb 13 - No temple service due to North West District (BCA) Buddhist Convention.

Happening at The Jodo Shinshu Center, Berkeley, California:

MARCH 4-6, 2011 Techno Buddha Conference - the journey. Guest Speaker: Rev. Bob Oshita

MAY 13 - 15, 2011

Crossing Over to Jodo Shinshu *Who is Amida?* Guest Speaker: Rev. Patricia Usuki

June 24-26, 2011

Pacific Seminar - 21st Century The Path to the Pure Land Speakers: Reverend Kiyonobu Kuwahara and others

Go to <http://www.bcasites.net/> for details