



## THE SANGHA

November 2020

Dear Dharma friends I hope this finds you well, happy, and peaceful. In the month of November we may not be eager for the seasonal climate change which brings less daylight, colder weather, and snow but an attitude of acceptance makes it easier to get through the winter months.

Besides colder weather November is a time of memorial when we gather to preserve the memory of those who bravely fought for their country. Remembrance Day is celebrated each year on November 11th; it marks the day World War One ended at 11am on the 11th day of the 11th month, in 1918.

Since then a two-minute silence is held at 11am on Remembrance Day to remember the people who have died in wars. In our Japanese Buddhist tradition November marks the observance of the

Perpetual Sutras Memorial Service – Eitaikyo. “Eitaikyo is an opportunity for us to express reverence for the life and actions of those who have died and to make donations for the continuing cultivation of the Dharma. Eitaikyo is a contraction of a longer word that means – perpetual (eitai) chanting (doku) of sutras (kyo).

The act of chanting connects us to all those who came before and all those who will follow as we chant these same sutras. We flow together in time, and in the ritual of chanting we become one with them. In this way we endure, and we ourselves are perpetuated, freed from our individual lives” (Shin Buddhist Service Book).

Our monthly memorial service – Shotsuki – is our reverence for deceased loved ones and serves as our chanting in perpetuity. Please



### CALGARY BUDDHIST TEMPLE

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take good care of yourselves and think of others as we all endure the winter and the uncertainty associated with the global pandemic.

I leave you with words of wisdom from the Late Rev. Kenryu T. Tsuji:

*“When I truly share someone’s happiness, it is Namo Amida Butsu;  
and in that moment of deep grief over a loved one’s death, it is just  
Namo Amida Butsu... it is the song of gratitude not of my finding the  
Buddha, but the Buddha finding me.”*

*Namo-Amida-Butsu,  
Robert Gubenco Sensei*

## SHARE WITH THE SANGHA

If you would be interested in sharing your background, knowledge or skill with the Temple Sangha using an online/virtual forum, please email [CalgaryTempleSangha@gmail.com](mailto:CalgaryTempleSangha@gmail.com).

The Calgary Buddhist Temple Sangha Engagement is actively involved in hosting workshops, presentations, and events to engage, enable social interaction, growth, and understanding.

Topics vary and the group interests are diverse so please consider volunteering!





## FALL WORKSHOPS & EVENTS

### LIVING WITH THE PANDEMIC FROM A BUDDHIST PERSPECTIVE: CLUES FROM HIS NEW BOOK

*Sunday, Nov 1 from 3-4:30pm MST*

The Calgary Buddhist Temple is honored to be able to present a “live from Tokyo” lecture by Sensei Dr. Kenneth K. Tanaka!

This online presentation will be on Sunday, Nov 1 from 3-4:30pm MST. Living during the time of a pandemic has changed our way of life and a new normal is evolving. The Coronavirus pandemic impacted us all abruptly and forcefully - many of us are feeling the effects and will continue to do so for some time.

Rev. Tanaka will share his thoughts on how he is dealing with it from a Buddhist perspective and reference clues from his new book, ‘Jewels,’ Introduction to American Buddhism for Youth, Scouts and the Young at Heart.

Everyone is welcome to join this FREE presentation - donations will be gratefully accepted.

Register by going to:

[https://us02web.zoom.us/join/register/tZwrcuCrqj4tGd0NY2KCW78YjcOU\\_ggNbbt](https://us02web.zoom.us/join/register/tZwrcuCrqj4tGd0NY2KCW78YjcOU_ggNbbt)

- this link is also available on our Facebook and Temple website.



### “KAMPAI – UNITING PEOPLE WITH SAKE”

*Saturday, December 12th at 2pm MST*

Join us for a fascinating look into the world of Japan’s national drink with Yasuhiro Washiyama who is the Co-Managing Director of Sake Gami in Calgary. There will be suggested purchases to be able to do some online taste testing together too! Stay tuned for all the fun and exciting details which will be published on the website and Facebook once finalized.



## FALL WORKSHOPS & EVENTS

### “KAMPAI – UNITING PEOPLE WITH SAKE”

*Saturday, December 12th at 2pm MST*

On Saturday, December 12th at 2:00 pm Mountain Time, come join the members of the Calgary Buddhist Temple for a fascinating look into the world of Japan’s national drink with Yasuhiro Washiyama, Co-Managing Director of Sake Gami in Calgary. Everyone is welcome to attend this FREE online workshop and you need not be a consumer of alcohol to be able to enjoy an intriguing look into sake!

Topics covered will be: what is sake, sake from different regions, pairing ideas, how to keep it in-house, best glassware for sake, how to enjoy sake and more.

It is suggested that participants purchase these 3 types of sake, prior to the workshop, so that we are able to do online taste testing together!

1. Kaiun Junmai Ginjo 300ml
2. Masumi Junmai Ginjo Shiro 300ml
3. Fukucho Seaside Junmai 300ml



For those in or around the city of Calgary, to make things even sweeter, the Mission Wine & Liquor Merchants, has kindly offered a special price for those who register for this workshop! Normally, to purchase the 3 bottles of sake, the retail value is almost \$65 however, when people sign up for this event, they will receive a barcode/voucher to be able to take to Mission Liquor to receive a special, reduced price!

This is a one-time offer from this merchant for our event so please take advantage and support local! This is going to be an interesting workshop and a great way to engage and unite people with sake!

Register in advance for this online, Zoom workshop by going to:  
<https://us02web.zoom.us/meeting/register/tZEvceyqpjkvHtxYUT63-ZaB6BG4Cxq6QFwK> (link is also available on the Temple website and the Facebook group)

After registering, you will receive a confirmation email containing information about joining the meeting, and a separate email with the barcode/voucher (good until Dec 12/20) to take to Mission Wine & Liquor Merchants located at 2100 4th Street S.W., Calgary, AB T2S 1W7.



## FALL WORKSHOPS & EVENTS

### ALZHEIMER'S: PREVENTION INSTEAD OF LIFE SENTENCE

*Sunday, January 24, 2021, from 1:00 – 2:30 pm MST*

The threat of developing Alzheimer's is often one of our greatest fears as we age. While traditional views of Alzheimer's see it as a disease that can afflict anyone at random, new research is showing us that there are numerous ways to prevent this devastating illness or minimize its impact. In this seminar, we will be exploring some of the major risk factors for Alzheimer's and the key health practices that can counteract these risks. The focus will be on effective, inexpensive steps that we can take immediately to start creating better health for our future.



The presenter, Trudy Gahlinger, a long-time member of the Calgary Buddhist Temple, is a Functional Medicine Certified Health Coach. Unlike conventional medicine which tends to treat symptoms, functional medicine seeks the root cause of symptoms so that better health can be restored. A key feature of functional medicine is its basis in evidence-based research which provides a scientific foundation for health practices and strategies.

Register in advance for this workshop:

<https://us02web.zoom.us/meeting/register/tZAvC-Curj8vHtZu5obroVICS9oxEkYrkGVE>- this link is also available on our Facebook and Temple website.



### RESOLVING LIFE'S PROBLEMS THROUGH BUDDHISM

*Sunday, February 7th, 2021 from 2-3:30pm MT*

The Calgary Buddhist Temple Sangha Engagement is truly honored to have Rev. Marvin Harada, the Bishop of the Buddhist Churches of America, share the Dharma with us. Save the Date!

Registration and additional details to come.



## WORKSHOP & EVENT UPDATES

### KEIROKAI BOXED LUNCH HOME DELIVERY

Although we could not have our annual Keirokai (senior) service and lunch at the Temple this year, we still wanted to acknowledge our appreciation of and gratitude to our seniors.

Our volunteers therefore contacted our keirokai and arranged to deliver bento box lunches to them. On October 24th we met at the Temple and packed bags with bento from Daruma Calgary and beautiful manju made by Mrs. Masuda, which we then delivered.

It was wonderful to be able to see our temple elders and to be able to honour them and thank them for all they have done for the Temple.

Special thanks to the volunteer committee of Yuko Ono, Jackie Robb, Masaye Tanaka, and Debbie Hayashi who made all the calls and coordinated the food pickup and deliveries.



### FINDING INNER PEACE – INTRODUCTION TO TENSION RELEASING EXERCISES (TRE®) FOR STRESS MANAGEMENT

The Calgary Buddhist Temple Sangha Engagement held an Introduction to Tension Releasing Exercises (TRE®) for Stress Management workshop on October 15 and it was very well received! Our own Sangha member, Sara Clark, a TRE® Certified Provider (TRE®-CP), introduced the participants to this complimentary, integrated health practice.

We are grateful that Sara shared her knowledge and practical experience with us.



## LIBRARY UPDATE & BOOK REVIEW

### LIBRARY UPDATE

November 2020 In compliance with Alberta Health Services safety guidelines and restrictions, the Calgary Buddhist Temple library remains closed. Unfortunately, the library has been shuttered since April. We hope that the library access will open soon.

Typically the CBT library days were held the third Sunday of the month, immediately after Sunday service from 11:10 to 11:45 AM.

Currently there are over 130 books in the library. There also exists a youth/children section and a small sampling of Japanese books. The electronic selections include Dharma movies and DVD's. For anyone still with access to ancient devices, a VHS tape and several cassettes comprise the collections.

A few additions in the past year to the library include: Jewels by Dr. Kenneth Kenshin Tanaka; American Sutra a story of faith and freedom in the second world war by Duncan Ryukan Williams, and The Engaged Spiritual Life A Buddhist approach of transforming ourselves and the world by Donald Rothberg. A one-time-lifetime library card fee of \$20 allows up to five books to be borrowed for 2 months.

### MOVIE REVIEW

The Burmese Harp

B&W. War drama || 2 hours 23 minutes

Director: Kon Ichikawa; Producer: Masayuki Takaki

Release Date (Theaters): Jan 21, 1956 wide.

At the close of World War II a Japanese platoon surrenders to British forces in Burma. Mizushima the platoon's harp player is tasked to persuade a Japanese battalion, who are trapped on a mountain, to surrender. Mizushima is unable to convince the soldiers to accept defeat, and a last stand ensues.

Mizushima is traumatized by the bloodshed of fellow countrymen and disguises himself as a Buddhist monk. Thus begins his journey toward peace of mind amid the turmoil.

NOTE: The ruling military junta changed its name from Burma to Myanmar in 1989

## THE BURMESE HARP





## CALGARY BUDDHIST TEMPLE COOKBOOK COMMITTEE

### TWENTY-FOUR-HOUR SALAD

- Serves 8-10

a creamy fruit salad, sweet enough to be a dessert, made with a cooked custard and canned fruit, then chilled overnight.

#### Ingredients

- 2 (398 ml) cans pineapple tidbits
- 3 (325 ml) cans mandarin oranges
- 1 can (500ml) pitted dark, sweet cherries
- 1 cup grapes, halved (optional)
- 1 cup miniature marshmallows
- $\frac{3}{4}$  to 1 cup heavy whipping cream

#### Custard/Fruit juice dressing.

- 2 eggs, beaten
- 2 Tbsp sugar
- 2 Tbsp fresh lemon juice
- 2 Tbsp pineapple juice
- 1 Tbsp butter

#### Steps

1. Drain the juices from the canned fruits and set the fruit aside. Save pineapple juice.
2. Combine the eggs, butter, sugar, pineapple juice and the lemon juice in top of double boiler and beat very well; you want to beat enough tha the mixture is foamy.
3. Cook the over medium heat, stirring constantly with a wire whisk until custard thickens, about 10 minutes.
4. Remove from the heat, cover, and chill the custard in the refrigerator.
5. After custard has cooled make whipped cream. Using a standing mixer or electric hand mixer, in chilled bowl whip heavy cream until stiff peaks form; fold in cooled custard sauce until combined.
6. In a large bowl, mix/add (grapes), pineapple, oranges, cherries, and marshmallows Pour cream sauce over and stir to combine.
7. Pour the salad into a serving bowl and cover. Refrigerate at least 8 hours or up to 24 hours before serving.



<https://www.culinaryhill.com/24-hour-fruit-salad/>





## CALGARY BUDDHIST TEMPLE COOKBOOK COMMITTEE

### Notes

- Cook the egg custard mixture long enough. If the egg custard does not have enough time to set, the salad can become too thin. The custard has to be thick and will thicken more when it's chilled, but adding fruits too early will thin it out.
- Drain all the fruit really well, set in a colander for about an hour or so, just to let the fruit dry out a little.
- Canned mandarin oranges work best in this recipe.
- Whipped cream doubles in size. 1 cup heavy cream, yields about 2 cups whipped cream.



MONTHLY DONATONS - SEPTEMBER

TEMPLE DONATIONS

Alexander, Robert  
Hironaka, Doug  
Howard, Leslie

Miquelon, Dixie  
Robb, Jackie and Barrie  
Tanaka, Harvey

Tanaka, Masaye  
Tourville, Kim

CANADA HELPS DONATIONS

Margaret Tanaka  
Frank Dooge  
Jameela Ghann  
Bob McCullagh

Laura Sugimoto  
Lee Dumont  
Craig Pittman  
Charlene Wright

Matthew Stewart  
James Martin  
Melanie Giggs  
Kayo Nitta

CANADA HELPS - MEMORIAL DONATIONS

**In Memory of Father's 50th Year  
Memorial**

Miyanishi, Kiyoko

**In Memory of Kanao Sugimoto  
(Sept 20, 1995)**

Sugimoto, Laura  
Sugimoto, Takako  
Sumire Carol Sugimoto

**In Memory of Koichi and Fumi  
Fujiwara**

Esler, Francis