



THE SANGHA STREAM

March 2023

MINISTER ARTICLE

As I sat down to write the March article for the Sangha Stream newsletter, I was distracted by curiosity to look back on what I had written in prior years. I went back to 2018 to see if I contributed any articles and found that I had indeed submitted four articles that year. One of the articles was coincidentally written for the month of March. Any submission for our newsletter requires it to be written in the previous month. Therefore, my March article is typically written in the week or two prior to the beginning of March. I share this with you because in 2018 I wrote the article a week before March and as I write this article it is also a week before March. Ironically the 2018 article reflects a similarity in the weather we are currently experiencing. Because of this similarity and the message found from the 2018 article I have decided to resubmit it. I have edited the article slightly with the hope that this improves its readability.

From March 2018:

It is a cold winter morning; the outside temperature is -28 Celsius without considering the wind chill factor. Looking out my living room window I am drawn to the beauty of how the snow is neatly draped on the branches of spruce trees. At the same time a sense of gratitude is acknowledged for the warmth and protection that a home provides from extreme weather conditions. My attention is soon redirected from the spruce trees to a baking dish on the kitchen counter. What has caught my eye is the inscribed words on the inside bottom of the baking dish – *happiness is homemade*.

The meaning of words can be powerful; words can lift our spirits and they can also inflict emotional suffering. Sometimes the meaning of a word can grab our attention, we start to reflect and become mindful for a brief moment. Such is the case with the inscribed words on the baking dish that caught my attention. The words – *happiness is homemade* – reminded me of how the love that we put into preparing food at home always tastes better and provides more nourishment and satisfaction for our wellbeing.



MINISTER ARTICLE

I am reminded of this when placing food in the baking dish to be cooked and when food is being served from the dish; I am also reminded of this when washing the baking dish and putting it away until needed again.

My reflection on the words – *happiness is homemade* – led me to the following contemplation: happiness is homemade, happiness is made at home, happiness is made in the home of our minds. Happiness refers to a state of being that is free from suffering. Home refers to a place of refuge such as a calm and peaceful mind. So often we look to obtain happiness from external sources, only to experience dissatisfaction when that happiness fades. Śākyamuni Buddha taught that all conditioned existence is impermanent. Therefore, the happiness that is found in external sources is temporary because of impermanence. If we want to truly experience happiness, we have to look within rather than looking for external sources and start to be the observer and listener of our thoughts. If we are at odds with impermanence, the Four Noble Truths, and non-self we will continue to experience dissatisfaction on the road of life.

In our search for happiness let us reflect on the words of Śākyamuni Buddha:

“Therefore, be a lamp unto yourself; be a refuge to yourself. Take yourself to no external refuge. Hold fast to the Truth as a lamp; hold fast to the Truth as a refuge. Look not for a refuge in anyone beside yourself.”

--> be a refuge to yourself = a calm and peaceful mind provides refuge

--> hold fast to the Truth as a refuge = follow the guiding light of the Dharma as a refuge

May we all find inner peace to help us negotiate inevitable difficulties and to provide the light to build strong and positive relationships.

Namu-amida-butsu
Robert Gubenco Sensei



Calgary Buddhist Temple

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TEMPLE SERVICE REMINDERS

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

MARCH 2023 MEMORIAL (SHOTSUKI) SERVICE LIST

Simon Dellandrea
Dennis Gubenco
Mac Hardy
Rev. Dr. Leslie Sumio Kawamura
Echi Kondo
Yukiko Rose Marano
Shirley Mitsugi

Kerry Nagata
Shinji Earl Odagaki
Ben Shikaze
Renny Shonin
Connie Takeda
Muneo Takeda
Chizuko Helen Yamazaki



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 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/tZYldOmpqjMvE92E2HJRZocOLRbAiTrEkI2>

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

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 26, 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

Sunday, April 23rd, 2023 from 11:30am to 1:00pm



In April, the Calgary Buddhist Temple Sangha Engagement has made arrangements for us to continue to support the interdependence of life by providing a lunch service.

We can leave after the service around 11:15am and walk over to the DI together or meet there at 11:30am. An online signup has been created.

Ten volunteers are required and the minimum age is 16 years old.

Sign up using QR code or at <https://bit.ly/volunteer-23Apr23>

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 or call 403-701-0390





“STAMP” OUT WASTE WITH THE WOMEN’S FEDERATION

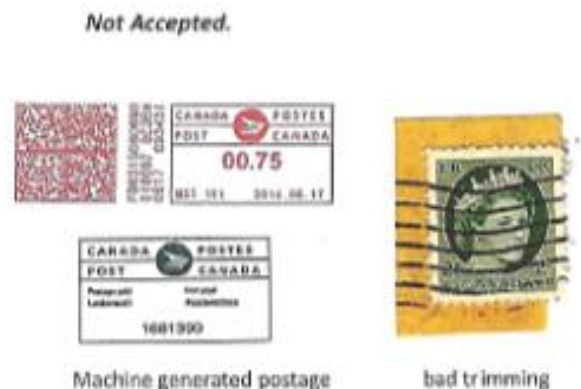
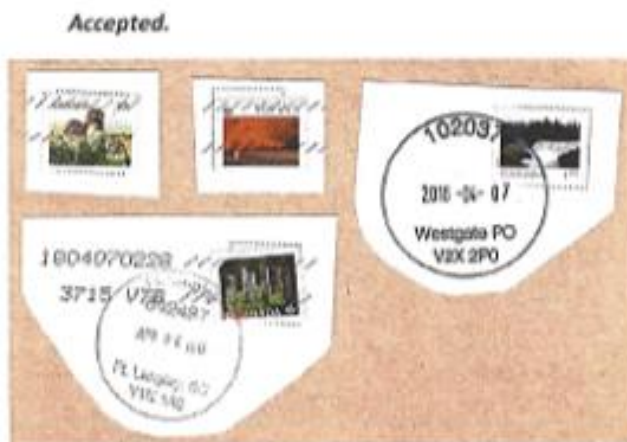
Month of March || Deadline: April 16th

Save the Children-Canada collects used postage stamps for resale to dealers and collectors. Money raised by this method of fundraising is used to help provide a better life and a brighter future for children around the world and in Canada.

The JSBTC Women’s Federation takes ALL stamps, foreign and Canadian. Please remember to put your stamps in the container at the entrance to the Temple by April 16th as they will be taken to the next WF Annual Meeting in Steveston for national consolidation.

These stamps are sold to stamp collectors by the stamp store so the condition of the stamps is important!

- Please cut with scissors (do not tear!!) and leave a 1/3 to 1/2 inch border around the stamp.
- Stamps with postmarks showing the location and date are worth more so please cut around the postmark. Leave multiple stamps together.
- If you have a postcard with the postmark showing the date and location, please turn in the whole postcard – do not cut it.
- If it does not show the town or city, just trim around the stamp with border as above.
- Stamps without enough border trim and machine-generated business postage are not usable.





FUTOMAKI WORKSHOP

Saturday, May 27th, 2023 at 2:00pm

Join the Sangha at the Temple for a demonstration on how to make Futomaki which is a rolled sushi characterized by its large size and filled with a number of different ingredients. You'll learn about the types of things that can go inside this sushi as well as how to roll the maki.



Cost is \$12 (temple member) and \$17 (non-temple member) – taxes and event service fee included. LIMITED registration - open to the first 10 people who register and pay online.

included in the cost is that each participant will make one futomaki that they can take home to enjoy!

Green tea and an opportunity to get to know each other will follow. Register using QR code or on Eventbrite at: <https://bit.ly/Futomaki-27May23>

PAST WORKSHOPS AND EVENTS

COOK WITH THE SANGHA - UPDATE

Sunday, February 26th

Thank you to Laurie, Jackie and Laura for leading this great demonstration! Everyone had fun, laughed and learned something new plus the taste testing... yum! It was a super way to come together and get to know others within the sangha. Thank you to everyone who came!





LIBRARY NEWS

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

Thanks to Laura Sugimoto for donating the following new books:

- Gleanings on the Pure Land
- Now is the Moment by R. Hironaka
- The Pure Joy of Being by F. Midal
- The Story of Hanako by Rev. Y Izumi
- Stories for Children and Adults
- Issei Buddhism in the Americas
- Crossing Over to Jodu Shinshu
- Collection of Dharma Talks



Over the next several months we will be following up on overdue books. Please return any overdue books that may be sitting around your home. Please check for any of the following books that have gone missing from the library:

- The Collected Works of Shinran Volume 2
- The Dhammapada Verses and Stories
- Peace is Every Step
- Shinran: An Introduction to his Thought
- Compassion and Wisdom: Guide to Bodhisatva
- The Moon Bamboo

JANUARY DONATIONS

Temple Donations

Anonymous
Calgary Foundation (Misae
and Aki Masuda)
Chen, Nicole & Grace
Dahlen, Caoline
Hironaka, Doug
Howard, Leslie
Huntley, Susan and Chris
Ikuta, Lester and Mickey
in memory of Mike Kitagawa

Kitagawa, Susan
Langton A
Masuda, Jean
Masuda, Misae
Miquelon, Dixie
Ono, Yuko
Orlesky, Kim
Pilch, Marlene Lucy

Pittman, Craig and Cathy
Sano, Tracee & Robert
Alexander
Saruwatari, Rika and Kevin
Seman, Michael
Sugimoto, Laura
in memory of Mike Kitagawa
Takeda, Laurie
Takeda, Nathan
Tanaka, Masaye

Canada Helps Donations

Anonymous
Chen, Nicole
Ghann, Jameela
Giggs, Melanie
Howard, Leslie

Martin, James
Marubeni-Itochu Tubulars
in memory of Mike Kitagawa
McCullagh, Bob
Miyonishi, Kiyoko
Oishi, Jean

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



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) 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 (\$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

