CALGARY BUDDHIST TEMPLE
www.calgary-buddhist.ab.ca



THE SANGHA STREAM

November 2026

MINISTER ARTICLE

We have entered the time of year when we become increasingly aware of the changing seasons. The days will continue to grow shorter, the evenings will arrive earlier, and for a duration of time during the winter darkness will seem to occupy more of our day. Life will always provide opportunity for reflection. The changing seasons are a natural part of life, providing us with an opportunity to reflect upon the times of darkness and uncertainty we may experience in our own lives.

In the Dhammapada, Verse 146, Shakyamuni Buddha asks, “Clouded by darkness, would you not seek the light?” These words are meant to help us to try and look beyond the difficulties of desire and hatred that can occupy our attention and seek the wisdom that helps us understand life more clearly.

Take a moment to visualize what happens when we enter a dark room and light a single candle. The darkness may have been present for hours, days, or even years, but the moment the candle is lit, its surroundings become visible. The darkness does not need to be pushed away. The light simply illuminates what was previously hidden. In much the same way, hearing the Buddha-Dharma can help us see our lives differently. Our problems may not immediately disappear, but we may begin to understand our attachments, recognize our expectations, and respond to others with greater patience and compassion. Sometimes, a little understanding can make a difficult situation easier to go through.

Imagine a winter morning when thick clouds hide the sun. Although we cannot see its glow, the sun has not disappeared. Similarly, during difficult periods in our lives, we may struggle to recognize the compassion that embraces us. Yet our inability to see it clearly does not mean that it is absent.

As the winter months approach, may the shorter days remind us that darkness is only part of our experience. We cannot control every change in our lives, but through hearing the Buddha-Dharma, we can develop a deeper understanding of ourselves and others.



A single candle can illuminate a dark room. The light of the Buddha-Dharma can illuminate our understanding, while the Light of Amida Buddha's boundless compassion reminds us that even in our darkest moments, we are not abandoned.

Namo Amida Butsu
Robert Gubenco Sensei

Calgary Buddhist Temple

658-1st Ave N.E.
Calgary, Alberta

Telephone: 403-263-5723

www.calgary-buddhist.ab.ca

NOVEMBER 2026 MEMORIAL (SHOTSUKI) SERVICE LIST

Darren Butt	Bryan Kerry	Jim Nogamine
Robert Coulson	Mike Kitagawa	Akiko Oshiro
Mac Gervan	Carol Mironoff	Betty Sawada
Carol Grieveson	Victor Mironoff	Bev Tamashiro
Atsuko Hagihara	Alan Mitsugi	Joe Tamashiro

TEMPLE SERVICE REMINDERS

Sunday, November 1st
- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Shotsuki/Monthly Memorial Service

Sunday, November 8th
- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Service

Sunday, November 15th
- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Family Service

Sunday, November 22nd
- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Service

Sunday, November 29th
- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Service

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** or **https://www.canadahelps.org/en/dn/39361**

FUNDRAISING EVENTS CORNER

Our Chow Mein & Ribs Dinner (takeout) event is just around the corner!



Read on for event details and ways you can help to make this year's event a success.

Date & Time:

- Saturday, November 7, 2026, 3:00-6:00 PM
- Location: 2236–29 Street SW (Calgary Japanese Community Association)
- Please note the location change for this year only.

For Tickets: Email **calgarytemplevolunteer@gmail.com** or purchase after Sunday services or contact Temple members who are selling them.

Ways to Help

1. **We are requesting baked items for our Bake Sale table.**

If you are able to contribute or have questions, please email: **CBTchowmeindinner@gmail.com** with the subject: Bake Sale

- Suggested items include: Bread or buns, cakes, cupcakes, squares, muffins, loaves, cookies, fruit pies/tarts, jelly rolls, sweet dough items, doughnuts, rice/mochi goods, candies/sweet treats, savoury treats, and gluten-free items.
- Please note: Due to Environmental Public Health food safety regulations, we are unable to sell items that require onsite refrigeration such as baked goods with whipped cream or with perishable fillings. We also cannot accept home-canned items. Thank you for your understanding.

2. We are still collecting Japanese items for our "Everything Japanese Sale".

Please contact Mickey at **mhkuta@outlook.com** if you have items to donate.

3. We need volunteers for the event day and for prep days.

Please look out for an email from Signup Genius in your Inbox to sign up.

We hope you can join us on November 7th! While picking up your food, don't forget to visit:

- All Things Japanese and Temple Items tables;
- Bake Sale table; and,
- The Hasegawa Trading Co. table to sample some teas.

THANK YOU, MERCI, DOMO ARIGATO
CBT Fundraising Committee

FUNDRAISING COMMITTEE

CALGARY BUDDHIST TEMPLE

ANNUAL CHOW MEIN & RIBS DINNER

SATURDAY, NOVEMBER 7, 2026

Take-out only. $25/plate

Pickups from **3:00 to 6:00 PM** at the
CALGARY JAPANESE COMMUNITY ASSOCIATION (2236 29 St SW)
Please remember to bring your own reusable or plastic bag(s)



HASEGAWA TRADING CO.

JAPANESE TEA TASTING & TEA SALE

Enjoy a complimentary Matcha Genmaicha tasting and shop premium Japanese teas from Shizuoka, Japan, presented by Hasegawa Trading Co.

BAKE SALE

Delicious desserts, cakes, cupcakes, pies and more will also be available

EVERYTHING JAPANESE

Check out gently used Japanese treasures, including dishware, decorative items, kimonos, ukatas, and more.

FOR TICKETS

Email: calgarytemplevolunteer@gmail.com

Tickets will also be available at the temple after Sunday services

PLUS: Grey Cup Raffle Pool Tickets

UPCOMING WORKSHOPS AND EVENTS

COMMUNITY OUTREACH

Think of others by providing lunch service at the CALGARY DROP-IN CENTRE downtown. Volunteers must be 18+ to participate. Volunteers 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.

Please register to ensure we have the requested number of volunteers on each date.

Cancelled: ~~Sunday, Nov 8:~~
Register to serve lunch on Sunday, Dec 13: https://bit.ly/Drop-In-13Dec26

CALGARY DROP-IN CENTRE



WE ARE BETTER TOGETHER!

MINI GRINCH TREE WORKSHOP

Sunday, Nov 29 from 1:00 pm -3:00pm



WORKSHOP IS FULL

Bring a touch of Whoville magic to your holidays! Join the temple sangha for this fun workshop as we transform ordinary greenery into a delightful holiday centerpiece with a touch of the Grinch's signature charm. This workshop is being subsidized by the Temple so the cost is only $50 per person - here's what's included:

- Winter Greens (based on availability cedar, pine, fir or cypress)
- One decorative 8.5-inch pot cover that can be reused
- A range of accents and holiday décor to adorn your tree
- All necessary tools, supplies, and step-by-step instructions
- Finished tree is approx. 12-15 inches tall
- And add your personalized touches and wala!

REGISTER OR **https://bit.ly/GrinchTree-29Nov26**

"No matter how different a Who may appear, he will always be welcomed with holiday cheer." — Cindy Lou Who

TOGETHER WE GIVE – VETERANS FOODBANK

Collecting until Nov 15

Sangha Engagement is proud to be supporting the Canadian Veterans Services Society. With Remembrance Day being Nov 11, the Temple will be collecting food items until the 15th and delivering everything to the Veterans Foodbank in Calgary.

The organization is specifically tailored to support individuals who have served in the military (such as the Canadian Armed Forces or allied forces), and frequently includes active service members, Royal Canadian Mounted Police (RCMP), and frontline emergency first responders like police, fire, and EMS.

All clients are treated with dignity & respect. Let's show our appreciation for their services.

2026 TOY DRIVE AND WARM HEARTS

Collecting until Dec 6



Once again, the Temple will be putting up a holiday tree at the front of the hondo to collect toys and warm clothing for those less fortunate.

The toys will be gratefully accepted by "Baby It's Cold Outside" and the warm clothing we will take to the Calgary Drop-In Centre. Let's continue to be amazing and help others less fortunate.

Please contact **calgarytemplesangha@gmail.com** with any questions.

IKEBANA CENTERPIECE CLASS

Saturday, December 19th | 1:30 pm - 4:30 pm



The price is $80, including flowers and materials.

- This class uses green foam (oasis).
- Students must bring their own container and scissors.
- Please sign up by **November 25**.

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

Contact: **koufuikebana@gmail.com**

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PLUS: Grey Cup Raffle Pool Tickets

The CALGARY BUDDHIST TEMPLE SANGHA ENGAGEMENT



Together We Give

Veteran's Foodbank

Thank you for your service!

CANADIAN VETERANS — We Never Walk Alone

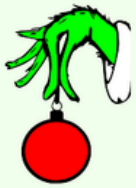
A veterans food bank is a specialized organization tailored specifically to support former military members, their families, and often first responders, offering targeted peer support and transition services alongside food.

DROP OFF AT THE TEMPLE UNTIL SUNDAY, NOV 15

Questions : calgarytemplesangha@gmail.com

The CALGARY BUDDHIST TEMPLE SANGHA ENGAGEMENT

Come Join Us



Mini Grinch Tree Workshop

with YYC Plant Delivery

Nov 29, 2026 | At 1:00 PM

WORKSHOP IS FULL



Calgary Buddhist Temple
658-1st Ave NE

- All tools and supplies included
- Step by step instructor-led workshop
- Finished tree is approx. 12-15 inches tall
- Fun and festive atmosphere for all ages!
- Temple subsidized so only $50 per person

Registration :
https://bit.ly/GrinchTree-29Nov26
Questions :
calgarytemplesangha@gmail.com

Bring a touch of Whoville magic to your holidays!

The CALGARY BUDDHIST TEMPLE SANGHA ENGAGEMENT

2026 TOY DRIVE AND WARM HEARTS

CALGARY DROP-IN CENTRE

BCO
BABY IT'S COLD OUTSIDE CHARITY



DROP OFF TOYS AND WARM CLOTHING AT THE TEMPLE BY SUNDAY, DEC 6

www.calgary-buddhist.ab.ca
calgarytemplesangha@gmail.com

PAST WORKSHOPS AND EVENTS

OCEAN RESIN WALL ART



On Saturday, Oct 10, the Ocean Resin Workshop was SO much fun and extremely successful! 14 people signed-up and created their own unique ocean-inspired wall art and everyone took home an amazing piece of art.

The ocean has been used as a metaphor describing Amida Buddha's all-embracing compassion. Just as the vast ocean accepts all rivers, Amida Buddha's compassion embraces all beings, and these creations were all inspiring.











PAST WORKSHOPS AND EVENTS

COMMUNITY OUTREACH



Providing lunch service at the Drop-In Centre downtown on Sunday, Oct 11.

CALGARY DROP-IN CENTRE

THANK YOU SENSEI ONO

Every third Sunday of the month, the Calgary Buddhist Temple holds a Family Service where a portion of the service is geared towards families and children. On October 18, when Sensei Gubenco was away, guest minister Sensei Kynon Ono of the Buddhist Temple of Southern Alberta in Lethbridge shared a story with the Dharma Time children before they were excused to work on a Halloween craft together.

Thank you Sensei Ono!





REMEDIATION FUND

We are so grateful for our amazing and generous donors!

As of the end of September, you have contributed over $111,000. (including $20,700 of matching donations). October donations will be reported in the next newsletter.

I am happy to update that water seepage control work has been completed outside the temple, including landscaping to divert water away from the foundations and cement work. Sump pumps have been installed in the basement. We are now monitoring the situation inside as we discuss, consult, and request quotes for the restoration work in the basement.

Thanks to all our wonderful and generous donors, we have been able to make progress on this project. We continue to raise funds to pay for the next phase: restoration and repairs, and are well on the way to reaching our campaign goal of $125,000. We are also making arrangements to contribute any excess from this campaign to long-term investments, with the hope of generating future income for the sustainability of the temple.

If you have any questions about this campaign or the work that has been completed, just send us an email (calgarybuddhisttemple@gmail.com), and we will be happy to give more details.
Your donations are helping to ensure the completion of this critical project to get our temple back to our warm and welcoming gathering place.

In Gassho,
Remediation Fund Committee

SEPTEMBER DONATIONS

Canada Helps

Dodds A,
Ghann, J.
Griggs, M.
Haddon, S.
Howard, L.
Miyanishi, K.
Post, D.
Robson, T.
Stewart, M.
Sugimoto, L.
Sugimoto, S.

Temple Donations

Anonymous
Delisle, Y.
In memory of Toshi Takahashi
Goudie, J.
In memory of Toshiko & Jerry Takeda
Gubenco, R. & L.
Hayashi, D.
In memory of Dorthy Hayashi
Ikuta, L. & M.
Kanegawa, S.
In memory of Richard Kanegawa
Karakama, S.
Miyanishi, K.
In memory of Sutezo Miyanishi
Odagaki. S.
Ota, F.
Pittman, C. & C
Porteous, A.
Robb. B. & J.
Shoults, E.
Takaguchi, H.
In memory of Luri Nagata
Tanaka, M.
Tanaka, T.
Webb, J.
Wrolson, B.

REMEDIATION DONATIONS

Cruikshank, D.
Goudie, J.
Gubenco, R. & L.
Huntley, S & C.
Kitagawa, S.
Martin, J.
Robb, J. & B.
Takeda, L.