



THE SANGHA STREAM

June 2026

MINISTER ARTICLE

I was listening to an interview of a professional Formula One race car driver who spoke about his struggles with depression and his feelings of lack of purpose on the team. During the interview it was disclosed that with the help of a sports psychologist he was able to overcome his depression and learned let go of what was written about him in the media. Listening to the interview I was reminded of the Buddhist teaching of the Parable of the Raft.

In the story, a traveler comes upon a dangerous river. The shore behind him is filled with fear and suffering, while the far shore offers safety and peace. With no bridge or boat available, he gathers branches and grasses and carefully builds a raft. Through effort and determination, he crosses safely to the other side.

Once he arrives, the traveler pauses and thinks, this raft helped save me. Perhaps I should carry it with me wherever I go. But the Buddha explains that a wise person would not carry the raft on their back after crossing. Instead, they would leave it behind with gratitude and continue their journey freely.

Many of us carry things long after they have served their purpose. Sometimes these are physical belongings we no longer use but cannot bear to part with. Other times they are painful memories, resentments, worries, regrets, or like the race car driver they can be harsh thoughts about oneself. We continue carrying them because they once comforted us or felt important to our identity.

Yet over time, what once helped us can become a burden. We may hold onto possessions because they remind us of a happier time, a loved one, or a version of ourselves we fear losing. Letting go can feel frightening because we often connect material things with security, permanence, or self-worth. Buddhism teaches us that all things are impermanent. Objects age, circumstances change, and our lives are like a flowing river. When we cling too tightly, we create suffering for ourselves.

The same is true of our thoughts. Sometimes the mind becomes crowded with anger, self-criticism, anxiety, or disappointments. We replay conversations from years ago or hold onto injuries that continue to weigh heavily on the heart. Like carrying the raft long after crossing the river, we continue carrying mental burdens that no longer serve us.



Letting go is not the same as forgetting or pretending something never mattered. The traveler in the parable does not despise the raft. He appreciates it for helping him cross safely. In the same way, we can honor the role certain experiences, possessions, or habits once played in our lives while also recognizing that we no longer need to carry them every day.

This can be difficult. I have come to understand that we naturally seek comfort and familiarity. Sometimes letting go happens slowly. Perhaps it begins by cleaning a small drawer, donating an item we no longer need, forgiving ourselves for an old mistake, or allowing a painful thought to pass without clinging to it. Small acts of release can open space for peace, gratitude, and compassion to grow.

The Buddha’s teaching of the raft reminds us that freedom comes not from holding tightly, but from learning when it is time to set something down.

May we all have the wisdom to recognize what serves us, the courage to release what burdens us, and the compassion to continue walking the path with open hearts.

Namo Amida Butsu
Robert Gubenco Sensei



Calgary Buddhist Temple

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Calgary, Alberta

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JUNE 2026 MEMORIAL (SHOTSUKI) SERVICE LIST

Jason Brandon
Joyce Burkey
Brenda Cox
Michael Gubenco
Miranda Haynes
Yasuhiko Kaga

Takeo Kimura
Lido Kondo
William Lane Sr.
Peter Liu
Tamiko Miyanishi

Seiji Mori
Shizu Nagai
Reiko Oishi
Heidi Terakita
Misao Teshima
Takao Teshima



TEMPLE SERVICE REMINDERS

Sunday, June 7th

- 30 Minute Seated Meditation at 9:00 am
- Shotsuki/Monthly Memorial Service at 10:00 am

Sunday, June 28th

- 30 Minute Seated Meditation at 9:00 am
- Service at 10:00 am

Sunday, June 14th

- 30 Minute Seated Meditation at 9:00 am
- Service at 10:00 am

Sunday, June 21st

- 30 Minute Seated Meditation at 9:00 am
- Family service at 10:00 am

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.

2026 DONATIONS

DONATE TO THE CALGARY BUDDHIST TEMPLE

The temple appreciates your kindness and support, which enables us to share in the Buddha, the Dharma, and the Sangha.

Here are 3 ways to give to the temple:

- E-transfer to calgarybuddhisttemple@gmail.com
- Mail to 207 – 6 Street NE, Calgary, AB T2E 3Y1
- Canada Helps at [Donate Now - CALGARY BUDDHIST TEMPLE](https://www.canadahelps.org/en/dn/39361) or <https://www.canadahelps.org/en/dn/39361>



UPCOMING WORKSHOPS AND EVENTS

COMMUNITY OUTREACH



On Sunday, June 7 from 1:00pm-4:00pm, volunteer with the Sangha at the **Calgary (Drop-In) Donation Centre**. This family-friendly (aged 12 or older), volunteer opportunity supports various day-to-day activities at the Donation Centre located at 3640 11a Street NE. Volunteer activities include, but are not limited to, the storage, distribution, management, and inventory of all donated items. If you want to give back behind the scenes, this is the perfect job for you!

Please sign up and meet us at the Donation Centre (3640 11a Street NE, Calgary) on June 7!

Sign up at <https://bit.ly/DonationCentre-07Jun26>

MAKE A JAPANESE WIND CHIME

Sunday, June 14 starting at 11:30am

Everyone is invited to take part in this fun activity that is popular in Japan - make a wind chime! Join the Sangha and use special POSCA pens to create or design your own personalized glass wind chime.

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. Originally used in Buddhist temples, where many of these bells can still be found today. Over 1200 years ago, nobility began to hang them on their own porches as a protective charm to ward away evil spirits. Over time, the bells became smaller and more common in Japanese houses.



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. The components for the wind chime, including the glass bell – cost is \$15 per wind chime.

This is a great activity and open to all. To register, go to <https://bit.ly/windchime-14Jun26>.



SUMMER IKEBANA CLASS

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

- June 27
- July 11, 25
- August 8, 22

Rika's contact info koufuikebana@gmail.com



CBT FUNDRAISING COMMITTEE



Save the date for the golf tournament at D'Arcy Ranch Golf Course, Saturday, August 29. Further event details will follow in the coming months.

Thank you, everyone, for your patience while we navigate the water leakage remedial construction restrictions to in-person activities in the temple downstairs.

The fundraising committee is planning future activities; please keep posted for upcoming events.



COMMUNITY OUTREACH

CALGARY DROP-IN CENTRE

Watch for the sign-ups for additional lunch service dates in 2026:

- Oct 11, Nov 8, and Dec 13

Next Donation Centre date: Oct 18

WOMEN'S FEDERATION CONVENTION

LIVE PEACE · LIVE ALOHA · LIVE AS ONE IN THE NEMBUTSU




18th WORLD BUDDHIST WOMEN'S CONVENTION

HONOLULU · HAWAII
September 11-12, 2027
Hilton Hawaiian Village
Waikiki Beach Resort

Please join us in Honolulu, Hawaii for the 18th World Buddhist Women's Convention!

KEYNOTE SPEAKERS
Rev. Dr. Masumi Kikuchi, Japan
Dr. Miki Tomita Okamoto, Hawaii

For more information please visit www.hawaiibwa.org or scan the QR code.




Rev. Dr. Masumi Kikuchi



Dr. Miki Tomita Okamoto




Honpa Hongwanji Mission of Hawaii Federation of Buddhist Women's Associations



PAST WORKSHOPS AND EVENTS

COMMUNITY OUTREACH

On Sunday, May 3, a wonderful group of volunteers went to the Calgary Drop-In Centre downtown to serve lunch.

Thank you for thinking of others!



THANK YOU VERY MOCHI



We are so grateful to be able to hold services again in-person at the Temple. Your trust, understanding, patience, and continued support, during the repairs to the temple, has been appreciated.

The Temple Sangha (community) Engagement provided a small token of appreciation to those who attend service on May 24. Everyone in attendance

took home a piece of mochi – our way of saying “Thank you very mochi!”

Mochi is a Japanese rice cake which carries a deep cultural significance, symbolizing prosperity, long life, and the continuity of life itself. It is stuffed with a sweet filling, most commonly anko, a sweetened red bean paste made from azuki beans.



IKEBANA-INSPIRED FLOWER ARRANGEMENT

What a great opportunity to make a unique flower arrangement for mothers or someone special was enjoyed on Saturday, May 9, at the temple.

A session in the morning for children and an adult version in the afternoon. Sincere gratitude to our knowledgeable and patient instructor, Rika Saruwatari.



PHOTOS COURTESY OF KEVIN SARUWATARI

KEIROKAI



Keirokai (敬老会) translates to "Respect for the Aged gathering" or "ceremony for honoring the elderly" in Japanese. It is an annual tradition or temple celebration where seniors are recognized and thanked for their contributions to the sangha.

Held on May 17th this year, the Calgary Buddhist Temple wish to extend our gratitude to the senior members of our temple for sharing their wisdom throughout the years and for their dedication and numerous contributions to the Temple.



APRIL DONATIONS

Canada Helps

Dodds A,
Ghann, J.
Gossen, J.
Griggs, M.
Haddon, S.

Howard, L.
Martin, J.
Miyanishi, K.
Post, D.
Robson, T.

Stewart, M.
Sugimoto, L.
Sugimoto, S.
Wright, C.
Zheng, Y.

Temple Donations

Anonymous
Armstrong, C.
Auld, B.
Dzubin, T.
Fontaine, F.
Huntley, S. & C.
Ikuta, L. & M.

Kamizuru, F.
Kitagawa, S.
McCormack, D.
Odagaki, S.
Oshiro, E.
Ota, F.
Pittman, C.&C.

Prteous, A.
Robb, J.
Seaman, M.
Takaguchi, H.
Takeda, L.
Tanaka, M.
Wrolson, B.



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](http://CanadaHelps.org) (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