



THE SANGHA STREAM

April 2025

MINISTER ARTICLE

With the advent of the internet the world we live in seems smaller and moving at a faster pace. Sometimes the pace can feel overwhelming, and we may get frustrated with the lack of control that we have over situations. Others witnessing our frustration might tell us that we could benefit from having patience. The difficulty with patience however is that it is not something that one is naturally gifted with it is something that needs to be learned and practiced. The truth of the matter is that patience is something nice in theory but rather difficult to practice. In Buddhism, patience is considered one of the Six Paramitas (Perfections), essential for anyone on the path to happiness and awakening. The Buddhist view of patience is considered an active strength, which allows us to face difficulties without anger or despair.

From the experience of being able listen to the Buddha-Dharma we naturally associate the virtue of patience with the Bodhisattva ideal about working for the benefit of all beings and leading them to the Pure Land. In our daily lives whether it's dealing with people's shortcomings or navigating our own inner struggles, patience gives us the active strength to respond wisely rather than react blindly.

The following quotes from our Buddhist teachers is a reminder of the importance placed on developing patience:

"Cultivate the patience that ensures, and attain Nirvana, the highest goal of life. Do not oppress others or cause them pain; that is not the way of the spiritual aspirant." (Sakyamuni Buddha, Dhammapada #184)

*"There is no evil like hatred, and no fortitude like patience.
Thus, I should strive in various ways to meditate on patience."*
(Shantideva, The Way of the Bodhisattva, Chapter 6)

In the beginning, practicing patience might seem that we are suppressing our feelings. However, Buddhism teaches that patience means learning to hold our feelings with compassion, understanding that all beings are imperfect and evolving. In this way, patience becomes an expression of love and understanding, helping us stay calm as we negotiate life in a world of constant change.



Spring has arrived and if we have the ears to hear and listen, we might awaken to what nature teaches us about how to grow slowly but surely. The Chinese philosopher Lao Tzu, poetically expressed what can be learned from listening to nature:

*“Just as everything in nature is accomplished,
everything in our life will be accomplished
if we learn to have patience
with ourselves and with others.”*

When thinking about patience and how the practice evolves a person to develop inner strength to respond wisely rather than react blindly, I often refer to the story of “The Buddha and the Insulter.”

One day, the Buddha was walking silently when a man approached and began insulting him harshly. The Buddha stood calmly, unaffected. After a while, the man asked, “Why don’t you respond to my insults?” The Buddha smiled gently and said, “If someone offers a gift and you do not accept it, to whom does the gift belong?” The man replied, “To the one who offered it.” “Exactly,” said the Buddha. “In the same way, I do not accept your insults, so they remain with you.”

May we reflect on how to bring patience into our lives and respond with compassion instead of reactivity.

Namo-Amida-Butsu
Robert Gubenco Sensei



Calgary Buddhist Temple

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APRIL 2025 MEMORIAL (SHOTSUKI) SERVICE LIST

Camalot Bernier
Loty Flores
Keiko Gomyo
Butch Hayashi
Marion Ishii

Rev. Susumu Ikuta
Kanakano Kimura
Amy Kitagawa
Roy Nagata
Miyeko Julie Oshiro
Barbara Pittman

Margaret Rice
Prince Shotoku Taishi
Ronnie Takeda
Ronald Tamaki
Yoshiko Teshima

OBITUARY

The Calgary Buddhist Temple would like to offer its heartfelt condolences to the family members of the late:

June Tajiri || March 28, 2025 || 94 Years

May the family members find comfort in the boundless compassion of Amida Buddha

Namo Amida Butsu



TEMPLE SERVICE REMINDERS

APRIL SERVICES

- Tuesday, April 1st from 7:00 to 8:00 pm – Meditation (walking and seated)
- Sunday, April 6th 10:00 am – Hanamatsuri and Shotsuki/Monthly Memorial Service
- Tuesday, April 8th from 7:00 pm to 8:00 pm Lecture on Moral Conduct
- Sunday, April 13th 10:00 am – Sunday Service
- Sunday, April 13th 11:15 am – Annual General Meeting
- Tuesday, April 15th from 7:00 pm to 8:00 pm Lecture on Moral Conduct
- Sunday, April 20th 10:00 am – Family Service and Dharma Time
- Tuesday, April 22nd from 7:00 pm to 8:00 pm Lecture on Moral Conduct
- Sunday, April 27th 10:00 am – No Service - Spring Cleaning Meditation at the Temple

2025 ANNUAL GENERAL MEETING

Sunday, April 13, 2025 shortly after service (11:15 am)

Our annual general meeting will be held on April 13, 2025 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. A zoom meeting will be set up for those who wish to attend online. Further details on this will follow.

If you have any questions or are interested in becoming a board member, please contact Jean at j.masuda95@gmail.com

PLEASE SUBSCRIBE, SUPPORT AND SUSTAIN OUR SANGHA

The 2025 Calgary Buddhist Temple membership form is now available (see last page of the newsletter). Please consider taking out a membership to help support the temple. Membership is required for voting privileges at the Calgary Buddhist Temple.

Please note that of the \$150 Membership fee, \$100 goes to our national organization, Jodo Shinshu Buddhist Temples of Canada (JSBTC). The JSBTC consists of volunteer board members from temples across Canada; it provides funding for the Bishop (Socho) of Canada, funding and management of health and wellness benefits for ministers, leadership through the Living Dharma Centre, and financial and investment oversight.



STREET CLOSURE

March 24 to April 18

Please note that 1st Avenue, in front of the temple, will be closed from March 24th to April 18th. During this time, we kindly ask that you plan an alternative route and parking arrangement for service. We apologize for any inconvenience this may cause and thank you for your understanding.

City Notice:

- 1 Avenue at 6 Street NE
- Start: Monday, March 24, 2025 at 7:00 AM
- End: Friday, April 18, 2025 at 9:00 PM
- Traffic Impacts: 1 AV NE closed between Edmonton TR & 6a ST NE
- Reason for Closure: Utility work
- Area: NE
- Last Modified: Thursday, March 20, 2025 at 5:24 PM

UPCOMING WORKSHOPS AND EVENTS

HANAMATSURI LUNCHEON

Sunday, April 6, After service

On this day, the Temple will be celebrating Hanamatsuri in recognition of the birth of Siddhartha Gautama (The Buddha). The service starts at 10:00am and after service there will be a luncheon which we're hoping you'll be staying for and might like to contribute towards as well. Chow mein, rice and beverages will be made at the temple and then it's nice to have everyone pitch-in so we have a variety brought from our sangha.

Kindly [sign up here](#) and let us know what you are bringing for the luncheon. Please bring your item(s) to the kitchen area downstairs prior to the service.

We know that not everyone is able to make or bring something so don't feel obligated - everyone is welcome regardless!

Seniors are not asked to contribute as they've already worked hard enough over the years. Thank you!





EARTH DAY 2025: OUR POWER OUR PLANET

Tuesday, April 22, 2025

Tuesday, April 22, 2025 is the 55th anniversary of Earth Day
Our Power, Our Planet™

“For 55 years, Earth Day has led the world in raising awareness and taking action on critically important environmental issues. We advocate for the health of the planet, for our air, oceans, soil, eco-systems, wildlife, and human health.



On April 22nd, 2025, Earth Day will turn 55, with 192 countries and over one billion people around the globe expected to participate. This demonstrates how the diverse Earth Day movement remains as dedicated today as it was back in 1970 to bringing everyone together for a better future.”

Source: <https://www.earthday.org/our-power-our-planet/>

About Earth Day Canada

Earth Day Canada is an environmental organization that helps individuals, municipalities and organizations reduce their impact on the environment by taking concrete action on Earth Day and every day. In addition to a large-scale awareness campaign on April 22nd, Earth Day Canada continues to roll out environmental programs and projects with proven positive impacts in areas such as waste management, tree planting, food waste and sustainable mobility.

TEMPLE SPRING CLEANING

April 27, 2025



On Sunday, April 27, we will have our Annual Spring Clean Up at the temple.

Sensei Gubenco will be away at the JSBTC Annual General meeting, so, that Sunday will be a perfect time for us to get at those little cleaning tasks that we tackle every year. We will meet at 10:30. When we are done we will have tea and a quick snack.

Many hands make light work and we usually get a great turnout, so this will only take an hour. Weather permitting, we will clean up outside as well.

A signup genius will be sent out in April.



VOLUNTEERS MAKE WAVES NATIONAL VOLUNTEER WEEK 2025

April 27 to May 4

National Volunteer Week highlights the value and positive impact of volunteers on society.

“The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing our collective efforts and impact, volunteers contribute exponentially to the quality of life we all strive for.”

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. 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. Thank you during this year's National Volunteer Week!

Temple Volunteer Participation Activities

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

Volunteering exemplifies some principles of the Eightfold path: Intention - shapes 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.

THANK YOU, MERCI, DOMO ARIGATO

うとあもうど , GRACIAS, GAMSAHAMNIDA...

Treaty 7 territories, "thank you" as "Oki" (Blackfoot), "Danit'ada" (Tsuut'ina), "Âba Wathtech" (Îlâxe Nakoda), or "TANSI" (Cree).



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3



IKEBANA INSPIRED MOTHER'S DAY ARRANGEMENT

Saturday, May 10, 2025 || 2:00-4:00pm

Would you like to put something together for someone special? Join the Sangha to create a unique flower arrangement for your mother or someone who deserves your thanks. This is a basic workshop lead by the amazing, Rika Saruwatari, who was trained under Ms. Takako Yokoyama, and is a certified Shihan (teacher).

All materials will be provided but if you have a pair of gardening cutters, please bring them.

Registration fee is \$15/arrangement + processing. Space is limited and the deadline to register is April 30. Register by going to:

<https://bit.ly/ikebana-inspired>



We gratefully acknowledge support from the Japanese Canadian Legacies Society.

SUMMER IKEBANA CLASS

May 24, June 7 and 21, July 5 and 26 || 1:30 pm – 4:00 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 total cost including flower material and instruction, is \$250 for Temple members and \$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.

光風未生流 (Kofu misho school ikebana) classes

- May 24
- June 7 and 21
- July 5 and 26

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



THE WAR BETWEEN US – FREE MOVIE EVENT

Sunday, May 25, 2025 || 2:00-4:00pm



The Calgary Buddhist Temple is honored to present a special screening of *The War Between Us*, a thought-provoking film that follows the journey of a Japanese-Canadian family who are forcibly displaced and interned as enemy aliens in British Columbia during World War II.

Anne Wheeler is the film's acclaimed director, and we are fortunate that she will be available in-person after the film for a Q&A session.

This is a FREE event open to the public but you must reserve your spot in advance.
<https://bit.ly/WarBetweenUs>



JAPANESE
CANADIAN
LEGACIES

COMMUNITY OUTREACH

Sunday, June 8, 2025

Think of others by providing lunch service this day at the Calgary Drop-In Centre.

Nine volunteers (18+) are needed. We leave after service from the Temple around 11:15am and walk over to the Drop-In Centre together, or meet us there at 11:30am.

The Eightfold Path to Happiness in action.

Sign Up Required: <https://bit.ly/DropIn-08Jun25>

C A L G A R Y
DROP-IN
C E N T R E



MAKE A JAPANESE WIND CHIME

Sunday, June 22 between 11:30am -1:30pm or Sunday, June 29 between 11:30am-1:30pm

Everyone is invited to take part in this fun activity that is popular in Japan - make a wind chime! Join the Sangha and use special POSCA pens to create or design your own personalized glass wind chime.

A Japanese wind chime, known as a furin (風鈴, literally “wind bell”) in Japanese, is a small bell usually found hanging from the balconies and porches of Japanese houses in summer. Originally used in Buddhist temples, where many of these bells can still be found today. Over 1200 years ago, nobility began to hang them on their own porches as a protective charm to ward away evil spirits. Over time, the bells became smaller and more common in Japanese houses.

In the days before air-conditioning, Japanese people used to listen to the sound of furin to promote a feeling of coolness to help get through Japan’s sweltering and humid summers.

The components for the wind chime, including the glass bell, are yours for a fee of only \$12 each thanks to support from the Japanese Canadian Legacies Society.

Registration is required and this great activity is open to all.

Make a Japanese Wind Chime

Session 1 || Sunday, June 22, between 11:30am-1:30pm || <https://bit.ly/WindChime-22Jun25>

Session 2 || Sunday, June 29, between 11:30am-1:30pm || <https://bit.ly/WindChime-29Jun25>





PAST WORKSHOPS AND EVENTS

JAPANESE CALLIGRAPHY

Sincere gratitude to Mami Humphreys of Sho Artworks, who is a certified Shihan-Master, for sharing the joy and practice of Japanese Calligraphy on Sunday, March 23. A fun, engaging experience with the Sangha!

Mami's passion for passing on the culture of Japanese calligraphy helped inspire and open our eyes to the technique, posture, and understanding of the art of Japanese calligraphy. After lots of practice, participants were able to take home a finished project:

思 – consideration; compassion

We thank Mami and everyone who participated, and we look forward to the next Japanese Calligraphy Workshop scheduled for late October which will be a different project.





LIBRARY NEWS

The library is open on the 3rd Sunday of each month. Come downstairs after the service and browse the books while you enjoy a cup of tea!

If you want to borrow books to peruse at home, it is easy to join our library! For \$20.00, you get a lifetime membership. The book loan period is 3 months. Please see me if you are interested in joining. I will be at the library anytime it is open.

Books can be returned in our Library Book Returns box, which is in the basement next to the bookshelves.

If you have books on Buddhism that you would like to donate to the library, we are very grateful to accept donations! These can go into the Returns box too.

Thanks, Kim and Masaye



FEBRUARY DONATIONS

Canada Helps

Giggs, Melanie
Haddon, Samantha
Howard, Leslie
Iftody, Thomas

McCullagh, Bob
Miyanishi, Kiyoko
Nitta, Kayo
Post, David
Robson, Tomiko

Stewart, Matthew
Sugimoto, Laura
Sugimoto, Sumire
Wright, Charlene

Temple Donations

Anonymous
Alexander, Robert &
Tracee Sano
Bayona, Ivonne
Cruikshank, Doug
Dolph, Heather
Hilton, O. Jane

Huntley, Susan
in memory of Muneo and Connie Takeda
Huntley, Susan
In memory of Russell Hironaka
Ikuta, Lester and Mickey
Kamizuru, Fumiko
Kitagawa, Susan

Miquelon, Dixie
Oshiro, Evan
Pittman, Craig & Cathy
Porteous, Angela
Robb, Barrie & Jackie
Takeda, L
Tanaka, Masaye

南無阿彌陀佛



CALGARY BUDDHIST TEMPLE

www.calgary-buddhist.ab.ca

2025 CBT 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) or via e-transfer (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.

Name:

Name:

Address: Line 1

Address: Line 2

City, Province,

Postal Code:

Telephone:

E-mail:

☐ Full Membership (\$150 per member)

☐ Student (Under 18) Membership –No Charge

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

_____ by email

_____ by mail

_____ Please contact me regarding volunteering