



MINISTER ARTICLE

With the recent and unfortunate occurrence of the water main break in Calgary we were asked to think about and limit our personal use of water in order for conservation. This event is a stark reminder of our dependence on water and our limitations if we are deprived of a water supply. The human condition is riddled with limitations and because of our nature we continually try to overcome our limitations. We have a finite lifespan, our physical abilities and health decline as we age. We have limited vision, hearing and smell. We have limited strength and endurance. Our memory is limited, our ability to focus and concentrate is limited and can be easily distracted. We are limited to how quickly we can learn new skills. We are limited to how long we can survive without food, water, and shelter. We are limited to how much stress we can endure before it impacts our mental and physical health. We are limited in our ability to fully understand the feelings of others. We are limited in our ability to truly act with compassion.

In the book “The Buddha’s Call to Awaken” by Monshu Koshin Ohtani he talks about compassion. “When a person sets out to do good, they do so thinking that they will become good and strive to bring forth a compassionate heart out of such goodness. In Jodo Shinshu teaching this is called the compassion in the Path of Sages. In contrast to the Path of Sages model of compassion, there is the compassion in the Pure Land path. When a person knows that they are saved by Amida Buddha (True and Real), knowing full well that they are imperfect to begin with and never taking their eye off that fact, they do what there is within their power to do. In this case, my actions are not a form of compassion, but as I stand within the embrace of Amida Buddha’s compassion, I ask myself what it is that I can do.”

The Buddha-Dharma teaches that life is unavoidably connected to suffering and the path to happiness is found by understanding the teachings and doing what we can to alleviate suffering. I was recently reminded of the limitations of my compassion. There were two birds, Magpies, squawking relentlessly whenever our dog was in the backyard. This went on for three days and did not seem to bother our dog in the least. I knew something was troubling the birds but could not understand what it was.



MINISTER ARTICLE

Soon I discovered a young Magpie who was nestled close to a neighboring fence in our alleyway. The young bird had not fully developed its feathers and strength to fly on its own and seemed disorientated not being in the safety of its nest. The two squawking Magpies were obviously the concerned parents trying to protect their offspring. I felt concern for the birds and looked for a nest but could not locate it. I left the young bird where it was as it seemed to be somewhat sheltered and the parents being nearby could keep an eye on it. Four or five hours later the weather changed with the onset of rain and a colder climate. While putting out the garbage I noticed that the young bird had moved from its previous location in an attempt to find shelter from the rain and the cold. Unfortunately, the location that the young bird chose for shelter was a dangerous resting spot with the potential to be injured by a passing vehicle. I approached the young bird to see how it was managing and my advancement was met with disapproval from the parents who were squawking at me with loving concern for their offspring and protective determination for me to stay back. The young bird did not try to scurry away from me as I approached and stood right above it. I knelt down to have a closer look at how the young bird was doing and it looked up at me with pitch black eyes that seemed gentle and scared at the same time. It continued to look straight up at me and although we could not speak to one another I felt the despair in this innocent and young bird's gaze. There was a heaviness in my heart as I felt helpless to know what to do to help this young bird and reduce the stress of the parents who were perched nearby. In my attempt to help another living being I carefully transported the young bird to what I thought would be a safer location and if you were wondering about the parents they did not see things the same way as I did. As I gently placed the young bird on the ground in the new location it remained calm and continued to look straight up into my eyes. A look that seemed to be saying, thank you and please don't leave me alone. I stayed with the young bird for a short time fully aware of the disapproval of the parents who were squawking and flying ever closer to my head in an attempt to move me away from their offspring. Satisfied that the new location was safer I hesitated to leave the young bird alone and felt sadness for my limited knowledge and ability to care for the bird. As I moved further away from the young bird and the threat of my presence was gone the parent's actions began to settle. I wondered how the young bird would survive and what its parents could do to help with its survival. The next day my sadness for the young bird returned as the young Magpie did not survive. I found the young bird's body back in the original location and it appeared that the overnight temperature which called for the possibility of frost combined with the rain might have contributed to the young bird's demise.

Although I was thinking about the Bodhisattva Path of helping others and alleviating their suffering when I came across the young Magpie, my good intentions fell drastically short of providing such compassion. From a search on the internet, I was surprised to learn the following about Magpie's from the 21 Oct 2009 – Daily Telegraph article; "Magpies feel grief and even hold funeral-type gatherings for their fallen friends and lay grass "wreaths" beside their bodies, an animal behaviour expert has claimed.



MINISTER JAMES' ARTICLE

Dr Bekoff, of the University of Colorado, said these rituals prove that magpies, usually seen as an aggressive predator, also have a compassionate side.” I held a personal service in my home for the young Magpie and its parents and my thoughts will be with them as we hold an All-Life-Forms Service at the temple in November.

“When a person knows that they are saved by Amida Buddha (True and Real), knowing full well that they are imperfect to begin with and never taking their eye off that fact, they do what there is within their power to do. In this case, my actions are not a form of compassion, but as I stand within the embrace of Amida Buddha’s compassion, I ask myself what it is that I can do.”



Calgary Buddhist Temple

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www.calgary-buddhist.ab.ca

Namo-Amida-Butsu
Robert Gubenco Sensei



JULY 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

Miyoko Nakayeda

Hideo Nishi

Jack Noboru Nishiyama

AUGUST 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

John Ted's Costello

Koichi Fujiwara

Rokuji Rocky Oishi

Michael Coulson

George Gubenco Sr.

Sue Saruwatari

Fumi Fujiwara

Soma Kitagawa

Robert Teshima

Diane Laberge

TEMPLE SERVICE REMINDERS

JULY SERVICES

- Wednesday, July 3rd - Meditation Body Scan from 7:00 to 8:00 pm
- Sunday, July 7th - Shotsuki/Monthly Memorial at 10:00 am
- Tuesday, July 9th - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Sunday, July 21st – Family service at 10:00 am
- Tuesday, July 23rd - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Saturday, July 27th – Cemetery services.
 - Mountain View Cemetery at 9:00 am,
 - Strathmore Cemetery at 10:30 am,
 - Temple Columbarium at 12:15 pm.
- Sunday, July 28 th – Cemetery services and Obon service.
 - Eden Brook Cemetery at 11:00 am,
 - Queens Park Cemetery at 1:00 pm,
 - Obon service at the Temple at 3:00 pm.

AUGUST SERVICE

- Sunday, August 4th - Shotsuki/Monthly Memorial at 10:00 am
- Summer Break Schedule – Temple closed from August 5th to September 7th

SEPTEMBER SERVICE

- Sunday, September 8 th - Shotsuki/Monthly Memorial at 10:00 am



JSBTC SARANA AFFIRMATION SERVICE APPLICATION

Sunday, September 29, 2024 Sarana Affirmation Ceremony

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, September 8, 2024.

**JSBTC SARANA AFFIRMATION SERVICE APPLICATION**This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



UPCOMING WORKSHOPS AND EVENTS

COMMUNITY OUTREACH

Sunday, Sept 8 and Sunday, Nov 10

CALGARY DROP-IN CENTRE

Feels good to do good! We'll be providing lunch service on these Sundays so please join us. Ten volunteers (16 years of age or older) are needed. We leave after service, around 11:15 am, to walk over to the Drop-In Centre together, or meet us there at 11:30 am. It's not time-consuming and it really means a lot to those less fortunate.

Sign Up for Sept 8: <https://bit.ly/community-08Sep24>
Sign Up for Nov 10: <https://bit.ly/community-10Nov24>



SUNDAE SUNDAY FOR SENSEI

Sunday, Sep 22 after service

Let's show our appreciation to our Sensei Robert Gubenco for his dedication and commitment to the Sangha and to the community he serves so well.

There'll be ice cream, fruit, and fixings – EVERYONE IS WELCOME! Please join us, shake his hand, and let's express our gratitude.

JAPANESE TEA CEREMONY AND IKEBANA

Sunday, Oct 13 from 2:00-4:00pm



Save the Date because you don't want to miss this special demonstration of the Japanese Tea Ceremony with Ikebana Display proudly hosted by the Calgary Buddhist Temple Sangha Engagement.

More information and registration details coming soon.



UPCOMING WORKSHOPS AND EVENTS

FUNDRAISING COMMITTEE CORNER

August 9 & 10th || October 19th

Save the date:

1. Omatsuri - August 9,10 (tentative)
2. Ribs and Chow Mein Dinner- Saturday, October 19.



FALL IKEBANA CLASS

September 21, October 5 and 20, November 2 and 16

1:30 pm – 4:30 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 cost is \$250 total including flower material and instruction for Temple members or \$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.

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



UPCOMING WORKSHOPS AND EVENTS

Bon Odori Practices

The Calgary Buddhist Temple Obon Service will be held at the Temple on Sunday, July 28, so let's learn/relearn and practice Bon Odori (Japanese folk dancing) which we'll perform together after the Obon Service.

Practices will take place at the Calgary Japanese Community Association (in the basement) on:

Saturday, July 13: 10-11:00am

Tuesday, July 16: 7:30-8:30pm

Saturday, July 27: 10-11:00am



Address for Bon Odori Practices

2236 29 St SW, Calgary, AB T3E 2K2



PAST WORKSHOPS AND EVENTS

COMMUNITY OUTREACH

Thank you to the wonderful volunteers who provided lunch service at the Calgary Drop-In Centre after service on Sunday, June 2. You guys rock!

MENTAL HEALTH AWARENESS

On Sunday, May 26, members of the Sangha gathered to learn about Mental Health and Self-Compassion. A lack of compassion for the self can play a role in mental health conditions. Many people find it difficult to feel self-compassion especially when it might be linked in the mind to self-pity or as undeserving. This self-judgment may lead to conditions such as anxiety, insecurity, or depression. Self-compassion, however, often allows people to accept their failures, move past them, and keep trying.

Our speaker, Sara Clark, shared some great insights on ways to help us live a fuller life. Discussion as well as hands-on exercises were also components of this thought-provoking and informative session.

Thank you, Sara!





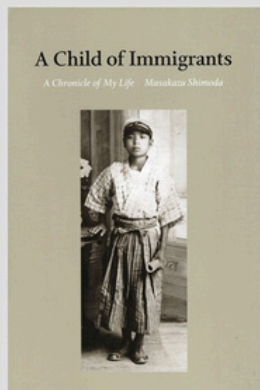
JCLS PROJECT OFFICE UPDATES



JAPANESE
CANADIAN
LEGACIES

Community Fund Showcase

The Community Fund serves Japanese Canadians across Canada through access to funding across six streams. We are currently engaged with individuals, seniors, families, groups, and organizations on over one thousand individual projects, which will increase over time. As we move into the next phase of our work on the Community Fund, we are compiling documentation from grant recipients so that we can report to the community on what projects have been funded. While we are still in the beginning stage of anthologizing the funded projects, we are pleased to share six of the projects that are complete or nearing completion.



PROJECT

1

Book Project: A Child of Immigrants

INTERGENERATIONAL WELLNESS

Family Sharing & Healing

Region: Ontario

Lead applicant: Lynne Kiyoko Smart

"This project is the translation and printing of my grandfather's life story, starting from his birth in 1910 to the renewal of his driver's license in 2003. My grandfather, Masakazu Shimoda, started writing the book after he turned 90 years of age. Many of the stories contained in the book have never been told before; there were difficult memories which were easier for him to write down than to tell his family face-to-face."

– Lynne Kiyoko Smart

For more details and to read an interview with Lynne Kiyoko Smart, visit

<https://jclebrities.com/community-fund-showcase-1>



Canadian Japanese Hockey League

COMMUNITY PROJECTS

Unincorporated Japanese Canadian Groups

Region: Ontario

Lead applicant: Wayne Yamashita

"The Canadian Japanese Hockey League (CJHL) takes immense pride in its role as a unifying force within the Japanese Canadian community, fostering a sense of camaraderie and cultural pride through the shared passion for ice hockey. As a testament to our commitment to both sportsmanship and heritage, we are excited to introduce our latest project: the acquisition of new sweaters and socks for all CJHL teams. This project aims not only to enhance the visual identity of our league but also to strengthen the bonds that tie us together as a community. These new uniforms will serve as a symbol of our shared commitment to hockey and the Japanese Canadian heritage that unites us." – Wayne Yamashita



West End Nisei Bowling League

COMMUNITY PROJECTS

Unincorporated Japanese Canadian Groups

Region: Ontario

Lead applicant: Patti Nishimura

The West End Nisei Bowling League is a group of primarily Japanese Canadians, mainly JC survivors. This 5-pin league was started in 2002 at Rexdale Bowlerama in west Toronto with a membership of 80 bowlers (16 teams with 5 per team). They were all retired seniors taking part in a sport that can be enjoyed into their 90s. In fact, we had one member who was still bowling at the age of 100.

"The friendships developed and continued sharing of stories with internment friends was a valuable experience over the years. The bowling team kept us together." – Kim Yamada



"The socialization offered by this group is particularly important to every one of us but sadly our numbers are dwindling as we age. I hope I can continue to enjoy bowling with this group as long as possible. For me, it is a vital link to keeping connected with the Japanese Canadian community."

– Jenny Shimono



JCLS PROJECT OFFICE UPDATES



JAPANESE
CANADIAN
LEGACIES

Community Fund Showcase



PROJECT

4

New Denver Ikebana Project

COMMUNITY PROJECTS

Unincorporated Japanese Canadian Groups

Region: British Columbia

Lead applicant: Hollis Ho

The New Denver Ikebana Project brings *ikebana* to the Kootenays, with an exhibition, demonstration, and public workshop at the Bosun Hall in New Denver on July 27, 2024. The *ikebana* on display will use all-natural materials, including materials sourced in Nakusp.

"There is a Japanese expression, ichi go, ichi e, which translates that in life, there is no moment that repeats itself, and Ikebana is about that moment. The photo of my mother in kimono was taken in September 1943, when she danced for the opening of the Sanatorium."

– Hollis Ho

PROJECT

5

Momiji Health Care Society

INFRASTRUCTURE

Capital Purchases

Region: Ontario

Lead applicant: Sheri-Lynn Armstrong

Since 1993, the Momiji Health Care Society has been transporting seniors, mainly of Japanese descent, to medical appointments, grocery shopping, banking, social/recreational/cultural outings, and to all other day-to-day activities important in their lives.

"The project consists of the purchase and customization of a full size van able to transport one to three wheelchairs or up to 10 passengers. This funding will allow us to transport more seniors, especially those who are wheelchair bound or who need to use mobility aids, and will help rebuild our transportation fleet." – Sheri-Lynn Armstrong



PROJECT

6

Powell Street Festival Salmon Barbeque

COMMUNITY PROJECTS

Unincorporated Japanese Canadian Groups

Region: British Columbia

Lead applicant: Brian Nasu

The Salmon Barbeque will be returning to the Powell Street Festival after a brief hiatus and will be serving only wild Pacific sockeye salmon as we did in 1985.

It will be a "legacy of flavour".

"We have connected with many seniors (nisei) in the community and found out that they volunteered before redress at the Salmon barbeque and other booths at the PSF to help build the JC community. We are happy to collaborate with groups like Tonari Gumi and Nikkei Place to offer some complimentary meals for the seniors. We gratefully acknowledge support from the Community Fund of the Japanese Legacies Society. Without the grant we would not have been able to restart the Salmon Barbeque."

– Brian Nasu





LIBRARY NEWS

The library is open on the 3rd Sunday of each month, so that will be Sunday July 21st. Come downstairs and browse the books while you enjoy a cup of tea!

I am looking forward to meeting you and would greatly appreciate feedback on books, especially book recommendations that you may have.

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.



If you have books on Buddhism that you would like to donate to the library, we are very grateful to accept donations!

Come and check out our new books:

- Hsing Yun's Ch'an Talk, Volume 1 and 2
- A Still Forest Pool by Achaan Chah
- The Essentials of Buddhist Philosophy by Junjiro Takakusu

Thanks, Kim and Masaye



MAY DONATIONS

Canada Helps

Giggs, Melanie
Gillis, Emi
Haddon, Samantha
Howard, Leslie

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

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

Temple Donations

Anonymous
Alexander, Robert and
Sano, Tracee
Andrechuk, H.
In Memory of Keiko Hinatsu
Caldwell, Doug and Cheryl
Cruickshank, Doug
Delisle, Yuri
Dodds, Darleen /Tajiri,
June
Dolph, Heather
Ellestad, Leslie
Furuya, Aiko
In Memory of Keiko Hinatsu
Hinatsu, Sharon

Kanegawa, Suyeko
In Memory of Richard Kanegawa
Kitagawa, Susan
In Memory of Keiko Hinatsu
Masuda, Misae
McCormmack, Dan
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Minamide, Elsie
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Miquelon, Dixie
Nagai, Ruth
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Nagata, Toshiko
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Oshiro, Evan
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Soderquist, Matthew
Sugimoto, Laura
Takaguchi, Harumi
Takeda, L.
Tanaka, Masaye
Tanaka, Shigeo
Vanderpont, Lana
In Memory of Keiko Hinatsu