



Tacoma Buddhist Temple

(Jodo Shinshu)

タコマ 仏教会 (浄土真宗)

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MYOKYO 明鏡

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

March 2022



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."*

Sensei's Message



We Continue to March On!

Rev. Tadao Koyama

Happy March everyone! I find it very hard to believe that we are already in the month of March! It feels like only yesterday did we cross the time between 2021 into 2022. Yet this is one of the great truths of Buddhism: impermanence. Things are always changing. In our case, I can sense that we are starting to become restless and want for great changes to happen as soon as possible!

We all want to come back to temple, socialize with our friends, continue nurturing our community in person. As cases start to drop, and as our state leaders begin to start discussing lifting mask mandates, I can feel all of us eager to jump out of our seats and run to our cars to get together with friends and family to celebrate.

Then again, the reality of the dharma will continue to show us that there is no such thing as "going back" to what used to be. There are aspects of our culture, society, and individual thinking that has significantly been altered by this time. We have certainly seen the negatives of this time for sure, and why wouldn't we? All of us including myself have felt the loneliness, the restlessness, and the frustration of this time.

Yet I also believe that there have been positive changes to our personal selves during this time as well. As Buddhists, we often hear the term "interdependence" again and again. We might even be sick of the word by now. Yet now we have been shown sometimes even been forced to understand this concept, that our actions and decisions don't just affect us. We could have a profound effect on the person across the room from us which would lead to another person being affected by that person and the chain goes on. This is a form of Buddhist wisdom.

Since March also marks the beginning of Spring, it is also the time of the equinox where we celebrate our Ohigan. This is the time that we recognize the Buddhist state of enlightenment as opposed to the world of samsara that we dwell in. In this time, we recognize that the great wisdom and compassion of Amida continues to work solely for our benefit as human beings.

It is easy for us to indulge our desires for connection and friendship. These are not bad things to want. Yet when we throw caution to the wind and go about trying to connect in a way that isn't safe, or going into a setting that isn't safe, it becomes solely about our own desires and in a sense, selfishness. Yet, when we take a step back, think about how we can meet with our friends and loved ones in the most safe way possible, it is the dharma working through us to help us with the concepts of interdependence.

As Spring comes to us and as we rejoice in being able to return to a somewhat familiar setting, let's also take the time to reflect on all of the lessons we learned during this pandemic. Certainly, we may not always have to take such strict precautions as we used to one day, but it is also good practice to become more aware of what we are capable of and how our actions could possibly affect others.

I am the first person to say that I am eager to see the flowers bloom, and a return of a packed hondo filled with smiling faces that aren't behind masks. I do believe that one day this desire will become a reality. But until that time, let's all continue to practice health measures that can best protect not only ourselves, but everyone else as well. This is the working of the Dharma.

Namo Amida Butsu.

President's Message



We welcome March and look forward to warmer weather and spring blossoms. During this month, I hope you'll join our Buddhist Women's Association and Rev. Koyama on Sunday, March 21st. This BWA Memorial service honors Lady Takeko Kujo and Lady Yoshiko Ohtani and is in conjunction with Spring Ohigan, led by Rev. Koyama via YouTube.

A new committee was formed in January to brainstorm ideas to connect with members and community. With board generated ideas, an online series titled "Spirit, Mind and Body Health" was created. To kick off the series, a Yoga for Compassion online class will be held on March 6th led by temple member, Kara O'Toole. Look for more information about the entire series in this Myokyo.

Exciting news here! Rev. Koyama and others will put on our first live temple service on Sunday, March 28th at 10 a.m. The idea is that the last Sunday of every month will be a live service and coffee hour. More details are shared in this Myokyo.

Lastly, thank you for your membership annual pledge and any donation for the Special Service Spring Ohigan. With our fundraisers in a bit of limbo, your pledge and donations are very appreciated. Please feel free to contact Tracy Ling, Pledge Administrator at tling12005@gmail.com if you need assistance or have questions on your pledge.

Stay warm and healthy!

Gassho,
Crystal

Study Class
Wed. Mar 9 @ 6 pm
via ZOOM

BOOK CLUB
Thur. Mar 10 @ 7 pm
via ZOOM
**Eat the Buddha: Life & Death
in a Tibetan Town**
By Barbara Demick

Buddhist Women's Association New



We did it! On February 20th, 2022, BWA came together for our New Year's Social Gathering. We were able to incorporate some of our long-standing traditions within current safety precautions and protocols. Dues were collected, we held a gift exchange and a door prize raffle. Reports and the 2022 Directory will be mailed to members that were not able to attend.



Save the dates:

- **March 13, 2022** – Daifuku Mochi and BWA General Meeting: **Daifuku Mochi at 9 am and General Meeting at 10:30 am** (no lunch/beverages).
- **March 20** – **Spring Ohigan/BWA Memorial Service**: ONLINE
- **April 10: Hanamatsuri** – BWA will decorate the Hanamido prior to recording of the service. Date/time and BWA volunteers to be determined.
- **May:** Any BWA member that wishes can join the BWA team to support EFN Hunger Walks. Like last year, our team will participate virtually. We will plan walks throughout the month of May and members have the option to join/lead any walks. This was great fun last year! Sign up for Adult Walk/Virtual and join team: Tacoma Buddhist Women's Association by signing here:
<https://runsignup.com/Race/WA/Lakewood/EFNHungerWalk>

The 46th FBWA Conference "Winds of Change" will be held **October 14-16, 2022**, via Zoom. Keynote speakers are Rev. Ko'e Umezu, Rev. Etsuko Mikame, and Rev. Candice Shibata.

Please note the registration deadlines below for the **17th World Buddhist Women's Convention** in Kyoto, Japan. If you are interested in attending any part or all of the 2023 Joint Celebrations, please email Rev. Koyama or myself to let us know.

2023 Joint Celebrations at Hongwanji - Shinran Shonin 850th birthday and 800th Anniversary of the Establishment of the Jodo Shinshu Tradition

1st session	March 29–April 3, 2023
2nd session	April 10–April 15
3rd session	April 24–April 29
4th session	May 6–May 11 – 17th World Buddhist Women's Convention
5th session	May 16–May 21

1st registration period: October 1, 2021-February 28, 2022 | 2nd registration period: April 1, 2022 – March 2023



Arrangement by Les Hitsman



New Year's Gathering 2/20/2022



social distanced conversations

Respectfully submitted by,
Denise Cline, Tacoma BWA President

Dharma School News



March reminds me of St. Patrick's Day foods – corn beef & cabbage with ketchup, baked potatoes with lots of butter, green eggs and ham... Brings back other family food traditions like eating curry with fukujinsuke, spaghetti with rice, – I mean who would have thought?? What food traditions do your family have?



Dharma School has continued with ZOOM classes – it is so great to see so many of our students/teachers join! I know I've said this before, and before that, but truly, kids, teachers and Sensei's message really make it all happen! Had the opportunity to join Lotus and Maitreya Classes this past month – what an amazing group of young adults!! I admire your thoughts and participation, and teachers – you are awesome!! Thank you for letting me sit in on your discussion on impermanence – just makes me so proud!! Thank you.

On April 10th, we will be celebrating Hanamatsuri via ZOOM once again. Hoping to get student participation with recording time and date set with Sensei. More information will be given at a later date.

“**Lotus & Maitreya Classes** are once again invited to our annual **Earth Day Work Party!** This year, we will meet at the **Point Defiance Native Plant Garden** on **Sunday April 17th from 10:30 am-12:30 pm**. We will be removing English ivy, spurge laurel, and other invasive plants that are encroaching on the forest habitat on the hillside. Parents are encouraged to come along and join the fun! Please come dressed to get dirty, bring work gloves and a full water bottle. Tools, training, and snacks are provided on site, courtesy of Metro Parks Chip-In and the "Ivy League". See you out there--let's get the job done for healthy forests!" Brett Johnson

Prajna and Lumbini classes will enjoy a special music lesson April 17th during our regular class time with **Mrs. Megumi Azekawa**. This will be via ZOOM and will be a fun, active hour of MUSIC!!! More information will be coming soon! **Exciting!!!**

Dharma School Calendar:

March	6	DS Class via ZOOM
	13	Live Service
	20	DS Class via ZOOM
April	27	Live Service
	3	DS Class via ZOOM
	10	Hanamatsuri
	17	Maitreya & Lotus Field Trip; Prajna & Lumbini special ZOOM class
May	24	Live Service
	1	Take out Sukiyaki (DS moved to next week)
	8	DS Class via ZOOM
	15	Live Service
	22	Gotan e; DS Class via ZOOM
June	29	Live Service
	5	DS Class via ZOOM (LAST DS CLASS)

Please stay safe and warm. Extremely grateful for all of you!!
Gassho, June

Young Buddhist Association News



Hello Everyone!

The Winter Olympics was on, and I have been glued to my seat trying to watch all my favorite winter events (especially curling, 'Go Japan!'). I certainly had fun watching the Olympics and I hope everyone else did too!



The YBA held two meetings over the span of one month and finally got the YBA T-shirt fundraiser up and running! We have voted on the type of shirts we would buy (including the color, amount and material), the design put on those shirts, and to implement tote bags as well. Although we have not decided on a certain date yet, we are planning to sell these shirts and tote bags in April or May. Stay tune for the exact date!

The YBA are also waiting to vote on the Buddha altar/"Obutsudan" project which aims to give out a cardboard cutout of buddha along with some incense to the members of the Tacoma Buddhist Temple. We hope we are able to give these gifts to you as soon as possible!

Have a wonderful, safe evening!
Jet Yotsuuye

Buddhist Education Committee News



I was very sad to hear about Thich Nhat Hanh's passing on January 22, 2022 at age 95. I remember hearing about his stroke in 2014 and that afterwards, he was not able to speak again.

I never had the privilege to see Thich Nhat Hanh in person, but I have read some of his books and watched him speak on YouTube. In one lecture to a very packed auditorium, Thich Nhat Hanh began by just standing up on the stage and smiling at all the people. His audience beamed back at him and it was so quiet that some people giggled, including Thich Nhat Hanh.

I was fortunate to spend a meditation retreat on Orcas Island about 15 years ago with a monk from Vietnam who was a long-time student of Thich Nhat Hanh. I don't remember his name, but he was tiny and frail, maybe in his late 60's or early 70's and he had a wonderful sense of humor.

This four-day retreat on Orcas Island consisted of daily sitting meditations in the meditation hall and walking meditations near the orchard that ran between the meditation hall and the dining hall.

One day, our morning meditation session ran long, but our teacher monk wanted us to do a very slow meditation walk to the dining hall even though lunch would be ready in 5 minutes. He told us to start walking and to take the route leading directly to the dining hall. Two women, who were long-time students of our teacher, became our walking leaders and arm-in-arm, with beatific smiles on their faces, they led the way.

Instead of following the monk's instructions, the women lead us away from the planned route and soon we were moving glacially on the far side of the orchard. I immediately became agitated with the women for not listening to our instructions, but I and everyone else just followed along. Suddenly the dinner bell rang, and we were still far away. Five minutes later, it rang again and some of the cooks even came outside to see why we weren't coming. My stomach started growling along with the ringing bell and I kept looking around for the monk to tell us the meditation walk was over, but everyone still walked slowly, eyes cast down and breathing long, slow breaths. Like zombies, I thought.

When we finally got to the dining hall, I was very angry because not only was I late and felt disrespectful to the cooks, but I was starving, my food was cold and now I had to eat fast to make it to the next session.

It dawned on me after I left the retreat, that my constant mind chatter about how inattentive others were was very "unmindful". My teacher taught about the practice of mindfulness during meditation, but it wasn't until the two women literally led me off the path that I saw how deluded I was into thinking that I was the better student. I know many of us seek out teachers or read books to help us be our best selves, but once we are aware of the Buddhist teachings, it's up to us to practice implementing those teachings in our daily lives. As my time at the retreat showed me, just interacting with each other can be a great lesson of how far we are off the path of wisdom and compassion.

Submitted by Lynrae

Toban



In conjunction with the TBT re-opening committee, the Toban Committee will continue to be on a restricted schedule with two month teams working together until further notice. Thank you to the January and February Tobans for cleaning on February 26th. You are much appreciated.

March Chair	Diane Taniguchi + Erin Shen Brett Johnson & Megumi Azekawa June & Jerry Akita Joshua Harrison	April Chair	Barry & June Weled Shizuka Faria Kjirsten Winters Chikako Inoue Richard & Tracy Ling
May Chair	Shinobu & Kazuko Inoue Kenzo Yoshitomi Kaila Yoshitomi Karen Yoshitomi Alvin & Donna Sasaki	June Chair	Aimee Champion Gail Ichinaga Riu Pittman, Grace & Victoria Evert Henry Stoll & Wendy Hamai Les Hitsman & Fred Pelger

Toban Volunteers: Because of limited Temple activity, we are asking each toban team to do light cleaning. You have the option not to participate in cleaning (please let your chair know).

Safety protocols: Must be vaccinated with two shots and booster. Negative testing will NOT be accepted nor will a medical deferment.

Must be masked at all times while at the Temple (TBT provides masks)
Wearing TWO Level 3 masks (blue) or ONE KN95 mask

Stay 6 feet apart from others

Sign In (Use temple check in sheets)

Cleaning Duties: Bathrooms: Professionally cleaned once a month

Social Hall: Fuji Taiko will sweep and clean floor

Kitchen: Wipe down all counters

Sweep kitchen floor (Mop if needed)

Empty garbage/recycling as needed

Replenish bathroom supplies as needed

Main Floor: Dust pews

Quick sweep wooden floor

Sweep side kitchen

Wipe down counters

Replenish bathroom supplies as needed

Vacuum all carpets including stairwells

Rev. Pratt Room: Vacuum carpet

Wipe down tables

Wipe down and sweep kitchen area

Sweep and mop landing area

Empty garbage/recycling as needed

Please refer to the Myokyo articles for monthly Toban activities. We are getting our guidance from the Reopening Committee's monthly meetings.

We will have a copy of where cleaning supplies are located on the hallway bulletin board and main kitchen.

Thank you very much for your understanding and cooperation on these changes.

In gassho,

Barry Weled and June Akita

Study Class

Wed Apr 6 @ 6 pm

via ZOOM

BOOK CLUB

Thur Apr 7 @ 7 pm

via ZOOM

**Pure Land History, Tradition
and Practice**

by Charles Jones

Facility Committee Update



One good thing about perusing emails sent between the movers and shakers on the facilities crew is learning new words. So, upon reading one of Tom Hubbell's emails regarding materials needed to erect a new post for the parsonage deck I encountered "**plinth**." Now, guessing the meanings of new words is kind of like a Rorschach test-a window to the subconscious. I surmised, despite its obvious context, that it was some kind of medieval tool for extracting teeth. However, it refers to a lower square slab that supports a column. Robert Yotsuuye has been working on mounting the column. A hole has been dug and it has passed a city inspection.

After Tom Hubbell attempted to rescue a cantankerous, old dishwasher from oblivion Tony Gregg and Reverend Koyama teamed up and purchased a new dishwasher. An appointment to connect the new appliance will be made after it arrives. Mike Shiogi added a locked chain as a countermeasure to prevent treasure hunters from digging in the garbage bin and making a mess in the street between scheduled pickups. Sensei volunteered to unlock and relock the bin on trash removal days.

Tom and Lynrae Hubbell's efforts keep S Fawcett Avenue and the alleyway free of unsightly litter. David Yotsuuye, Robert Yotsuuye, Gary Ichinaga, Tom Hubbell, Tony Gregg, Rick Tanabe, Del Sasaki, and Mike Shiogi are constantly stepping up and tending to all the details of keeping our temple and parsonage well maintained. Kurt Osaka and Osaka Gardens work love their work and that is certainly is reflected in the appearance of our grounds. ~Dave

Membership



Greetings to All!

Our TBT Membership Committee is actively engaging with visitors and potential new members attending our ZOOM services. We are seeking input and brainstorming ideas to expand our sangha over time. To that end, we have discussed the topic in committee, read some articles, and hope to consult with another temple that has successfully fostered this type of growth. We also look forward to engaging with Board members and others to develop a plan and put it into action. We appreciate your support and input!

June, Gavin, and Brett
TBT Membership Committee

Yearly Memorial Service

General Memorial Service Years for 2022

1 st Year - 2021	17 th Year - 2006
3 rd Year - 2020	25 th Year - 1998
7 th Year - 2016	33 rd Year - 1990
13 th Year - 2010	50 th Year - 1973



March 2022

1 st Year	Katsumi Fujita	March 17, 2021
3 rd Year	Allan Kishi	March 29, 2020
7 th Year	Yukiko Shiogi	March 1, 2016
33 rd Year	Nancy Uchimura	March 3, 1990

Notice of Construction

The City of Tacoma is conducting a revitalizing of Tacoma's Brewery's District, which includes a significant amount of work all along Fawcett Ave. The following work includes improvements to the 17th through 19th blocks of Fawcett Ave (the Temple is in the 17th block of Fawcett Ave):

1. **Storm water drainage – begins February 8th, 2022**
2. **Water main – begins February 15th, 2022**
3. **Electrical – begins March 28th, 2022**
4. **Traffic signal upgrades – begin April 18th, 2022**

In addition, the contractor will add concrete curbs, gutters, sidewalks and ADA ramps along with repaving the roadways. The City has notified local residents of delays in travel in the area and will be placing NO PARK signs along the road as needed. The signs request no parking from 7 am to 6 pm Monday through Friday.

Please be aware that, if you intend to stop by the temple, you may encounter delays and lack of on-street parking. Of course, you may park in the alley behind the Temple or along the side streets (if available) and Fawcett Street may be available for parking on weekends if it is not closed off for construction.

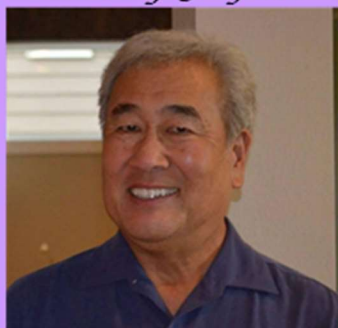
While we will need to work around the construction, the improvements to the street will be well worth the wait.

Thank you for your patience!
The Facilities & Grounds Committee



The Tacoma Buddhist Temple would like to extend its heartfelt sympathy and condolences to the family and friends of

Larry Fujita



Passed away on February 6, 2022

Larry was a longtime member of the temple and grew up in Fife on the family farm. After attending college, getting married, and serving six years with the Army National Guard he returned to Fife to help with the farm. He enjoyed helping in the community and served on numerous agricultural committees and boards. With the help of his wife and three sons he farmed until the late 1990s and retired to Olympia.

Larry enjoyed cars, fishing, gardening, fixing things, Bob Ross painting shows and many outdoor activities. His biggest pride and joy were his grandchildren and family. Larry overcame many major medical problems, but at the end passed from ALS at the age of 78.

The family would like koden memorial donations be given to the temple.



The Tacoma Buddhist Temple would like to extend its heartfelt sympathy and condolences to the family and friends of

Sam Shimizu



Passed away on February 11, 2022

Sam was a member of one of the original farming families in the Fife Valley. After his military service, he was a gardener for almost 30 years and his favorite sport was fishing. He loved doing things with kids, was a Big Brother for many years, enjoyed the casino, McD fries and Mocha Fraps, made delicious inari sushi and was a great listener.

He suffered his first stroke at age 55 and had to live with the aftereffects for the rest of his life. He was a member and supported the Tacoma Buddhist Temple for almost 12 years.

The family would like koden memorial donations be given to the temple.

Temple Shinnenkai Goes On – Zoom that is!

Thank you to the Shinnenkai committee - Rev. Koyama, Tracy Ling, Gavin Morgan, Crystal Inge, Kevin Ikeda and Les Hitsman for planning a fun event. Kevin Ikeda was Master of Ceremonies leading a fun filled 45-minute program that included:

- Welcome by **Rev. Koyama**.
- **Live performances by Fuji Taiko**, “Gendai ni Ikiru” and “Matsuri” (they played in the temple social hall and lived streamed).
- **19 Keiro honorees** were recognized: Hana Yoshida (age 102), Rose Kishi, Thelma Abe, Tom Osaka (101), Martha Tamaki, Kazue Maesaki, Yasuko Morita, Ted Tamaki, Ed Mayeda, Yoshi Mayeda, Tada Yotsuuye, Fujiko Yoshikawa, Anita Nakayama, Rev. Kosho Yukawa, Asako Arima, Shinobu Inoue, Chiz Yotsuuye, Frank Shigio and Jim Akagi. Name are listed in order of birthday.
- **2020-2021 new members**: Emma Inge, Josh Harrison, Kate Inge, Kim Kawada, Rachael Meatte, Josh Pipkin and Trish Tisdale and sons Dennis and Dillon.
- **Dharma Student Talent program**: Jet Yotsuuye piano performance “Minato Mura”; Enzo Yotsuuye, “Cool”; Marina Johnson performed a live vocal of “Shabon dama” and “Haru ga Kita.”
- **Game Time!** For 15 fun fast minutes, members were split into breakout rooms and played speed trivia which were questions and answers developed by Rev. Koyama. Not fair those who had Dharma School teachers! Thank you to breakout leaders: Rev. Koyama, Rev. Cyndi Yasaki, Erin Berkey Shimizu, Kate Inge and Kaila Yoshitomi. Some finished, some didn’t but everyone had fun. Congrats to Kaila Yoshitomi’s team: Lynne and Ken Tanino, Gavin Morgan, Michael and Priscilla Shiogi and David Yotsuuye. Um – was this rigged?! 😊

- In addition to the event, gifts were given to Keiro Honorees that included a DVD of the celebration.
Thank you to Tracy, Gavin and Les for packaging and sending out the gifts.

Celebrating our Keiro Honorees! Happy 88+ Birthday and thank you for being such great role models for our Sangha.



Hana Yoshida



Rose Kishi



Thelma Abe



Tom Osaka



Martha Tamaki



Kazue Maesaki



Yasuko Morita



Ted Tamaki



Yoshi Mayeda



Ed Mayeda



Tada Yotsuuye



Fujiko Yoshikawa



Anita Nakayama



Rev. Kosho Yukawa



Asako Arima



Shinobu Inoue



Chiz Yotsuuye



Frank Shigio



Jim Akagi



Welcoming our 2020 – 2021 New Members!

Thank you for joining our Tacoma Buddhist Temple Dharma community.



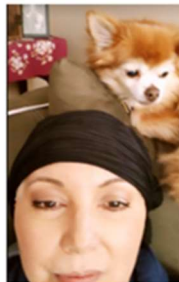
Emma Inge



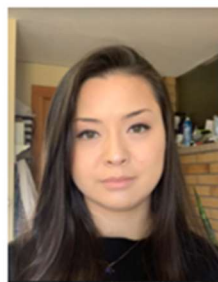
Josh Harrison



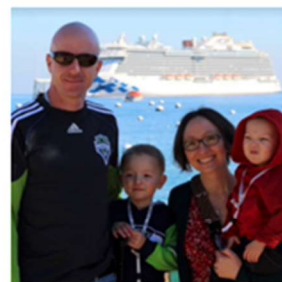
Kate Inge



Kim Kawada

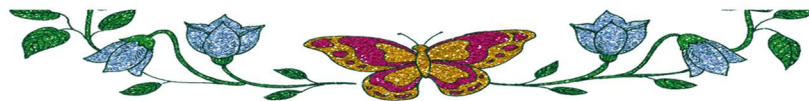


Rachel Meatte



Trish Tisdale, sons-
Dennis and Dillon

And Josh Pipkin
(photo not available)



New Books in the Library

Occupy This Body

By Sharon A. Suh, professor of Theology at Seattle University

Be The Refuse

By Chenxing Han

Street Zen: The Life and Work of Issan Dorsey

By David Schneider

***Contact Jane Burster, Librarian*

News from the Re-opening Committee

Covid-19 Activity Reporting Requirement for Groups using the Temple

At the February 20, 2022 Board of Directors meeting, a Covid-19 Activity Reporting Requirement for Groups using the Temple was approved. **This requirement becomes effective on March 1, 2022.**

To maintain the safety and health of our Sangha, any activity in the Temple consisting of 5 or more individuals are required to fill out an Activity Report. Each activity needs to designate a Focal that is responsible to fill out and submit the Activity Report.

The following information is to be collected on the form:

1. Name of activity. E.G. Toban, BWA gathering, YBA t-shirt production, Fuji Taiko practice, Rummage sale preparation, etc.
2. Focal name
3. Date
4. Name of participants, their email and phone number
5. Responses to following questions, details below:
 - a. Vaccine Status is OK?
 - b. Temperature check OK? (Focal is responsible to take temperature.)
 - c. Feeling Healthy?
- Vaccine Status is OK if primary vaccination completed and boosted when eligible. Negative Covid test or medical deferments are not accepted.
- Temperature check OK if under 100 degrees.
- To answer YES to “Feeling Healthy?” question, your answer to the following should be No.
 - Do you have any of the following?
 - Chills, Muscle soreness/pain, Headache, Sore throat or nasal congestion, Loss of taste or smell, Cough or Difficulty breathing/shortness of breath.

The completed Activity Reports are to be placed in the provided basket in the Rev Pratt room.

TBT will have the following supplies available at two locations, in the entrance foyer and in the main kitchen, the two main entry points to the Temple.

The following should be available at those locations.

1. Masks
2. Activity Report forms
3. Clipboard
4. No contact thermometer
5. Pens

We are requiring that masks be worn during all group activities in the Temple. Masks will be supplied. If the mask worn is not a N95 or KN95, we request that double masks be worn.

As health conditions change, the Board and Re-opening committee will monitor the situation and update our requirements as appropriate.

Tacoma Buddhist Temple
Activity Report (for groups of 5 or more participants)

Activity Description: _____ Focal: _____ Date: _____
e.g. Toban, BWA gathering, YBA t-shirt production, Fuji Taiko practice. Use additional sheets if needed.

	Name	Email Address	Phone Number	#Vaccine Status OK?	Temperature OK?	*Feeli Health
1	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#Vaccine Status is OK if primary vaccination completed and boosted when eligible. Negative Covid test or medical deferments are not accepted.
&Temperature check OK if under 100 degrees.
*To answer YES to "Feeling Healthy?" question, your answer to the following should be No. Do you have any of the following?
Chills, Muscle soreness/pain, Headache, Sore throat or nasal congestion, Loss of taste or smell, Cough or Difficulty breathing/shortness of breath.
Place completed Activity Report in basket in Rev Pratt room.

Thank you for your efforts to keep our Sangha safe and healthy.
TBT Board of Directors and Re-opening committee
David Yotsuuye

Tacoma Buddhist Temple's
Spirit, Mind and Body Health Series
2022

Two Classes are Back by Popular Demand!

To register, please email Tracy Ling at tling12005@gmail.com or register at www.tacomabt.org under the Events tab. For those returning and new attendees, updated yoga waivers will be required for 2022 sessions. Tracy can provide the form via email. No waiver is needed for meditation. We look forward to seeing in each class!

March 12, Yoga for Compassion for all abilities. Saturday, 9:00 am.
Next class: April 9, May 14, and June 4

Kara O'Toole, yoga instructor



This class is for levels of experience, a place for people to begin their yoga practice or to reconnect with their yoga roots. In Yoga for Compassion, you will learn the fundamentals of yoga postures and experience connecting movement and breath. The class will begin seated in a chair and then progress to standing. This class will most likely return on a monthly basis so please stay tuned for upcoming dates.

April 24, Meditation to Enhance Sleep. Sunday at 7 pm



Member and instructor, Kjirsten Winters will help you learn meditation techniques to ready yourself for sleep. Music, movement and quiet meditation is incorporated into the session.





New student, Suki, for Nirvana Day!



Spa day with aunties...
so relaxing..ahhhhhhhh



Yet another new student
interested in our activities...



To my dismay,
no DS student
knew who this
was....and I
was so proud
too....how sad

Thank you, Pen Pal Thelma!!!

*March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 <i>YouTube Shotsuki Service</i> BCA National Council Workshops
6 <i>YouTube Service</i> BEC Meeting 9am Via Zoom Dharma School Via Zoom 10:45am	7	8	9 <i>Study Class</i> 6pm Via Zom	10 <i>Book Club 7pm</i> Via Zoom	11	12 <i>Spirit Mind & Body Yoga For Compassion</i> With Kara O'Toole 9am-10am Via Zoom
13 BCA National Council BCA Eitaikyo Service	14	15 <i>TBT Reopening Meeting</i>	16	17	18	19
20 BWA/Spring Ohigan Board Meeting 8:45am Dharma School Via Zoom 10:45am	21 Myokyo Deadline	22	23	24	25	26
27 Live Zoom Service 10am	28	29	30	31		

*April 2022

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3 <i>YouTube Service</i> Dharma School via Zoom 10:45am	4	5	6 <i>Study Class</i> 6pm via Zoom	7 <i>Book Club 7pm</i> Via Zoom	8	9 <i>Spirit Mind and Body Yoga for Compassion</i> With Kara O'Toole 9am-10am Via Zoom
10 <i>BEC Meeting</i> Hanamatsuri Service <i>Live Zoom Service 10am</i>	11	12	13	14	15	16
17 <i>YouTube Service</i> Board Meeting 8:45am Dharma School Via Zoom 10:45am	18 Myokyo Deadline	19	20	21	22	23
24 Live Zoom Service 10am	25	26	27	28	29	30