

Temple Mission Statement

"To offer those in the Pacific Northwest an enduring community that values inclusiveness and acceptance in seeking enlightenment through Japanese Shin Buddhist teachings."



Tacoma Buddhist Temple

タコマ仏教会 (浄土真宗)

1717 S. Fawcett Ave., Tacoma, WA 98402-1706

TEL:(253) 627-1417

MAIL: buddhist.temple@tacomabt.org

WEB: <http://www.tacomabt.org/>

MYOKYO 明鏡



(MYOKYO, the Bright Mirror of Buddha Dharma always illuminates our LIFE)

March, 2016

Sensei's Message



"I'm sorry"

Rev. Kojo Kakihara

A few weeks ago, I met a minor car accident. I usually take Satone to the pre-school every morning. On that day, as usual, after I dropped off Satone at the preschool, I was going back home. On the way, I was waiting for the signal turning to the green at an intersection. And as the signal turned to green, I started moving, seeing a few cars stopping with their red signal. But on the further lane, one car came into the intersection without stopping with the red signal.

Fortunately, because I was not driving that fast, and noticed soon a car coming, we didn't collide with each other very hard. But the car lightly hit my car on the front and the front bumper broke. It was so sudden, and I didn't know what to do. But I cannot stay in the center of the intersection. Because the car stopped after passing the intersection, I parked my car behind the car.

Thinking in my mind, like *"What kind of person is the driver? It's too much trouble if the driver is not a very good person,"* I remembered what I was told when I was in the overseas ministerial training in Japan before I came to the US. One instructor told us *"Japanese say 'I'm sorry' easily like their habit. But in the US, try not to use 'I'm sorry' too much. Especially, if, by any chance, you caused a car accident, even if it was your fault, never say 'I'm sorry.' Otherwise you may get more trouble."* Remembering his words, I thought, *"This is 100% his or her fault, so I don't have to apologize at all. Rather, I should blame the person for the fault. I should take a firm stand."* Thinking such things, I got off the car.

The driver was a woman. Immediately I said, *"Weren't you looking at the signal!?" It was red!"* taking a firm stand. But what she said next was not what I was expecting. She said, *"I'm so sorry, are you okay?"* looking sorry. Hearing that, unconsciously and carelessly, I replied, *"Oh, I'm sorry, too. I'm okay. Are you okay?"* Anyway it was good that she was a good person, this happened after I dropped off Satone, and we both didn't get injured. And of course, the cost for repairing my car's fender that had had lots of scratches was covered by her insurance.

Unfortunately, it may be true in our society that if you carelessly say “I’m sorry,” they may take advantage of it, and one tries to not admit own fault even if that is one’s fault. But don’t you think such a society is sad, where people do not admit their faults even if that is their fault, and people live while putting up a good front each other like “I’m not bad”? If this is true, who is making such a society?

This reminds me of words of Shinran Shonin as follows,;

Through hearing the shinjin mind of the wise, the heart of myself, Gutoku (Shinran) becomes manifest. The shinjin mind of the wise is such that they are inwardly wise, outwardly foolish. The heart of Gutoku is such that I am inwardly foolish, outwardly wise.

“Gutoku’s Notes” CWS P587

The mirror of Buddha Dharma always shows us what we really are and teaches the importance of reflecting upon ourselves sincerely and humbly in front of the mirror.

Gassho with palms together,

Buddhism 101

Rev. Kojo answers your questions on Buddhism or Jodo Shinshu during Sunday Service mostly on the last Sunday of every month. Put your questions in the box at the foyer or send by email. The next will be on **March 27th**.

Basic Buddhism Class

We have Study Class at 7pm mostly on the 1st Wednesday of every month.

The next class will be “**Introduction to Tannisho**” at **7 pm, March 9th** in the Rev. Pratt Room, and April 6th in April. Please enter through the side walk on the left side of the building.

「すいません」

かきはらこうじょう
柿原興乗

数週間前のことですが、軽い交通事故に遭いました。毎朝、慧音を保育園に送っていくんですが、その日も、いつものように慧音を保育園に送って行った後、家に帰って行きました。途中の交差点で信号待ちをしていて、信号が青になったので動き始めた時、赤信号で止まっている数台の車の向こうの車線から、一台の車が信号を無視して、交差点に入ってきたのです。幸い、スピードも出ていませんでしたし、すぐに気づいたので、激しく衝突はしませんでした。相手の車は、私の車のバンパーに軽くぶつかり、バンパーが壊れてしまいました。突然のことで、どうしたらいいかわかりませんでした。交差点の真ん中に止まっておくわけにもいかず、相手の車が交差点を過ぎた所に止まったので、私もその車の後ろに停車しました。

相手はどんな人だろう。面倒な人だと困るなあ、と色々と思っていると、渡米する前に、日本での研修の時に言われた言葉を思い出しました。「日本人は、すぐに口癖のように「すいません」と言ってしまうが、アメリカに行ったら、使いすぎないように気をつけてください。特に、万が一交通事故をした時、例えば自分が悪くても、絶対に自分から「すいません」と謝らないように。」と言われたのを思い出し、ここは、相手が悪いんだから、絶対に謝らなくていい。むしろ相手の非を責めてもいいんだから強気でいこう、と思いながら、車から降りました。

相手の運転手は女性でした。すぐに私は、「信号見てなかったんですか!? 赤でしたよね!？」と、強気に言いました。しかし、その女性が次に言ったことは、私の予想とは違っていました。その女性は、「すみませんでした。大丈夫ですか?」と、申し訳なさそうに言ったのです。それを聞いて、私ははっきり、「こちらこそすみません。私は大丈夫です。あなたは大丈夫ですか?」と、言ってしまうました。結局、相手もいい人でしたし、幸い、娘を送った後でしたし、お互いにけがもなく、よかったですし、傷がたくさんあった私の車のバンパーも、相手の保険で、直してもらうことができました。

残念ながら、私達が生きる社会では、不注意に「すみません」と言ってしまうと、相手に付け込まれかねなかったり、例えば自分に非があっても、それを素直に認めにくいのが現実かもしれません。しかし、自分に非があっても認められず、お互いが、「私は悪くないですよ」と、上辺を繕って生きている、このような社会、少し悲しいと思いませんか。誰がこのような社会を作っているのでしょうか。

親鸞聖人の言葉が思い浮かびます。

賢者の信を聞きて、愚禿(親鸞)の心を顕す。

賢者の信は、内は賢にして外は愚なり。

愚禿が心は、内は愚にして外は賢なり。

『愚禿鈔下』注釈版 p516

仏法の鏡は、いつも私たちの本当の姿を映し、私たちに、その鏡の前で真摯に我が身を省みることの大切さを教えてくれています。

合掌、

お知らせ：月に一度、日曜礼拝の後に日本語法話をいたします。次回は3月27日です。お聴聞ください。

Future Schedule

Every Monday at 7pm

Sunday, March 6 at 11 am

Wednesday, March 9 at 7pm

Sunday, March 13

Sunday, March 20 at 10am

at 11:30am

Saturday, April 2 at 10am

Sunday, April 3 at 2pm

Wednesday, April 6 at 7pm

Sunday, April 10

Mindfulness Meditation

Sukiyaki Dinner (No Sunday Service)

Basic Buddhism Class "Introduction to Tannisho"

Coffee Hour after the Family Service

Spring Ohigan Svc. combined with memorial for

Lady Ohtani, Lady Kujo, and late BWA members

Temple Open House

Omigaki (Brass Buddhist fittings polish)

Hanamatsuri Family Svc. (Pot-luck dinner follows)

Basic Buddhism Class "Introduction to Tannisho"

Coffee Hour after the Family Service

PRESIDENT'S MESSAGE



We're already into the first quarter of our fiscal year and time has flown by with a lot happening:

- 28 TBT members attended the **NW District Convention in Idaho/Oregon**. Many traveled by the bus our temple co-sponsored and shared with White River Buddhist Temple. Spokane, Portland and Seattle also had a great turnout of people traveling by bus.
- Thank you to June Akita, committee chairs and volunteers for making our **Sukiyaki fundraiser a success**. Tacoma and Yakima Buddhist Temples are the only NW temples to continue serving this special dish.
- **Basement bathroom remodel**: Wow! Read more about this in the newsletter but this long needed bathroom renovation was swiftly handled by Tom Hubbel.
- **New member and elder member match-up!** What better way to truly share stories and perspectives about our temple's history, but to connect our new members with some of our long-time historians and elder members. More of these match-ups will continue during the coffee hours so stay tuned.

Last, Rev. Kodo Umezu, the bishop of BCA stated in his opening message of the convention: "Yesterday is today. Today is today. Tomorrow is today." So I guess that means we should all live for tomorrow, today!

In Gassho,
Crystal

BCA Educational Updates:

NEW VIDEOS ONLINE: Winter Pacific Seminar – 21st Century

"East Meets West: Jodo Shinshu from the Higashi and Nishi Perspectives" took place on January 30, 2016 at the Los Angeles Homba Hongwanji Buddhist Temple and the Higashi Honganji Buddhist Temple. Featured are keynote speakers Dr. Mark Blum and Rev. Henry Adams, presenting in English and Japanese; "The History of the Split" by Rev. David Matsumoto (English; audio only, will be available at a later date) and Rev. Kiyonobu Kuwahara (Japanese). English and Japanese panels include keynote speakers and others from both traditions. Panel in English: Dr. Blum, Rev. Noriaki Ito (Bishop, Higashi Honganji), Rev. Marvin Harada (OCBC). Panel in Japanese: Rev. Adams, Rev. Kodo Umezu (Bishop, BCA), and Rev. Nobuko Miyoshi (West Covina Buddhist Temple). Co-sponsored by the Institute of Buddhist Studies, BCA CBE and the Shinshu Center of America. Hosted by the SD Ministers Association and Buddhist Education Committee.

To view and download presentation outlines: Visit the home page of the BCA website:
www.BuddhistChurchesofAmerica.org

CBE YouTube Channel

Listen to more dharma messages and lectures on CBE's YouTube channel. 1) Go online to youtube.com. 2) Search for "Center for Buddhist Education." 3) Click on the box titled "BCA Center for Buddhist Education;" many video titles will appear. Select one of many lectures videotaped from CBE programs including: "Fundamentals of Jodo Shinshu" by Rev. Henry Adams; Baby Boomers Seminar keynote talk by Rev. Earl Ikeda; Dr. Jeff Wilson's lecture at the LGBTQ and Shin Buddhism Seminar; and many WEHOPE Dharmathon messages. Enjoy! Please contact CBE if you encounter technical problems.

Center for Buddhist Education (CBE) 2016 Upcoming Events:

March 17-19: Spring MAP & Tokudo Training taking place at the Jodo Shinshu Center.

March 25-27, 2016: Techno Buddha Conference takes place at the Jodo Shinshu Center. This year's keynote speaker, Rev. Henry Adams, will explore mindfulness in the Shin Buddhist tradition. Join others age 21-39 for this 2-day gathering. Register online by March at the BCA website.

April 9 (Sat), 2016: Spring Japanese Seminar at the Jodo Shinshu

Buddhist Women's Association News



In a blink February is more than half gone. Thank you to all who generously donated towels for the Pierce County Humane Society and thinking about the pets that will receive warmth and comfort because of you.



We had eight members attend the NWD convention. We went "Seeking the True and Real". Ladies, did you find it? I am still seeking but I do want to inform you what IS REAL...Tacoma was sworn in as the NWD BWA cabinet for 2016. The BWA cabinet will eventually disconnect from the convention but not till 2017. The good news is the one year term was approved. So, I am truly asking all members for your support this year as we will be in a dual capacity role. It may sound daunting on paper, but let me reassure all of you that "We can do this together."

Upcoming dates to remember:

February 28 - 11:30 am. General meeting with light lunch. (Jan/Feb toban in charge)

March 5/6 - Sukiyaki fundraiser (help where needed)

March 19 - Daifuku Mochi making 8:30 am (Kazuko charge)

March 20 - BWA Memorial, Lady Yoshiko Ohtani, Lady Takeko Kujo Service
(Mar/Apr toban serve daifuku and tea after service)

Save the date: October 7-9, 2016 FBWA Conference at the Westin Hotel.

Though the calendar is full, let us follow Bishop Umezu's message at the convention: "Yesterday is today, today is today, tomorrow is today", we will take this year one day at a time and before you know it our term will be over. How sweet is that? Okay not as good as a Triple Chocolate cake, or a Caramel Macchiato but a one-year term is still sweet.

Gassho,

Patti Wong

"We can do this together."

Buddhist Education Committee News



Meditation and Health

With meditation being a part of our weekly services and through our Monday evening Mindfulness Meditation Hour, it has taken on an increasing role with our sangha and local community served by the temple.



Given this, I was intrigued by a recent New York Times article on the health benefits of mindfulness meditation. While it has long been thought to reduce stress and risk for various diseases, real proof of medical benefits for meditation has been lacking. That is until a recent study published in Biological Psychiatry, which brings scientific thoroughness in showing that mindfulness meditation can change the brains of ordinary people and potentially improve their health.

In this study researchers recruited 35 men and women for a three-day study. Half the subjects were then taught formal mindfulness meditation, while the rest were lead through sessions focused on relaxation.

At the end of three days, the participants all told the researchers that they felt refreshed. Yet follow-up brain scans showed differences in only those who underwent mindfulness meditation. There was more activity, or communication, among the portions of their brains that process stress-related reactions and other areas related to focus and calm. Four months later, those who had practiced mindfulness showed much lower levels in their blood of a marker of unhealthy inflammation than the relaxation group, even though few were still meditating.

When it comes to how much mindfulness is needed to improve health, the study's doctor said, "we still have no idea about the ideal dose", but attending our Mindfulness Meditation sessions on Mondays at 7pm might help set you in the right direction.

Gassho,
John Inge

Dharma School News



The Northwest District Buddhist Convention was held in Ontario, OR and was a great success. Our Dharma School students, Shujo and Satone Kakihara, and Kenzo Yoshitomi represented Tacoma. Our temple members were busy attending meetings, as well as taking in the various workshops and activities during the course of the weekend. Next year's host is Tacoma, so please be ready to volunteer to help!



Thank you to the Lotus class for teaching the Lumbini, Prajna and Maitreya classes on Feb. 28th. The younger students certainly enjoy time spent with the older students as they are great role models for our Dharma School!

The Federation of Dharma School Teachers League is sponsoring a Gratitude Poetry contest for grades 6 - 12. Any Tacoma Dharma School student who wants to participate, please submit your entries to Donna Sasaki by March 13th. There will be three poems chosen from among the Northwest District (cash prizes will be awarded) which will be displayed at the Federation conference in April. Last year's art contest winner for grades 2-3 was our own Nao Wainer.

Gassho,
Donna Sasaki

From Your Facilities Committee



When Temple members and fundraiser patrons experience calls of Mother Nature they'll do so in style. By the time you read this article the social hall restrooms should be completed. Tom Hubbell coordinated and ramrodded the process for selecting the contractor who performed the work. JDK Services LLC was selected for a cost of \$18,067.50. This chunk of change will update the bathrooms from 1960's vintage to sleek 2016 era with ADA doors, counters, toilets and fixtures. Each bathroom will be single occupancy to allow access by our wheel chair enabled friends. Special kudos and a loud hurrah to Crystal Inge for selecting colors and fixtures befitting the modernity theme. However, as in all projects an unexpected development occurred. Our contractor encountered a rotted floor and floor beam. A leaky toilet was the dastardly culprit. We can say the toilet had the last laugh with this one. Additional repairs will cost \$480. In lieu of ribbon cutting a flushing ceremony will precede putting the restrooms in service before our Sukiyaki fundraiser in March (this year).



In addition, Tom Hubbell has solicited bids from two contractors for replacing the electrical conduit on the Reverend Pratt roof. Now one would figure the contractors would be strutting their stuff like a couple of roosters in a barnyard, but not one firm has taken a peck at the opportunity. David Yotsuuye purchased two new vacuum cleaners to replace our aging vacuums, which were promptly retired to a nice farm in the country where they can live out the rest of their natural life in peace and quiet. No speck of dirt can get past Jeff Hiroo and Fred Pelger. They vacuumed the Hondo, Onaijin, hallway and stairs going down to Reverend Pratt room. Also they threw out all the garbage. Also, let's extend a special thanks to Rick Tanabe and his helpers for trimming the tree in front of the Temple as well as the wisteria in front of the parsonage (low hanging branch removed). In addition to that we have Kurt Osaka and his crew providing their valuable services in maintaining our grounds. We are always grateful for their efforts. Tom Hubbell, Delbert Sasaki, Gary Ichinaga, Bob Yoshioka and Tad Kajimura continue to perform awesome work for our temple.

Toban News



Sukiyaki Dinner Fundraiser: ALL MEMBERS ARE ASKED TO HELP

All toban members are asked to help with Sukiyaki clean-up on **Tuesday, March 8, 7 p.m.**

March 2016 and April 2016 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 and Coco Inoue know the clean-up dates to check for other activity conflicts and add to Temple calendar.

March Members: Todd and Marsha Nakamura (chairs), Patti Wong, Allan and Rose Kishi, Bob and Vicki Yoshioka, Danny Otsuka

Phone tree members – Tom Osaka, Hiroshi Nakagawara

March Group Responsibilities:

- Monthly clean up with April
- Sukiyaki Dinner: Provide snacks for Saturday, March 5 - the day before Sukiyaki
- Hanamatsuri: Help with set up and clean up with BWA

April Members: Linda Teal (chair), Darlene Matsumoto, David Campbell, Thelma Abe, Gary and Gail Ichinaga, Alisha and Brandon Wood

Phone tree members – Toshie Fujita, Larry and Kiyomi Fujita, Hana Yoshida, Frank and Betty Nomiya

April Group Responsibilities:

- Monthly clean up with March
- Sukiyaki Dinner: Provide snacks for Sukiyaki Saturday, March 5.
- Hanamatsuri: Help with set up and clean up with BWA

May Members: Cheryl Kanda (chair), Tets and Martha Tamaki, Jerry and June Akita, Merilee Tanbara, Erik Hammerstrom, Jim Macchiarella

Phone tree members – Tom Shimizu, Erin Shen, Miyo Kanda, George and Kimi Tanbara, Yoshiko Sugiyama, Sam Shimizu

May Group Responsibilities:

- Sukiyaki Dinner: Provide snacks for Tuesday, March 8 evening clean up after fundraiser



Welcome new members Jim Doyle & Tony Gregg!
Also, Charlotte Omoto rejoined and Victoria Evert became an official member.
Welcome!

Temple Directory

If you have not received the **2016 Temple Directory**, please contact Lynrae Hubbell, lynrae@harbornet.com or 253 593-0749 and she will get one to you.

GREETERS SCHEDULE

Note: Please have new comers sign up their name and give them the following booklets:

- Temple Information Booklet
- Messages from the Buddha (mini booklet with pale pink cover)

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

March	6	No Sunday Service (Sukiyaki Dinner)
	13	John Inge / Linda Teal
	20	Del Sasaki / Mayumi Ikeda
	27	Richard Ling / Kevin Ikeda
April	3	Lynrae Hubbell / Michael Shiogi (Service at 2pm)
	10	Barbara Madsen / David Yotsuuye
	17	Coco Inoue / Jill Case
	24	Brandon / Alisha Wood



Welcome!

Yearly Memorial Services

General Memorial Service Years for 2016

1st Year - 2015	17th Year - 2000
3rd Year - 2014	25th Year - 1992
7th Year - 2010	33rd Year - 1984
13th Year - 2004	50th Year - 1967



April 2016;

7 th Year	Gach, Chikako	Shakuni Ji-Ko	April 7, 2010
13 th Year	Nakao, George Eichi	Shaku Ei-Ho	April 29, 2004
33 rd Year	Mukai, Setsu	Shakuni Myo-Setsu	April 5, 1984

May 2016;

50 th Year	Tamura, Tamako	Shakuni Ji-Ko	May 16, 1964
	Kawabata, Chojiro	Shaku Myo-E	May 18, 1964

June 2016;

1 st Year	Yotsuuye, Akinobu	Shaku Myo-Kyo	June 19, 2015
3 rd Year	Simmons, Mitsuko	Shakuni Bi-Ho	June, 10, 2014

The Northwest District Buddhist Convention
hosted by Idaho-Oregon Buddhist Temple, Fed. 12-14.



Tacoma Buddhist Temple invites you
to our ANNUAL

SUKIYAKI DINNER

Sunday, March 6, 2016
11:00 am - 4:00 pm

Please enjoy our

Traditionally Cooked Sukiyaki Dinner

Other Japanese specialties:

Teriyaki Chicken Dinner

Japanese Sweets

and back by popular demand...

Also Kaga's Special Miso Soup

(Take-out available)

We appreciate your support!

Tacoma Buddhist Temple

1717 North Foothill Ave.

Tacoma, WA 98402

(up the hill from UWYT campus)

☎ 252-227-1417

www.tacombuddhist.org

