

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:

- Sun. April 5, Dharma School 10am
- Wed. April 8, Intro to Buddhism 6:45pm
- Thurs. April 9, Temple Exec Meeting 7pm
- Sat. April 11, Temple Yard Clean-up 8am
- Sun. April 12, Hanamatsuri, Dharma Shotsuki and Sarana Affirmation 2:30pm
- Wed. April 15, Intro to Buddhism 6:45pm
- Thurs. April 16, Chow Mein Prep. 6pm
- Fri. April 17, Chow Mein Prep. 6pm
- Sat. April 18, Chow Mein Prep. 8am

Monthly Memorial

- Miss Hanayo Ueda
- Mr. Masajiro Taniguchi
- Mr. Jusaku Yoshihara
- Mr. Shojiro Kimura
- Mrs. Tora Shiosaki
- Mr. Masakichi Nishi
- Mr. Shinichi Nakayama
- Mrs. Taka Tsuji
- Mrs. Tomechiyo Teramura
- Mr. George Nishi
- Miss Tsuyuko Nakayama
- Mr. Shigeharu Nishi
- Mr. Genzaburo Tamagi
- Mr. Yoshitaro Kitagawa
- Mr. Shigeto Kimura
- Mrs. Ume Tatebe
- Mrs. Setsuyo Tashima
- Mr. Yoshitaka Wada
- Mr. Carl Nishi
- Mr. Doug Mori
- Mr. Atsushi Sugimoto

Special points of interest:

- Sun. April 19, Chow Mein Prep. 8am, Pick-up 1-3pm
- Wed. April 22, Intro to Buddhism 6:45pm
- Fri. Sat. Sun. April 24, 25, 26, JSBTC AGM in Steveston

Clean-up Altar Toban

- M/M Ken Yamada
- M/M Isao Terai
- Yoshiko Ueda
- Anne Stack
- M/M Kaichi Uemoto
- Derek Mayeda
- Crystal Naka
- Tammy Nishi
- Naoko Nakamura
- Deepu Mirchandari

We still have mochi, and udon left in our freezer, plus our famous Apple Pies! Your Support means lots!

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Special points of interest:

- Sun. April 26, Dharma School 10am
- Wed. April 29, Intro to Buddhism 6:45pm

Service Chair & Naijin Prep Workshop

Date TBA—Contact Geneva Cavanaugh
Interest is high, get your names into Geneva, expand your knowledge of our practices—In Gassho



From Sensei: Living Life Without Regrets

March is now drawing to an end, and we are looking forward to Hanamatsuri. Our Dharma School students are preparing for the Hanamatsuri concert, and have been practicing for it after Dharma School.

Hanamatsuri is always a wonderful celebration for us. Here in Kelowna our Dharma School has a special tradition that has been followed for many years. During the morning, Dharma School students visit Kelowna General Hospital and a number of Care Homes, delivering spring flowers and good wishes to hospitalized patients. The girls are usually dressed in Japanese kimonos. Their warm good-will wishes and gift of daffodils are always well received.

The Kelowna Dharma school is quite unique from other Temples since everything is conducted by the Dharma school students, from bell-ringing, to chairing the Service, reciting various readings, leading the meditation, collecting the offertory, chanting Sho-shin-ge in English, and managing the gatha music selections. They are an amazing group of young people. They have been nurtured by caring teachers, and have been building their knowledge and understanding of Buddhism to include the Three Dharma Seals, Four Noble Truths, Eightfold Path, Six Paramitas, Seven Patriarchs, Amida's 48 Vows, and the Essentials of Jodo Shinshu. Watching their progress is inspiring for all of us. They are all eager learners, who absorb information like sponges, and who are able to offer interesting ideas during our Dharma-school talks.

We hope that they will acquire a good foundation from Dharma school that will help them in their future lives.

I heard an interesting story. If you have 5 problems in a math test that must be solved within an hour, how would you go about it? You would probably start with the easiest question. Once it is solved and you know that you will get some kind of grade, you will be able to concentrate on the next-most-difficult question. Leave the most difficult question until the very last, if you still have time remaining, try your best. This is probably the way we have all been taught to take a test in school. However, the big test that you will receive in life must be solved in

exactly the opposite order. If you leave the most difficult question until the very end, there is no assurance that you will have time to solve it. This is how life is. No one can foresee when the bell ending this big examination called life will ring.

I recall an interesting survey of elderly people that was recently done. People were asked "if you could live your life all over again, what would you do differently?" Among the different answers, these three answers came back most frequently:

1. If I could live my life over again, I would reflect more.
2. I would risk more.
3. I would do more things that would live on after I am gone.

How then do we live our lives without regret? William James a founder of the psychology of religion asked the question "what is the chief concern of human beings?" He said that one of the important answers is "happiness." How to gain, how to keep, how to recover happiness is at all times the main motive for all people. From a spiritual perspective, this is rooted in peace of mind.

How can we attain peace of mind, and live our lives without regret? I believe that if our life can be sustained by the power of Amida's vow coming from the centre of our lives, we can come to realize that our existence here on earth is sustained by the love and compassion of the Immeasurable Life. Our life is indeed a priceless gift to be cherished.

Once we awaken to the great compassion of Amida Buddha we can fully appreciate the significance and infinite worth of each moment of our existence: The following were Shinran's words of appreciation written during the latter stages of his life. "***Wholly sincere, indeed, are the words of truth that one is grasped, never to be abandoned, the right dharma all-surpassing and wondrous! Hear and reflect, and let there be no wavering or apprehension.***"

In Gassho, Rev. Yasuhiro Miyakawa

Everything You Wanted to Know About Chairing a Service, But Were Afraid to Ask...

In late April, the Kelowna Buddhist Temple will be hosting a series of three learning sessions for people who are interested in learning about chairing services. This is helpful for those who are new to chairing services, those who currently act as chairpersons but want a fuller understanding, and to those who are interested in learning more about our traditional

Jodo Shinshu practices at the Temple. The dates and times will be announced when we have an idea of how many will participate. If you wish to learn more, please contact the Temple by phone or email and leave a message with your name and contact information for Genevra Cavanaugh.

Book Store!

Kelowna Buddhist Temple is planning on opening up a new and used book store for books on or related to the Buddha Dharma. We are also planning on selling gifts, buddhist jewelry, etc. For more info on this project, please keep checking the web site.

If you have any books, or original Japanese items in good condition that you would like to donate please contact : Shirley Tanemura at (250) 762-2653

Thank you, KBT Executive Board

Message from the Editor

I was donating blood the other day, it takes a little time out of your day and just a quick prick like being pinched (but the feeling only lasts a second), I really don't think about the potential life's that might be saved with my donation. For me the reason why I do it is more a feeling that I'm doing something that is "just the right thing to do" – nothing heroic or life altering, my thinking is it is more just something you do if you can. I believe this is why I help with the Temple as much as I do, it really isn't my deep interest in Jodo Shinshu Buddhism and the burning desire to understand Buddhism... it is just the right thing to do. There are a lot of people more knowledgeable than I, have a keen interest in our Religion, attend Sunday Service regularly, and volunteer more than I do. There are also those that could volunteer, but prefer to sit back and watch others do the work. Far be it from me to judge anyone or justify the reasons you do the things you do, I'm just giving you my personal perspective of what is important to me.

There will become a day in everyone's lives when you will look back and reflect on what you could have done or should have done. Life shouldn't be about regretting decisions or even accepting poor decisions. Sure we cannot do anything to change the past, but we can help build and shape the future for not just ourselves, but potentially the life's of strangers that you will never know or meet, but will be totally thankful for your donation of a "pinch" of your time. I understand that we have many new followers, thanks to the "Introduction to Buddhism Classes" put on by Barb MacCarl and I hope to meet you all soon and welcome you to our small congregation. Understanding the culture and strange nuances is compounded by a membership that is lacking in physical form, for this I am truly sorry. For the Sangha to survive, we need to work harder to support those that arrive on the path of our Temple via any road, because it is "just the right thing to do."

In Gassho, jiro

Buddhism of the Heart

Open-mindedness means listening to other people's opinions and thoughts, including ones about yourself and your progress that you're not initially ready to accept. It means continuing to engage the program even when it seems like you're not getting anywhere, or when you think you don't have what it takes to get better.

Willingness means being open to change, and it mean trying to move ahead even when you can't see the light at the end of the tunnel.

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <i>Taiko Practice</i> 7pm	4
5 <i>Dharma School</i> 10am	6 <i>Taiko Practice</i> 7pm	7	8 <i>Introduction to Buddhism</i> 6:45pm	9 <i>Temple Executive Meeting</i> 7pm	10 <i>Taiko Practice</i> 7pm	11 <i>Temple Yard Clean-up</i> 8am
12 <i>Hanamatsuri, Dharma Shotsuki & Sarana Affirmation</i> 2:30	13 <i>Taiko Practice</i> 7pm	14	15 <i>Introduction to Buddhism</i> 6:45pm	16 <i>Chow Mein Prep</i> —6pm	17 <i>Chow Mein Prep</i> 6pm	18 <i>Chow Mein Prep</i> —8am, Jerry Takeda— <i>Lawn Mowing</i>
19 <i>Chow Mein Prep</i> 8am, Sales 1-3pm Pick-up	20 <i>Taiko Practice</i> 7pm	21	22 <i>Introduction to Buddhism</i> 6:45pm	23	24 <i>JSBTC AGM in Steveston, Taiko Practice</i> 7pm	25 <i>JSBTC AGM in Steveston, Jim Nishi</i> — <i>Lawn Cutting</i>
26 <i>JSBTC AGM in Steveston, Dharma School</i> 10am	27 <i>Taiko Practice</i> 7pm	28	29 <i>Introduction to Buddhism</i> 6:45pm	30	1	2 <i>Alan Yamaoka</i> — <i>Lawn Cutting</i>



2015
WORLD
BUDDHIST
WOMEN'S
CONVENTION

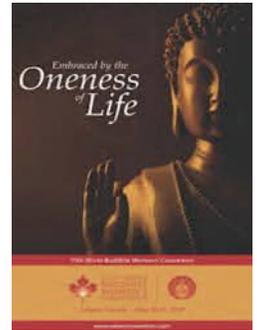
WBWC UPDATE April

2015

One month to go before the big event! The World Buddhist Women's Convention will be on May 30 & 31 in Calgary and it's so exciting to see people working together as "One".

In addition to the workshops described in the WBWC Update for March, here are the other diverse workshops to be held at the Convention:

- Rev. Miyakawa leading a workshop on Jodo Shinshu Buddhism in Canada
- Gagaku-kai of Hiroshima performance (Japanese Court Musicians)
- Dr. Gail Chin will do two workshops on Using Visual Arts to Study the History of Women in Japan
- Dr. Reg Crowshoe will be presenting two workshops on Oneness from a First Nations Perspective
- Lila Ho-Takeda leading a workshop on QI GONG: Moving Meditation
- Line Dance with the Japanese Centre Line Dance Group will be a workshop
- Rod Burylo will be doing a workshop on The Power of Oneness - Success and Fulfillment Through Interdependence



Commonly Asked Questions and Answers

Is there transportation between the airport and the International Hotel?

Yes, there is an airport shuttle to the International Hotel (link provided) however, depending on the number of people traveling together, a taxi may be more economical.

http://www.airportshuttlecalgary.ca/downtown_locations

<http://www.yyc.com/en-us/travellerinfo/groundtransportation/taxis.sedans.aspx>

Will there be transportation between the International Hotel and the Calgary Telus Convention Centre (CTCC)?

No, there will not be shuttle service available between the International Hotel and CTCC. A Google map below is provided to show the distance. It's a short walk outside but some of the older people may prefer using a taxi. The International is also connected via Plus 15 or walkways above ground to CTCC if the weather is poor.

Why are banquet attendees asked to bring 6 small gifts/omiyage (value of \$5 USD or less each)?

Because each banquet table will have 5/6 people from another district sitting with them (tables of 10), it was thought that it would be a nice way of sharing and making new acquaintances. The exchange of omiyage will be done at the tables after everyone is seated for dinner.

What are examples of "small" gifts/omiyage to bring for exchange?

For the Canadians, ideally, look for something Canadian or that represents Canada which would be nice for a man or woman – suggestions, something maple like candy, chocolate, craft, ice wine tea, key chain

How does one choose or select the workshops they want to attend?

There is no pre-registration to attend workshops. It is first come first serviced/general seating and each workshop will have a maximum number that can attend based on room space.

Are Canadians required to wear/buy the custom convention montoshiki-sho?

No. Attendees can wear existing or already owned montoshiki-sho for the services - it is not a requirement however, it is quite nice and a wonderful memento that can be worn after the convention is over too!

For more information, please visit our website at www.wbwcconvention.com

As proud Jodo Shinshu Buddhists and Canadians, let's come together as 'one' and be

"Embraced by the Oneness of Life"

行事案内

4月 5日(日)午前10時	日曜学校
8日(水)午後 6時45分	仏教案内
9日(木)午後 7時	仏教会役員会
11日(土)午前 8時	お寺境内掃除
12日(日)午後 2時半	花祭り、祥月法要
15日(水)午後 6時45分	仏教案内
16日(木)午後 6時	チャウメン準備
17日(金)午後 6時	チャウメン準備
18日(土)午前 8時	チャウメン準備
19日(日)午前 8時	チャウメン準備
午後1ー3時	チャウメンセール
22日(水)ごご 6時45分	仏教案内
24ー26日於・ステブストン	カナダ教団年次総会
26日(日)午前10時	日曜学校
29日(水)午後 6時45分	仏教案内

春を感じさせられる気候になり、もうすぐ4月、花祭りの日も近くなりました。そしてチャウメンセールと続きます。皆さん、よろしくお願ひします。

to do something, and that is called *paramita*. ... The Buddha said, ‘Don’t just wait for the other shore to come to you. If you want to cross over to the shore of safety, well-being, non-fear, and non-anger, you have to swim or row across. You have to make an effort.’”

This is a great month leading up to Hanamatsuri, the commemoration of Sakyamuni Buddha’s birth. We have now begun to learn about the Fourth Paramita, Virya. Virya means diligence, energy, and sincere effort. One of the ways we are learning about Virya is through learning Taiko together. In our first session, we learned from our teacher that Virya comes from within us, and that it builds as we practice it. After just one Taiko session, it is obvious that diligence, energy, and effort are required to play the wonderful Taiko song we are learning. It is easy to let the mind wander off into expecting to play perfectly without the focused attention and patient practice that it takes to learn something new. That can take your energy away from what you are trying to do. Listen! Listen! Let the sound of the drum call your attention back to the present moment, to the feeling of new learning as it arises, and to the energy of the group working together. Virya generates faith and skilled practice; and faith and skilled practice generate Virya.

In Gassho,
Genevra

If you have thoughts and stories to share with the Kids’ Sangha and Dharma School, you are invited to correspond with us at KidsSanghaKelowna@gmail.com

Spring Chow Mein

April 19th, Pick-up between 1 and 3pm
Chow Mein \$7.50, Sushi \$5, Gyoza \$3.50
kbtchowmein@gmail.com
Or call 250-860-2980 or 250-762-2653

Kids’
Sangha

This is an article especially for the Dharma School kids and their families.

The Six Paramitas are a basic Mahayana teaching that give us guidance for our actions in daily life. The Chinese character for “paramita” means “crossing over to the other shore”. In the wise words of Thich Nhat Hanh, a great Buddhist teacher, “We are on the shore of suffering, anger, and depression and we want to cross over to the shore of well-being. To cross over, we have

The Woman’s Association is putting together a Temple History Board to display at the World Women’s Conference in Calgary... they are requesting your help in submitting photo’s depicting our glorious past. Please submit your pictures via email to mkhat@telus.net or leave in envelope (with your name) in board office at Temple, they will be returned once they have been scanned. In Gassho

Springtime Musings on Gratitude:

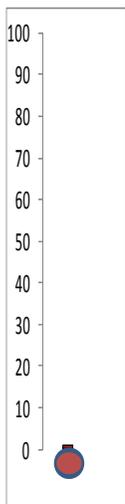
As today is the first day of Spring it seems like a good time to reflect on gratitude. As Canadians we are often anxiously awaiting the arrival of Spring when shovels can be put away as can the Winter clothes. During the Winter I some times wonder how it is possible that growth can take place again when looking at all the snow. For a week now I have been watching the Irises beginning to grow in our yard. I have also enjoyed the warmth of the sun on several occasions and have been riding my scooter since the last week of February ! A week ago I actually saw a honey bee land on the handle bars of my bike and it had large amounts of pollen on its legs! Where it found the source of pollen I have no idea as I have not seen any blossoms any where. This was truly a wonderful sight and very timely as I had just finished a discussion regarding unexplainable events in one's life. I truly see Springtime as being a wonderful time of year.

This Winter I also had an opportunity to reflect on gratitude. I had a reoccurrence of atrial fibrillation after 12yrs of regular heart function and had to go to the emergency department at KGH. While in the hospital one of the cleaning staff commented that it was really unfortunate to be in hospital on Christmas day. I did not feel that way because I realized that I was very fortunate to have easy access to a hospital and to have competent medical staff to help me and also that they were working on Christmas Day. I also realized that I was getting a refresher course in impermanence. Over the next two months I received assistance from my cardiologist and the folks from the Central Okanagan Association For Cardiac Health. I have much to be thankful for. Namu Amida Butsu. Michael Martin

April 12th—2015 a day to remember

The Sarana Affirmation Service is a solemn service, following a tradition dating back to the time of Shakyamuni Buddha. Men, women and children who aspire to lead the Buddhist way of life are invite to take refuge in the Three Treasures of the Buddha, Dharma and Sangha. Jodo Shinshu Buddhists have this opportunity to affirm their aspirations to follow the Buddhist way of life and to enter onto the path of Shinran Shonin's teachings. As part of the ceremony participants will receive a Buddhist name (homyo). Please join us for Hanamatsuri, Dharma Shotski and "a day to remember" as several individuals undergo a Sarana Affirmation Service conducted by our resident minister Rev. Y. Miyakawa.

I have not come, I have always been
 Like gentle rippling waves
 Lapping at the armour of your ignorance
 Asking you to lay it down
 And allow my warmth to embrace.
 The worlds are watching....
 This human life, so fleeting and frail
 To put to use, to learn,
 To come before Me
 With entrusting heart and child like faith
 The desire in your heart for goodness,
 Allows you to hear
 The path of enlightenment and bliss
 Through infinite compassion,
 Allow Me to show you
 The beauty that can only be comprehended
 By becoming One.
 I have waited throughout eons
 For you to learn, to seek
 Your innermost desires
 To find purpose in form,
 Many more eons I may wait,
 But each time you come
 And say My Name,
 The worlds rejoice
 And one human life shines.



Help us reach our goal of \$85,000

Category is available for on-line donations or when you make your cheque out, please specify "Building Fund" - The Temple Executive is trying to set aside funds for future capital expenditures that will become necessary as the building ages.

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

Correction: Incorrectly listed Donations made by Morio and Jane Tahara—should be \$300 Membership—
In Gassho

Fujinkai Shinbokukai

Jerry Takeda \$20

Dharma Shotsuki

P. Tanaka/R. Suzuki (In Memory of Shizue Hatanaka) \$20.00

Terada, Mrs. Florence (In Memory of Tatsujiro Terada) \$20.00

Suzuki, M/M Tosh \$20.00

Sugie, M/M Sam (In Memory of Father S. Sugie) \$20.00

Koga, Mrs. Carol (In Memory of Tatsujiro Terada) \$30.00

P. Tanaka/R. Suzuki (In Memory of Tokuichi Tomiyama) \$30.00

P. Tanaka/R. Suzuki \$30.00

Yamaoka, M/M Gerry (In Memory of George Hayashi) \$30.00

Tanemura, Shirley \$40.00

Tomiye, Reg \$40.00

MacCarl, M/M Kent \$50.00

MacCarl, M/M Kent \$50.00

Hayashi, Mrs. Shizue (In Memory of George Hayashi) \$50.00

Martin, Michael \$50.00

Tanaka, M/M Herb \$50.00

Brown, Gail (In Memory of George Hayashi) \$50.00

Memorial

Russell, Doreen (In Memory of Toshio Yamaoka) \$30.00

Russell, Doreen \$30.00

Yamauchi, Kuniko (In Memory of Father) \$30.00

Budo, Misao (In Memory of Honzo Budo) \$50.00

Budo, Misao (In Memory of Harue Budo) \$50.00

Budo, Misao (In Memory of Roy Budo) \$50.00

Terada, Nagatoshi (In Memory of Dad) \$50.00

MacCarl, M/M Kent \$50.00

Newsletter

Russell, Doreen (In Memory of J. Yokota) \$50.00

Budo, Misao \$50.00

MacCarl, M/M Kent \$50.00

Mayeda, Mr. Derek \$50.00

Sugie, M/M Sam \$50.00

MacCarl, M/M Kent \$50.00

Nirvana Day

Tomiye, Mr. Reg \$20.00

Takeda, M/M Jerry \$20.00

Hatanaka, Ms. Maureen \$20.00

Favell, Mrs. Joyce \$20.00

Tanemura, Mrs. Shirley \$25.00

Tanaka, M/M Herb \$30.00

P. Tanaka/ R. Suzuki \$30.00

Stack, Mrs. Anne \$50.00

MacCarl, M/M Kent \$50.00

Special

Suzuki, Mr. Tosh \$20.00

Yamaoka, M/M Nob (Keirokai) \$30.00

Sugie, M/M Sam (Keirokai) \$30.00

Uemoto, M/M Kaichi (Keirokai) \$30.00

Delport, Jeanette \$30.00

Tanemura, Mrs. Shirley (Keirokai) \$40.00

MacCarl, M/M Kent \$50.00

Hayashi, Mrs. Shizue (Keirokai) \$50.00

Yamaoka, Mrs. Misuko (Keirokai) \$50.00

Ogi, M/M Teruo (Keirokai) \$50.00

Terai, M/M Isao (Keirokai) \$50.00

MacCarl, M/M Kent \$50.00

Cavanaugh, Genevra \$50.00

Church, M/M Brian (Gratitude Pictures) \$125.00

Tanaka, Peggy (In Appreciation) \$200.00

Jerry Takeda (Building Fund) \$100

Sugie, M/M Sam (Building Fund) \$500.00

Membership

Nakamura, Ms. Naoko \$150.00

Mayeda, Mr. Derek \$150.00

Yamaoka, M/M Nob \$300.00

Uemoto, M/M Kaichi \$300.00

Terada, Mrs. Florence \$150.00

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