

Kelowna Buddhist Temple

The New Dharma Express

PO. Box 22092, RPO Capri Centre Kelowna, B.C. V1Y 9N9 phone 250-763-3827
www.kelownabuddhisttemple.org



Special points of interest:

- Thurs. Nov 1, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Fri. Nov 2, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Mein Making 6-9pm
- Sat. Nov 3, Mein Making 8am
- Sun. Nov 4, Dharma School 10am
- Wed. Nov 7, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Thurs. Nov 8, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Temple Exec Meeting 7pm
- Fri. Nov 9, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Sat. Nov 10, Temple Yard Clean-up
- Sun. Nov 11, Dharma School 10am, Dharma Shotsuki 2pm
- Wed. Nov 14, TSS Meditation 9:30am, Guided Meditation 12n-1pm

Monthly Memorial

- Master Fumio Matsuda
 Mr. Sanpei Matsuo
 Mr. Kazuo Ohta
 Mrs. Fusa Ohashi
 Mr. Tokujiro Tsuji
 Mr. Akira Ibaraki
 Mr. Jinnosuke Masumoto
 Mr. Komakichi Tamaki
 Mrs. Hide Nakayama
 Mr. Yoshio Tabata
 Mr. Jutaro Ueda
 Mr. Yukio Kurahashi
 Mr. Roy Tanaka
 Mrs. Yuki Horiuchi
 Mr. Tahei Tatebe
 Mr. George Ueda
 Mrs. Mary Hokazono
 Mr. Aiji Hokazono

- Wed. Nov 14, Chow Mein Prep 6-9pm, Deadline for Chow Mein Orders 8pm
- Thurs. Nov 15, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm
- Fri. Nov 16, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm
- Sat. Nov 17, Chow Mein Prep 8am

Clean-up Altar Toban

M/M Alan Yamaoka
Mr. Reg Tomiye
Mr. Michael Martin
Ms. Genevra Cavanaugh
Mrs. Shirley Tanemura
Mr. Jim Nishi
M/M Teruo Ogi
M/M Tosh Suzuki
Mr. George Terada
Mr. Brian Yamaoka
Ms. Lisa Yamaoka
Ms. Carrie Yamaoka
M/M Dan Romaniuk
Mrs. Barb MacCarl
Ms. Lindsay Favell
Ms. Cathy Fernandez

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- Sun. Nov 18, Chow Mein Prep 8am, Pick-up and Sales 1-3:30pm
- Wed. Nov 21, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Thurs. Nov 22, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Fri. Nov 23, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Sun. Nov 25, Dharma School 10am, Thanks giving Service 2pm

- Wed. Nov 28, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Thurs. Nov 29, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Fri. Nov 30, TSS Meditation 9:30am, Guided Meditation 12n-1pm

From Sensei: Saying the Nembutsu

*“Though we commit evil throughout our lives,
If we say the nembutsu always
With our hearts turned wholly to Amida,
Our obstructions fall away by the Vow’s
spontaneous working.”(Shinran Shonin)*

We have been enjoying such a wonderful autumn season. Once again, we witness how another cycle of life is passing, in preparation for the new life that will emerge after the winter ice and snow. The trees in our garden were beautiful, but the leaves have now been stripped from the branches by the strong winds.

Autumn is a good time for reading, and for reflection. A few weeks ago, I was given a book, written by an eminent authority on Eastern religion and culture. In this book, there is an interesting discussion regarding the question “what is the essence of a human being?” The Western view is based on Greek philosophy - the idea that each of us *is* a person, and from the time of conception, has the integrity of *being* a person. However, the Eastern view is influenced by Confucian ethics, which regards us as *becoming human* by cultivating one’s actions and relationships. Throughout our life experiences and relationships with others, we become human. The difference between these two approaches is between *being* and *becoming*. I feel that we are constantly in a process of *becoming* human, through our life experiences and interactions with others.

Throughout my ministry, I often have the privilege of sharing many of the important passages of life with our members and friends. I share with them during the important stages of life, such as birth, the attainment of maturity, marriage, life events, both happy and sad, and the rituals associated with the closing of a loved one’s life.

Pure Land Buddhism teaches us that when we have established a new personal subjectivity in shinjin and the nembutsu, we are able to journey through the difficulties of life, and transcend, or pass through, even death itself.

Takamaro Shigaraki, one of the leading Shin Buddhist thinkers said “birth does not simply mean that we go to be reborn in the Pure Land after we have died. Rather, birth signifies the life of one who has realized true shinjin, which is the experience of awakening. It refers to the life of one who has been saved by Amida Buddha. No matter how terrible the difficulties and afflictions that we may encounter, when we say the

nembutsu earnestly, we are continuously crossing over them, one step at a time. This is the meaning of “birth”

Therefore a person can establish a new personal subjectivity within the process of awakening, and be able to overcome the difficulties of one’s life.”

The process of transformation or *becoming* is a frequent theme within the Sutras. In the Amida Sutra, there are references to the lotus flowers “as large as chariot wheels growing in the pools”. The flowers are described as being of different colors “those of blue color emit blue radiance ---they are exquisite, wonderful, fragrant and pure.” This Sutra is full of important Buddhist symbols of transformation, such as flowers, gems, and birds. All are symbols of transformation. For example, the lotus flower that grows in muddy water. The muddy water is symbolic of our secular life, full of suffering, difficulties, and sadness. Yet from this muddy water emerges the beautiful lotus blossoms exquisite, wonderful, fragrant, and pure. This symbolizes for us the overcoming of our mundane earthly existence. We acquire a new way of *becoming*. We become *awakened*.

The process of awakening is well explained for us by Shigaraki. He says that our act of saying the *nembutsu* is composed of two things: 1) *aspiration* and 2) *practice*. We say “*Namu*” and take refuge in *Amida Butsu*. *Namu Amida Butsu* is the same as “I return to the life of the Buddha.” Saying the nembutsu is the Buddha’s calling voice, in the sense that Amida Buddha calls out to us to return to the Buddha. I believe that this is a wonderful way of helping us understand.

He explained our saying the nembutsu as follows: The process of awakening “brings us to realize the truth of something long forgotten, and we understand something so deeply that we are convinced of its reality beyond doubt. It is like when a child calls out “mom”, and at a deeper level the mother is calling out to her child. The mother’s heart echoes or reverberates within the child’s heart, and therefore the child calls out ‘mom’. This activity takes place in both directions. The child’s calling out “mom” to the parent intersects with the parent’s love for the child.”

Let us say the nembutsu in our daily life, and hear the calling voice of Amida.

In Gassho Rev. Yasuhiro Miyakawa

Message from our retired Bishop: Rev. Orai Fujikawa

Hello to the Dharma Friends in Sunny Okanagan from Sunny Salinas, CA,

First of all I wish to thank Jerry Takeda for sending me your Dharma Express by email every month that we enjoy reading. We have been here over eight months and just started the new school year from September 9 with Dharma School registration. Although Buddhist Temple of Salinas has been losing members as the city has been basically farming town and younger people moving out to the big cities such as San Jose, San Francisco, Los Angeles, we are fortunate to keep the Dharma School going with 25 children registered this year.

At present we have 200 individual members working very hard to maintain this temple that is one of the five Temples in the Coast District of BCA, namely San Jose, Mt. View, Watsonville, and Monterey.

With annual membership fee of \$200 we have to

have several fundraising events in a year. The largest one was the Obon Festival in July in which we had a half dozen booths, selling flowers, vegetables, strawberry, assorted tempura, barbecue chicken, beer, sake, shish kebab, sushi, manju, Mexican spring role called Lumpia, udon, gyoza, bento box, ice cream, and pastries, plus raffle tickets with \$1500 cash prize. It began 11am to 8pm with demonstrations such as Kendo, Taiko, Tea Ceremony, Flower Arrangement, Bonsai, and of course Bon Odori of over 100 people. The dancers came from Monterey, Watsonville, and San Jose. It is a huge business and it takes a whole month of preparation. The gross is over \$50,000 according to the treasurer. Well, I will write again while wishing you the best. Please take a look at our website: btsalinas.org if you have time.

In Gassho, Orai Fujikawa

Message from the Editor

Day after Turkey... wow am I still stuffed. I should never fill up my plate the second time, or eat desert so soon after the main meal, but it is all so good. Each time I take a mouth full, I say "I wonder what the poor people are doing?" I feel so rich... richness in spirit, what a comforting sensation.

Why is it that we cannot feel this way every moment of every day? If we thought about it, we are "rich"... every moment of every day. Yes the distractions of time keep us from seeing it, but I truly believe with gratitude and thankfulness, we are so very rich. What a great time of year, family and friends, beautiful fall colours, fruit off the trees and just a great time to be alive.

We have many Dharma friends that are having a struggle with health issues... I extend to them, my sincere

wishes for a speedy recovery, may you soon feel the richness of life and smile at the smell of your favorite foods.

Talking about favorite foods, chow mein fundraising is just around the corner, this is a huge project and one that we strongly rely upon to replenish the Temple coffers... please help us promote (tell everyone) and support this event. We can never assume that it will be a success without putting every effort into making it so.

We are fast approaching our fiscal year end, November 30, and have a few members that have yet to remit. Please check your records, as we need to confirm our numbers to the JSBTC and the ballot list for voting again this year.

In Gassho, jiro

Mission Statement from the JSBTC

We are a group of Canadians that are followers of the Jodo Shinshu "Shin" sect of Buddhism. The JSBTC is affiliated with the Nishi Hongwanji of Kyoto, Japan, the mother Temple of the Jodo Shinshu (True Pure Land) sect of Buddhism. The sect follows the teachings of Shinran Shonin (1173 – 1262). It is a teaching wherein we are endowed with the ultimate goal of Enlightenment symbolized as the Pure Land. As Shin Buddhists, we seek to be humble and sincere in words and in deeds, to be responsible citizens of our society and to share with others the teachings of Jodo Shinshu.

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 <i>Dharma School</i> 10am, JSBTC Day & <i>Dharma</i> <i>Shotsuki</i> 2pm	29 <i>Taiko Practice</i> 7pm	30	31 <i>TSS Meditation</i> 9:30am, Guided Medi- tation 12n-1pm,	1 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n-1pm	2 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Mein Making 6-9pm	3 <i>Mein Making</i> 8am
4 <i>Dharma School</i> 10am	5 <i>Taiko Practice</i> 7pm	6	7 <i>TSS Meditation</i> 9:30am, Guided Medi- tation 12n-1pm	8 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Temple Exec Meeting 7pm	9 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Taiko Practice 7pm	10 <i>Temple Yard</i> Clean-up 9am
11 <i>Dharma School</i> 10am, <i>Dharma</i> <i>Shotsuki</i> 2pm	12 <i>Taiko Practice</i> 7pm	13	14 <i>TSS Meditation</i> 9:30am, Guided Medi- tation 12n-1pm, Chow Mein Prep 6-9pm, Deadline for Chow Mein preorders 8pm	15 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Chow Mein Prep 6-9pm	16 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Chow Mein Prep 6- 9pm	17 <i>Chow Mein</i> Prep 8am
18 <i>Chow Mein</i> Prep 8am, Pick- up and Sales between 1pm- 3:30pm	19 <i>Taiko Practice</i> 7pm	20	21 <i>TSS Meditation</i> 9:30am, Guided Medi- tation 12n-1pm	22 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n-1pm	23 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Taiko Practice 7pm	24
25 <i>Dharma School</i> 10am, Thanks- giving Service 2pm	26 <i>Taiko Practice</i> 7pm	27	28 <i>TSS Meditation</i> 9:30am, Guided Medi- tation 12n-1pm	29 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n-1pm	30 <i>TSS Meditation</i> 9:30am, Guided Meditation 12n- 1pm, Taiko Practice 7pm	

行 事 案 内

11月	1日(木)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
	2日(金)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 6-9時	チャウメン麵作り
	3日(土)	午前 8時	チャウメン麵作り
	4日(日)	午前 10時	日曜学校
	7日(水)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
	8日(木)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 7時	仏教会役員会
	9日(金)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
	10日(土)	午前 9時	お寺境内掃除
	11日(日)	午前 10時	日曜学校
		午後 2時	11月祥月法要
	14日(水)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 6-9時	チャウメン準備
		午後 8時	チャウメン予約締切
	15日(木)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 6-9時	チャウメン準備
	16日(金)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内

Just Rambling

The Belgo district, an agricultural community in Kelowna was my home for 68 years. The first time that I visited the area was when I was around 8 years old. My parents were share croppers in Okanagan Mission quite close to where The Capital News Centre is presently located. On a horse drawn democrat borrowed from the boss, father took my younger sister and me on an exciting buggy ride up Ben-voulin road to Hwy 97, then to Hwy 33 and onto the Belgo road to visit a friend at his vegetable farm. Near where the Orchard Park shopping centre is located today, the wooden spokes on the wheels became dry and started to rattle so father soaked the wheels in a little creek which ran alongside the road. An year later, we moved to a farm in the same Belgo area. Two of my siblings and I walked 2 miles to the Rutland school. After school we would occasionally stop at Hardie's General Store and Post Office a mile and a half from home to pick up our mail and some groceries which became quite heavy by the time we reached home. Once in a while we rewarded ourselves with an ice cream cone which cost a nickel or a bottle of Orange Crush, also 5 cents.

1932 was the year that Buddhism came to Kelowna and the Japanese community hall was purchased to be used as the Temple. Not having a motor vehicle, our family was unable to attend many of the services held at the Otera.

Thanks to friends who had trucks and offered us rides, we did have opportunities to be at some of the gatherings at the Temple. Occasionally, our neighbours, the Kitaura family and our family would get together at one of our homes where Mr. Kitaura would lead us in chanting.

In recent months, bullying of children by their peers and even by some adults seems to grab the news headlines so

	午後 6-9時	チャウメン準備
17日(土)	午前 8時	チャウメン準備
18日(日)	午前 8時	チャウメン準備
	午後 1-3時半	チャウメン持帰り、セール
21日(水)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
22日(木)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
23日(金)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
25日(日)	午前 10時	日曜学校
	午後 2時	謝恩会
28日(水)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
29日(木)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
30日(金)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内

ファーマーズマーケット、アップルパイ作り、とご苦労様でした。

引き続き今月もチャウメン作りが控えています。予約希望の方は

250-469-2089又は250-762-2653迄。

ご支援、ご協力の程、どうかよろしく申し上げます。

Fall Chow Mein 2012

Deadline for orders Wednesday November 14 at 8pm
 Chow Mein Prep—Wed., Thurs., Fri. 6-9pm and Sat. 8am
 Chow Mein Pick-up Sunday November 18, 1-3:30pm
 250-469-2089 or 250-762-2653
 Email your order if possible: kbtchowmein@gmail.com

Just Rambling

much of the time. 80 years ago, when our family moved from O.K. Mission to the Belgo district, two of my sisters

and I attended the elementary school in Rutland. The bullying at that time was almost unimaginable. There was a little boy who had crossed eyes, quite common in those early days. He was teased mercilessly. The poor child usually kept to himself and to the best of my knowledge had very few friends. When he was a teenager, his parents bought an orchard adjoining our place. By that time he had become an alcoholic. Sadly, he passed away at an early age. There were several other students who were subjected to a considerable amount of name calling and some also to physical abuse too. Many of us who were of Japanese origin were called Japs or Charlies almost on a daily basis. I lucked out and was seldom a victim because my best friend was a big Indo-Canadian fellow who acted as my bodyguard and the bullies were afraid of him. According to my younger siblings, a decade later when the great war started, there was hardly any bullying and racial slurs were practically unheard of among the students. However during that period in time, racial discrimination was practiced by some adults and especially by the 3 levels of government.

In Gassho, Suey

Kid's Sangha



Sakyamuni Buddha taught us that following the Eightfold Path leads us to the realization of the oneness of all life. The seventh step in the Eightfold Path is Right Mindfulness. When we recite the Eightfold Path at Dharma School we describe Right Mindfulness as cherishing

good and pure thoughts, because everything we say and do arises from our thoughts. We can also think of Right Mindfulness as paying attention to what is happening, in the present moment. In today's busy, fast-paced world, we are constantly exposed to things that distract us from the Dharma. It is very easy for human beings to get all wrapped up in ourselves and our own personal "automatic pilot". This lack of mindfulness is like sleep-walking. We are here, but not aware. We become careless, and forget to walk the Eightfold Path. Therefore, Right Mindfulness is especially valuable, because it teaches us the lesson of true presence, here and now. It turns off the automatic pilot.

I recently read the following true story in a book by Lama Surya Das, called Awakening the Buddha Within. It illustrates deep, alert attention to the oneness of all life. In the story, the Dalai Lama is dining with another great Buddhist teacher named Pawo Rinpoche. The two men are having a very deep and important conversation, when Pawo Rinpoche notices a tiny ant struggling to make its way outside, across the polished floor of the room. The story continues: *The aged Pawo Rinpoche, who no longer had*

the use of his legs, asked the Dalai Lama if he would be so kind as to rescue the little creature and help it on its way. His Holiness did so, carrying the insect across the regal chamber, setting it down safely outside in the warm sun, and sending it on its way with a whispered blessing. Chuckling with delight, he rejoined his venerable colleague. "Now I have done a service for you, Rinpoche.

Your old eyes are better than mine! People talk so much about emptiness and high Mahayana philosophy, but loving regard for the equality of all that lives is the true sign of a Bodhisattva."

In a story like this one, we can see how cherishing good and pure thoughts and paying attention to what is happening helped these two learned men to share an experience that brought them both happiness. They didn't let a distorted, self-important view of themselves and what they were busy with stand in the way of respect and loving kindness for a fellow being. They gained that clear thinking and awareness through Right Mindfulness.

Mindfulness is a skill that we build throughout our lives, through effort and the guidance of teachers. Would you like to learn more about how to be mindful? If so, we are very fortunate to have Sensei at Dharma School to teach us. You can ask him a question about any of the steps in the Eightfold Path and he can provide helpful ideas and instruction.

In gassho,
Genevra

From the Temple Executive

Farmer's Market 2012—into the history books, thanks to all those that donated and also those that helped out, we had a really great turnout. Geri Nishi and Peggy Tanaka worked tirelessly on the book sales, but fell a little short of their goal of \$200 in sales—you both did a great job.

This sale would not be possible without the support of Ogi's Greenhouse, without their contribution we would not even consider this project. All the members of the Sangha give you our sincere thank you. Shirley and company, made all of us a wonderful lunch, thank you.

As of the publishing of this newsletter, pie making is yet to happen, but I'm sure if we see similar support as the Farmer's Market from our membership, things will have gone very smoothly—thank you. Chow Mein, what can I say other than "Help".

Again thanks to Reg, we have purchased another machine to make our processes a little easier and quicker, a restaurant grade pasta cutter.

Please come out, enjoy the lunches, company and make this project another successful one for the history books.

In Gassho, jiro

With Gratitude the Temple and all of its Affiliated Organizations
Acknowledge Your Generous Contribution and Apologies
for any Errors or Omissions.

Special

McCarl, M/M Kent	\$200.00
Kawaguchi, M/M Vern	\$100.00
Yamaoka, M/M Alan (In Appreciation for Best Wishes)	\$ 50.00
Tahara, M/M Morio (Farmer's Market)	\$50.00
Dux, Mr. Larry	\$40.00
Mori, M/M Min (Farmer's Market)	\$40.00

Dharma Shotsuki

Hattori, Diana, Megan & Meredith (In Memory of Joseph Hattori)	\$150.00
Russell, Doreen (In Memory of Mrs. T. Yokota)	\$50.00
Yokota, Mr. Ken	\$50.00
Young, M/M John (In Memory of Mrs. T. Yokota)	\$50.00
Yamaoka, M/M Tosh (In Memory of Mrs. T. Yokota)	\$40.00
Richdale, M/M Glen (In Memory of Mrs. T. Yokota)	\$30.00
Yamaoka, M/M Gerry (In Memory of Mrs. T. Yokota)	\$30.00
R. Suzuki/P. Tanaka	\$25.00
Ohashi, Mr. Min (In Memory of Yometaro Tainaka)	\$25.00
Tanemura, Mrs. Shirley	\$20.00
Suzuki, M/M Tosh	\$20.00
Ishikawa, Mr. James	\$20.00
Nishi, Mrs. Em (In Memory of Mrs. Yuki Nishi)	\$20.00
Nishi, Mrs. Em (In Memory of Mr. Shigeru Mori)	\$20.00

Newsletter

Yokota, Mr. Ken	\$50.00
Kurahashi, Mrs. Shigeo	\$20.00

Ohiganye & Eitaikyo Service

Sen, Mr. Alex	\$153.00
Ishikawa, Mrs. Mitsuko	\$30.00
Itani, T.	\$20.00
Murata, T.A.	\$20.00
R. Suzuki/P. Tanaka	\$30.00
Suzuki, M/M Tosh	\$20.00
Tanaka, M/M Herb	\$30.00
Tanemura, Mrs. Shirley	\$50.00
Terai, M/M Isao	\$25.00
Yamaoka, M/M Alan	\$30.00
Yamaoka, Mrs. Chiyo	\$30.00

Membership

Kurahashi, Mrs. Shigeo	\$125.00
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Recent legislation enacted by the Provincial Government restricts organizations from divulging personal information without the approval of the individuals affected. The donations generously made by Temple members and friends fall under the realm of personal information. Therefore, if you object to your donations being published in the Temple Newsletter, please let us know and we will cease doing so (Mail or Email your wish to be omitted from the published list). In Gassho, Temple Board of Directors