



THE SANGHA STREAM

April 2024

## MINISTER ARTICLE

In March we held a half-day meditation retreat at the temple. The purpose of the retreat was to take time to reflect and re-energize on ourselves by slowing down and trying to realize harmony in the present moment. Since the retreat I have been reflecting on my own sense of contentment. Being content takes practice and requires questioning almost everything that one desires. For instance, the advancement in technology brings about bigger, better, more efficient devices for us to crave and dream about almost every year. The advertisements from the media, the fascination with the lifestyles of the rich and famous, and peer pressure can make it difficult to find contentment in the present moment. Just think about that new purchase that you made, perhaps it was for a vehicle. When we first purchased the vehicle, we were satisfied in that moment with the look and how the vehicle operated. But when the newness of the vehicle faded away, we may have started to notice things that we no longer liked with it.

Prompting us to desire a newer vehicle to satisfy our changing cravings. The Buddhist philosophy about contentment is that it involves finding satisfaction and inner peace with what we have in the present moment rather than constantly looking for external sources to find satisfaction and inner peace.

A collection of Shakyamuni Buddha's teachings is found in the Dhammapada and from Verse #204 it states:

*Health is the best gift,  
Contentment the best wealth,  
Trust the best relationship.  
Nirvana the best joy.*



## MINISTER ARTICLE

My interpretation of Verse #204 is a reminder to be grateful for one's health because it can change in a New York minute. To be satisfied and appreciate what one has in the present moment. Make oneself trustworthy to others and trust in the guidance of the Three Treasures. Follow the Path that leads to blowing out greed, anger, and delusion for it will bring about the best joy.

Shinran Shonin wrote extensively on Amida Buddha and the Pure Land and spent years collecting passages to support Amida's Vow of compassion to save all sentient beings. We are not Buddha's in the present moment but the passages that Shinran Shonin has provided for us about Amida Buddha serve as an aspiration to emulate Amida's virtues. In the Collected Works of Shinran, Volume one, he quotes from the Larger Sutra on how Amida fulfilled great virtues by performing bodhisattva practices with a pure mind:

*No thought of greed, anger, or harmfulness arose in his mind;  
he cherished no impulse of greed, anger, or harmfulness.  
He did not cling to objects of perception - color, sound, smell, taste.  
Abounding in perseverance, he gave no thought to the suffering to be endured.  
He was content with few desires, and without greed, anger, or folly.*

From Shakyamuni Buddha to Shinran Shonin we are reminded about how craving and wanting more without being grateful and content for what we have in the present moment leads one away from developing a deep sense of inner peace.

Once, there was a monk who lived a simple life in a small monastery nestled in the mountains. One day, a traveler passing through the area stopped by the monastery and asked the monk, "What is the secret to true contentment?" The monk smiled and invited the traveler to sit with him in the garden. As they sat together, the monk pointed to a small, modest hut nearby and said, "Do you see that hut? That is where I live." The traveler nodded, impressed by the monk's simplicity. Then the monk continued, "And do you see that beautiful mansion on the hill?" The traveler looked up and saw a grand mansion overlooking the monastery. "Yes, I see it," the traveler replied. The monk smiled and said, "Well, the secret to true contentment is this: whether you live in a simple hut or a grand mansion, true happiness comes from within. It is not the external circumstances that matter but rather our attitude towards them." The traveler nodded in understanding, realizing that contentment is not found in the pursuit of wealth or possessions but in cultivating gratitude and inner peace. As the traveler continued on his journey, he carried with him the valuable lesson taught by the monk: that true contentment is found in embracing simplicity and cherishing the present moment, regardless of external circumstances.



Namo-Amida-Butsu  
Robert Gubenco Sensei



Calgary Buddhist Temple

658-1st Ave N.E.  
Calgary, Alberta

Telephone: (1)403-263-5723

www.calgary-buddhist.ab.ca

## APRIL 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

Camalot Bernier  
Loty Flores  
Keiko Gomyo  
Butch Hayashi  
Marion Ishii

Rev. Susumu Ikuta  
Amy Kitagawa  
Roy Nagata  
Barbara Pittman

Margaret Rice  
Prince Shotoku Taishi  
Ronnie Takeda  
Ronald Tamaki  
Yoshiko Teshima

## TEMPLE SERVICE REMINDERS

### APRIL SERVICES

- Wednesday, April 3rd - Meditation Body Scan from 7:00 to 8:00 pm
- Sunday, April 7th - Shotsuki/Monthly Memorial and Hanamatsuri Service at 10:00 am
- Tuesday, April 9th - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Thursday, April 11th – Book Club “Living Nembutsu” from 7:00 to 8:00 pm
- Tuesday, April 23rd - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Thursday, April 25th – Book Club “Living Nembutsu” from 7:00 to 8:00 pm

## ANNUAL GENERAL MEETING

### 2024 ANNUAL GENERAL MEETING

*Sunday, April 14, 2024 shortly after service (11:15 -11:30AM)*

Our annual general meeting will be held on April 14, 2024 shortly after service (11:15 -11:30AM).

We will go over the temple finances, talk about events/highlight of the past year, discuss and vote on key issues and elect a new board of directors.

We expect it to run for about 30 to 45 minutes. Attending the AGM is a good way to become more familiar with how the temple is run and to ask any questions or voice concerns. If you have any questions or are interested in becoming a board member, please contact Dan at [dan37mcc@gmail.com](mailto:dan37mcc@gmail.com).



## UPCOMING WORKSHOPS AND EVENTS

### TEMPLE CLEAN UP - SUNDAY APRIL 21, 2024 - AFTER SERVICE

We are looking for volunteers to assist with some annual cleaning inside and outside the temple. This will be done on Sunday, April 21, 2024, after service. Refreshments and snacks will be available! There will be many jobs to choose from, please consider bringing outdoor gardening gloves if you have them.

Many hands make light work and we anticipate this will take 30-60 minutes. This is a great opportunity to meet other temple members. A sign-up Genius will be emailed out so we have an idea of how many people we may have.

*Many Thanks, Tracee*

### COMMUNITY OUTREACH

*Sunday, April 14th, 2024*

CALGARY  
**DROP-IN**  
CENTRE

We'll be providing lunch service at the Calgary Drop-In (DI) Centre.

We leave after the Sunday service around 11:15 am and walk over to the DI together or meet there at 11:30 am. Eight volunteers are required, and the minimum age is 16 years old.

Go to <https://bit.ly/community-14Apr24> to register and support the community!

### SPRING IKEBANA CLASS

*March 16 and 30, April 13 and 27, and May 11  
1:30 pm – 4:30 pm*

Classes will be held on Saturday afternoons at The Calgary Buddhist Temple from 1:30 pm – 4:00 pm.

The 5 classes are a series and the cost is \$250 total including flower material and instruction for Temple members or \$300 for non-members. No refunds for missed classes.

Students must supply their own containers (please ask Rika for a suitable size and shape), scissors and kenzan (frog). Contact Rika if you need help selecting your items but these are not supplied as part of the lesson.



Rika Saruwatari trained under Ms. Takako Yokoyama, and became a certified Shihan (teacher) in 2012.

Rika's contact info: rikaandshiro@gmail.com or call 403-701-0390



## UPCOMING WORKSHOPS AND EVENTS

### MENTAL HEALTH AWARENESS

*Sunday, May 26, 2024 from 2pm-3:30pm*

Join the Sangha as we gather in the Temple lower level to learn about Mental Health and Self-Compassion. A lack of compassion for the self can play a role in mental health conditions.

Many people find it difficult to feel self-compassion especially when it might be linked in the mind to self-pity or as undeserving. This self-judgment may lead to conditions such as anxiety, insecurity, or depression. Self-compassion, however, often allows people to accept their failures, move past them, and keep trying.

Our special guest speaker is Sara Clark who is a valued Jodo Shinshu Sangha member. She is a clinically trained Master's level social worker registered in the province of Alberta, and her focus is to help people live a fuller life.

No pre-registration required to attend what is sure to be an interesting, thought-provoking, free workshop open to all. Temple donations are always greatly appreciated.



### COMMUNITY OUTREACH

*Sunday, June 2, 2024*

CALGARY  
**DROP-IN**  
CENTRE

Save the date as we'll be providing lunch service at the Calgary Drop-In (DI) Centre. Registration information to come.



## UPCOMING WORKSHOPS AND EVENTS

### SUMMER IKEBANA CLASS

*June 1, 15, and 29 July 13 and 27  
1:30 pm – 4:30 pm*

Classes will be held on Saturday afternoons at The Calgary Buddhist Temple from 1:30 pm – 4:00 pm.

The 5 classes are a series and the cost is \$250 total including flower material and instruction for Temple members or \$300 for non-members. No refunds for missed classes.

Students must supply their own containers (please ask Rika for a suitable size and shape), scissors and kenzan (frog). Contact Rika if you need help selecting your items but these are not supplied as part of the lesson.



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## EVERY MOMENT MATTERS

*National Volunteer Week April 14 - 20, 2024*

The National Volunteer Week theme for 2024 is Every Moment Matters. It highlights the importance of every volunteer and each contribution at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and wellbeing of our communities.

The Calgary Buddhist Temple as a non-profit organization, relies on volunteers to achieve our goals and missions. Volunteers enhance and extend services, and assist to accomplish mutual objectives. Appreciation and gratitude are conveyed to all the volunteers who support the Calgary Buddhist Temple.

THANK YOU, MERCI, DOMO ARIGATO  
うとあもうど



“Through volunteering we experience our interconnectedness, making our lives more meaningful. Getting involved in various ways, we find friendship, develop trust, and link our relationships. During National Volunteer Week 2024, we come together to recognize and celebrate the importance of each and every volunteer’s impact. Now more than ever, Every Moment Matters.”

<https://volunteer.ca/index.php?MenuItemID=482>

### Temple Volunteer Participation

- Communication /Website
- Temple Cleaning and Maintenance (Inside) - Washrooms, floor, dusting, vacuuming, etc.
- Temple Cleaning (Outside) - Picking up trash, snow clearing, tree trimming, etc.
- Fundraising Events - Dough making, Mein Making, Gyoza, Chow Mein Dinner, Garage Sale...
- Sangha Engagement Events - Classes, volunteering, etc.
- After Service Lunches - Toban (organizers), potluck dishes
- Service Help - Greeting and handing out books, Chairperson, tea making, other
- Sangha Engagement Committee - organizing events for the Temple
- Fundraising Committee - organizing fundraising events for the Temple
- Omatsuri- All Things Japanese sale
- Temple Board - Managing the Temple, committees and employees
- Library- Assisting librarian with inventory and library day
- Newsletter

**Volunteering** exemplifies some principles of the Eightfold path

- Intention and Empathy – shape our thoughts and actions.
- Action - acts of kindness and love show compassion and care towards others.
- Livelihood- practice kindness, dutifulness and good conduct
- Effort - combines action and Intention.



## “STAMP” OUT WASTE WITH THE WOMEN’S FEDERATION



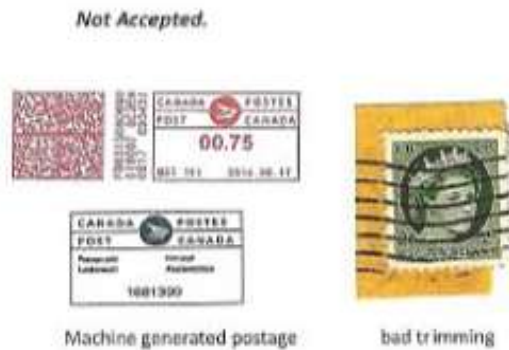
Save the Children-Canada collects used postage stamps for resale to dealers and collectors. Money raised by this method of fundraising is used to help provide a better life and a brighter future for children around the world and in Canada.

The JSBTC Women’s Federation takes ALL stamps, foreign and Canadian. Please remember to put your stamps in the container at the entrance to the Temple by April 28th as they will be taken to the next WF Annual Meeting in Steveston for national consolidation.



**These stamps are sold to stamp collectors by the stamp store so the condition of the stamps is important!**

- Please cut with scissors (do not tear!!) and **leave a 1/3 to 1/2 inch border around the stamp.**
- Stamps with postmarks showing the location and date are worth more so please cut around the postmark. Leave multiple stamps together.
- If you have a postcard with the postmark showing the date and location, please turn in the whole postcard – do not cut it.
- If it does not show the town or city, just trim around the stamp with border as above.
- Stamps without enough border trim and machine-generated business postage are not usable.







## Japanese Canadian Survivors Health & Wellness Fund

# APPLICATION SUPPORT & ID ELIGIBILITY VERIFICATION

Sunday, May 19, 2024

Appointments Only between 1:00pm - 3:00pm

Calgary Buddhist Temple

658-1st Ave N.E., Calgary, AB T2E 3Y1

**TO BOOK AN APPOINTMENT**, call Susan Huntley at 403-973-5433 or email [susan.huntley@jcwellness.org](mailto:susan.huntley@jcwellness.org)

An Outreach Worker can assist you with your application and/or validate your documents. Please be prepared to show 2 pieces of ID (one photo) plus proof of address.

For information on the grants available and requirements, see [www.jcwellness.org](http://www.jcwellness.org) or contact an Outreach Worker.

### Alberta Regional Outreach Workers:

- **Roger Teshima** roger.teshima@jcwellness.org  
587-896-5178
- **Susan Huntley** susan.huntley@jcwellness.org  
(Takeda) 403-973-5433

*We are grateful to be doing this work on the ancestral lands of the Coast Salish peoples.*

03/20/2024



## 2024 BC Jodo Shinshu Buddhist Temples Federation Vancouver Island Obon and Japanese Canadian History Tour

**Date: August 10 –14, 2024**  
**Fee: \$800 per person for double occupancy**  
**\$1300 for single occupancy**  
**(space limited)**



### Registration Deadline: June 1, 2024

The BC Jodo Shinshu Buddhist Temples Federation is proud to announce the 2024 Vancouver Island Obon and JC History Tour from Aug. 10<sup>th</sup> to 14<sup>th</sup>. Co-sponsored with the Victoria Nikkei Cultural Society, and the Seven Potatoes Nikkei Society in Nanaimo, we are organizing a comprehensive tour highlighted by the Obon Cemetery visitations with additional focus on the Nikkei community history on Vancouver Island prior to WWII as well as the re-establishment of communities post WWII.

**Maximum Participants: 48 people:** Due to the co-sponsoring nature of this year's tour, we have blocked 15 spaces for the BCJSBTF members until April 30. This means that the first 15 applicants from any of our affiliated temples will receive priority acceptance. Once the first 15 applicants have been received, and/or from May 1st, any additional applicants will be included with the general public and would not be guaranteed a spot. In other words, the earlier you apply the greater chances of being accepted on the tour.

On May 5<sup>th</sup>, 2021, the BC Provincial Government acknowledged their part in the wrongdoing of the unlawful relocation of 22,000 Canadians of Japanese ancestry from the west coast in the early 1940's. As part of the reconciliation process, the government allocated a very large sum of money which became the basis for the Nikkei Legacy Foundation. For this year's Obon tour, the BCJSBTF has received a grant for \$40,000 from the Nikkei Intergenerational Wellness Fund. The Grant will help offset expenses for the trip.

Highlights from the trip include fellowship gatherings with local Nikkei communities in Victoria, Port Alberni, Nanaimo, and Cumberland. During these gatherings, we hope to get to know the local communities and learn about their history on the Island. We will hold healing circles to acknowledge injustices done in the past, but also to help forge ahead, looking towards the future with a sense of gratitude and hope.

Obon Cemetery services will be held in Victoria, Duncan, Chemainus, Nanaimo, Port Alberni, and Cumberland. In Nanaimo, we will be joining the Seven Potatoes Nikkei Community Sponsored Bon Odori Dance, as well as visit the "New Japanese Canadian Exhibit" and "the Broken Promises Exhibit" at the Nanaimo Museum.

Join us for this "Journey of the heart". A trip you won't want to miss.

For registration forms and for more information please contact Rev. Grant Ikuta at [rev.ikuta@steveston-temple.ca](mailto:rev.ikuta@steveston-temple.ca), or at the Steveston Buddhist Temple (604) 277-2323.

#### What's Included:

- Transportation Expenses (Chartered bus will pick us up on Aug. 10 at the Steveston Buddhist Temple. Vehicles may be left over the weekend in our covered parkade at Wisteria Place)
- All meals included
- Hotel for 4 nights in Victoria, Nanaimo, Port Alberni, and Courtenay (double occupancy).

Trip Sponsors & Supporters: BCJSBTF, BCJSBTFWF, Japanese Canadian Legacies Foundation, Victoria Nikkei Cultural Society, Seven Potatoes Nikkei Society, Nanaimo Museum, Cumberland Village, Comox Valley Nikkei Association, Old Cemeteries Society of Victoria



JAPANESE  
CANADIAN  
LEGACIES







## LIBRARY NEWS

### CALGARY READS BIG BOOK SALE 2024

Dear Readers,

Do you have books that you wish to donate? The 20th CalgaryReads Big Book Sale in 2024, is looking for book donations.

The event will be held at the Calgary Curling Club May 10-20, 2024 at 720 3 Street NW, Calgary.

<https://www.bigbooksale.ca/buy-books>

The main book donation site is the Calgary Curling Club for 10 days, April 26-May 5 2024. April 27 – May 5 9am–8pm weekdays, 9am–5pm weekends.

If you can't make it to the Calgary Curling Club, stuff-a-truck events occur across Calgary.

Wherever you donate, bring your books in boxes or bags that you don't need returned.

“Discover more than 175,000 gently used books of every genre imaginable – and help more children experience the life-changing joy of reading. With your support, we can grow a thriving reading community! Proceeds from the Big Book Sale fuel critical early literacy work – and helping children become stronger readers has never been more important.”

<https://www.bigbooksale.ca/donate-books>

What to donate:

- Gently used books, Bestsellers, New releases, Books in other languages, DVDs & CDs, Audiobooks.



## FEBRUARY DONATIONS

### Temple Donations

Bucholtz, Danielle  
(plus Ella and Nolan Quigley)  
Canadian Online Giving Foundation  
Delisle, Yuri  
Dolph, Heather  
Evans, Kyle  
Hemans, Anna-Mariska  
Hinatsu, Sharon  
(in memory of Keiko Hinatsu)  
Hironaka, Doug

Klatt, Amy Miyoko & Ken  
Masuda, Jean  
McCormack, Dan  
Miquelon, Dixie  
Niksic, Anissa  
Oshiro, Evan  
Pittman, Craig and Cathy  
Sakamoto, Louise  
(in memory of Joe Fukumoto)  
Sano, Tracee

Shoults, Erin  
Tanael, Madonna  
Waeckerlin, Regula Christine



## FEBRUARY DONATIONS

### Canada Helps

Giggs, Melanie  
Gillis, Emi  
Haddon, Samantha  
Howard, Leslie  
Martin, James  
McCullagh, Bob  
Miyanishi, Kiyoko  
Parmar, Vadana  
Robson, Tomiko  
Stewart, Matthew  
Sugimoto, Laura  
Sugimoto, Sumire  
Wright, Charlene  
Zheng, Yifan



## TEMPLE MEMBERSHIP

### 2024 MEMBERSHIP

Please take a few moments to complete the attached form and return it to the temple. Cheques can be made out to The Calgary Buddhist Temple. Mailing address: 207-6th St N.E. Calgary, Alberta T2E 3Y1. Tel: (403) 263-5723. Alternately, membership fee payments can be made online through [Canada Helps](https://canadahelps.org/en/dn/39361) ([canadahelps.org/en/dn/39361](https://canadahelps.org/en/dn/39361)) or via e-transfer ([calgarybuddhisttemple@gmail.com](mailto:calgarybuddhisttemple@gmail.com)). Just make sure to write "membership" in the message field. PDFs of completed forms can then be emailed to [calgarybuddhisttemple@gmail.com](mailto:calgarybuddhisttemple@gmail.com).

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Address: Line 1

\_\_\_\_\_  
Address: Line 2

\_\_\_\_\_  
City, Province,

\_\_\_\_\_  
Postal Code:

\_\_\_\_\_  
Telephone:

\_\_\_\_\_  
E-mail:

- Full Membership (\$100 per member)
- Student (Under 18) Membership –No Charge
- Honorary Senior (65 & over) Membership  
– Complimentary

Check to receive the CBT newsletter if you do not already receive it

\_\_\_ by email

\_\_\_ by mail

\_\_\_ Please contact me regarding volunteering



**CALGARY BUDDHIST TEMPLE**  
[www.calgary-buddhist.ab.ca](http://www.calgary-buddhist.ab.ca)