



## MINISTER ARTICLE

The month of February provides a time to look to the future, consider the present, and gain wisdom from the past.

February 2nd is Groundhog Day; it is the day we find out whether our future will consist of six more weeks of winter. On February 2nd a groundhog comes out of its burrow and we watch in anticipation for its reaction. This long tradition which started in the late 1800's continues to be a method in predicting the remaining weeks of winter. If the groundhog sees its shadow, it gets scared and retreats into its burrow which means there will be six more weeks of winter; seeing no shadow means that we can expect an early spring. The result of this event can trigger within us a simple reaction of like and dislike. The Dharma teaches us to be aware of even these simple attachments because they can lead to suffering.

February 14th is Valentine's Day; it is the day that we set aside to outwardly express our love and affection to the people in our lives. Throughout this day, we try to stay in the present moment by harmonizing our thoughts, speech, and actions to bring joy to the people in our life. In the collection of the Buddha's teachings, we are reminded of the following:

*"Let us live in joy, never hating those who hate us. Let us live in freedom, without hatred even among those who hate." (Verse 197)*

February 15th is Nirvana Day; it is a day of observance for Mahayana Buddhists celebrating the perfect enlightenment of Shakyamuni Buddha who passed away at the age of eighty. Nirvana Day is a time for the Sangha to reflect on the Historical Buddha who transmitted the Dharma for forty-five years. The wisdom to be understood from the Buddha's passing is the Dharma of impermanence. The Buddha taught that everything is impermanent and continually changing yet this truth can be difficult for us to accept.



## MINISTER ARTICLE

In the collection of the Buddha's teachings, we are reminded of the following:

*"All created things are transitory, those who realize this are freed from suffering. This is the path that leads to pure wisdom." (Verse 227)*

*"People forget that their lives will end soon. For those who remember, quarrels come to an end." (Verse 6)*

The following quote has us consider this unrepeatable life:

*"Yesterday is the past, tomorrow's the future, but today is a gift. That's why it's called the present." (Bil Keane)*

The gift of life is bright for all of us in the light of the Dharma.

Namo Amida Butsu,  
Robert Gubenco Sensei



### Calgary Buddhist Temple

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

Telephone: (1)403-263-5723

cwww.calgary-buddhist.ab.ca



## TEMPLE SERVICE REMINDERS

### SUNDAY FAMILY SERVICE AND DHARMA TIME

*Sunday, February 19th, 2023*

We are happy to announce that starting on Sunday, February 19, 2023 we will be introducing a Sunday Family Service. This service will be geared towards families with children. After the family portion of the service the children will have the opportunity to engage in Dharma Time and the service will continue with the adult Dharma message.

Thereafter the Sunday Family Service and Dharma Time will be held on the third Sunday of the month.

I would like to thank Sangha members Danielle, Nicole, Christopher, Kim, Lisa and Tyler for meeting with me in January and volunteering towards the success of the Sunday Family Service and Dharma Time at the temple.

### FEBRUARY SERVICES

- Sunday, February 05, 2023 - Shotsuki/Monthly Memorial Service at 10 am
- Tuesday, February 14th and 28th - Meditation and Naikan Reflection from 7 to 8 pm
- Thursday, February 9th, 16th, 23rd – Buddhism 101 from 7 to 8 pm
- Sunday, February 12, 2023 – Nirvana Day Service at 10 am (Observing Shakyamuni Buddha's passing)
- Sunday, February 19th – Sunday Family Service and Dharma Time at 10 am

### MARCH SERVICES

- Sunday, March 05, 2023 - Shotsuki/Monthly Memorial Service at 10 am
- Thursday, March 2nd, and 9th – Buddhism 101 from 7 to 8 pm
- Tuesday, March 14th and 28th - Meditation and Naikan Reflection from 7 to 8 pm
- Sunday, March 19th – Sunday Family Service observance of Ohigan/Spring Equinox and Dharma Time at 10 am

### APRIL SERVICES

- Saturday, April 01, 2023 – Meditation and workshop with Bishop Aoki from 10:30 am to 12:00 pm
- Sunday, April 02, 2023 - Shotsuki/Monthly Memorial Service and Sarana Affirmation Ceremony at 10 am
- Sunday, April 9th – Hanamatsuri/Buddha's Birth Service at 10 am
- Tuesday, April 11th and 25th - Meditation and Naikan Reflection from 7 to 8 pm
- Sunday, April 16th – Sunday Family Service and Dharma Time at 10 am
- Sunday, April 16th – Calgary Buddhist Temple AGM at 11:00 am



## TEMPLE SERVICE REMINDERS

### SARANA AFFIRMATION CEREMONY

*Sunday, April 02, 2023*

A long-standing ritual of all Buddhist traditions going back to the time of the Buddha is having followers of the Buddha formally commit to a Buddhist way of life. Originally this ceremony was only for adherents also willing to follow the strict monastic codes of the group.

Following this ancient rite of passage, our Jodo Shinshu tradition, going back to the time of Shinran Shonin, has for nearly 800 years conducted a Sarana ceremony that is in keeping with this tradition. The ceremony is only allowed to be conducted either by the Gomonshu, the spiritual head of the Jodo Shinshu Hongwanji, or his designated representative.

Traditionally, a person participating in such a ceremony would have been subjected to the ritual of their head hair being shaved in its entirety. However, as time has passed, in Jodo Shinshu this has been modified to only a symbolic shaving of the hair.

Participants are asked to verbally confirm that they are willing to take refuge in the Three Treasures; the Buddha, the Dharma, the Sangha and to be a follower of Jodo Shinshu and live according to the teachings of the Buddha.

Each Sarana participant receives a Homyo, a Buddhist name that is unique and specific to their character and attributes. Each Buddhist name will begin with the term Shaku. This is in reference to Shakyamuni Buddha who was a muni (sage) of the Shakya clan, his extended family. For example, the Buddhist name Shaku Nyu Shin. Nyu Shin can be translated as Entering the Realm of True Reality.

As this service must be conducted by the Socho (Bishop), the spiritual head of Jodo Shinshu Buddhist Temples of Canada, we have only held these on irregular occasions as he must take time off from his regular duties at the headquarters in Vancouver and travel to Calgary.

If you would like to commit to a Buddhist way of life by participating in an Affirmation Ceremony, please complete the JSBTC Sarana Affirmation Service Application and email it to [calgarybuddhisttemple@gmail.com](mailto:calgarybuddhisttemple@gmail.com) before Sunday, March 19, 2023.

**JSBTC SARANA AFFIRMATION SERVICE APPLICATION**

**NAME:** \_\_\_\_\_ **GENDER:** ☐ M ☐ F

**Address:** \_\_\_\_\_

**Age:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**Address:** \_\_\_\_\_

Telephone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Date of Sarana Affirmation:** \_\_\_\_\_

**Signature of Applicant:** \_\_\_\_\_

**If applicant is under the age of twelve (12):**

**Parent or Guardian's Name (printed):** \_\_\_\_\_

**Parent or Guardian's Signature:** \_\_\_\_\_

**Fee for Affirmation Service is \$40. Please make cheques payable to the Jodo Shinshu Buddhist Temples of Canada. The fee will be collected on the day of the Sarana Affirmation.**

**Please give a brief description of your self, including information such as what are your likes and dislikes, what hobbies and/or interests you may have, what aspects of Buddhism appeal to you, and why you have chosen to take this Sarana Affirmation Ceremony. This information will be used in selection of your Dharma Name.**

[illegible]



## BUDDHISM 101

Sensei Robert will be conducting five Buddhism 101 sessions starting on Thursday, February 9, 2023 which will continued weekly on Thursday night from 7 to 8 pm.

The sessions will be held at the temple in the Hondo (Main Hall).

For those unable to attend in-person please register with the following link to get the Zoom invitation.

Register in advance for the Buddhism 101 sessions:

<https://us02web.zoom.us/meeting/register/tZYldOmpqjMvE92E2HJRZocOLRbAiTrEk12>

## FEBRUARY 2023 MEMORIAL (SHOTSUKI) SERVICE LIST

Daniel Ghann  
Kuranosuke Gomyo  
Bruce Kimura  
Akira Masuda

George Sanjiro Nakamura  
Chieko Nishiyama  
Larry Sakamoto  
Carl Masaru Yoshimoto

## NOTICE OF ANNUAL GENERAL MEETING

All Sangha members of the temple are advised that the annual general meeting of the members of the Calgary Buddhist Temple will take place in-person or virtually via Zoom as follows:

- Time: 11:00 am
- Date: Sunday, April 16, 2023
- Place: Calgary Buddhist Temple

Zoom invitation: <https://us02web.zoom.us/j/81766317259?pwd=K0E4OVFoZXNrbmpRVDA3a0RsOTAzZz09>

### Purpose of the annual general meeting

- The yearly gathering of the temple's interested members.
- Temple financial performance is presented. Temple Board President's report is presented. Temple Minister's report is presented.
- Installation to the Temple's Board of Directors is presented.
- Opportunity for members to ask questions to the directors of the temple.





## UPCOMING WORKSHOPS AND EVENTS

### COOK WITH THE SANGHA

*Sunday, February 26th, 2023 at noon*

A fun, relaxed way to learn something new. This will be an in-person cooking demo of several tasty recipes so come on out and join the Sangha as we learn together and enjoy each other's company at the same time.

Open to EVERYONE at a cost of \$5/person payable in cash on the day of. Come and enjoy the fellowship of the sangha! Space is limited so please register early: <https://bit.ly/Cooking-26Feb23>

### THEATRE CALGARY PLAY – FORGIVENESS

*Sunday, March 11th, 2023 at 2pm*



Theater Calgary is offering a discount on the play *Forgiveness* on March 11/23 @ 2pm for those aged 55+. Use the Promo Code 437474 for 20% off the performance only.

The location is Art Commons, Max Bell Theatre – 220 – 9th Ave SE Calgary, AB. To find tickets or for more information on the play, please go to:

<https://www.theatrecalgary.com/shows/2022-2023-forgiveness>

*Forgiveness* is the acclaimed 2018 Canada Reads–winning novel by Mark Sakamoto. It's a memoir of Sakamoto's grandparents and their harrowing experiences during the Second World War. Mark's maternal grandfather was a Canadian soldier who spent years as a prisoner of war in a Japanese camp. His paternal grandmother was one of the thousands of Japanese–Canadians interned by the Canadian government during the war. In the face of tremendous adversity and transgressions, they chose not to live a life of anger but instead to embrace and teach forgiveness. Be prepared to be moved by this Governor General's Literary Award-winner Hiro Kanagawa's heartfelt adaptation.

*Even without the discount, this is a play that everyone will enjoy.*



## JSBTC WOMEN'S FEDERATION DANA DAY

*Sunday, March 30, 2023*

This is the special day when all donations made on this particular day will go to the Jodo Shinshu Buddhist Temples of Canada (JSBTC) Women's Federation Dana Day. These donations are consolidated with Temples across Canada and are directed specifically to national organization(s) promoting social welfare.

For those unfamiliar, "Dana" is giving without thought of receiving something in return. The JSBTC Women's Federation sincerely thank everyone who think of the challenges of others before themselves.



## COMMUNITY OUTREACH IN APRIL

In April, the Calgary Buddhist Temple Sangha Engagement will be coordinating another outreach activity in the community as we continue to support the interdependence of all life. Watch for more information to come!

## SPRING IKEBANA CLASS

*April 23rd, May 7th and 28th, June 11th and 25th  
1:30 PM to 4 PM*



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

The 5 classes are a series and the cost is \$225 total including flower material and instruction for Temple members or \$250 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](mailto:rikaandshiro@gmail.com) or call 403-701-0390





## AVAILABLE FOR PURCHASE!

The Jodo Shinshu Buddhist Temples of Canada (JSBTC) Women's Federation has a fantastic fundraising project of these beautiful cards which are available for purchase at the Temple.

The cards are 6 in a package for \$10 and are versatile as well as a perfect gift giving idea!

### *JSBTC Women's Federation Fund Raising Project*



Cherry Blossoms  
Artwork by Laurie Takeda  
Calgary Buddhist Temple



Castle Two Trees  
Artwork by Y Izumi  
Buddhist Temples of  
Southern Alberta



Calla Lilies  
Photo by Ted Akune  
Steveston Buddhist Temple

- A pack of 6 blank cards (4.25" x 5.5") are \$10 a pack
- Each pack has 2 cards of each of the above three designs
- Cards are perfect for any occasion
- Available for purchase at the Calgary Buddhist Temple
- Fundraising to help offset the travel costs of reps to attend the 2023 World Women's Conference in Kyoto

**Thank you for your support!**



## LIBRARY NEWS

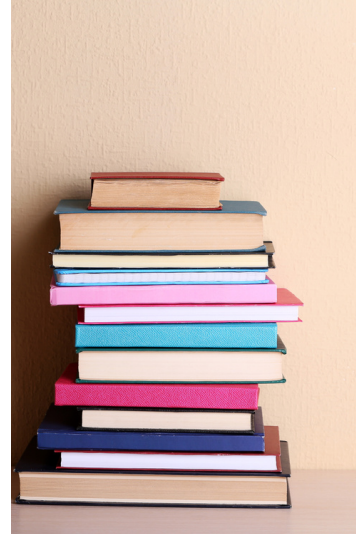
**NEWS:** We will be serving tea downstairs on library days.

**NEWS:** There are now children's books available in the Temple for kids to look at/read during service. Please return the books to the box when the service is over.

The library is open the third Sunday of every month. In February we will be open **February 19th** after service. Our library is downstairs.

Here are a couple of adult books we have in our library collection:

- *Buddhism of the Heart* - Jeff Wilson
- *Engaged Pure Land Buddhism* - Kenneth Tanaka and Eissho Nasu



## DECEMBER DONATIONS

### Temple Donations

Anonymous  
Auld, Belle  
Bowman, James  
Fukumoto, Kinuyo &  
Naoyuki  
Huntley, Susan  
Ikuta, Lester  
Kanegawa, Suyeko

Langton, A  
*in memory of Richard Kanegawa*  
Masuda, Jean  
Masuda, Misae  
McCormack, Dan  
McMillan, Cindy & Bryan  
Nakano, Ted  
*in memory of Oishi and Nagata family*

Nishi, Mary & Ken  
Ota, Fumi  
Pittman, Craig and Cathy  
Sano, Tracee  
Swaim, Sam  
Takeda, Laurie  
Trollope, Christopher  
Tsukishima, Lloyd

### Canada Helps Donations

Nagata, Erin  
Ghann, Jameela  
McCullagh, Bob  
Robson, Tomiko  
Sugimoto, Laura

Anonymous  
Delisle, Yuri  
Miyanishi, Kiyoko  
Anonymous  
Sugimoto, Sumire

Giggs, Melanie  
Martin, James  
Stewart, Matthew  
Wright, Charlene  
Shizake, Sher & Howie



## DONATIONS IN MEMORY OF MIKE KITAGAWA

Adachi, Roy  
Ayako Taniguchi  
Coleman, Maureen  
Cruickshank, Doug &  
Elaine Kage  
Fukushima, Judy  
Gardiner, Anthony & May  
Gubenco, Robert & Lori  
Hayashi, Deborah  
Hironaka, Doug  
Hironaka, Russ  
Hironaka, Sally  
Huntley, Susan  
Ikeda, Jack and Vi  
Kaminishi, Ed  
Kamitakahara, Julie  
Kitagawa, Susan  
Kitazaki, Betty

Konno, John and Barb  
Konno, Marie and Naozo  
Koyata, Isamu  
Masuda, Misae  
Mori, Kiyoshi & Marion  
Nagata, Rose  
Nagata, Ruth  
Nakagawa, Jim  
Nakagawa, Katie  
Nishi, Ken & Mary  
Nishimura, Suetake &  
Toshiko  
Nitta, Ken  
Odagaki, Ron  
Odagaki, Sekiko  
Oishi, Cheryl  
Oishi, Jean  
Oishi, Jits

Okabe, Allan & Yuka  
Okabe, Kevin & Naoko  
Maebashi  
Ota, Fumi  
Sakamoto, Louise & Craig  
Takaguchi, Harumi  
Takaguchi, Robert & Judy  
Takeda, Fudge  
Tanaka, Masaye  
Tanaka, Shigeko  
Teshima, Bill  
Teshima, John and Carmen  
Wiebe  
Teshima, Michael & family  
Teshima, Roger  
Tomiyaama, Takaye & Aki  
Yamaoto, Gerald





## 2023 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

