



THE SANGHA STREAM

September 2026

MINISTER ARTICLE

When we hear the word attachment, we often think of something negative. Yet many of our attachments begin with things that are beneficial in our lives. We become attached to our families because of a sense of love and belonging. We become attached to our health, our homes, our careers, and our possessions because they provide comfort, security, and meaning.

Sakyamuni Buddha did not teach that we should reject these things. Rather, he encouraged us to understand the nature of attachment and the suffering that can arise when we cling too tightly to what is constantly changing.

One of Sakyamuni Buddha's teachings on attachment is the Simile of the Raft. In this story, a traveler comes upon a dangerous river. Wanting to reach the safety of the opposite shore, he gathers branches and vines and builds a raft. Using the raft, he successfully crosses the river. Once he reaches the far shore, the traveler reflects on how valuable the raft has been.

Sakyamuni Buddha explained that many things in life are like the raft. They help us at a particular stage of our journey, but they are not meant to be carried forever. Relationships, possessions, accomplishments, opinions, and even certain ideas about ourselves can become burdens when we cling to them beyond their usefulness.

Like the traveler, each of us is making our way through the ever-changing conditions of life. Along the way, we experience gain and loss, success and disappointment, youth and aging. When we resist these changes, suffering often follows. When we learn to appreciate what we have while accepting its impermanent nature, we find greater peace.

Letting go does not mean rejecting life or caring less. It means holding life with gratitude rather than grasping. We can appreciate the people, opportunities, and experiences that support us while recognizing that they cannot be possessed forever.

As we reflect on the Simile of the Raft, we might ask ourselves: What am I carrying that no longer needs to be carried? Sakyamuni Buddha's teaching encourages us to travel through life with gratitude, wisdom, and the courage to let go when the time is right.



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

SEPTEMBER 2026 MEMORIAL (SHOTSUKI) SERVICE LIST

Louise Barron
Lua Blize
Irene Dooce
Jean-Pierre Fontaine
Dorothy Hayashi

Eiko Kimura
George Kondo
Tracy Laberge
Edith Martin

Phil Miquelon
Sutezo Miyanishi
Saneyoshi Oishi
Kanao Sugimoto
Toshi Takahashi

TEMPLE SERVICE REMINDERS

Sunday, September 6th

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

Sunday, September 13th

- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Service

Sunday, September 20th

- **9:00 am** – 30 Minute Seated Meditation
- **10:00 am** – Family Service

Sunday, September 27th

- **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](https://www.canadahelps.org/en/dn/39361) or <https://www.canadahelps.org/en/dn/39361>



FUNDRAISING COMMITTEE

The short Calgary summer is almost over, and we hope that everyone had a very enjoyable one.

Upcoming for September and Autumn, the CBT Fundraising Committee has organized events. Please note these dates and watch for Sign-Up Genius volunteer requests.

1. Dough Making: Friday, September 25, 2026

Notice for venue and volunteer requirements will be sent via Sign-Up Genius

2. Chow Mein Making: Sunday, September 27, 2026 at CJCA; 8:30 am to 1 pm

Notice for volunteer requirements will be sent via Sign-Up Genius

3. Fall Dinner - Take-out dinner Saturday, November 7, 2026 at CJCA

The fall dinner event will also include:

- All Things Japanese sales
- Bake sale
- Temple items sales

4. Grey Cup Pool Tickets

Calgary is hosting the Grey Cup this year; CBT is selling pool pull tickets for a fundraising event.



THANK YOU, MERCI, DOMO ARIGATO

CBT Fundraising Committee

Thank you for supporting the community!

5. Everything Japanese Sale

We are still collecting Japanese items for our “Everything Japanese Sale” at the November 7 Fall Dinner event. Please contact Mickey if you have any items to donate. Email Mickey at mhkuta@outlook.com.

Notice for November 7 volunteer requirements will be sent via Sign-Up Genius in October

DOUBLE YOUR MONEY

We are continuing to raise funds for our Remediation Fund. Now a long time Sangha member has offered to match donations made to the Remediation Fund to a total of \$25,000. In other words, a \$500 donation becomes \$1000 to the Temple. We are incredibly grateful for this generous offer.

If you wish to donate, you can do so by clicking on the “Donate” button on the website, by sending money by e-transfer to calgarybuddhisttemple@gmail.com marked “Remediation Fund”, through Canada Helps at <https://www.canadahelps.org/en/dn/39361>, by cash or cheque at Temple services, or by mail to Calgary Buddhist Temple, 207 – 6 St NE, Calgary, Alberta, T2E 3Y1.

Please include your mailing address so that we can provide you with a tax receipt.



UPCOMING WORKSHOPS AND EVENTS

MINISTER APPRECIATION

Sunday, Sep 20

The Calgary Buddhist Temple is fortunate to have a kind, dedicated and inspiring minister, Sensei Robert Gubenco.

After service on Sunday, Sep 20, let's show our appreciation to Sensei by enjoying a sweet treat together. Everyone is welcome to come shake his hand and let him know how much his time and efforts are appreciated.

Thank you, Sensei!



FALL 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). 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

- September 12, 26
- October 10, 24
- November 7

Rika's contact info koufuikebana@gmail.com



MOVIE MATINEE – RENTAL FAMILY

Saturday, Sep 27 at 2:00pm



September is Japanese Heritage Month and as such, the Calgary Buddhist Temple Sangha Engagement is proud to hold a movie matinee at the Temple. Set in Tokyo, **RENTAL FAMILY** follows an American actor (Brendan Fraser), who struggles to find purpose until he lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. As he immerses himself in his clients' worlds, he begins to form genuine bonds that blur the lines between performance and reality. Confronting the moral complexities of his work, he rediscovers purpose, belonging, and the quiet beauty of human connection.

- Admission is by Donation
- 2025 comedy-drama ♦ PG-13 ♦ 1h 49m
- Official Trailer <https://www.searchlightpictures.com/rental-family>

OCEAN RESIN WALL ART

Saturday, Oct 10 at 2:00pm

Ever wanted to try resin art? Now's your chance! Sangha Engagement is pleased to host an Ocean Resin Wall Art workshop on Saturday, Oct 10 from 2:00 - 4:00pm at the Temple. Cost is \$40/person, which will include all materials and step-by-step guidance. Participants will learn how to create their own ocean-inspired resin wall art, including how to mix and pour resin, create wave effects, blend colours, and finish a beautiful handmade piece to take home.

REGISTER OR <https://bit.ly/ResinArt-10Oct26>

Shinran Shonin (the founder of Jodo Shinshu Buddhism) frequently used the phrase "ocean-like Primal Vow" 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.





COMMUNITY OUTREACH

Think of others by providing lunch service on **Sunday, Oct 11** at the **Calgary Drop-In Centre** downtown. Volunteers must be 18+ to participate. We need 10 volunteers to 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 – **SIGN-UP** OR **<https://bit.ly/Drop-In-11Oct26>**.



CALGARY DROP-IN CENTRE ALSO, you can volunteer with the Sangha on Sunday, Oct 18 from 1:00pm-4:00pm, at the Free Goods Program & 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**.

Sign up and meet us at the Donation Centre (3640 11a Street NE Calgary). **SIGN-UP** OR **<https://bit.ly/DonationCentre-18Oct26>**. Additional Sunday lunch service dates in 2026: Nov 8, and Dec 13.

This is a great way to give back behind the scenes! We are Better Together!

MINI GRINCH TREE WORKSHOP

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



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 3.5-4 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.



Join the Calgary Buddhist Temple for an unforgettable movie matinee on Saturday, Sep 26/26 at 2:00pm
Admission is by Donation

SEARCHLIGHT
PICTURES

RENTAL FAMILY



658 - 1st Street NE, Calgary, AB
calgarytemplesangha@gmail.com
www.calgary-buddhist.ab.ca



Together We Give

Veteran's Foodbank

Thank you for your service!




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



Come Join Us

Mini Grinch Tree Workshop

with YYC Plant Delivery

Nov 29, 2026 | At 1:00 PM




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!



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






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



Rev. Dr. Masumi Kikuchi



Dr. Miki Tomita Okamoto

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.hawaiiibwa.org
or scan the QR code.



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



REMEDIATION FUND UPDATE

Wow! Thanks to our amazing and generous donors!

As of the end of July, you have contributed over \$50,000. (including \$5200 of matching donations). August donations have not been tallied yet, but so far, it will amount to over \$80,000 and we will be well on the way to meeting our campaign goal of \$125,000.

Please know, that we did not make this ask without careful consideration. But as explained in the campaign launch, (the full text of this letter is available on our website) and the article in this issue updating exterior work, our preventative work is proceeding. Anyone who has been in the basement can see the repair work required.

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





JUNE DONATIONS

Canada Helps

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

Temple Donations

Anonymous	McCormack, D.
Auld, B.	Odagaki, S.
Delisle, Y.	Oishi, C.
Fontaine, F.	Oshiro Lucas, M.
Huntley, S.	Ota, F.
<i>In memory of Joyce Burkey</i>	Plante, S.
Ikuta, L. & M.	Pittman, C.&C.
Kitagawa, S.	Sangster, S.
Kondo, C.	Takeda, L.
Lloyd, T. & S.	Wrolson, B.
Matsuno, K.	

JULY DONATIONS

Canada Helps

Dodds A,	Post, D.
Ghann, J.	Robson, T.
Griggs, M.	Stewart, M.
Haddon, S.	Sugimoto, L.
Howard, L.	Sugimoto, S.
Klatt, B.	Thirukkumaran, V.
Miyanishi, K.	Wright, C.
	Zheng, Y.

Temple Donations

Anonymous	Oishi, J.
Armstrong, C.	Oshiro Lucas, M.
Brinker, B.	Ota, F.
Esler, F. & L.	Plante, S.
Evans, K.	Porteous, A.
Hayashi, D.	Prowse, K.
Hinatsu, S.	Robb, B. & J.
<i>In memory of Kazuo and Keiko Hinatsu</i>	Sakamoto, L.
Hironaka, D.	Takagushi, R. & J.
Huntley, S.	Takeda, C.
Ikuta, L. & M.	Takeda, L.
Kitagawa, S.	Tsukishima, L.
Kondo, C.	Wrolson, B.
McCormack, D.	Yasui, T.
Odagaki, S.	Yasui, T.

REMEDATION DONATIONS

Dzubin, T.
Esler, F. & L.
Masuda, J.
Pittman, C. & C.

Seman, M.
Sugimoto, L. & T.
Wakisaka, A. & L.
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) 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