



THE SANGHA STREAM

July/August 2025

MINISTER ARTICLE

If you were raised in North America, the act of placing your palms together in gassho would probably not be a natural way of expressing one's gratitude. However, we do place our palms together in gassho and bring the palms close to the centre of our chest as a ritual every time we come to the temple for a service. This simple outward ritual has a deep inner meaning for our Sangha. The left hand represents us, foolish beings, who sometimes feel happy, sad, upset and are prone to making the occasional mistake as we all do. The right hand represents Amida Buddha, the wisdom of boundless understanding and kindness which supports us without discrimination. When we attend a service at the temple we are coming together with the Buddha-Dharma, Amida Buddha. When we place our palms together and feel them touch in gassho, we are coming together with Amida Buddha on a personal level. Gassho is a way of saying, thank you, Amida Buddha. In other words, the deep meaning of gassho for the individual is our hand and Amida's hand viewed as two hands, one heart.

The following is a short Dharma message from the "Gleanings on the Pure Land, Volume 1" by Rev. Toui Yoshio. The title of the Dharma message is "The Light of Wisdom reveals the world yet unseen by us." Within this Dharma message we get a sense of the deep meaning behind Rev. Toui's act of gassho.

"Rev. Toui, who taught at primary and middle schools in Hyogo prefecture, concluded his 55-year career as a teacher in March 1987. During that period, he consistently promoted the nurturing of the mind and the nurturing of [the understanding of the meaning of] life, leaving a great mark in the education realm. Further, as the resident minister of Tokoji Temple, he highly treasured the Buddha Dharma, especially the Jodo Shinshu teaching, and this also greatly influenced his nurturing of his students' minds.

Rev. Toui was also a poet who composed many profound verses. Many were poems concerning his life, written using plain, simple language.

There is one short poem that is on the subject of "wife."

*Could it possibly be that this woman was born for my benefit?
Since she is so very dear to me, I was not aware of it...*



When Rev. Toui saw the bottom of his wife's feet, he quietly bowed his head. He had realized that the reason the bottom of her feet were blackened and dirty was [that all of her efforts were] for his benefit.

Just as a cloth becomes blackened when it is used to clean a floor or polish a pillar, he came to understand that his wife worked on his behalf, the bottom of her feet had become soiled and black, and so he felt that the soles of his wife's feet were like [a manifestation of] the Buddha. Although it had taken him a long time to become aware that she was there for him, when Rev. Toui did come to know this, he could not help himself but put his hands together [in gassho]. This act of gassho is not for beseeching a request or favor. Rather, this is a gesture of gratitude for enabling one to realize that one's life is [interconnected with and] being supported by other life, and for the nurturing and guidance toward that understanding.

Mere words cannot truly express my appreciation for the "Light of Wisdom" that works for my benefit and has enabled me to see a world that I had not been able to see until now. The act of gassho is an expression of the joy I feel".

May we continue to feel the warmth and guiding light expressed in the act of placing our palms together in gassho and may that small gesture continue to center us in kindness, connection, and awareness each day.

Namo-Amida-Butsu
Robert Gubenco Sensei



Calgary Buddhist Temple

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www.calgary-buddhist.ab.ca

JULY/AUGUST 2025 MEMORIAL (SHOTSUKI) SERVICE LIST

JULY

Harry Kimura
Miyoko Nakayeda

Hideo Nishi

Jack Noboru Nishiyama
Moto Oshiro

AUGUST

Sheldon Chan
John Ted's Costello
Michael Coulson
Fumi Fujiwara

Koichi Fujiwara
George Gubenco Sr.
Soma Kitagawa
Diane Laberge

Reiko Nogamine
Rocky Oishi
Sue Saruwatari
Robert Teshima



HATSUBON – FIRST OBON SERVICE AFTER A LOVED ONE PASSES AWAY

- Sam Isao Mitsugi entered Nirvana on August 5, 2024, at age 87
- Issei Hyakutake entered Nirvana on December 29, 2024, at age 78
- Russell Hironaka entered Nirvana on February 21, 2025, at the age of 52
- June Tajiri entered Nirvana on March 28, 2025, at age 94
- Mitsuko Nishi entered Nirvana on April 7, 2025, at age 103

TEMPLE SERVICE REMINDERS

JULY SERVICES

- Sunday, July 6th 10:00 am – Shotsuki/Monthly Memorial Service
- Tuesday, July 8th 7:00 to 8:00 pm – Meditation (walking and seated)
- Sunday, July 13th 10:00 am - Service
- Sunday, July 20th 10:00 am – Family Service
- Saturday, July 26th – Cemetery services
 - 11:00 am at Strathmore Cemetery
 - 12:30 pm at Mountain View Cemetery
- Sunday, July 27th – Cemetery services
 - 11:00 am – Eden Brook Cemetery
 - 1:00 pm – Queens Park Cemetery
- Sunday, July 27th 3:00 pm – Obon/Hatsubon Service

AUGUST SERVICES

- Sunday, August 3rd 10:00 am – Shotsuki/Monthly Memorial Service

SUMMER BREAK

- Summer Break Schedule – Temple closed from August 4th to September 6th

SEPTEMBER SERVICES

- Sunday, September 7th 10:00 am – Shotsuki/Monthly Memorial Service



CALL FOR VOLUNTEERS

CASINO VOLUNTEERS NEEDED: SEPTEMBER 10 AND 11, 2025 AT ACE CASINO AIRPORT

Wednesday September 10 and Thursday September 11, 2025

Our scheduled casino dates are Wednesday, September 10 and Thursday September 11, 2025 at the ACE Casino Airport (40 Aero Crescent NE).



We almost have a full list of volunteers. We are just looking for a few more people; specifically a couple people for the count room and one cashier and one chip runner (evening shift). We are also looking for 2 to 3 more spares just in case someone is unable to make their shift due to illness/ unforeseen circumstances. Although the night shift is a little long, it is good chance to meet and talk with other volunteers.

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.

Please consider taking time out of your busy schedule to help us out. You can see the available shifts here: specifically for the cash cage and count room (evening shift). We are also looking for 3 to 4 spares just in case someone is unable to make their shift due to illness/ unforeseen circumstances. Although the night shift is a little long, it is good chance to meet and talk with other volunteers.

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.

Please consider taking time out of your busy schedule to help us out. You can see the available shifts here: https://docs.google.com/spreadsheets/d/17UiYTd1HuyiAfrXS_GrxvnpLM1yoGXVPcOj3phW8gh0/edit?gid=0#gid=0

Please contact me with any questions.

Doug Hironaka
Volunteer Casino Co-ordinator
doughironaka@gmail.com



UPCOMING WORKSHOPS AND EVENTS

OBON ODORI PRACTICES

Sunday, July 6 and Sunday, July 20
After service in the lower level

The Calgary Buddhist Temple will be holding their Obon Service on Sunday, July 27 at 3pm at the Temple. This service is to show appreciation to all the people who passed before us whom we would not be here without.

Join the Sangha and participate in the custom of honoring our ancestors by learning/practicing Bon Odori (Japanese folk dancing) which involves repetitive movements that are easy and simple for everyone to follow.

Please plan to attend these Obon Odori practices so we're ready to dance, have fun, and share in the joy of doing Japanese folk dancing together after the Obon Service on July 27.

Everyone is encouraged to take part!



JOIN US FOR MEIN MAKING!

September 5th @5:30 and September 7th from 8:30 - 2:30

Fall is just around the corner and with Fall comes our annual mein making gathering! This is a time we look forward to every year where the community old and new come together and make a delicious fundraiser. If you have never done it before, don't worry, we can show you the ropes!

Save The Date:

- Dough Making Friday, September 5th at 5.30pm at the Temple. Please look out for the Sign Up Genius!
- Mein Making Sunday, September 7th at 8.30am-2.30pm at CJCA Kitchen. Please look out for the Sign Up Genius!



TEMPLE GOLF TOURNAMENT @ NANTON GOLF COURSE

September 13

Texas Scramble format.

Sign up as a team or as an individual and we will put you with a team.

Entry fee is \$150.00. includes 18 holes of golf, cart, dinner and prizes.

For more information or registration contact Lester Ikuta @ ikuta@telus.net or text or call 1(403)808-0229.



FALL IKEBANA CLASS

September 13 and 27, October 11, November 1 and 15



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 total cost including flower material and instruction is \$250 for Temple members and \$300 for non-members. No refunds for missed classes.

Students must have their own containers, hand pruners and kenzan (frog). You can purchase these items from Rika or she can help you select suitable ones on your own if you contact her. These items are not included in the lesson cost.

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

光風未生流 (Kofu misho school ikebana) classes

- September 13 and 27
- October 11
- November 1 and 15

Rika's contact info koufuikebana@gmail.com



CHIGIRI-E - CHRYSANTHEMUM

Sunday, Sep 14 || 2:00pm-4:00pm



Join the Calgary Buddhist Temple Sangha Engagement as we learn the primary technique of Chigiri-e (ちぎり絵) which uses colored paper that is torn to create images, and is often referred to as "torn paper collage". This technique, which has been practiced for centuries, results in artwork that embodies both cultural heritage and contemporary creativity.

The themes of Chigiri-e often draw from nature, which is a reflection of Japan's deep-rooted cultural reverence for the natural world. To the Japanese, the chrysanthemum symbolizes royalty, longevity and rejuvenation.

One of the underlying principles of Chigiri-e is the Japanese concept of *wabi-sabi*—the acceptance and appreciation of imperfection and impermanence. Since Chigiri-e relies on tearing the paper by hand, each piece carries a unique shape and texture. These imperfections are celebrated rather than corrected, contributing to the artwork's organic and natural beauty.

This workshop will be held at the Temple and all materials will be included at a cost of \$5/person - space is limited. We gratefully acknowledge support from the Japanese Canadian Legacies Society to help cover the full costs.

SANGHA ENGAGEMENT

June - August

We will be taking a break for the month of August but then things get busy so watch the website and future newsletters for activities coming up before the end of the year such as:

- Sep 21: Sunday Sundae for Sensei: Minister Appreciation
- First week in October: Pie Making
- Oct 12: Calgary Drop-In Centre - lunch service
- Oct 23: Origami and Card Making
- Oct 26: Japanese Calligraphy
- TBD: Taiko Drumming Workshop
- Nov 9: Furoshiki Workshop
- Nov 30: Calgary Drop-In Centre - lunch service
- TBD: Sashiko (self-guided)



Keep an eye out for more details and registration information on the above. Sangha Engagement will also be collecting toys for those less fortunate and warm clothing for those in need from end of October to beginning of December. Let's continue to show kindness and do good deeds for others.



GET YOUR HANDS DIRTY WITH THE SANGHA!

Saturday, Sep 20 || 1:30pm-3:00pm



Kokedama (苔玉), meaning “moss ball” in Japanese, is a centuries-old bonsai-inspired art form where a plant's roots are wrapped in soil and moss instead of a pot.

Join the Calgary Buddhist Temple Sangha Engagement to learn the tips and tricks to construct our own living artwork and then walk through the process step-by-step to create beautiful, unique plants to take home.

NOTE: This workshop is NOT at the Temple but ONSITE at Plant Plant: 2501 Alyth Road SE, Calgary

The workshop includes:

- Step-by-step guide to creating and caring for a Kokedama
- Dish to display your Kokedama
- String to create a hanging Kokedama
- Tips and tricks for indoor plants
- All supplies (plants, moss, soil & decorative materials to create 2x Kokedama, indoor plant information booklet, care instructions)

Cost is \$25/person and is open to the public.

We gratefully acknowledge support from the Japanese Canadian Legacies Society to offer this workshop at such a reduced rate.

CHOW MEIN DINNER

October 24th and October 25th at Noon

It's nearly here!

Save The Date:

- Veggie Chopping Friday October 24 at the Temple. Please look out for the Sign Up Genius!
- Chow Mein Take Out Dinner volunteers needed Saturday October 25 at 12noon at the Temple. Please look out for the Sign Up Genius!



PAST WORKSHOPS AND EVENTS

COMMUNITY OUTREACH



This lovely group came together and provided lunch service at the Calgary Drop-In Centre on Sunday, June 8th.

We listen to Sensei's dharma talks and try to be kind and think of others.

MAKE A JAPANESE WIND CHIME

The Sangha had a great time creating and designing personalized Japanese Wind Chimes on June 22 and 29 using special POSCA pens.

A Japanese wind chime, known as a furin (風鈴, literally "wind bell") in Japanese, is a small bell usually found hanging from the balconies and porches of Japanese houses in summer. In the days before air-conditioning, Japanese people used to listen to the sound of furin to promote a feeling of coolness to help get through Japan's sweltering and humid summers.

Special thanks to Nanao Kimono (<https://nanaokimono.com/> at 215 10 St NW, Calgary) for not only supplying us with the wind chimes but sharing templates and helpful tips for holding his workshop.



**WE GRATEFULLY ACKNOWLEDGE
SUPPORT FROM THE JAPANESE
CANADIAN LEGACIES SOCIETY.**



LIBRARY NEWS

The library will be open on the third Sunday of the month, which is July 20th. Come downstairs and browse the books while you enjoy a cup of tea! We are closed in August, but will be open again on September 21st.

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.

You can return a book even if the library is closed. Just leave it in our Returns box.

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.

Thanks, Kim and Masaye





MAY DONATIONS

Canada Helps

Anonymous
Dodds Alexandra
Giggs, Melanie
Haddon, Samantha

Howard, Leslie
McCullagh, Bob
Miyanishi, Kiyoko
Post, David
Robson, Tomiko

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

Temple Donations

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Tracee Sano
Clark, Sara
Delisle, Yuri
Dolph, Heather
Hinatsu, Sharon
In memory of Kazuo Hinatsu
Huntley, Susan
Kanegawa, Esther

Kanegawa, Stan
Kanegawa, Suyeko
Kitagawa, Susan
Klat Family Foundation
In memory of June Tajiri
Kondo, C
Masuda, Misae
McCormack, Dan
Miquelon, Dixie
Nijo, Kazuhiro & Kyoko

Oshiro, Evan
Ota, Fumi
Porteous, Angela
Robb, Barrie & Jackie
Takaguchi, H
Takeda, L
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Yamashita, Kathy
In Memory of June Tajiri
Yeo, Sean