



THE SANGHA

September 2020

Dear Dharma friends. I hope this finds you well and healthy. After a short summer break in August we are glad to have our Sangha newsletter back in print.

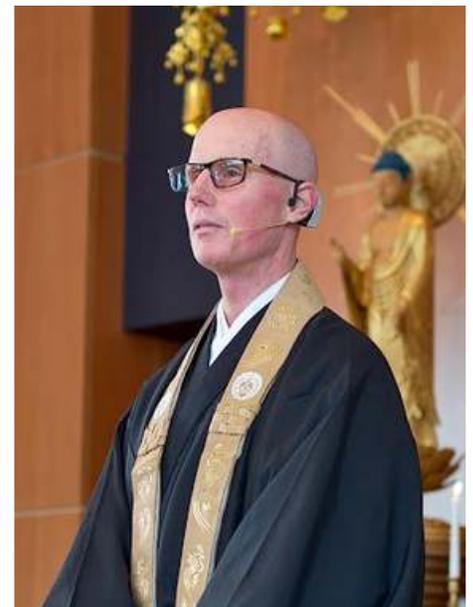
During the summer break we experienced lovely weather and who could have guessed that this year we all loved and embraced the ability of once again being outside to enjoy some company with family and friends after the uncertainty that the pandemic imposed.

Although the Temple was on a summer break and not conducting regular services we did stay busy by getting a couple of things completed that needed our attention. With having the doors to the Temple closed for so long due to the pandemic some local pigeons made use of the quiet and sheltered area above our front

doors; unfortunately these birds make an awful mess when they get settled and make their home.

We were able to provide the nesting birds with about four months of shelter while the Temple was closed but leading up to our August Obon service we knew we had to put in a permanent fix to our problem. Thanks to the dedication of our board member, Mr. Doug Cruickshank, who took it upon himself to clean-up the mess that the pigeons created and work with our handy man Ed, with the installation of bird prevention spikes to deter any future nesting above our entrance to the Temple.

They also installed some new motion detection lighting at our front entrance to try and discourage loitering.



CALGARY BUDDHIST TEMPLE

658 1 Ave NE,
Calgary, AB T2E 3Y1
p: 403-263-5723
w: calgary-buddhist.ab.ca

Sensei Robert Gubenco
e: bgubenco@shaw.ca



The Temple board members also considered the recent change in how services have come to rely on the internet for live stream connection. A decision was made in careful consideration on the need to provide live stream services going forward as an important part of Sangha engagement. The result was an upgraded to the current system in the Temple enabling compatibility for live streaming in hopes of providing the best experience possible for our members joining us each week for services.

Thank you to all the people who work for the betterment of the Temple and the welfare of the Sangha as we all embrace the Light of the Dharma in our daily lives.

*Namo-Amida-Butsu,
Robert Gubenco Sensei*



TEMPLE SERVICE

LIVE STREAMS AND IN-PERSON SERVICE

Every Sunday at 10 AM and Nightly at 9 PM - Facebook live

View all services live on Sunday mornings at 10:00 am (MST) and stream short services nightly at 9:00 pm (MST) from the facebook group Calgary Buddhist Temple. You may now sign up to attend in person! Use the link to sign up: <https://www.signupgenius.com/go/8050c4eadaa28a46-sunday1>



FALL WORKSHOPS

AN HOUR OF LAUGHTER, JOY AND PEACE

Sunday Sept. 20, 2020 from 1pm - 2pm

Join the Calgary Buddhist Temple on **Sunday Sept. 20, 2020 from 1pm - 2pm** as Candice Macpherson will be leading a 1hr online/ZOOM Laughter Yoga workshop.

Laughter yoga consists of: Deep breathing exercises, clapping, chanting, tapping, gentle stretches, laughter sounds and laughter exercises followed by a relaxing meditation at the end.

Candice will share the many physical, mental, emotional and spiritual health benefits along with how you can use laughter breathing and meditation throughout your day to create more health, love, joy and peace.

Laughter Yoga is for all ages and abilities. For this online workshop, we will do all exercises from a chair.

To Register visit
<https://us02web.zoom.us/meeting/register/tZEkd-6rqzsiG9QtHTKsAvoeC5u8qOcWZPKS> or use the link available on the Temple website and Facebook.

FINDING INNER PEACE – INTRODUCTION TO TENSION RELEASING EXERCISES (TRE®) FOR STRESS MANAGEMENT

Thursday, Oct 15 from 7:00-8:00pm

Sara is a TRE® Certified Provider (TRE®-CP) and on Thursday, Oct 15 from 7:00-8:00pm, the Calgary Buddhist Temple is pleased to have her presenting on Tension Releasing Exercises (TRE®). TRE® is a complimentary, integrated health practice that can be used by almost anyone regardless of age or ability. It is self-empowering, self-initiating and self-regulating.

In this online workshop, you will learn:

- What stress is
- What trauma is
- Our bodies response to stress or trauma
- What TRE is
- Who created TRE and why
- How TRE can be used to improve your well being

To register visit:
https://us02web.zoom.us/meeting/register/tZA-sceqhrzIoH9Tb_4-304V02AYHX1bkuqSM or use the link available on the Temple website and Facebook.





FALL WORKSHOPS

LIVING WITH THE PANDEMIC FROM A BUDDHIST PERSPECTIVE: CLUES FROM THE NEW BOOK FOR THE YOUTH, SCOUTS AND THE YOUNG AT HEART

Sunday, Nov 1 from 3-4pm MST

The Calgary Buddhist Temple is honored to be able to present a “live from Tokyo” lecture by Sensei Dr. Kenneth K. Tanaka! This online presentation using Zoom will be on **Sunday, Nov 1 from 3-4pm MST**.



Living during the time of a pandemic has changed our way of life and a new normal is evolving. The Coronavirus pandemic impacted us all abruptly and forcefully - many of us are feeling the effects and will continue to do so for some time.

Rev. Tanaka will share his thoughts on how he is dealing with it from a Buddhist perspective and reference clues from his new book, *Jewels*. Everyone is welcome to join us for this free presentation - donations will be gratefully accepted.

Space is limited so please register early by going to: [https://us02web.zoom.us/meeting/register/tZwrcuCrqj4tGd0NY2KCW78YjcOU_ggNbbrrt](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZwrcuCrqj4tGd0NY2KCW78YjcOU_ggNbbrrt)

Note: This link will also be posted to our Facebook and Temple website.

‘JEWELS,’ INTRODUCTION TO AMERICAN BUDDHISM FOR YOUTH, SCOUTS AND THE YOUNG AT HEART – NOW AVAILABLE

By Rev. Dr. Kenneth Kenshin Tanaka

For me, it was not easy growing up a young Buddhist in the early 1960s. Fortunately, things have changed enormously since then. Buddhism is today much more well known, and, as I will show in this book, it is now an "American religion" and no longer just a religion of Asia. Further, there are now far more "famous" Buddhists, great books on Buddhism, and information available on the Internet.

Despite this, I feel there are still very few introductory books for American (or Canadian) youths and young adults on Buddhism. That motivated me to work on an easy to



FALL WORKSHOPS

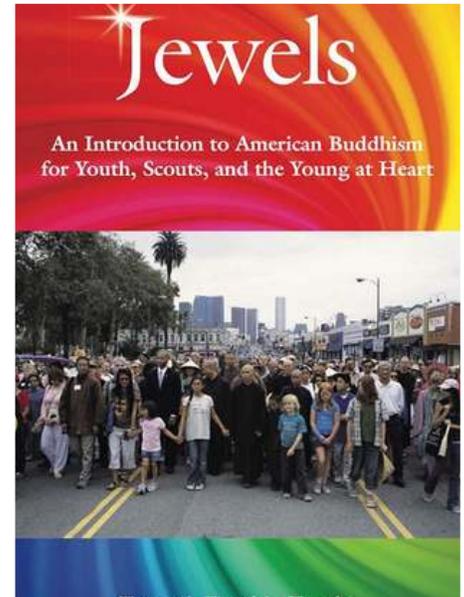
understand introductory book for this audience. I feel I can accomplish this because of my own background of having been an American Buddhist youth. Plus, I have raised three Buddhist young adults.

It is my strong wish to contribute to the well-being of youth who are Buddhists or interested in Buddhism. Despite the growth of Buddhism in this country, there are still many challenges of living in a society dominated by Christian values and customs.

It's my dream that this book can help Buddhist youth to gain greater confidence in their religion, and give any younger persons (whether they are Buddhist or not) a chance to take interest in Buddhism. It's good for adults too, which is why the title includes "for the Young at Heart."

Published by BDK America or the Society for the Promotion of Buddhism, hardcopies of Jewels: An Introduction to American Buddhism for Youth, Scouts and the Young at Heart will be available from the Calgary Buddhist Temple Library (when it reopens) or people can download the book, free of charge, by visiting:

<https://www.bdkamerica.org/book/jewels-introduction-buddhism-youth-scouts-and-young-heart>





THE FIFTH ANNIVERSARY - CALGARY BUDDHIST TEMPLE

FIVE YEARS AGO, ON AUGUST 30, 2015...

The Calgary Buddhist Temple celebrated the grand reopening and Obon in the newly rebuilt temple. Since then the Calgary Sangha has used and enjoyed a building which is both attractive and practical.

We have hosted the Annual General Meeting of the national Jodo Shinshu Buddhist Temples of Canada and the interim meeting for the Board of the JSBTC. We have held chow mein dinner fund raisers, Ikebana flower arranging classes, mochi making classes, Japanese belly dancing, as well as fabulous potluck lunches after special services. The Hondo continues to be a calm and meditative center for the regular Sunday services.

We had hoped to have a special event to celebrate this special anniversary, but COVID-19 upset those plans, just as it has upset so much in our lives. Hopefully, we will soon be able to meet once again as a sangha at the Temple, and we will celebrate then.

In the meantime, we look back with gratitude and appreciation at the people who brought the Temple to this moment:



- The families who created a Buddhist society, Calgary Hoyu-kai (Friends of Dharma) in 1951
- Sensei Susumu Ikuta and his family who came to Calgary in 1972 to lead the newly formed Temple
- The commitment of the Board and Sangha in 1981 to purchase the Croatian Catholic Church in Bridgeland
- Members of the Sangha who repurposed the building as a Buddhist Temple, creating all aspects of the naijin, including the altar and tables (kyozukue and shoko-dai), the donation box, and other decorative aspects and donated other important pieces
- Sayoko and Kokei Eri, famous artists in Japan, who generously donated their significant artwork (the standing image of Amida (Amitabha) Buddha) after its art tour in Japan and Europe
- Sangha fundraising for renovations as the building aged and the members who worked diligently
- Erin Nagata who in 2013 prepared a renovation plan for the building that inspired the Board and started the rebuilding project
- Kerry Nagata who guided the building committee through engaging a project advisor and then
- Pashuk Architecture to design the new building
- Members of the Building Committee and the Board
- James Martin Sensei, who worked tirelessly to address and overcome issues over the course of construction



THE FIFTH ANNIVERSARY - CALGARY BUDDHIST TEMPLE

- Donations in kind from
 - Zen Living Kitchen and Bath
 - Bestway TV and Appliance
 - Toyo Kawamura
- Sugimoto and Company for the donation of legal services
- Sangha members and the Buddhist community at large, across Alberta and Canada, and around the world for the very generous donations
- Buddhist Temple of Southern Alberta for the financial assistance

On the occasion of the fifth anniversary, we are very grateful to all members of the Sangha, past and present, to the Hoyu-kai who started this Sangha seventy years ago, to those who committed so much through the growth of the Sangha and the Calgary Buddhist Temple, and to those who today continue to work to spread the Dharma.

With gratitude and in Gassho,

Laura Sugimoto





PRESIDENT'S MESSAGE

JSBTC Day is a special memorial service held by Canadian temples in October/ November to remember and honour Jodo Shinshu Buddhism pioneers and followers in Canada. The month of October is important in Canada as it marks the historical beginning of Jodo Shinshu Buddhism in Canada: the first Jodo Shinshu minister arrived from Nishi Hongwanji (our mother temple in Kyoto, Japan) in Vancouver on October 12, 1905. Traditionally JSBTC Day has allowed us to gather at our local temples to collectively express our gratitude to all those who spread the Dharma Teachings before us.

Unfortunately, this year, it is not likely that we will all be able to physically meet in October or November.

Some temples may not yet have reopened while the others will be practising responsible social distancing and limiting the number of attendees.

However, even if we are not actually in our temples, we can meet electronically to remember and honour those dedicated Jodo Shinshu followers and ministers and to honour those ministers who guide us today.

Last year, donations made on JSBTC Day went into the Ministers' Retirement Fund, recognizing the commitment of the JSBTC Board to ensure a sufficient fund to support our dedicated ministers as they take well earned retirement.

This year's donations will be directed to the JSBTC Sustaining Fund. Let us remember with gratitude those who have and those who continue to spread the Dharma.



Please check with your local temple for the date of the JSBTC Day Memorial Service and let us all remember and honour with gratitude together as one common national sangha.

*With Gratitude and in Gassho,
Laura Sugimoto JSBTC President*

Please note that due to the requirements of the Canada Revenue Agency and the Canada Not-For-Profit Act, we ask that any donations made by cheque should be payable to your local temple and marked "JSBTC Day". All donations made to JSBTC Day are gratefully accepted.



2020 JSBTC DAY MESSAGE FROM THE OFFICE OF THE BISHOP

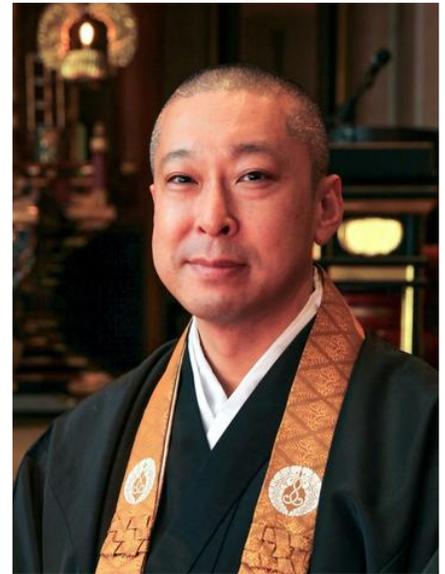
The first recorded assembly of Japanese Buddhists living in Canada took place in Vancouver in 1904. Fourteen Buddhists met to request a minister from Nishi Hongwanji (our mother temple), in Kyoto, Japan. Rev. Senju Sasaki, appointed as a Kaikyoshi (overseas minister) arrived in Vancouver with his wife, Tomie on October 12th, 1905. With the minister's arrival, the local Buddhists formed the Vancouver Nihon Bukkyo-kai (Japanese Buddhist Association) and 116 years ago our history began.

I would like to express my most sincere appreciation to all the Jodo Shinshu Temples of Canada (JSBTC), temple ministers, assistant ministers, national board of directors, and all temple members and non-members for keeping our organization active and accessible; for working tirelessly for the sake of our temples, for all the members, and the community at large.

May I ask for your continued support to our ministers and directors. During the COVID-19 pandemic, I started walking and running every morning, and in the process I lost 11 pounds. As I go to do my daily exercise outside, I notice the daylight is getting shorter, the air is getting cooler, and the leaves are starting to change colour.

When I observe the transition of nature and the change in myself, it reminds me of the Buddhist teaching of impermanence.

When I was studying and living in Kyoto, I didn't have a car. I took public transit and walked every day. While walking, I enjoyed reading bulletin boards at the front entrance of temples. The bulletins usually had a Buddhist quotation, and even though those quotes are very short, they were telling many teachings. I would like to share some of them with you.



Tatsuya Aoki, Bishop
Jodo Shinshu Buddhist Temples of
Canada



*Beautiful flowers
have bloomed!
Because of roots we
do not see.*



*It is already half
full, It is still only
half full, Depending
on your way of
thinking.*



*We should not
question using our
judgement, We
should question our
judgement.*



*“When we plunder
there is not enough
When we share,
there is enough.”*



MONTHLY DONATONS - JUNE & JULY

CANADA HELPS DONATIONS

Belle Auld
Jameela Ghann
Frank Dooge
Melanie Giggs
Harumi Takaguchi
Nicole Chen
Sumire Carol Sugimoto

Amy and Larry Wakisaka
Scott DeGruyter
Tobie Sakamoto
Mary Jane
Bob McCullagh
Tanis Moore
Kim Orlesky

Chris and Susan Huntley
Laura Sugimoto
Yuri Delisle
James Martin
Charlene Wright
Matthew Stewart
Susan Kitagawa
Yuko Ono

TEMPLE DONATIONS

Alexander, Robert
Gubenco, Robert
Horiguchi, David
Konno, Marie and Naozo
Masuda, Jean

Masuda, Misae
Miyanishi, Kiyoko
Nagata, Ruth
Oishi, Jits
Robb, Jackie and Barrie

Sameshima, Ron
Sugimoto, Laura
Tanaka, Masaye
Takeda, Laurie
Yamashita, Robert

CANADA HELPS - MEMORIAL DONATIONS

In Memory of Kerry Nagata

Rocky and Jean Oishi
Craig Pittman
Nicole Chen

In Memory of Chris Van Camp

Lauren Laithwaite

**In Memory of Horsey Tajiri
and Don Dodds**

June Tajiri
Darlene Dodds



COVID-19: REDUCE YOUR RISK

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



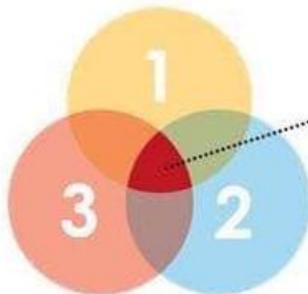
1
Crowded places
with many people nearby



2
Close-contact settings
Especially where people have close-range conversations



3
Confined and enclosed spaces
with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.