



THE SANGHA STREAM

December 2023

MINISTER ARTICLE

I would like to wish everyone a joyous and safe holiday season as the year comes to an end. Each year around the month of December we experience a more visible and active campaign towards charity. It is not a coincidence that we are asked to think of giving during this time of year because the holiday season conveys the message to think of and be kind to others.

It is not uncommon around this time of year to hear people complain about the frequency in which they are asked to reach in their pockets and donate. We can visibly see charities when we enter and exit shopping locations. If we have ever donated to a charity in the past and provided our name and contact information then the chances are very good that we will be contacted to donate again. Even our Temple asks us to consider giving donations to charitable organizations that it would like to support during this time of year. The charitable activities during the holiday season are a collaboration to help those who are less fortunate. Such activities are done with the hope and desire to bring some peace and comfort to as many people as possible who may otherwise experience hunger and loneliness through the holidays.

If the charitable activities during this time of year are done with the unselfish act of helping others, then why do we find ourselves getting frustrated by the frequency we are asked to donate? Perhaps it is because we have the wrong view. Maybe at some point over time and with the frequency of being asked to donate we interpret the request for support as a demand. Maybe we have given all we can but it still feels like we are being asked to give more and this develops into frustration. Frustration occurs when we dislike or are unable to change something. When we become frustrated with charitable organizations for always asking us to donate maybe it is a result of making the situation all about us.



MINISTER ARTICLE

Has our focus been shifted to a charity's activity of asking for donations which for some people can be dispiriting rather than focusing on what the charity is trying to achieve. It is so easy to lose sight of what is real when we allow our thoughts to stir up emotions which cater to the ego self. Somehow, we have the tendency to make every situation about us. The activity of a charity should not be a source of frustration in our life. It should be an opportunity for us to think of others and ask the question, am I in a position to help others through a charitable donation.

“Be truthful; do not yield to anger. Give freely, even if you have but little.”

(Dhammapada, Verse 224)

“Right Mindfulness: To cherish a good mind, for all that we think and do has its roots in the mind.

(Shin Buddhist Service Book, Eightfold Path, Pg. 12)

Namo-Amida-Butsu

Robert Gubenco Sensei



Calgary Buddhist Temple

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DECEMBER 2023 MEMORIAL (SHOTSUKI) SERVICE LIST

Raymond Bernier

Faye Donaldson

Harry Donaldson

Gerry Hilton

Betty Kaga

Hiroshi Kitagawa

Margaret Lane

Eiji Nishihata

Robert Rice

Harry Warnock



TEMPLE SERVICE REMINDERS

DECEMBER SERVICES

- Sunday, December 03, 2023 - Shotsuki/Monthly Memorial Service at 10:00 am
- Sunday, December 10th – Bodhi Day Service at 10:00 am
- Tuesday, December 12th - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Sunday, December 17th – Sunday Family Service and Dharma Time at 10:00 am
- December Holiday Closure – Monday, December 18th to Saturday, December 30th
- Sunday, December 31st – New Year's Eve Lunch (Soup) at 11:30 am
- Sunday, December 31st - New Year's Eve Service at 12:30 am

JANUARY SERVICES

- Monday, January 01, 2024 – New Year's Day Service at 12:30 am
- Sunday, January 7th - Shotsuki/Monthly Memorial Service at 10:00 am

UPCOMING WORKSHOPS AND EVENTS

GIVE THE GIFT OF JOY

Toy donations will be going to the Calgary Women's Centre. Please feel free to drop off your generous donations on or under the gift tree at the front of the hondo. For anyone wishing to make a monetary donation or donate a gift certificate, talk to Susan or email calgarytemplesangha@gmail.com to coordinate.

Give the Gift of Joy over the Holidays

"Make a difference one toy at a time."

The temple will be collecting new, unwrapped gift donations for children ages 0-17 with a suggested gift in the \$25-\$40 price range. We will be collecting until Sunday, Dec 10.

"Warm Pieces for Peace"

Socks, mitts, scarves, toques, and more - clothing to keep warm is greatly needed over the winter months. The temple will be collecting the new 'warm' pieces and taking them to the Calgary Drop-In Centre on Dec 17.





COMMUNITY OUTREACH

Sunday, December 17th, 2023

Supporting the interdependence of life, we'll be providing lunch service at the Calgary Drop-In (DI) Centre.

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

We are currently full but thank you for wanting to help spread some holiday cheer. We'll be carrying over the Warm Pieces for Peace donations collected at the temple so if you are able to donate, that would be fantastic!

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

CENTREPIECE (IKEBANA) CLASS

Sunday, December 17th

1:30 pm – 4:30 pm

Class will be held on Sunday, December, 17th at The Calgary Buddhist Temple from 1:30 pm – 4:30 pm.

The price is \$75 including flowers and materials.

Students must bring their own containers and scissors (please ask Rika for a suitable size and shape).

If you are interested in this class, please let Rika know by December 13th on Wednesday.



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





CASINO VOLUNTEERS NEEDED: JANUARY 3 AND 4, 2024 AT ACE CASINO AIRPORT

Our scheduled casino dates are Wednesday, January 3 and Thursday January 4, 2024 at the Ace Casino Airport.

All volunteer jobs are simple and straightforward and there is expert assistance available at all times. Volunteers are provided with dinner and snacks. The Ace Casino Airport is a brand new casino and should be less busy mid-week, so volunteers should expect that there will be a lot of “down” time.

Although the night shift is a little long, it is good chance to meet and talk with other volunteers. We are specifically looking for people for the night shift and count room as the day shifts have filled up.

You can sign up here: <https://www.signupgenius.com/go/10C084BADAB2FA1FBC52-45519124-upcoming?useFullSite=true#/>

Please consider taking time out of your busy schedule to help us out with this. Contact me with any questions.

(New) Casino Volunteer Co-ordinator,
Doug Hironaka
(doughironaka@gmail.com)



HERE MOCHI, MOCHI, MOCHI

Sunday, January 21st, 2024 after service

MOCHI



Mochi is a traditional Japanese rice cake made from glutinous rice. It is a popular treat throughout the year, but it is most commonly associated with New Year celebrations.

Mochi is considered a symbol of good luck and prosperity, and it is believed to bring longevity and overall wellness for the New Year. We wish to embrace those symbols and hope you and your loved ones have a happy, healthy, and wonderful 2024.

Everyone is invited to join the sangha and the Dharma Time class as we use the modern method (mochi machines) to make the mochi and shape it with our own hands. Or, just come to sample this tasty traditional treat.



COMMUNITY OUTREACH

Sunday, February 4th, 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 11:15am and walk over to the DI together or meet there at 11:30am. Ten volunteers are required, and the minimum age is 16 years old.

Go to <https://bit.ly/community-04Feb24> to register and support the community!

WOOL YOU BE MINE?

Sunday, February 13th, 2024 at 2pm

The Calgary Buddhist Temple Sangha Engagement is proud to offer this introductory workshop where participants will have fun learning and working with wool. There will be some hands-on components as well!

We have an engaging presenter who is excited to bring her aptitude to share with us. Come join this wool discovery session and find out what wool can do. Be inspired and learn together with the Sangha!

Everyone is welcome to attend this free workshop but please register at <https://bit.ly/wool-u-b-mine> so we know how many people to expect.

And to go along with the theme and guaranteed to make you smile (or groan):

- What's the sheep's motto? All's wool that ends wool.
- What did the sheep parent say to the lamb? It's pasture bedtime.
- What do you call two sheep who are dating? A relationsheep.
- Accidents wool happen. 😊





JSBTC WOMEN'S FEDERATION DANA DAY

Sunday, March 24, 2023



All donations made at the temple this day or donations made online which are identified "WF Dana Day" will go to the Jodo Shinshu Buddhist Temples of Canada (JSBTC) Women's Federation. The Dana Day donations are consolidated with Temples across Canada and are directed specifically to national organization(s) promoting social welfare.

Last year, an impressive \$4000 was given out: \$2000 went to Indspire (<https://indspire.ca>), to support Indigenous education, and \$2000 went to the CareMakers Foundation (<https://caremakers.ca>), to empower and assist family caregivers in Canada.

For anyone unfamiliar with the word "Dana", it refers to giving without thought of receiving something in return. The JSBTC Women's Federation sincerely thank you all for thinking of those who may be experiencing challenges, and for supporting each other.

PAST WORKSHOPS AND EVENTS

COMMUNITY OUTREACH

Sunday, Nov 5: Always amazing to see our sangha members step up. Doing a little can mean a lot to someone in need of a hand up or a little bit of kindness

Community outreach by serving lunch at the Calgary Drop-In Centre were **Susan, Jane, Esther, Jill, Doug, Kim, Matt, Lisa, Jean, Brenda, Dan, Fumi, and Jason.**

Great teamwork!



FUROSHIKI WORKSHOP – WRAP SUSTAINABLY



That's a wrap! On Sunday, November 26th, the Furoshiki Workshop was held at the Temple and it was a fun, learning experience.

Thanks to Noriko of Nanao Kimono (www.nanaokimono.com) for the tea and excellent instruction.



JC LEGACIES UPDATES

INTERGENERATIONAL WELLNESS UPDATE

For anyone planning to submit an application for an Intergenerational Wellness grant, the deadline has been extended to December 15, 2023. The results will be available January 30, 2024.

Intergenerational wellness

Three categories of Intergenerational wellness include:

1. Family Healing and Sharing
2. Seniors Intergenerational Group Wellness
3. Intergenerational Group Gatherings

Visit jclegaciesfund.com/funding-streams/intergenerational-wellness for full guidelines and to apply.

JCSHWF

Japanese Canadian Survivors Health & Wellness Fund, a program created to distribute health support grants to assist individual Survivors with their health care needs. Survivors will be assisted by Outreach Workers across Canada, who will facilitate the online submission of applications when the application portal opens on the website.

Who is eligible for this Fund?

The Japanese Canadian Survivor Health and Wellness Fund (JCSHWF) provides individual health support grants for Japanese Canadian Survivors impacted by the decisions and actions of the BC Government between March 7, 1941, and April 1, 1949.

The JCSHWF grant process is not yet open for applications. Hope is to begin the intake of applications early in 2024. See Individual Health Support Grants for Survivors for further details of this opportunity. All the details aren't given, but this gives us a better idea of what is going to happen.



JC LEGACIES UPDATES



JAPANESE
CANADIAN
LEGACIES

jclegacies.com



JC Legacies Update

As we look back over the past year, much has been accomplished in terms of rolling out funding and community engagement across the country.

While the Community Fund is the most public-facing program, there are other important initiatives being undertaken. **Teacher Education Resources** are being developed by a team of educators led by **Mike Perry-Wittingham** and advisory made up of **Vivian Wakabayashi Rygnestad**, **Masako Fukawa**, **Connie Kadota**, and **Greg Miyana**. Their work will be published on a publicly-accessible teacher resource website.

Over the summer and fall **Monument Database** Project Director **Michael Abe** and his team being doing outreach, working with families to update and correct the existing database of names of Japanese Canadians impacted by government actions in the 1940s. The database, down temporarily as updates are made, will reopen soon.

Finally, **Linda Kawamoto Reid** and **Lane McGarrity**, co-coordinators of **BC Heritage Sites**, have been making good progress on this important program.

"In doing this work we recognize the many Japanese Canadian leaders and organizations who have worked decades to build community, and are humbled by the stories like the 75 families in Toronto who mortgaged their homes in the 1960s to purchase land for the first Japanese Canadian Cultural Centre. Or the many Japanese Canadians who worked for years and years to achieve federal redress. We walk in their shadows and always in honour of our elders past and present."

— Susanne Tabata, CEO, Japanese Canadian Legacies Society



Message to our Seniors

Individual Health Support Grants for Survivors

To our elders: The Japanese Canadian Survivors Health and Wellness Fund (JCSHWF) is preparing to open for survivors. The fund will provide grants for individuals for their health support needs.

Information can be found at jcwellness.org

The JCSHWF is operated by the Japanese Canadian Survivors Health and Wellness Fund Society.



JC Legacies Community Fund staff, from left to right: Yumi Kawaoka, Eleanor Clarke, Larissa Higo, CEO Susanne Tabata, Taylor Uyesugi Ball, John Endo Greenaway

Our small office is growing! Over the past few months we have gradually been adding staff to increase capacity as needed. A special shoutout to our Community Fund Program Manager **Larissa Higo** and her team of **Yumi Kawaoka** and **Eleanor Clarke** for their diligent, thoughtful work over the past few months. They truly shouldered a heavy load!

Community Fund



The Community Fund grants serve the broadest diversity of Japanese Canadians across the country. With the opening of the **Arts** stream November 1, all grants have now been activated. We're happy to say that the second intake of **Scholarships** matched the first intake, for a total of over 600 applicants. **Community Projects** is now closed, as is **Infrastructure**. All three streams are headed for assessment over the coming weeks, with results out December 15. Thank you to everyone who applied!

Intergenerational Wellness has been extended by two weeks, to December 15, to give families more time to apply and we have added a dedicated email and phone number to assist with families who need help setting up accounts and making applications.

Phone: 604.760.7650 (leave a message) | **Email:** healing@jclegacies.com
Intergenerational Wellness に関連して日本語でのサポートが必要な場合は healing@jclegacies.comへメールにてご連絡下さい。

We have some exciting news on **Sports!** BC Sports Hall of Fame inductee **Jim Kojima**, Olympic gold medalist **Vicky Sunohara**, and Grey Cup champion **Bill Hatanaka** have been drafted to create a formidable Advisory Team.

Stay tuned for more information.



Jim Kojima



Vicky Sunohara



Bill Hatanaka

jclegaciesfund.com



LIBRARY NEWS

Our library is organized! Thanks to those volunteers who helped – especially Kim, who input all the new books into our library spreadsheet.

The library will be open on Sunday, December 17th, after the service. Come downstairs and browse the books while you enjoy a tea.

Belle and Masaye



OCTOBER DONATIONS

Temple Donations

Anonymous
Cruickshank, Doug
Delisle, Yuri
Hayashi, Debbie
Kanegawa, Sue

Kitagawa, Susan
McCormack, Dan
Ota, Fumi
Pittman, Craig and Cathy
Sano, Tracee

Sekiya, Brian
Shoults, Erin
Takeda, Laurie
Takeda, Nathan
Takeda, Nicole

Canada Helps Donations

Giggs, Melanie
Haddon, Samantha
Hirano, Kaoki
Howard, Leslie

Martin, James
McCullagh, Bob
Miyanishi, Kiyoko
Robson, Tomiko

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