



Buddhist Thoughts

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OBON DANCE FESTIVAL

Japanese Food served from 1 pm
Snack Bar (hot dogs, snow cones,
drinks)

open from 3-10

Chapel Tours 2-7

Taiko Drum Exhibition 7:00

Japanese Folk Dancing 8:00

SATURDAY JULY 9

SALT LAKE BUDDHIST TEMPLE

211 WEST 100 SOUTH

FOR FURTHER INFORMATION

363-4742



WWW.SLBUDDHIST.ORG

A Life of Gratitude

J.K. Hirano

My father and mother, altogether two.
Parents of my father and mother, altogether four.
Parents of parents, altogether eight.
If I count in this way,
Back to ten generations, altogether, 1,024.
What about back to twenty generations?
To my surprise, over one million people.
From infinite past, a life rally baton has passed on.
Here, now I live with my baton.
This is your life!
This is my life!
River of Fire, River of water Taitetsu Unno

The Obon Festival is probably the most well known of our temple's celebrations. It is attended by many friends, both members and non members of the temple. Many of us have fond memories of Obons past. Even the Obon dance practices are as much a part of our Obon Festival, as the memorial services on Sunday and the actual dancing on Saturday.

It is the dancing that is probably the aspect that most of us remember. Year after year, I have stressed that the dance is not to be viewed as something to do because you are Japanese or want to take part in a cultural activity. It is a dance of Joy. The Bon odori is an integral aspect of the religious nature of Obon. In Jodo Shinshu, Obon is properly referred to as Kangi E (Gathering of Joy). It is the joy of living and recognizing our interdependence with those friends and family both living and dead, that have contributed to our being here.

No matter where you go, if there are Japanese Buddhists living in the area, there will probably be an Obon Festival of some sort. The actual name for the holiday is called Bon. The "O" is added as an honorific. The dancing is called bon odori. All of these traditions are traced back to the Ulumbana Sutra, which relates a story about one of Shakyamuni Buddha's disciples. This disciple, Maudgalyayana or Mogallana in Pali, was said to be

the most gifted of the Buddha's disciples in the area of sense perception.

Within the Sutra, it is said that after Mogallana's mother's death, he became very concerned about her next existence. Using his extraordinary powers, he found that his mother had been born into the realm of Hungry Ghosts. Seeing his mother's suffering, using his powers, he tried to send his mother food. However, each time she would put the food to her mouth, the food would burst into flames. Not knowing what to do, he went to the Buddha for guidance.

The Buddha explained his mother had been born into that realm as a result of the selfish yet loving actions she had done for the benefit of Mogallana. To help his mother, Mogallana would need the assistance of all his fellow monks, the Sangha. Mogallana was told to bring offerings of food from land and sea, along with sweets piled on a platter as an offering to the Sangha at the end of the Pravaraana. The pravaraana was a period of retreat for the Buddha and his disciples during the rainy season in India. This period was from the 15th of April to the 15th of July by the western calendar.

After Mogallana had made the prescribed offerings, his mother and seven generations of his ancestors were relieved of their sufferings. Mogallana was so overjoyed that he clapped his

hands and danced for joy. This is said to have been the beginning of the Bon Odori (Bon Dancing).

The first Obon is said to have been held in China in 538 C.E. As Buddhism traveled from China to Korea, from Korea to Japan and now into the United States, the meaning and type of festivities have evolved depending on the culture of the country.

I have had the fortune of attending many different Obon dances and services. Before my assignment to the Salt Lake Buddhist Temple, I was assigned to the San Jose Buddhist Temple. Their Obon is held over two weekends, one for service, one for festival. I remember the manpower list for Obon had the names of almost 1,000 people. All of the city's dignitaries and politicians would ask to have some time to at least say a short welcome to the people in attendance on one of the days. It was quite an occasion.

A similar festival was held the following week at the San Jose Buddhist Temple's neighbor temple, the Mt. View Buddhist Temple. They also had a food bazaar and games as part of their Festival. They didn't have quite the membership of the San Jose Temple, yet their bazaar was at least as big. The way they were able to put on such a huge Bazaar was that families were responsible for each of the booths, whether or not the family members belonged to the temple, they would come year after year to work in their families' booth. When I say they were large food bazaars, when I was there over ten years ago, they would gross about \$200,000.00. That's a lot of Japanese food over two days.

In California, from late June to early August, every weekend is an Obon Festival somewhere. In Southern District, which is around the Los Angeles area. The District decides upon the dances to be danced at all the Southern District Obons. There are some people that go from Obon to Obon.

In the middle of August the Las Vegas Buddhist Sangha, holds an indoor Obon at a local High School Gym. At the parking lot, you will see many, many buses filled with Buddhist Women's Associations (Fujinkai) from all over Southern California. The dances are done in the early afternoon, bentos pre-ordered and by mid afternoon, the Obon season is over, with the Fujinkai ladies

enjoying themselves in the cool comfort of the Las Vegas Casinos.

While on the big island of Hilo in Hawaii. I had the chance to attend an Obon Festival at one of the temple's there. It was much smaller than ours and had the feel of a neighborhood block party. Many of the participants were dressed in shorts and hapis. The dances were much more simple than those that we dance at our Obon. The food for sale was hot dogs, shaved ice and a few other items. It had a much more intimate feel. In Hawaii, the various Obon Dances begin in mid June and continue on through August. There are various Bon dance clubs throughout the islands.

One year, I had the opportunity to dance at the Nishi Honganji Obon. It has the yagura in the center of the parking area next to the Honganji compound. The tone of the dances seemed much more somber than here in the States. Rather than recorded music, there were various people singing on the yagura with people dancing around it. The dances are different than what we are familiar with at our Obon. For that matter, each area I have been to has added their own flavor or sense of celebration to this festival. Yet the heart of each of these celebrations of life, is to express gratitude.

As the quote I began with states, each of us is the result of thousands, even millions of lives. Within the threefold refuge that we recite every Sunday, the first lines read, "Difficult is it to receive a human form, now we are living it. Difficult is it to hear the Dharma of the Buddha, now we hear it." With Obon we have the opportunity to remember all those lives that have allowed us to receive this human form. Please join us in expressing gratitude for this life we each have. Namo Amida Butsu!

President's Message

Paul Terashima

The Obon will be held July 9. David Sekino and Bruce Fong co-chairs for this fundraising event will need volunteers, so please help. The Salt Palace have let us use their parking lot that enters on 200 south. The

gates will open at 7:00 a.m., so we will be able to park there. Please use their parking lot, that way we will have more parking for the public.

Many people have wanted a Temple directory. The Temple Board would like to make a directory of the Sangha members. Since there is the privacy act, we would need the member's consent to have their name, address, telephone, cell phone numbers and E-mail address. This information will be given to only Sangha members that request the directory. This directory is just for Temple use and not to be given out for solicitation. If you would like to be included in the directory, please fill out this form and return it to the Temple.

Name
Address
Phone/cell
E-mail

The winners for the 2005 Special Awards are Jan-Richard Matsuno, Feb- Dr David A Lusty, March-Al Tokunaga, April-Richard Sekiguchi, May-Reiko Mitsunaga and June –May Matsuda. Thank you all for supporting the Special Awards.

BWA News Yoshiko Uno

We held our Eshinniko Service and Luncheon on June 12th. We invited Cassandra Van Buren, Kristine Clifford, Carmela Jevellana, Geraldine Chappell, Karie Minaga-Miya, and Donna Sato. We also welcomed them at our service. Our luncheon was held at the Golden Dragon and we had about 40 people attending. Good food and conversation was enjoyed by all.

Our **Obon Festival will be July 9th**. We will be preparing the sushi to sell. On **Friday, July 8th** we will need help in the preparation from **8 AM** and on **Saturday, July 9th** we will be starting to roll

the sushi from **7 AM**. Any and all help will be welcomed. We will also need help with the somen.

The **Mountain States Conference is being planned for July 29-31**. It will be in Park City. We are planning a break-out session addressing health issues that by our being Asian, puts us in a high risk category. Dr. Brian Fukushima will address this topic. Hoping you will join us for fun and relaxation at a resort setting.

Information on this conference and the **Federation of World Buddhist Women's Assoc. Conference in Hawaii, September 1-3, 2006** has been posted on our website by Cassandra Van Buren. We want to thank her for helping us with our website..

We'll have our annual **Steak Fry on August 14th, 4 PM - Central Terrace, Sugarhouse Park**. Members will be asked to bring side dishes. Hoping you will be able to join us.

The **BCA Federation of Buddhist Women's Assoc. Conference will be held in Fresno, CA on October 7-9**. We are hoping there is enough interest that a group of us will be able to attend together.

Hoping you'll join us in work and play.

BWA Donations

Yuriko Dennison

Chiyoko Nishimura	\$5.00	Special
Yukie Okubo	\$20.00	Special
Shigeru Sasaki	\$500.00	In memory N i s h i e Sasaki
Grace Oshita	\$500.00	In memory F u j i m o t o Family
Yukie Okubo	\$50.00	Eshinni-ko

Grace Oshita	\$30.00	“	”
Connie Sakashita	\$30.00	“	”
Yuriko Dennison	\$30.00	“	”
Junko Mitsunaga	\$30.00	“	”
Elsie Doi	\$25.00	“	”
Takeko Doi	\$25.00	“	”
Ruby Doi	\$25.00	“	”
Maxine Furubayashi	\$25.00	“	”
Yuriko Iwamoto	\$25.00	“	”
Grace Kasai	\$25.00	“	”
Terry Fujinami	\$25.00	“	”
Tomiye Ishimatsu	\$25.00	“	”
Jeanne Konishi	\$25.00	“	”
Jane Sakashita	\$25.00	“	”
Shizue Nakagiri	\$25.00	“	”
Yoshiko Uno	\$25.00	“	”
Chizuko Ishimatsu	\$25.00	“	”
Frances Akimoto	\$25.00	“	”
Kazuko Yakumo	\$25.00	“	”
Masako Iwamura	\$20.00	“	”
Kathy Terashima	\$20.00	“	”
Lynne Doi	\$20.00	“	”
Dot Richeda	\$20.00	“	”
Ayako Tohinaka	\$20.00	“	”
Takako Young	\$20.00	“	”
Setsuko Nagata	\$20.00	“	”
Miyuki Nakano	\$20.00	“	”
Takae Nakamura	\$20.00	“	”
Chic Terashima	\$20.00	“	”
Aki Chow	\$20.00	“	”
Eunice Yamane	\$15.00	“	”
Tammy Kuramoto	\$10.00	“	”
Chie Sugaya	\$10.00	“	”

Jr. YBA
 Christy Fong

Jr. YBA Chow Mein Dinner
 June 25, 2005

The Jr. YBA would like to express their appreciation to everyone who helped to make the Chow Mein Dinner a success. The participation well exceeded our expectations and we were grateful to so many people.

Many thanks to the Jr. YBA and Sr. YBA

families that worked diligently throughout the day. Special thanks to Sharon Matsuura and her daughters and Connie Sakashita who volunteered their time unhesistantly, and to all the kids who chopped, served, and cleaned up without complaint! Thanks to all those brave enough to try Karaoke - such talent we have among us!

Special thanks to the following for their generous donations:

- Paul Imamura - Quality Produce - Produce
- Dru and Joni Sueoka - Bean Sprouts
- Gordan Terakami - Karaoke
- Pagoda Restaurant - Char siu
- Tanitz Baking Company - Fortune cookies
- Lynn Aoyama - House of Bread - Bread basket
- Maya Chow - assembling and gathering of items/baskets
- Yoshiko Glenn - Soaps & Lotion basket
- Denise Flamm - Canyon Oaks Products
- Dave & Erin Sekino - Assorted Baskets
- Bruce & Christy Fong - Assorted Baskets & crafts
- Jennifer Fong - Two Fleece Quilts
- Wes & Debbie Koga - Beach basket
- Andrea Hall - Chocolate gift basket
- Paul and Karen Seo - Ice cream tubs
- Karen Tohinaka & Brenda Koga - Projector and screen for slide show
- Grace Oshita - \$100.00
- Steve and Jani Iwamoto-Fukumitsu - \$20.00
- Todd Matsuda - \$20.00
- Marie Hirabayashi - \$15.00

Over \$2,000 was earned due to everyone's involvement and contributions. The money will go towards helping fund another trip to meet other Jr./Sr. YBA youth.

Another (hopefully helpful) Book Review

Kristine Clifford

Buddhism for mothers
A calm approach to caring for yourself and your
children
By Sarah Napthali

When I began reading about Buddhism several years ago, one thing I found missing in the general dialogue was the aspect of motherhood. I wished I could find a Buddhist way that would include my whole family especially my young daughter Anna. Buddhism seemed to be this wonderfully philosophical and meditative practice that was meant only for those who could sit quietly for at least an hour or two a day. And for anyone that I knew especially moms sitting for just 2 minutes was next to impossible. When I started to read Buddhism for Mothers, I expected some fluffy quotes and quaint anecdotes. I was surprised to find the content to be a serious study of direct quotes from the Buddha's teachings applied to a mother's concerns such as anger, loving relationships and self image.

The author is sensitive to the time limits of a mother and offers a quick synopsis at the end of each chapter. So that references can be made instantly and you can and go back for more later. My favorite chapter was the one about meditation, (a big hurdle for me). It suggests that we use our menial tasks (the no brainers) as a time to strengthen our minds. For example, when you fold laundry, just fold the laundry; don't think about anything else, even if it's for just one shirt, or a towel, just fold the towel without thinking about the groceries or about how sick you are of folding laundry. This type of meditation practice has helped me find some peace in my life and has helped me not feel out of control, but centered.

The author also includes letters from other Buddhist mothers who give detailed accounts of practicing Buddhism while mothering. Reading other mother's experiences keeps the material from getting to sterile or inflexible; there is a lot of diversity and you can find yourself in many of the stories that are shared.

This is a very good book for any Mom but not to be excluded from other care takers such as fathers, grand parents, or kids taking care of parents,

etc. It will help increase your inner awareness and enhance what you do for yourself and those who you love so much.

Hatsubon 2005

James Konishi
Susie Nakai
Frank Harada
Betty Yamaguchi
Hiro Ikegami
Kae Shimizu
Doris Matsuura
Kumeno Namba
Taro Sudoko
Nishie Sasaki

We hope that the families of these individuals will join us for the Hatsubon service on July 10, 1:00 pm

Shotsuki Hoyo

*service will be held in conjunction with the
Hatsubon/Bon hoyo on Sunday, July 10, 1:00pm*

Deceased	Date of Death	Next of Kin
Beppu Yoshio	7/25/55	Jane Sakashita
Fujii Daiji		Amy Tomita
Hasegawa Masuta	7/1/81	Otome Hasegawa
Kameda Tasaku	7/14/84	
Konishi Becky	7/14/91	James Konishi
Konishi Isamu Lawrence	7/1/91	James Konishi
Matsuda Kanji	7/1/63	Dick Matsuda
Matsumiya Kaoru	7/1/54	Sego Matsumiya
Matsumori Tome	7/12/86	
Matsuura Yosaku	7/31/40	Doris Matsuura
Mochizuki Jiro		Jerry Mochizuki
Ogi Seiji		7/16 Tomoko Ogi
Ogi Takeshi	7/22	Tomoko Ogi
Nishida Roy Kazuo	7/10/03	Aiko Okada

Okino Shoichi	7/31/89	Kazuko Okino
Sanada Shintatsu Rev.	7/6/82	Tracy Roberson
Sasaki Shozo	7/73	Charlie Sasaki
Satomura Tome	7/20/86	Kimiko Mizuta
Sugino Kizo	7/28/52	Bob Sugino
Tohinaka Heizo	7/15/53	Sachiko Tohinaka
Yamaguchi Hoshiro	7/14/91	Mitsue Yamaguchi
Sumida Kimiyo	7/9/95	Barbara Mitsunaga
Tadehara Yukiyei	7/22/98	Amy Tomita
Roy Naosaburo Tachiki	7/16/01	Hanako Tachiki

July Toban

*Richard Doi	*Henry Kuramoto
Lynne Doi	Tammy Kuramoto
Craig Mayada	Shauna Mayada
Marcus Miya	Karie Minaga Miya
Bob Kasubuchi	Yoshiko Uno
Brian Mayeda	Diana Mayeda
