



## DHARMA MESSAGE

*Sensei Robert is taking a well-deserved break in August. This is a guest message from a Temple Board member.*

When you sit in the hondo at the Calgary Buddhist Temple and look to the right, there's a scroll of an elegantly dressed Japanese man: Prince Shotoku, called the founder of Japanese Buddhism. He was an ardent Buddhist who promoted Buddhism in Japan who became Japan's Regent in 593. Prince Shotoku is credited with a quote that is foundational in Buddhist belief in Japan: "The world is vain and illusory, and the Buddha's realm alone is true."

In 604, he authored a document which is referred to as the Seventeen Article Constitution: a highly Buddhist and Confucian document focused on morals and virtues to ensure smooth running of the state. To us, it is an odd mix of Confucianism (supporting the Sovereign) and Buddhism (revering the Three Treasures (the Buddha, the Dharma, and the Sangha) as the final refuge of all living things), and while the Confucian parts are outdated, the Buddhist parts continue to be very pertinent as well as challenging to our thinking. Article 10 of the Constitution is quoted in our service book in Selected Sayings as follows:

*Let us cease from wrath, and refrain from angry looks. Nor let us be resentful when others differ from us. For all beings have hearts, and each heart has its own leanings. Their right is our wrong, and our right is their wrong. We are not unquestionably sages, nor are they unquestionably fools. We are both simply ordinary beings. How can anyone lay down a rule by which to distinguish right from wrong? For we are all, one with another, wise and foolish, like a ring which has no end.*

I have read and thought about this quote often, especially about what it means to us now, more than 1,400 years after it was written. Are we prepared to accept, can we be prepared to accept, that others are not "unquestionably fools"? When I first read this quote, Calgary Buddhist Temple was in the midst of a major financial dispute with its construction contractor. While I KNEW we were right, Board discussion and then judicial mediation, made me realize that we had to accept part of the contractor's claim. It took the judge to convince the contractor that the Temple's position was valid. I realized that we are, indeed, all wise and foolish.



## MINISTER ARTICLE

But now, unfortunately, it seems that it is more difficult to accept people with opinions different than ours; it seems that no one can talk across that divide. Right/left politics, racism, misogyny, religious intolerance/hatred fuel the distrust and the rhetoric.

While world history shows that this is not new, what is new is the reinforcement of opinions we all get through the media we use. If I read a story about Prince Harry and Megan on a news site, any news aggregator sites I use will suddenly give me stories about Harry and Megan. If I watch a parrot video on Instagram, I'll get videos about parrots and birds. YouTube gives me archaeology digs, just as it gives my husband baseball. The only news articles I get about Trump are negative ones.

“Their right is our wrong” and while I accept that “our right is their wrong”, I can't accept that in some instances I might be wrong. It's difficult to agree that the “other” might be right, when we believe that some of the “others” are immoral and unethical. War in Ukraine, Hamas attack on Israel, Israeli war on Gaza, far right riots in the UK, racial violence in the US. Some driven by political belief, all fueled by the power of social media algorithms.

We don't think we can have any impact on the headline news items. But we can follow Prince Shotoku's dictum in our dealings with others in our own lives. Remember that we are all simple ordinary beings. And we can take to heart, the wisdom of Rev. Ken Tsuji in “The Heart of the Buddha-Dharma” when he says:

*Each idea that is thought,  
each word that is spoken,  
each action that is taken,  
changes the whole pattern of the universe  
for the universe is interdependent.  
Think, speak and act, then,  
Always in the eternal now  
with compassion and understanding  
for your own enlightenment  
and for the enlightenment of all sentient beings.*

Laura Sugimoto  
August, 2024



### Calgary Buddhist Temple

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Calgary, Alberta

Telephone: (1)403-263-5723

[www.calgary-buddhist.ab.ca](http://www.calgary-buddhist.ab.ca)



## SEPTEMBER 2024 MEMORIAL (SHOTSUKI) SERVICE LIST

Louise Barron  
Irene Dooge  
Dorothy Hayashi

George Kondo  
Tracy Laberge  
Edith Martin  
Sutezo Miyanishi

Saneyoshi Oishi  
Kanao Sugimoto  
Toshi Takahashi

## TEMPLE SERVICE REMINDERS

### SEPTEMBER SERVICES

- Sunday, September 8th - Shotsuki/Monthly Memorial at 10:00 am
- Tuesday, September 10th - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Sunday, September 15th – Family service at 10:00 am
- Tuesday, September 24th - Meditation and Naikan Reflection from 7:00 to 8:00 pm
- Sunday, September 29th – Sunday service and Sarana Affirmation ceremony.
  - (Bishop Rev. Aoki guest minister)

## SARANA AFFIRMATION CEREMONY

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](mailto:calgarybuddhisttemple@gmail.com) before Sunday, September 8, 2024.





## UPCOMING WORKSHOPS AND EVENTS

### COMMUNITY OUTREACH

*Sunday, Sept 8 and Sunday, Nov 10*

# CALGARY DROP-IN CENTRE

Feels good to do good! We'll be providing lunch service on these Sundays so please join us. Ten volunteers (16 years of age or older) are needed. We leave after service, around 11:15 am, to walk over to the Drop-In Centre together, or meet us there at 11:30 am. It's not time-consuming and it really means a lot to those less fortunate.

Sign Up for Sept 8: <https://bit.ly/community-08Sep24>  
Sign Up for Nov 10: <https://bit.ly/community-10Nov24>

### FUNDRAISING COMMITTEE CORNER

*September 27th, September 29th and October 19th*

#### Upcoming events

#### **Noodle Making**

- Dough making: Friday, September 27, 6:30 pm – 9:00 pm at the Temple
- Mein making: Sunday, September 29, 8:30 am to 2:30 pm at the CJCA hall (2236 29 St SW)

#### **Annual Chow Mein & Ribs Takeout Dinner**

- Saturday, October 19, 3-6pm, at the Temple \$20/plate

Please look out for future information on Signup Genius emails and the Temple website.

Thank you!

To all the volunteers, donors, and supporters who made our events (garage sale, sushi sale, omatsuri) possible. We appreciate your ongoing support and participation!

The Fundraising Committee





## UPCOMING WORKSHOPS AND EVENTS



### SUNDAE SUNDAY FOR SENSEI

*Sunday, Sep 22 after service*

Let's show our appreciation to our Sensei Robert Gubenco for his dedication and commitment to the Sangha and to the community he serves so well.

There'll be ice cream, fruit, and fixings – EVERYONE IS WELCOME! Please join us, shake his hand, and let's express our gratitude.

### JAPANESE TEA CEREMONY DEMONSTRATION

*Sunday, Oct 13 from 2:00-4:00pm*



Don't miss this special demonstration of the Japanese Tea Ceremony, with ikebana display, proudly hosted by the Calgary Buddhist Temple Sangha Engagement.

The tea ceremony involves the ceremonial preparation, presentation, and drinking of matcha [抹茶] or powdered green tea. Come and discover the history and intricacies of this age-old cultural activity while surrounded by the beauty and serenity of ikebana which is the art of Japanese

flower arrangement. The philosophy behind ikebana is grounded in Japanese aesthetics, which emphasizes simplicity, understated elegance, and a respect for nature.

We are honored to have Rika Saruwatari leading this skillful demonstration. She is learning from these schools of tea ceremony and ikebana:

- [表千家] Omotesenke School of Tea
- [光風未生流] Kōfumisho School of Ikebana

Cost for this demonstration is \$15 per person including tax and processing fee. A [和菓子] Japanese confectionery/sweet will also accompany the matcha.

Limited spots available so register early to avoid disappointment: <https://bit.ly/cbt-tea-ceremony>



## UPCOMING WORKSHOPS AND EVENTS

### FALL IKEBANA CLASS

*September 21, October 5 and 19, November 2 and 16  
1:30 pm – 4:30 pm*

The 5 classes are a series and the cost is \$250 total including flower material and instruction for Temple members or \$300 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.

光風未生流 (Kofu misho school ikebana) classes



### GET YOUR RICE ON

*Sunday, Nov 17, 2024 after service*

Plan to attend a rice workshop to be held at the Temple on Sunday, Nov 17, starting around 11:15 am/after service.

Come learn about the importance of this staple and the differences between some of the different varieties. Then we'll show you different ways rice can be used and do some sampling!

Registration information will be available soon, so Save the Date and plan to “get your rice on” with the Sangha.



## HAPPY 88 TH BIRTHDAY!



In Japanese culture, the beiju (88 th birthday) is a very special occasion. This is because the Japanese characters for 88, when written together, resemble the character for rice. Rice was associated with wealth and material fortune in old Japan and symbolizes purity and goodness.

Jits Oishi is a valuable, integral member of the Calgary Buddhist Temple celebrating 88 years of a life well-lived! May this year be as extraordinary as the person you are and the legacy you've built.

## LIBRARY NEWS

The library is open on the 3rd Sunday of each month, so that will be Sunday September 15th. 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.

For any newcomers to the church, 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.

We have a new book return box! Now 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.

New books this month include:

- Buddha's Brain, the Practical Neuroscience of Happiness, Love & Wisdom by Rick Hanson
- Buddhism for Beginners by Thubten Chodron

Thanks, Kim and Masaye





## JUNE DONATIONS

### Canada Helps

Giggs, Melanie  
Gillis, Emi  
Gossen, Jacob  
Haddon, Samantha  
Howard, Leslie

Martin, James  
McCullagh, Bob  
Miyanishi, Kiyoko  
Robson, Tomiko

Stewart, Matthew  
Sugimoto, Laura  
Sugimoto, Sumire  
Wright, Charlene  
Zheng, Yifan

### Temple Donations

Akune, Rose  
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Sano, Tracee  
Anonymous  
Auld, Belle  
Bernier, Remy  
Delisle, Yuri  
Duthie, Elizabeth Anne  
Evans, Kyle  
Gauthier, Laura  
*in Memory of the late Kevin  
Guderyan*

Huntley, Susan  
*in Memory of Joyce (Justyna) Burkey*  
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Kamizuru, Yotsuo & Fumiko  
Kitagawa, Susan  
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Miyanishi, Kiyoko  
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Nagata, Ruth  
*In Memory of Keiko Hinatsu*  
Nagata, Toshiko  
*In Memory of Keiko Hinatsu*

Nishi, Mary  
Oishi, Cheryl  
Oishi-Lloyd, Sandra &  
Lloyd, Todd  
Oshiro, Evan  
Ota, Fumi  
Pittman, Craig and Cathy  
Scmndargah, Sarvka  
Takeda, Nathan  
Tanaka, Masaye  
*In Memory of Keiko Hinatsu*



## JULY DONATIONS

### Canada Helps

Giggs, Melanie  
Gillis, Emi  
Haddon, Samantha  
Howard, Leslie

Kamanishi, Ed  
McCullagh, Bob  
Miyanishi, Kiyoko  
Robson, Tomiko  
Stewart, Matthew

Sugimoto, Laura  
Sugimoto, Sumire  
Wright, Charlene  
Zheng, Yifan

### Temple Donations

Alexander, Robert and  
Sano, Tracee  
Amadasun, Okunwa  
Ambedian, Elizabeth  
Anonymous  
Auld, Belle  
Bernier, Remy  
Delisle, Yuri  
Dodds, Darleen (June  
Tajiri)  
Douglas, Andrew  
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Evans, Kyle

Hayashi, Debbi  
Hemens, Anna-Mariska  
Hironaka, Sally  
Huntley, Susan  
Kitagawa, Susan  
Kondo, Lido  
Konno, Cheryl & Marie  
Kroeker-Mattern, Kody Dean  
Liu, Olivia  
Masuda, Jean  
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McCormack, Dan  
Miquelon, Dixie

Odagaki, Sekiko  
Oishi, Jits  
Oshiro, Evan  
Ota, Fumi  
Robb, Barrie & Jackie  
Ryan, Sean  
Sakamoto, Louise  
*In memory of Naozo Konno*  
Sawa, Diane  
Takaguchi, Robert & Judy  
Takeda, Laurie  
Takeda, Nathan  
Tanaka, Masaye