Ever since I can remember, I have always had a fear of sharks. I do not know where this fear comes from, but I suspect that it developed out of watching the movie JAWS at a very young age. I just cannot stand the idea that a very large creature comes from out of the water with its big mouth ready to eat you. It's sharp teeth, those eyes that have no sense of sympathy for what it's about to do, and its superiority in the deep blue ocean sends chills down my spine just writing about it. Even to this day, I find it hard to go into the beach or even the swimming pool. I can't even look at pictures of sharks. Back when people would go to the local video store to rent movies, I would avoid certain sections of the aisle because I would know that is where all of the shark movies were, and their covers would be displayed on the shelves.

I have had friends who tried to convince me why sharks aren't that scary and are in fact, majestic creatures. As a Buddhist, I do acknowledge the fact that I should try to be more “accommodating” of sharks, even though I have no idea what that would even entail. People would try to tell me that the likelihood of getting eaten by a shark is one a million or that I have better odds winning the lottery and so on. I also find it amusing that people try to explain to me that all I have to do when a shark approaches me is to poke its eye out or punch it in its nose. Another one I heard was to wave a magnet around. I'm sorry, but a shark is coming at you full speed! I find it extremely improbable that someone would have the poised courage to punch a shark in the nose when that is happening!
I recognize this fear I have is irrational. Despite the fact that I, or other people, may try to convince me how logically it is improbable that I will ever encounter a shark, I still have this feeling. I have come to terms that I will probably never be able to get over this fear but as Shin Buddhists, we must find meaning in everything. From a Shin perspective, my ego attachment to myself does not allow for me to see things as they are. The shark is just being a shark, it has no intention of doing anything otherwise. The fear that arises is strictly within me. My karmic past has developed into an irrational fear of sharks. I am reminded of what one of my Shin teachers once told me, “The attractive woman you see is not tempting you. YOU are tempting yourself with her.” In much the same way, the shark is not causing my fear, I am the one causing the fear to arise: the fear of losing the self in the worst way imaginable, which is to be eaten alive. As bonbu, or foolish beings with blind passions, we are unable to see things as they are, in other words, free of egocentricity. The only one who can do this is what is referred to as “Buddha.” This is precisely why we entrust ourselves in the one who can see and embrace all living things with no discrimination. Gassho
Welcome to Mrs. Miyaji and Andrew! We all –especially Rev. Miyaji!- will be very happy to welcome Mrs. Miyaji (Kaori-san) and toddler son, Andrew when they arrive here in early May. There will be a special coffee/tea gathering after service to welcome Mrs. Miyaji and Andrew on Sunday, May 6, hosted by the YBA and Kaila (Yoshitomi) So. Please come! The temple will be giving them a monetary gift to help with re-settlement costs and there will be a special box for anyone who would like to add a monetary gift so they can get what’s needed to make the parsonage home.

Our Facilities and Grounds committee has been busily working on updating and repairs of the parsonage for the past 6 months…..the list has felt endless, but we can see the light at the end of the tunnel! A major part of the work has been focused on the kitchen. Thank goodness for Tony Gregg who has been the primary person to get bids, scheduling contractors, permits, etc. for the work done on the kitchen. There are still more projects to do even after Mrs. Miyaji arrives. Many thanks to everyone on the Facilities and Grounds committee and all the members who have helped with this……all in an effort to provide the Miyajis with a comfortable home.

Preserving the history of the Temple in Tacoma – I have always said that part the challenge facing us is how to honor and respect the Temple’s history, the heritage of the Japanese-American pioneers who gave us the foundation to build on, and at the same time adapt to changes that help us move and hopefully grow into the future.

Efforts at preserving the history of the Tacoma Buddhist Temple is one part of doing this. We have been opening our doors and welcoming people who participate in the Walking Tour of Tacoma’s former Japantown. These walking tours have been happening as part of the Day of Remembrance events that started last year on the 75th anniversary of Executive Order 9066. The temple is the only organization that continues to exist within the footprint of Tacoma’s former Japantown. Many participants in these walks are amazed and appreciative of being able to see our Hondo, beautiful shrine and historic photos lining our hallways. We have also provided temple tours for smaller groups of people who work on preserving
community and ethnic history. We have had a representative from the temple speak briefly about the temple’s history at public events for EO9066.

We have participated in a focus group for the We are History Keepers! workshop that is sponsored by the University of Washington Libraries and the Ethnic Heritage Council. The full workshop will take place sometime this coming Fall. This is a workshop that provides information and resources to help individuals and community organizations who are working on preserving and archiving photos, records, etc. David Yotsuuye will be attending this workshop with a focus on how to best deal with the thousands of photos his father, Aki, took of temple members and activities through the years! We need other volunteers who want to carry on the work of archiving our temple records – please contact me if you’re interested.

An essay is being written on the temple’s history by local writer Tamiko Nimura and Justin Wadland, Associate Director of UWT Libraries. This is for HistoryLink, the online Washington State Encyclopedia. The essay will be one of several presented at a public event that will be held at the temple in October or November of this year. We have several temple members who are providing access to temple archives and other help they need for temple information.

Announcements about some of these upcoming activities will be sent to members via email. Stayed tuned…..

~Wendy H.

Buddhist Women’s Association News

I love waking up to the sounds of birds chirping and seeing new buds on our trees. Feels like a fresh new time is about to begin…can’t wait. Seems like everyone is anxiously awaiting the sumi e class with Lois Yoshida on April 29th. She just came back from a vacation with her mom, Hana, who ‘just’ turned 99 during the trip!!!

Happy birthday, Hana!! Lois’ adult sumi e class is full, but if you are still interested, there may be a few spots in the Dharma School Session, which is basically the same lesson.

Continue to save your unused hotel toiletries when you are traveling. These are the perfect size for men, women and children in shelters. I am told they are very appreciated from those who receive these gifts. A drop off basket is available in the Maitraya Class (across from Hondo).

Yasuko Morita, Kazuko Inoue, Denise Cline, Victoria Evert and Ellen Shigeno did a beautiful job decorating the Hanamido April 8th. Thank you, Jeff Hiroo, for getting the flowers donated from Knutsen Farms. Many other BWA ladies came to help set up the potluck and the desserts. We had to set up a second dessert table because everyone, BWA and others, were so generous with their desserts. We did collect $213 from the baked goods which will go towards the living room drapes in the parsonage. Special thanks to David Yotsuuye and his crew for setting up all the tables for us.

2019 BCA CALENDAR PHOTO CONTEST: The theme for the 2019 BCA Calendar is “Arigato Obaachan!” (Thank you Grandmother!). BCA is sponsoring a photo contest for photos to include in the 2019 BCA Calendar. “Contest participants are asked to submit photos of your Buddhist Women’s Association (BWA) members, young and old, (and “obaachans”) in scenes of their activities, past and present, representative of their hard work at your temple. “

If you have a picture of you and your grandchildren participating in any activity at church, would you send it to me by May 6, 2018? There is no guarantee that our photo page will be selected, but we can try!
Save these Dates:
May 12th - NW BWA Meeting in Yakima (Donna and June)
June 3rd – Bento Fundraiser Preparation begins at 8:00 AM.
June 4th – Bento Fundraiser Sale begins at 8:00 AM
June (whole month) - Peanut Butter and Jelly Drive
June 9th – Plant and Musubi Sale with Les – please arrive at 8:00 AM

Les needs plant starters, indoor and out plants – please contact Les ASAP

July 7th – Annual BWA Bus trip to Bainbridge Island– tentatively visit a few museums, Bainbridge Gardens, a Farmer’s Market, Winslow shopping, a few tasting wineries, the Japanese Exclusion Memorial, and Central Market. More information and sign up coming soon.

Looking forward to more daffodils and tulips!! Have a wonderful spring!
Gassho,
June Akita

Self-Care as a Foundation for Intension, by a well-meaning mom

I want to start off by thanking Donna Sasaki for organizing a DS singing performance for Hanamatsuri and a special appreciation to the students and families for their leadership, hard work and commitment at the Sukiyaki dinner! In addition to acknowledgements and writing about past and future events, I’m going to try something different for this article. I will share personal stories about my attempt to parent using Buddhist Principles, and let me say straight off, it is hard! This month’s theme is intention, which I believe aligns with Right Effort. I learned about intention from Oprah who in turn read about it in the “The Seat of the Soul” by Gary Zukov. I’m also inspired by Brené Brown’s Wholehearted Parenting Manifesto. So, based on Zukov and Brown, I’ve set my intention as a parent - for my children to feel worthy of love and compassion and accepted for who they are. In our home I want my children to feel a sense of belonging, gratitude, joy, courage, vulnerability and playfulness. But what I find most challenging about Buddhist principals however, is not understanding their value or wanting to practice them, it is the micro-steps to get from where I am today to where I want to be; can you relate? I am soberly conscious to the fact that there are times I am shooting myself in the foot by reacting to situations and getting myself upset at my children instead of acting on my intention. With divorce, starting a new career, working full time, grad school and both parents passing, I was tired and stressed, however I couldn’t blame those conditions. What could I do to feel more stable? For me I turned to self-care. I used to poo-poo self-care, it was for wimps! Having a strong work ethic and letting self-care go by the wayside is a time honored tradition in many cultures. So, what are my personal micro steps to closing the gap between my behavior and my intention? For daily steadiness (and to the best of my abilities), I started taking vitamins (using a handy 7-day pill organizer), getting eight hours of sleep by going to bed at 8:30PM (I have a 7:45PM daily reminder to wind down and put the phone away), exercising early in the morning (honestly I am still working on this one but it helps when I sleep in gym clothes), eating 3 healthy squares (making dinner in advance and having enough for left-overs) plus 2 snacks (stashing Kind Bars in purse and car), meditating for 10 min (HeadSpace app) and when my children are with their father, scheduling time with friends, writing my book or working on a personal project. So those are my micro-steps toward self-care. I am not cured of bad moods- it’s clearly a practice –
but I do notice I walk around much happier. I purposely spend the majority of my free time with my kids and I want it to be of good quality, knowing their time at home will go quickly. So please come up to me and share your self-care strategies, we can all learn together!

Merilee

During April, the Lotus class had a great time singing on stage during the Hanamatsuri potluck. With the help of Donna and Erik’s ukulele accompaniment, to me it sounded great on stage! A huge thank you everyone for supporting our Dharma School classes and bringing all of the delicious food to the potluck.

Looking toward this upcoming summer, the Lotus class is planning on silkscreening happi coats in addition to the t-shirts we have done in the past. Hand made by Lynne Tanino, we hope that combined with our screening skills they will look pretty good. Also, keep your eyes open for some new t-shirt designs this Obon season. :) Looking forward to what May brings,

In Gassho
Kate Inge

You may have noticed the students from PLU who have been visiting our temple over the past two months. Most of them are students from my class on Buddhism in Tacoma. In addition to visiting our temple and volunteering at Sukiyaki, these students also visit a Zen group that meets at Tacoma’s Korean temple, and they go hear a talk by the abbot at our biggest Vietnamese temple. There are many different Buddhist communities in our city, and by reading about and visiting some of them, it is my hope that my students build a greater appreciation for its cultural and religious diversity.

It can be surprising to some to hear that a Lutheran college such as mine would require students to learn about religious traditions other than Christianity. Actually, these days less than 15% of our students are Lutheran. But more importantly, this requirement is rooted in a philosophy called Lutheran Higher Education, which respects and encourages freedom of conscience, sustained inquiry, and care for others. The foundation of this philosophy was laid by the German priest and college professor Martin Luther at the time of the Protestant Reformation, which just celebrated its 500th anniversary this past fall. I bring this up because there are many striking parallels between Luther’s radical religious thought and the daring religious thought of the founder of our own tradition, Shinran Shōnin.

On June 16 at 2 p.m., the BEC will host a dialog between our own Reverend Miyaji, who is himself a scholar of Jōdo Shinshū studies, and PLU’s Chair of Lutheran Studies, Professor Marit Trelstad. This dialogue will focus
on points of similarity and difference between the Lutheran tradition and Jōdo Shinshū. Of course, there are deep and fundamental differences between the two religions, but by engaging in deep dialog with others we are able to learn new and unexpected things about our own traditions. The BEC hopes you will join us to learn more about our Lutheran neighbors and about Shin Buddhism.

- Erik Hammerstrom

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**May Toban News**

**Temple Grounds Clean Up:** ALL MEMBERS ARE ASKED TO HELP June 3.

**Obon Fundraiser:** ALL MEMBERS ARE ASKED TO HELP August 4.

**All Toban Chairs:**

Please call/e-mail your group and remind them of the following dates:

- Temple grounds clean up on June 3
- Temple picnic on June 10

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**May 2017 and June 2017 Toban Groups:**

Toban heads are responsible to call group members for set up and clean up for certain Temple events held during the two month period. The chairs for each two month period will coordinate with each other to set up the actual dates of the monthly clean-up for those able in their group. Please let Merlaine Cook know the clean-up dates to check for other activity conflicts and add to Temple calendar.

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**May Toban Group:**

Tom and Lynrae Hubbell (chairs)  
Ken and Lynne Tanino  
Jill Case  
Matthew and Merlaine Cook  
Tanya Henriques

**Phone tree members:**

- Toyoko Nakagawara  
- Hiroshi Nakagawara  
- Pauline Yamashita

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**June Toban Group:**

Jeff and Vivian Hiroo (chairs)  
Denise Cline  
Delbert and Cynthia Sasaki  
Erin Berkey

**Phone Tree Members:**

- Tad and Joan Kajimura

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**May Group Responsibilities:**

- Monthly clean up with June  
- Parents’ Day Luncheon: help YBA as needed.  
- Honor HS Grads: DS and BWA. Help if requested.

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**June Group Responsibilities:**

- Monthly clean up with May  
- Temple Picnic: DS set up and clean up. Help if requested  
- Obon: Help make and serve somen after Obon Service July 29th. (June, July and August Toban)  
- Obon: Provide snacks for Friday and Saturday, August 3 and 4. (June and July Toban)  
- Obon: Clean up kitchen area, bathrooms, social hall and other areas in use for Obon activities.

~Mayumi
Thank You!

From Your Facility Committee

Those HGTV fixer uppers have nothing on Facilities. We have enough stuff going on at the parsonage to vegetate the viewing public for hours on end. All the hard work to get the range and hood installed is finally coming to fruition. By the time you read this the range exhaust hood and gas piping will (I’m crossing my fingers) have been installed. All the red tape in the form of permits for those installations are in hand and the inspections are scheduled. Perhaps if the red tape were replaced by red balloons and a Mariachi band we might look forward to all the bureaucracy and paperwork. In fact, local jurisdictions could use this approach to induce businesses to revitalize run down neighborhoods. Firms would look forward to the entertaining review process and build more just for the fun of it. A new range has been ordered and we are awaiting delivery. From what I understand Santa will be bringing it down the range hood exhaust stack. Apparently he’s become pretty cantankerous so the elves managed to arrange a year-round gig to get him out of their hair. The old man doesn’t like Jimmy Buffet and is quite concerned the musician’s tropical-paradise themed tunes will supplant traditional Christmas songs should the Arctic climate continue its current trajectory.

After all that here’s more fun heading our way. Some future projects are to refinish the countertop, installing new handrails and other components of the deck, replacing the water pipe from the city meter to the parsonage, and filling the gap between the parsonage backyard lawn and the adjacent walkway. Additionally, most of us in Facilities really don’t appreciate the bonus music provided by an ADT bleed in the hallway of the parsonage. Therefore, an effort is in the works to shut down the rogue radio signals. For those of us who have been making pies next to parsonage garage, time’s up. Facilities plans on adding crushed rock to the area to facilitate drainage.

Jeff Hiroo and Fred Pelger are pressing on with their unremitting assault on dust bunnies. Mike Shiogi, David Yotsuuye, Tom Hubbell, Tony Gregg, Rick Tanabe, and Del Sasaki continue to contribute to the Facilities mission. Additionally, Gary Ichinaga, Bob Yoshioka, and Tad Kajimura provide important work for the Facilities team. Also, Kurt Osaka and Osaka Gardens continue to do a beautiful job in grounds upkeep.

~Dave
Join us in welcoming Kaori & Andrew at a special coffee/tea hour with light refreshments

SUNDAY, MAY 6 after service,
in the social hall.

(the temple will be providing a monetary gift to help them set up their household and a special box will be available for members who also want to contribute to the fund.)

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**Yearly Memorial Services**

**General Memorial Service Years for 2018**

<table>
<thead>
<tr>
<th>Year</th>
<th>Service 1</th>
<th>Service 2</th>
<th>Year</th>
<th>Service 1</th>
<th>Service 2</th>
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<tbody>
<tr>
<td>1st Year</td>
<td>2017</td>
<td>17th Year</td>
<td>2002</td>
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<tr>
<td>3rd Year</td>
<td>2016</td>
<td>25th Year</td>
<td>1994</td>
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<td>7th Year</td>
<td>2012</td>
<td>33rd Year</td>
<td>1986</td>
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<td>13th Year</td>
<td>2006</td>
<td>50th Year</td>
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**May 2018:**

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<th>Year</th>
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<th>Year</th>
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<th>Name 2</th>
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<tbody>
<tr>
<td>3rd Year</td>
<td>Yoshida, Sachiko</td>
<td>Shakuni Jo-Ko</td>
<td>14, 2016</td>
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<td>13th Year</td>
<td>Mizumoto, Michiko</td>
<td>Shakuni Mi-Chi</td>
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<td>17th Year</td>
<td>Shiotani, Tamiji Tom</td>
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<td></td>
<td>Hayashi, Chiyo Jo</td>
<td>Shakuni Myo-Ji</td>
<td>18, 2002</td>
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<td>Taniguchi, Harry Haruyuki</td>
<td>Shaku Ko-Shin</td>
<td>25, 2002</td>
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<tr>
<td>25th Year</td>
<td>Taniguchi, Chiyomi</td>
<td>Shakuni Bi-Toku</td>
<td>10, 1994</td>
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<td>50th Year</td>
<td>Sonoda, Taka</td>
<td>Shakuni Ho-Tei</td>
<td>10, 1969</td>
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**June 2018:**

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<th>Name 1</th>
<th>Name 2</th>
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</thead>
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<td>3rd Year</td>
<td>Kosai, Wesley</td>
<td>Shaku Ken-Kyo</td>
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<tr>
<td>17th Year</td>
<td>Heard, Eliyas</td>
<td>Shaku Myo-Ren Doji</td>
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<td>33rd Year</td>
<td>Marumoto, Yasu</td>
<td>Shaku Myo-Raku</td>
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**July 2018:**

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<tbody>
<tr>
<td>1st Year</td>
<td>Tanbara, George Ayao</td>
<td>Shaku Ji-Shin</td>
<td>1, 2017</td>
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<tr>
<td>13th Year</td>
<td>Masumoto, Irene Kinuye</td>
<td>Shakuni Ji-Sen</td>
<td>29, 2017</td>
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</tbody>
</table>
Greeters Schedule

Greeters:

Note: Please have new visitors sign in their name and give them the following booklets:

- Temple Information Booklet
- Messages from the Buddha (mini booklet with pale pink cover)
- 1/2 page list of Temple activities
- "Want More Info." (1/2 sheet form)

If you are not available on the day you are assigned, please find your replacement.

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<tbody>
<tr>
<td>May</td>
<td>6</td>
<td>Denise Cline &amp; Merlaine Cook</td>
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<td></td>
<td>13</td>
<td>Wendy Hamai &amp; John Inge</td>
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<td>Del Sasaki &amp; Rick Tanabe</td>
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<td></td>
<td>27</td>
<td>Kevin &amp; Mayumi Ikeda</td>
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<td>June</td>
<td>3</td>
<td>Tracy &amp; Richard Ling</td>
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<td></td>
<td>10</td>
<td><strong>Temple picnic @ Edgemont Park</strong></td>
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<td></td>
<td>17</td>
<td>June Weled</td>
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<td></td>
<td>24</td>
<td>Jill Case &amp; Jeff Hiroo</td>
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</table>
Cemetery Visitation

Sunday, May 27
1:30 pm Old Tacoma
2:00 pm Mountain View
2:45 pm New Tacoma
4:00 pm Sumner

Spring Seminar and Gotan-e Service

With Guest Speaker:

Rev. Candice Shibata

of

Buddhist Church of Florin

May 19 (Sat) at 3-5pm
May 20 (Sun) at 10 am

Theme:

Sympathy and Empathy:
The Beginning to Compassionate Action

Chanting Workshop

White River Buddhist Temple

June 8 (Fri) at 7pm

Come join the Northwest temples to learn how to conduct services!
Light refreshments will be served

"We are taking inventory of who has what keys to the temple. If you have temple keys and haven't been contacted, please call or email Lynrae Hubbell, (253) 232-2328 or lynrae@harbornet.com.

Thank you!"
Rummage Sale Collection Starts

We’d like to get a head start on the rummage sale for our Fall Bazaar, so while you’re doing some spring cleaning, please set aside any items.

We’re looking for household items that are in good shape and you feel someone would be interested in buying.

Examples:
- Japanese dishes, platters and other Japanese interesting artifacts
- Kitchen items
- Glasses, plates, vases, paintings and other collectibles, etc.
- Aprons, vintage dishtowels
- Other items you have in the house that might be worth something and you don’t need

Please drop off items in social hall by the stage door closest to the parsonage.

Thank you!
For any questions, contact
~Jane Burster, jane_burster@comcast.net

a BWA floral creation

Rev. M
### May 2018

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
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<td>10am Family Service</td>
<td>DS &amp; Dharma Exchange</td>
<td>Welcome Coffee hour</td>
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<tr>
<td>815 am BEC</td>
<td>10am Family Service</td>
<td>DS &amp; Dharma Exch.</td>
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<td>815am Board</td>
<td>10am Gotan-E</td>
<td>MYOKYO DEADLINE</td>
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<td>Memorial Day Service</td>
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<td>Cemetery Visitation</td>
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### June 2018

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<tr>
<td>Garden Clean Up</td>
<td>BWA bento fundraiser</td>
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<td>Temple Picnic</td>
<td>at 10 am Edgemont Park</td>
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<td>7pm Book Club</td>
<td>Kings Books</td>
<td>Public seminar-</td>
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<td>Board Mtg</td>
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<td>Dharma Exchange</td>
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Save the Date!

SPRING SEMINAR AND GOTAN-E SERVICE

with Guest Speaker
Rev. Candice Shibata
of the Buddhist Church of Florin

Sympathy and Empathy: The Beginning to Compassionate Action

Spring Seminar: Saturday May 19, 2018 from 3-5 PM
Gotan-e Service: Sunday May 20, 2018 from 10 AM

Rev. Candice Shibata grew up in Stockton attending the Stockton Buddhist Temple. She received her B.A. in psychology from CSU, Sacramento and received her master's degree in counseling psychology from the University of San Francisco. She interned as a marriage and family therapist for one year before starting her master's degree program in Buddhism at the Institute of Buddhist Studies/Graduate Theological Union. She began her ministerial career at the Berkeley Buddhist Temple in 2015 and is currently at the Buddhist Church of Florin.
Although separated by culture, vast distance, and hundreds of years, the Japanese Buddhist priest Shinran Shōnin (1173-1263) and the German Catholic monk Martin Luther (1483-1546) each contributed to a radical reformation of their religion, founding powerful and durable traditions. This seminar will be a dialog between two scholars, one a specialist in Jōdo Shinshū Buddhism and the other in Lutheranism. They will discuss the similarities and differences between the daring thought of these two reformers. All are welcome!

**Rev. Takashi Miyaji**
Minister, Tacoma Buddhist Temple  
Ph.D. Candidate, Ryūkoku University

**Dr. Marit Trelstad**
Chair of Lutheran Studies  
Pacific Lutheran University

**Tacoma Buddhist Temple Summer Seminar**

Jun 16, 2018  2:00-4:00 p.m.
Tacoma Buddhist Temple  
1717 S. Fawcett Ave., Tacoma WA 98402  
(253) 627-1417  
info@tacomabt.org  
www.tacomabt.org