



### MINISTER ARTICLE

We all know what happens when we "assume" there's even that old saying that makes us laugh. Recently, I heard someone us the phrase "you know what happens when we assume" and that led me to think more about assumptions. In our everyday lives, we make assumptions all the time. We assume our car will start in the morning, the store will have groceries, and people will understand what we mean even when we're not sure we said it clearly. Without these everyday assumptions, life would be filled with hesitation and uncertainty. These kinds of assumptions are practical; they help us move through life with a sense of confidence.

There are also compassionate assumptions, like believing someone might be struggling or could use a helping hand. When guided by understanding these assumptions can lead to kindness. They reflect a mind that looks beyond itself and acts with care.

However, Buddhism teaches us to be mindful of another kind of assumption the kind that arises from ignorance, fear, or ego. These are the assumptions that cause suffering. When we assume someone's intentions without knowing the full story, we may respond with anger or resentment. When we assume we fully understand life or cling to fixed views, we close ourselves off from the teaching of the truth of impermanence and interdependence.

The Buddha taught that much of our suffering comes from misunderstanding, in other words, seeing reality through the lens of self-centered thinking. The Buddha-Dharma guides us to look deeper, not to be too quick to make rash judgment, and to see things as they truly are. By trying to be mindful of our actions, we are better prepared to understand our assumptions and let go of those that cause harm.

We can still make practical assumptions, but we regard them differently, they are no longer absolute truths. And when our assumptions turn out to be wrong, instead of frustration, we find an opportunity for learning.



In this way, the Buddha's teaching guides us from reacting out of assumption to responding with understanding. Each moment becomes a chance to see more clearly to move from delusion toward wisdom, from judgment toward compassion. Perhaps the best assumption we can make is that we will always have more to learn, and more to be grateful for. Thankfully, our journey through life is guided by the Light of the Dharma.

Namo-Amida-Butsu Robert Gubenco Sensei



#### Calgary Buddhist Temple

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## **NOVEMBER 2025 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

### NOVEMBER SERVICES

- Saturday, November 1 st 9:00 am to 12:30 pm Meditation Retreat
- Sunday, November 2 nd 10:00 am Shotsuki/Monthly Memorial Service
- Tuesday, November 4 th 7:00 to 8:00 pm Meditation (walking and seated)
- Sunday, November 9 th 10:00 am Service
- Tuesday, November 11 th 7:00 to 8:00 pm Shoshinge Lecture
- Sunday, November 16 th 10:00 am Family Service
- Tuesday, November 18 th 7:00 to 8:00 pm Shoshinge Lecture
- Sunday, November 23 rd 10:00 am Service
- Tuesday, November 25 th 7:00 to 8:00 pm Shoshinge Lecture
- Sunday, November 30 th 10:00 am Service



#### **UPCOMING WORKSHOPS AND EVENTS**

# KOKORO NO TAIKO ("TAIKO OF THE HEART")

Saturday, Nov 8, 2025 || 11:00am-12:00pm

Drum with all your heart with the Calgary Buddhist Temple Sangha, who are honored to have the renowned group, Midnight Taiko Kai, hold a 1-hour introductory workshop at the Temple.

Come and engage with the members of Midnight and the Sangha, gain an overview of the history of Taiko, learn about the different Taiko drums used in an ensemble, and let loose.



No experience necessary - just dress comfortably and be prepared to enjoy a fun, high energy drumming session. Cost is \$20.00/person (minimum age is 12) and space is limited so register before it's filled! Register at: <a href="https://bit.ly/CBT-Taiko-1">https://bit.ly/CBT-Taiko-1</a>

This thrilling workshop is open to the public and we gratefully acknowledge support from the Japanese Canadian Legacies Society.

## WRAP IT UP - FUROSHIKI Sunday, Nov 16, 2025 || 2:00pm-4:00pm



Furoshiki (風呂敷) are traditional Japanese wrapping cloths used to wrap and/or to transport goods like gifts, bento boxes, wine or even sake bottles. Furoshiki has become very popular as a simple handbag, grocery bag, and especially as an eco-friendly, art of reusable gift wrapping.

Sangha Engagement is pleased to offer this workshop taught by Noriko of Nano Kimono (www.nanaokimono.com) which is a Japanese lifestyle shop in Kensington.

Cost of the workshop is \$20/person which includes a furoshiki for each participant along with green tea and light refreshment. Registration is limited to the first 10 that signup and pay.

Register at: https://bit.ly/CBT-wrapit



### MINDFUL LEGO BUILDERS

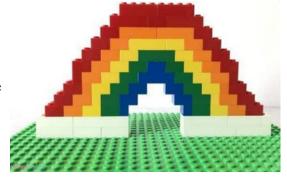
Sunday, Nov 16, 2025



On Sunday, Nov 16, it'll be a Sunday "show and tell" called Mindful Lego Builders. All the Dharma Time kids are encouraged to bring something to the temple that they've created or made of lego to display. We'll set up the lego builds in the basement, of any size or type of lego, to share/display the creations with each other and the Sangha.

This will be a creative way to show mindfulness plus, if there's any adults (or bigger kids) that also might like to share and bring-in their lego builds, that'd be awesome too! It'd be nice to show the kids different ways to use lego and maybe talk to them about why you like to build with lego, what you like about lego, etc.

Everyone is invited to share in this lego experience together!



### COMMUNITY OUTREACH

Sunday, Nov 30



Only one Sunday left in 2025 where we'll be providing lunch service at the Calgary Drop-In Centre. Ninr volunteers (18 years of age & older) are needed each day. We leave after service, around 11:15am, to walk over to the Drop-In Centre together, or meet us there at 11:30am.

Come lend a hand up and it really means a lot to those less fortunate.

Sign up: <a href="https://bit.ly/Drop-In-30Nov25">https://bit.ly/Drop-In-30Nov25</a>

# **SELFLESS GIVING - ENDS ON SUNDAY, NOV 30**

Annually, the Temple puts up a tree at the front of the hondo for the collection of toys as well as items of warm clothing for those less fortunate. This year, the toys will be going to the "Baby It's Cold Outside" charity, and warm clothing to the Calgary Drop-In Centre. Let's continue to show kindness and compassion for others.

Starting in October and ends on Sunday, Nov 30

- New, unwrapped gift donations for children ages 0-17; and
- New or gently used winter weather clothing items such as socks, gloves, coats, etc for all age groups.



MONEY OR GIFT CARD DONATIONS SHOULD BE GIVEN DIRECTLY TO SUSAN HUNTLEY OR LAURIE TAKEDA FOR COLLECTION.



### LET'S SASHIKO TOGETHER

Sunday, Dec 14 – after service

Sashiko (刺し子), meaning "little stabs," is a traditional Japanese decorative and functional embroidery technique that uses simple, repeating running stitches to mend, reinforce, and embellish fabric. Historically, it was practiced by rural communities to repair and strengthen clothing and textiles. Today, sashiko is celebrated as both a practical repair method and a distinct form of decorative art, known for its geometric patterns and meditative process.

This is a "do-it-yourself" (self guided) activity to discover or re-discover sashiko as well as take time to enjoy each other's company before the hustle and bustle of the holidays.

Different patterns and materials will be available to choose from so we can all work on a project and support each other while we learn as a Sangha.

Cost is \$10/person plus feel free to bring a sweet treat to share to go with our tea. To register: <a href="https://bit.ly/CBT-Sashiko">https://bit.ly/CBT-Sashiko</a>





## **IKEBANA CENTERPIECE CLASS**

Saturday, December  $20^{th}$  | 1:30-4:30pm

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

Contact: <u>koufuikebana@gmail.com</u>





#### PAST WORKSHOPS AND EVENTS

### THANKS TO ALL OUR CASINO VOLUNTEERS!

Thanks to everyone who volunteered to work at our casino on September 10 and 11th at the ACE Airport Casino. This was the largest fund-raising event on our calendar and the money raised will be put towards maintenance, expenses and temple upgrades. We recognize that it is a big commitment that often requires taking off a day from work, traveling long distances and giving up time away from family and other commitments. Sincere thanks to everyone for stepping up and helping us. The temple would not be able to operate without the continual support of our sangha members.

On behalf of the Temple,

Doug Hironaka

Volunteer Casino Co-ordinator

- Doug Cruickshank
- Laurie Takeda
- Laura Sugimoto
- Danielle Dellandrea
- Harvey Takeda
- Kiyoko Miyanishi
- Jean Masuda
- Freddie Fontaine
- Dan McCormack
- Esther Halton
- Thomas Dzubin
- Larry Henderson

- Candy Telford
- Bonnie Brinker
- Joanne Planidin
- Jackie Henderson
- Jay Masuda
- Jocy McCormack
- Christopher Trollope
- Belle Auld
- Mary Nishi
- Barrie Robb
- Robert Gubenco

- Nicole Chen
- Susan Kitagawa
- Heather Dolph
- Kevin Okabe
- Leslie Howard
- Deborah Hayashi
- Masaye Tanaka
- Amanda Furgeson
- Peter McMahon
- Lester Ikuta
- Mickey Ikuta

# **FUNDRAISING CORNER**

# **Chow mein supper**

Our October 25 th dinner and bake sale were a huge success - we sold out! A big thank-you to all the amazing volunteers who came out to make the mein noodles and pies, chop vegetables, and to everyone who helped out on the day. We couldn't have done it without you!

# Frozen apple pies and apple crisps (gluten-free & regular) for sale

If you want to purchase them, please email calgarytemplevolunteer@gmail.com or purchase them on Sundays after the service.

Mickey, on behalf of the Fundraising Committee

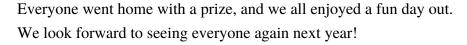


## FIRST ANNUAL TEMPLE GOLF TOURNAMENT

Our first annual temple golf tournament was held on September 13th at the Nanton Golf Course in partnership with BTSA. We were fortunate to have a beautiful fall day, and the event was attended by 28 enthusiastic golfers.

Congratulations to the winners!

- First place team: The Robb family—Barry, Jackie, Ryan, and Noah
- Second place team: Roland Ikuta, Harry Sugimoto, Kyle Ikuta, and Doug Cruickshank















# **BE IN THE FOLD**

On Oct 19, Cheryl Takaoka was our special guest instructor who came to the temple to show us how to make origami which is the Japanese art of paper folding. Using the special paper, we had fun making a few different origami pieces.

The Dharma Time kids also enjoyed learning to make a shuriken or throwing star and the younger kids had a fun craft.















## JAPANESE CALLIGRAPHY

On Sunday, Oct 26, the Calgary Buddhist Temple Sangha Engagement hosted a Japanese Calligraphy workshop with Mami Humphreys of Sho Artworks.

We learned the basics and how to use the tools and had a chance to practice making "平和" or "heiwa" or peace which we could take home.









FOR THESE RECENT WORKSHOPS, 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 November 16th. Come downstairs and browse the books while you enjoy a cup of tea!

I am looking forward to meeting you and would greatly appreciate feedback on books, especially book recommendations that you may have.

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



### SEPTEMBER DONATIONS

## Canada Helps

Dodds A, Ghann, J. Giggs, M. Haddon, S. Howard, L. McCullagh, B.
Miyanishi, K.
Post, D.
Robson, T.
Sakamoto, C.
In honour of Tobie Sakamoto

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

## **Temple Donations**

Anonymous
Auld, B
Delisle, Y.
In memory of Toshi Takahashi
Giroux, E.
Goudie, J.
In memory of Toshiko Takeda and
Jerry Takeda
Huntley, S. & C.
Tobie Sakamoto's birthday
Kanegawa. E.

Kitagawa, S.
Martin, J.
Miquelon, D.
Odagaki. S.
Oishi J.
In memory of Sally Hironaka
Oshiro-Kamaric, D.
Ota, F.
Pittman, C. & C.

Seman, M.
Sugimoto, L.
In memory of Sally Hironaka
Sugimoto, T.
In memory Kanao Sugimoto
Sugimoto, T. & L.
In memory Kanao Sugimoto
Takaguchi, H.
In memory of Russ and Sally
Hironaka