



THE SANGHA STREAM

January 2025

NEW YEAR'S GREETING

Happy New Year! At the beginning of the New Year, I would like to extend my warm regards to you all.

As in previous years, many people throughout the world have been affected by natural disasters, including earthquakes, floods, and forest fires. I would like to offer my deepest condolences to all who have perished in those calamities. I would also like to express my sympathies to those who are still coping with the dire situations. It is my sincere hope that all who have been affected will soon be able to return to normalcy.

In addition to the continuing Russian invasion of Ukraine that began in February 2022, armed conflict in the Middle East since October 2023 has intensified, putting a toll on civilians. As Buddhists, let us embrace the words of Sakyamuni Buddha that “Everyone fears violence and is scared of death. In consideration of all life, do not kill and do not make others kill.”

We, as human beings who have received life in this world, shall have our human rights equally guaranteed regardless of reason, and must never have our lives threatened. However in reality, conflicts and terrorist attacks have occurred everywhere in the world and for many people, their right to live and exist has been threatened. As Buddhists as well as Nembutsu followers who aspire to achieve peace, we must keep seriously in our hearts the words of Sakyamuni Buddha as well as Shinran Shonin who aspired for a peaceful world in pursuing our endeavor of contributing toward world peace and security.

Through the Jodo Shinshu teaching, we are guided to appreciate Amida Buddha's working that enables us to become aware of our true self. Being caught up in our self-centered thinking and desires, we are unable to accept the Universal Truth of dependent origination and impermanence, and that is why we constantly suffer from our human desires.

Unable to leave us in such a state, Amida Buddha continuously works to lead us to the Dharma. By regarding each individual as a fellow traveler following the same path being guided and embraced by Amida Buddha, we are enabled to respect and help each other while courageously coping with difficult social issues.





NEW YEAR'S GREETING

Let us continue listening and appreciating Amida Buddha's working as Buddhist followers while cherishing each and every day.

January 1, 2025

OHTANI Kojun
Monshu
Jodo Shinshu Hongwanji-ha

JANUARY 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

Roy Bates
Clay Broen-Giggs
Edna Fukumoto
Thich Nhat Hahn

Marshall Hironaka
Barbara Kerry
Heizo Kitagawa
Howa Oshiro

Shinran Shonin
Tomeo Takahashi
Selene Tse
Asaye Yamamoto

TEMPLE SERVICE REMINDERS

JANUARY SERVICES

- Wednesday, January 1 st – New Year's Day Service 12:30 pm
- Sunday, January 5th - Shotsuki/Monthly Memorial Service at 10:00 am
- Tuesday, January 7th – Meditation (walking and seated) from 7:00 to 8:15 pm
- Sunday, January 12th – Shinran Shonin's Memorial Service (Hō-onkō) at 10:00 am
- Sunday, January 19th - Family Service at 10:00 am



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UPCOMING WORKSHOPS AND EVENTS



MOCHI COME MY WAY

Sunday, Jan 19, 2025 after service

Getting together to make some mochi has become an annual event at the Temple. It is a popular treat throughout the year, but it is 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 2025!

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, come and sample this special, traditional treat at this free event.

COMMUNITY OUTREACH

Sunday, Feb 2, 2025

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

A great way to support our community and start the new year off right. We'll be providing lunch service, so volunteers (16 years of age or older) 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. This is such a meaningful way to think of others!

Sign Up by going to: <https://bit.ly/DropIn-02Feb25>



UDON AND A MATINEE

Sunday, Feb 16, 2025 || 11:30 AM

Noodles are a staple of Japanese cuisine, and udon is a thick noodle leaning closer to a “mochi-mochi” or chewy and glutinous texture. There are a variety of ways it is prepared and served but its simplest form, it is in a soup which we’ll be sharing for a light lunch. After we’ve eaten and cleaned-up a bit, we’ll watch a family movie (to be determined) as well as the movie Tora (2010; 30 minutes).

Tora follows a jaded city woman who inherits a lakeside property and is haunted by a little ghost girl. Through dreams and flashbacks of her new neighbor (David Suzuki), she discovers that the property was a Japanese Internment Camp during WWII and that the little girl died while in the camp. Themes of loss, hope and forgiveness are explored.

Everyone is welcome with a \$5/person donation suggested.



Please register in advance so we know how many people to expect: <https://bit.ly/udon-matinee>

JAPANESE CALLIGRAPHY

Sunday, March 23, 2025 | 2:00-4:00pm



Coming up in March, the Calgary Buddhist Temple Sangha Engagement will be hosting a Japanese Calligraphy workshop with a fully qualified Master Calligraphy Instructor, Mami Humphreys of Sho Artworks (www.sho-artworks.com). All materials will be included.

Registration will open on Feb 1 at a cost of \$10.00/person - space will be limited to the first 20 people who register and pay. Link will be in Feb newsletter and on the website.



UPCOMING WORKSHOPS AND EVENTS

THE WAR BETWEEN US – FREE MOVIE EVENT

Sunday, April 13, 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.



The movie is a reminder of the importance of compassion and understanding in times of conflict, and of the devastating impact of war on ordinary people.

The *War Between Us* is a 1995 drama with a runtime of 1 hour and 34 minutes.

The showing is FREE and open to the Public.

Please register in advance so we know how many people to expect: <https://bit.ly/WarBetweenUs>



PAST WORKSHOPS AND EVENTS

THE GIVING TREE

From Nov 17 to Dec 15, the beautiful giving tree was set up at the front of the hondo where warm clothing and toys and stuffies of all kinds were placed. The items kept growing and expanding!

The warm clothing items were taken to the Calgary Drop-In Centre which will all be put to good use.

The numerous toys were gratefully received by the Calgary Women’s Centre and the Baby It’s Cold Outside (BCO) Charity who give a hand-up to those in need in our communities.

Thank you to Evan for making the Wheel of Dharma tree topper and the large nenju that encircled the tree – you made the tree extra special.

Thank you to everyone for the kindness and generosity.

You are amazing!



GET YOUR RICE ON



Delicious rice recipes were demonstrated by Laura Sugimoto, Jackie Robb, Barrie Robb, Laurie Takeda, Nathan Takeda, Masaye Tanaka and assisted by Susan Kitagawa during the RICE workshop held Sunday, Nov 17, 2024. Sampling and some “practice” as well as tasting of sekihan and butter mochi followed the Japanese corn rice, inari sushi, SPAM musubi and onigiri demonstrations.



PAST WORKSHOPS AND EVENTS

SOME RICE FACTS AND USES

Cultivated several thousand years ago and originating in Eastern Asia, rice is one of the world's most ancient food staples. Rice is categorized by shape and size: short, medium and long grain; types of rice consumed vary around the world. Rice was an integral part of Japanese culture, history, and cuisine for centuries. Rice spread around the world via migration and trade and was introduced to the Americas by the Spanish.

Obuppan (Obupan): rice offering

Offering of cooked rice is called Obupan. The onaijin (inner altar area) is decorated with flower arrangements and prepared by burning incense and the offering of obuppan, or the food offering of rice to the Buddha.



Sushi Origins: Early Forms of Preservation: Sushi (すし, 寿司) origin can be traced back to a southeast Asian practice where fish and other seafood were preserved using a method known as “narezushi” packing between layers of salt and rice, and allowing a fermentation process (lactic acid production) to occur. This fermented rice was a natural preservative and not meant to be eaten. The rice was discarded, and only the fish/seafood was consumed. The term (sushi) means sour, acidic referring to the taste of sour rice.

Transformation from a preservation technique to current sushi as food, occurred during the Edo period (17th to 19th century) in Japan. In Edo (Tokyo) street vendors offered “Edomae sushi,” a vinegar-rice combined with various toppings such as seafood and vegetables. Substituting vinegar-infused rice for fermented narezushi reduced the preparation time, and enhanced the flavor of the rice. Sushi thus became an accessible, popular and convenient food option. Modern, local basic sushi seasoning consists of rice wine vinegar, sugar and salt. Innumerable rice/sushi-seasoned rice dishes are constantly being invented and sushi is now eaten worldwide.

Rice cooking

1 cup dry rice = about 3 cups cooked

Japanese rice cooker cup is smaller than a regular cup; One rice cooker cup is 180 ml.

Ratio of rice: water = 1: 1¼ to 1½

1 C short grain white rice plus 1 ¼ to 1 ½ C cold water



PAST WORKSHOPS AND EVENTS

SOME RICE FACTS AND USES

Inari sushi (pockets, bags): Inari sushi are deep-fried tofu bags (aburaage), filled with sushi rice. Aburaage are deep-fried tofu pouches made from soybean, a vegetarian/vegan food item, also called age.

Onigiri (omusubi) or rice balls: The term onigiri originates from the Japanese word *nigiru*, meaning “to grasp” or “to squeeze,” because it is pressed by hand into a ball. It has also been called *nigirimeshi* and *omusubi*, meaning rice snacks hand-pressed into shapes that are easily handled. Archeological discoveries suggest that onigiri dates back at least 2000 years. In 1885 onigiri was one of the first foods approved for sale on Japan’s first railway line.

Rice as currency: Rice was significant in government, society and the economy in Japan during Edo period (1603–1867). Rice was very important for a long time especially when the value of rice was very high.

- The koku (斛) was a unit of currency and measurement used in feudal Japan to measure rice and other produce, and to determine the value of land and the hierarchical ranking of feudal lords (daimyo)
- Farmers were assessed taxes based on the number of koku.

One koku is about 180 liters, or 5 bushels, or about 150 kilograms of rice which was roughly equivalent to feed one person for a year. (equivalent to about \$650 dollars today).



Okagami (Kagami): Kagami-mochi consists of a stack of round mochi rice cakes, topped with a mandarin orange as offering in Shinto and Buddhist temples during the New Year in Japan. As well many households display them in areas such in the Butsudan to celebrate the New Year. It is an offering to express gratitude to the god of grain and to pray for a good harvest.



Sekihan Sekihan (赤飯) is a mochigome dish served on special occasions throughout Japan, made of red azuki beans and glutinous rice.

Mochigome, a short grain rice, is also known as glutinous or sticky rice. Glutinous rice has a higher starch content than regular rice, resulting in a sticky and cohesive texture when cooked. Mochigome is used to make mochi- pounded rice cakes.

References: <https://littlebookofjapan.com/articles/the-ancient-history-of-sushi/>



LIBRARY NEWS

The library is open on the 3rd Sunday of each month. Next is Sunday January 19th. Come downstairs after the service and browse the books while you enjoy a cup of tea!

For any newcomers to the church, 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.

Book Reviews, by Doug C.:

“The Psychology of Awakening” by Watson, Batchelor & Claxton

- Rating: 2 stars
- Yes, I recommend this book for research purposes.
- Just a little too deep.

“Visas for Life” by Yukiko Sugihara

- Rating: 4 stars
- Yes, I recommend this book.
- Good insight into the Jewish/Japanese/Europe war experience.

Thanks, Kim and Masaye



NOVEMBER DONATIONS

Canada Helps

Edwards, Richard
Giggs, Melanie
Gillis, Emi
Haddon, Samantha
Iftody, Thomas

McCullagh, Bob
Miyanishi, Kiyoko
Ono, Yuko
Post, David
Robson, Tomiko

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

Temple Donations

Alexander, Robert and
Sano, Tracee
Annoymous
Bucholtz, Nicole
Caldwell, Douglas Cheryll
Cruickshank, Doug
Dolph, Heather

Ellestad, Leslie
Kitagawa, Susan
Lin, Tzu Hsun
Liu, Olivia
McCormack, Daniel
Nakano, Ted
Ota, Fumi
Pittman, Craig & Cathy

Porteous, Angela M
Robb, Barrie
Rogers, Travis
Takeda, L.
Taranik, Bryan
Tremblay, Isabelle
Veiledal, Kirsten

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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