



THE SANGHA STREAM

December 2025

## MINISTER ARTICLE

Now that winter is here, the days grow shorter and we brace ourselves for the looming cold and snowy conditions. As we start to wear warmer clothing to protect ourselves from the change in the weather, I can't help but notice how winter can sometimes feel inconvenient, uncomfortable, or simply unwanted. Yet Buddhism often reminds us, if we have the ears to hear and listen, even difficult weather can become a teacher.

There is a Zen story of two monks traveling together in the snow. One monk grumbled constantly as the icy wind blew across their faces. "Why must we walk in such misery?" he complained. "My fingers hurt, my feet ache, and this harsh cold weather is unbearable." The other monk walked quietly beside him. The snow fell softly on his shoulders, and he breathed in the crisp air. After many hours, they reached a village and warmed themselves near a fire. The complaining monk finally asked, "How could you remain so calm? I was suffering the entire way." The other monk replied, "I felt the cold just as you did. But I did not add anything to it. I allowed the cold to be cold, and my mind remained warm."

We can all relate to the monk who grumbled constantly about the cold and windy conditions. However, the story reminds us of the Dharma and the teaching of suffering. Much of the suffering that we experience comes not from the world itself, but from our resistance to it. When we resent the cold or wish for things to be other than they are, we create a second layer of discomfort.

In Alberta winter teaches us impermanence and I must admit I look forward to the change from cold to warmer weather each year. But more importantly perhaps winter encourages us to let go of our desire for perfect conditions and instead respond to the moment with acceptance. Like the second monk, we can meet winter not by forcing ourselves to enjoy it, but by simply allowing it to be what it is. Trusting that within coldness there is warmth, and within our imperfect lives there is boundless compassion.

As we negotiate another Alberta winter, let us try to remember the wisdom of the calmer of the two monks. Feeling the cold but not fighting it; meeting winter with an open heart and mind and remembering the gentle warmth of Namu Amida Butsu, guiding our steps through snow and into spring.

Wishing you all a safe and joyous Holiday Season.



Namo-Amida-Butsu  
Robert Gubenco Sensei



Calgary Buddhist Temple

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Calgary, Alberta

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www.calgary-buddhist.ab.ca

## DECEMBER 2025 MEMORIAL (SHOTSUKI) SERVICE LIST

Norman Batty  
Raymond Bernier  
Faye Donaldson  
Harry Donaldson  
Gerry Hilton  
Issei Hyakutake

Betty Kaga  
Hiroshi Kitagawa  
Margaret Lane  
Valerie Miyakawa  
Jerry Nagata

James Nickerson  
Eiji Nishihata  
Chika Oishi  
Robert Rice  
Gavin Soderquist  
Harry Warnock

## TEMPLE SERVICE REMINDERS

### DECEMBER SERVICES

- Tuesday, December 2nd 7:00 to 8:00 pm – Meditation (walking and seated)
- Sunday, December 7th 10:00 am – Shotsuki/Monthly Memorial Service
- Sunday, December 14th 10:00 am – Family Service
- Monday, December 15th to December 30th - Temple closed for Holiday Season
- Wednesday, December 31st 12:30 pm - New Year’s Eve Service
- Thursday, January 1st 12:30 pm – New Year’s Day Service
- Sunday, January 4th 10:00 am - Shotsuki/Monthly Memorial Service

## 2026 CALGARY BUDDHIST TEMPLE MEMBERSHIP

### PLEASE SUBSCRIBE, SUPPORT AND SUSTAIN OUR SANGHA

The 2026 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.



## UPCOMING WORKSHOPS AND EVENTS

### SELFLESS GIVING - ENDS ON SUNDAY, NOV 30

Annually, the Temple puts up a tree at the front of the hondo for the collection of toys as well as items of warm clothing for those less fortunate. This year, the toys will be going to the “Baby It’s Cold Outside” charity, and warm clothing to the Calgary Drop-In Centre. Let’s continue to show kindness and compassion for others.

- New, unwrapped gift donations for children ages 0-17; and
- New or gently used winter weather clothing items such as socks, gloves, coats, etc for all age groups.



MONEY OR GIFT CARD DONATIONS SHOULD BE GIVEN DIRECTLY TO SUSAN HUNTLEY OR LAURIE TAKEDA FOR COLLECTION.

### BODHI DAY POTLUCK

Dear Dharma Friends,

Due to the water damage discovered and ongoing repairs in the basement of the temple, we regretfully announce that this year's December 7th pot-luck lunch is cancelled.

We are still holding Sunday services and will be observing the December Shotsuki (monthly memorial) and Bodhi day service on December 7th at 10:00 am.

We apologize for the inconvenience and appreciate your patience and understanding during the repairs.

### SEASON’S GREETINGS & HAPPY NEW YEAR



On behalf of the Temple’s Sangha Engagement, we’d like to thank everyone who participated and supported the many Japanese heritage and culture activities in 2025. We are lucky to receive assistance from the Japanese Canadian Legacies Society (JCLS) and the time and effort that others contributed in organizing and holding amazing Sangha Engagement activities.

We are grateful to have such a kind and caring Sangha, and we wish everyone all the very best in 2026!



## LET'S SASHIKO TOGETHER

*Sunday, Dec 14 – meeting after service*

Sashiko (刺し子), meaning "little stabs," is a traditional Japanese decorative and functional embroidery technique that uses simple, repeating running stitches to mend, reinforce, and embellish fabric. Historically, it was practiced by rural communities to repair and strengthen clothing and textiles. Today, sashiko is celebrated as both a practical repair method and a distinct form of decorative art, known for its geometric patterns and meditative process.

This is a “do-it-yourself” (self guided) activity to discover or re-discover sashiko as well as take time to enjoy each other’s company before the hustle and bustle of the holidays.

Different patterns and materials will be available to choose from so we can all work on a project and support each other while we learn as a Sangha. 😊

Cost is \$10/person. To register: <https://bit.ly/CBT-Sashiko>



## IKEBANA CENTERPIECE CLASS

*Saturday, December 20<sup>th</sup> | 1:30-4:30pm*



The price is \$80 including flowers and materials.

- This class uses green foam (oasis).
- Students must bring their own container and scissors.
- Please sign up by November 25

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

Contact: [koufuikebana@gmail.com](mailto:koufuikebana@gmail.com)

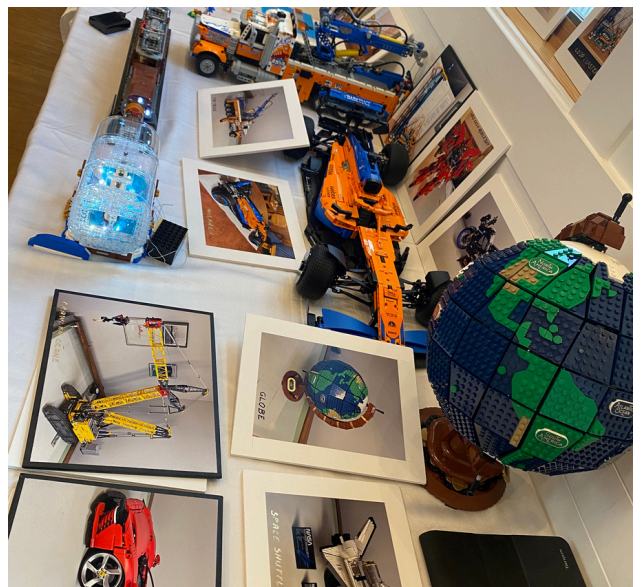


# PAST WORKSHOPS AND EVENTS

## MINDFUL LEGO BUILDERS

Thank you to everyone for being a part of the insightful and engaging dharma time on the meditative and mindful aspects of Lego building on Sunday, Nov 16. Special appreciation to those who brought creative and impressive Lego builds to share with the Sangha.

This was an imaginative way to show mindfulness plus... who enjoyed it more – the adults or the kids?





## KOKORO NO TAIKO (“TAIKO OF THE HEART”)

Sangha Engagement held two fun and energetic introductory taiko workshops on Saturday, Nov 8 lead by the amazing members of Midnight Taiko Kai. Everyone let loose and played with all their heart.

Thank you so much to Midnight Taiko – Gillian, Lorie, John, Ethan, and Katie! We also gratefully acknowledge support from the Japanese Canadian Legacies Society.



## LIBRARY NEWS



We are sad to announce that the library will be closed until further notice due to ongoing repairs in the basement.

Please stay tuned for updates.

Thanks, Kim and Masaye



## OCTOBER DONATIONS

### Canada Helps

Dodds A,  
Edwards, R.  
Ghann, J.  
Giggs, M.  
Haddon, S.

Howard, L.  
McCullagh, B.  
Miyanishi, K.  
Post, D.  
Robson, T.  
Shikaze, S & H  
*In Memory of June Tajiri*

Stewart, M.  
Sugimoto, L.  
Sugimoto, S.  
Tremblay, I.  
Wright, C.

### Temple Donations

Anonymous  
Auld, B  
Caldwell, D. & C.  
Delisle, Y.  
Evans, K.  
Giroux, E.  
Higuchi, E.  
Huff, R.  
Huntley, S. & C.  
*In Memory of Jerry and Toshiko  
Takeda*

Kanegawa. S.  
*In Memory of Richard Kanegawa*  
Kelner, L.  
Kitagawa, S.  
McCormack, D.  
Miquelon, D.  
Nelson, P.  
Odagaki. S.  
Oshiro, E.

Ota, F.  
Porteous, A.  
Pittman, C. & C.  
Robb, B. & J.  
Seman, M.  
Takeda, L.  
Takeda. N.  
Tanaka, M.



## 2026 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](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).

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Name:

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Name:

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Address:Line 1

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

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

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Postal Code:

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Telephone:

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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