



MINISTER ARTICLE

Isn't it funny how time and space can change one's perception or bring to light something that previously did not make us pause and reflect. Last month during a Sunday service we read the expression, "Days and months flow like water in a river," from our Buddhist Wise Teaching a Day calendar. It is a simple image, yet its meaning through a Buddhist lens had me pause and think about it for several days.

If we stand beside a river and watch the water move, we notice that it is continuously flowing. The water that passes before us in this moment is not the same water that passed just a few seconds ago. In the same way, our days and months don't stand still but continue to flow onward. Morning becomes evening. Winter becomes spring. Childhood becomes adulthood. Before we realize it, another year has gone by.

This is the Buddhist teaching of impermanence that all conditioned things are constantly changing. Nothing stands still. Nothing can be held onto. Even as we try to grasp a single moment, it has already passed. This is what made me pause and reflect after reading the expression "Days and months flow like water in a river." In my life I have often searched for stability. During my childhood it was difficult to be separated from loved ones. During adulthood the experience of weakened health and strength was difficult to negotiate. Who among us would not want joyful times to last a lifetime. But I was struck on that Sunday in February by the image of the flowing river which does not pause for our wishes.

The teaching of impermanence is meant to awaken us. Because time flows, this moment is precious. Because life changes, our words and actions matter. Because we begin to understand that nothing remains the same, the voice of Amida Buddha's compassion resonates that gratitude is essential. We may forgive more easily. We may appreciate ordinary moments that we once overlooked. We are reminded of our human condition that struggles with blind passions, attachments, and imperfections.

While our life is limited, the compassion of Amida Buddha is immeasurable. Each day that passes is another day we are sustained by the working of the Primal Vow. When we truly understand that "days and months flow like water in a river," we stop postponing what matters most. We learn to accept and cherish the people in front of us.



We become more aware of the nembutsu arising in our lives from being embraced just as we are. May we use this flowing of time in life wisely, with the Light of the Dharma guiding our choices through unforeseen turbulent causes and conditions.

Namo Amida Butsu  
Robert Gubenco Sensei



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www.calgary-buddhist.ab.ca

**MARCH 2026 MEMORIAL (SHOTSUKI) SERVICE LIST**

- |                          |                    |                |
|--------------------------|--------------------|----------------|
| Diane Tremblay Bernier   | Echi Kondo         | Ben Shikaze    |
| Robert Cooper            | San Liu            | Hazel Sherban  |
| Simon Dellandrea         | Yukiko Rose Marano | Renny Shonin   |
| Dennis Gubenco           | Shirley Mitsugi    | June Tajiri    |
| Mac Hardy                | Kerry Nagata       | Connie Takeda  |
| Bonnie Heinrich          | Earl Odagaki       | Muneo Takeda   |
| Deryl Hurl               | Masuo Mace Oshiro  | Ruth West      |
| Rev. Dr. Leslie Kawamura | Takeo Duke Oshiro  | Helen Yamazaki |
|                          | Ted Oshiro         |                |

**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.

**AUUNAL GENERAL MEETING**

**SAVE THE DATE - APRIL 12TH**

Save the date for the AGM on April 12<sup>th</sup> 2026.



## UPCOMING WORKSHOPS AND EVENTS

### Jodo Shinshu Buddhist Temples of Canada Women's Federation's 2026 Fundraiser

JSBTCWF is selling T-shirts for their fundraiser

The design was created by calligraphy artist, Noriko Maeda

\$25 each

Black Only

Unisex

Sizes: XS, S, M, L, XL and XXL



T-shirts may be purchased by ordering by March 31/26

To order please e-mail:  
[Takasaki@rogers.com](mailto:Takasaki@rogers.com)

Delivery in the Spring 2026

Meaning of the design  
"Gassho/Hands  
together in Peace"

Proceeds from this fundraiser will go towards the WF's costs in participating in the World Buddhist Women's Convention in Hawaii, 2027



## THANK YOU VERY MOCHI

Mochi is a traditional Japanese rice cake made from mochigome, a short-grain, glutinous rice. It is known for its distinct, soft, stretchy, and chewy texture. It is a treat at the start of a new year said to symbolize prosperity, good fortune and longevity.

The Temple’s Sangha (community) Engagement will hold a “Thank You Very Mochi” get-together after service when the temple re-opens so stay-tuned!



## COMMUNITY OUTREACH

# CALGARY DROP-IN CENTRE

### LUNCH SERVICE

Let’s continue to think of others by providing lunch service on Sunday, May 3 at the Calgary Drop-In Centre downtown. Volunteers must be 18+ to participate. We leave from the Temple around 11:15am and walk over to the Drop-In Centre together or you can meet us there at 11:30am.

We ask people to register to ensure we have the requested number of volunteers - <https://bit.ly/Drop-In-03May26>

### DONATION CENTRE

Rescheduled to Sunday, March 22 from 1:00pm-4:00pm, volunteer with us at the Calgary Drop-In Centre Donation Centre. This family-friendly volunteer opportunity is for those 12 years of age or older. Volunteers may sort and manage donated goods like clothes, furniture, and electronics, test items, stock shelves, build kits (kitchen, hygiene), wrap gifts, help community members select items with dignity, and assist where needed. Varied tasks crucial for getting essential household goods to low-income individuals.

Please sign up and meet us at the Donation Centre (3640 11a Street NE Calgary) - to register: <https://bit.ly/Drop-In-22Mar26>



## JSBTC WOMEN’S FEDERATION DANA DAY

Sunday, March 29, 2026

All donations made on this day or donations made online which are identified “WF Dana Day”, will go to the Jodo Shinshu Buddhist Temples of Canada (JSBTC) Women’s Federation (WF). The Dana donations are consolidated with Temples across Canada and are directed specifically to national organization(s) promoting social welfare.

In Jodo Shinshu Buddhism, dana is not a practice we perform to become generous, but a natural response of gratitude,

humility, and interdependence arising from the awakening to Amida Buddha’s compassion.

The JSBTC Women’s Federation sincerely thank you for thinking of those less fortunate and for joining together to care for others.



## “STAMP” OUT WASTE WITH THE WOMEN’S FEDERATION



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 accepts ALL stamps as well as foreign coins, no longer needed, for charity. Please save and deposit in the plastic container in the entrance of the temple to be taken to the WF Annual gathering for national consolidation.



Jodo Shinshu Buddhist Temples of Canada  
**Buddhist Youth Tour to Japan**  
**2026 Young Buddhist International  
Cultural Study Exchange (YBICSE)**



Dates of Trip: **Jun28 – July9, 2026**

Cost of Trip: **CAD \$1,000 + Airfare (approx. \$2,000-3,000 as of Jan.27)**

Candidate Qualifications:

- ✓ **Jodo Shinshu Buddhist**
- ✓ **High School Graduates~24 years old**
- ✓ **In good health**

Application Deadline: **March 20, 2026**



This special educational trip, sponsored by our mother temple Hongwanji, offers young Jodo Shinshu followers from North America, Hawaii, Canada and South America district a unique opportunity to experience Japanese culture while deepening their spiritual connection. We will visit Hongwanji and other historic sites associated with Shinran Shonin, engage in peace programs in Hiroshima, and connect with young Dharma friends from around the world. If there are any questions regarding the tour, please contact this year's tour leader **Rev. Kensho Hashimoto (Toronto)**

[rev.hashimoto@tbc.on.ca](mailto:rev.hashimoto@tbc.on.ca)



**Online Registration:**  
**(there is no paper registration form)**



**Tour itinerary is available from your Sensei or temple office.**



## SPRING 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

- April 18
- May 2, 16, 30
- June 13

Rika's contact info [koufuikebana@gmail.com](mailto:koufuikebana@gmail.com).



## WOMEN'S FEDERATION CONVENTION



[VIEW THE VIDEO HERE](#)

The Women's Federation is preparing for the upcoming convention to be held in Hawaii, September 10-12, 2027.

Check out the attached info. To see the daily activities, hotel / convention costs, entertainment.

In Gassho  
Laurie Takeda  
Womens Federation Leadership Committee



## PAST WORKSHOPS AND EVENTS

### CALGARY DROP-IN CENTRE

The Drop-in Centre serves some of Calgary's most vulnerable community members which we were reminded of when members of the Calgary Buddhist Temple Sangha served lunch there on Sunday, Feb 1.

Many of the lunch recipients expressed gratitude for the kindness.

Thank you Susan, Kiyoko, Cari, Saro, Vrrej, Sensei Robert, and Doug.

Your time and effort truly make a difference!





## WHAT IS MOCHI?

Mochi, a traditional Japanese pounded rice cake, has deep, historical ties to Buddhism in Japan, dating back to its introduction by monks in the 8th century. It is considered a sacred food, often offered at temples, representing strength, longevity, and a spiritual connection with its preparation or mochitsuki, serving as a communal, meditative act of gratitude.

Key connections between Mochi and Buddhism:

- **Historical Introduction:** Buddhist monks are believed to have introduced mochi to Japan from China, after which it became widely popular for its texture and versatility.
- **Sacred Offering:** Mochi is frequently used as a ceremonial offering in Buddhist temples (often called kagami mochi).
- **Mochitsuki (Mochi Pounding):** Many Buddhist temples hold annual, community-based mochitsuki events, turning it into a celebration, of community, bonding, and gratitude.
- **Symbolism:** Mochi represents life and strength, often eaten during New Year's celebrations to usher in health and wellness.
- **Cultural Significance:** The act of making and sharing mochi is deeply rooted in Japanese, tradition, and is seen as a way to maintain, cultural heritage.





## WHAT IS MOCHI?

### WAYS TO ENJOY MOCHI



#### Sweet toppings:

- Black Sesame Syrup
- Kinako (toasted soy flour) + cinnamon and/or sugar
- Green tea (matcha) + (powdered) sugar
- Candied Ginger and/or dried fruit
- Sweet Black Beans

#### Savory toppings:

- Soy sauce or soy sauce + sugar
- Grated daikon radish (with shichimi spices, optional)
- Nori; bands of toasted nori to wrap omochi (Isobé mochi)
- Ao nori, sprinkled over omochi

### SERVE BY TOASTING, BROILING, MICROWAVE OR IN SOUP

Today, there are different methods of mochi preparation as well as complexity ranging from traditional, multi-person production to easier modern home production techniques. Keep in mind that mochi is the finished, chewy Japanese rice cake made by pounding steamed glutinous rice, while mochiko is a fine, raw, glutinous sweet rice flour primarily used to make mochi-based treats such as doughnuts, cookies, and cakes.

Eat mochi safely. Mochi is very sticky and requires a lot of chewing. Because of the risk of choking, please be very careful when eating it. Always cut mochi into small pieces and chew thoroughly before swallowing, especially when serving it to small children or the elderly, who may have difficulty swallowing.





## JANUARY DONATIONS

### Canada Helps

Dodds A,  
Ghann, J.  
Haddon, S.  
Howard, L.

McCullagh, B.  
Miyanishi, K.  
Post, D.

Robson, T.  
Sugimoto, L.  
Sugimoto, S.  
Zheng, Y.

### Temple Donations

Dolph, H.  
Kitagawa, S.  
Masuda, J.

Odagaki, S.  
Oshiro, E.  
Ota, F.

Pittman, C. & C.  
Robb, B. & J.  
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](https://canadahelps.org/en/dn/39361) ([canadahelps.org/en/dn/39361](https://canadahelps.org/en/dn/39361)) or via e-transfer ([calgarybuddhisttemple@gmail.com](mailto: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](mailto:calgarybuddhisttemple@gmail.com).

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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