



# Buddhist Thoughts

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## Looking on the inside

J.K. Hirano

“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.”  
Shakyamuni Buddha

We will soon be coming back to the temple for our regular schedule of Dharma School service on Sundays at 10:00 a.m.. We will continue to hold our meditation service at 9:00 a.m. During the Summer, we have been holding a combination of meditation and regular services. We had a regular attendance of about four to five temple members with two or three visitors. I'm not complaining about the non attendance. There are some people that don't seem to care for the idea of meditation. And in some ways there is a stigma attached to meditating at our Jodo Shinshu temples. Over our temple's 90 plus year history, it has only been over the past two years that we have instituted a regular meditation service. It has only been over the past two years that we had services throughout the summer. I believe that eventually all of our BCA temples will be holding meditation as part of their temple's religious services.

Jodo Shinshu Buddhism's essence is found within the idea of expressing gratitude for the causes and conditions in our lives. The nembutsu (namo amida butsu) which is the heart of our practice is a response of gratitude for the compassion of Amida Buddha. This nembutsu is referred to as the great practice. This great practice was accomplished by the Bodhisattva Dharmakara during completion of his vows to attain Buddhahood and become Amida Buddha. With

his enlightenment, a path was opened for all sentient beings to attain their own enlightenment through the completion of this great practice. A Jodo Shinshu Buddhist's practice can be summed up in living a life of gratitude for Amida Buddha's great practice. This has resulted in the traditional service consisting of chanting of sutras, as an act of gratitude and listening to a Dharma talk, given by the priest.

However, times and needs have evolved over the past 90 years since our temple was established and 745 years since our founder Shinran Shonin passed away. In the past, the largest percentage of our temple and Jodo Shinshu's membership were individuals involved in an agricultural economy. The peasant classes of Japan did not have time for meditation neither did our Issei pioneers. They both physically struggled to support their families. Within this type of livelihood, they also developed a deep appreciation for the karmic nature of their existence. They learned to appreciate the small things in life that allowed them to survive. They sacrificed so that their families would have a material life better than their own.

As a result of all this hard work, the majority of our temple members no longer have to work in the fields in this manner. I would have to guess that 90 percent of our members belong to the

middle or upper middle economic class. As our economic life has prospered, I wonder about our spiritual life? I remember reading the diary of an Issei woman, who expressed gratitude for the flour and rice sacks that had pictures of flowers on them. She used these sacks for the material for the dresses she sewed for her daughters. The printed flowers on the sacks, allowed the dresses to have a little more color and style. How many of you have complained of the difficulty in finding a dress or shirt you liked out of the hundred or more hanging at your favorite clothing store? How many of your children have worn clothes home sewn from left over flour or rice sacks. It is indeed a different time and place.

As a result of this change in economic stature and social position, a new methodology concerning practice for Jodo Shinshu Buddhists is needed. In August at the BCA minister's summer research seminar held in Seattle, Washington, we had two very interesting keynote speakers, Rev. Ryusei Takeda PhD and Mr. Greg Krech. Dr. Takeda is a Jodo Shinshu priest and the director of the Center for Science, Humanities and Religion at Ryukoku University. Mr. Greg Krech is the executive director of the Todo Institute in Vermont and is one of the leading authorities on Japanese Psychology.

Rev. Takeda spoke on Jodo Shinshu and Religious Pluralism. In his lectures he emphasized the need to develop a new academic perspective of Shinran. He went so far as to suggest that Shinran become the eighth patriarch of Jodo Shinshu, not just our founder. This would show that Jodo Shinshu is a dynamic philosophy that moves with the time, rather than remaining static in a changing world. His talk was extremely inspiring especially coming from a professor of Ryukoku University. Ryukoku is one of the oldest Universities in the world and is a part of our mother temple, Nishi Honganji in Kyoto, Japan. With its long illustrious history, it is often considered very conservative in its religious views.

Greg Krech spoke on Naikan, which is a Japanese word meaning "to look within." It is a

type of self reflective therapy developed in Japan which focuses on our inner world. It has been used in Japan for addiction, prison counseling and many other areas. The emphasis is focused upon three questions that the individual asks themselves during therapy sessions. These questions are to be used in self reflection in regards to an individual in your life such as mother, father, spouse, etc.

1. What have I received from .....
2. What have I given to .....
3. What troubles and difficulties have I caused .....

There were some ministers that asked about the logical fourth question. "What troubles and difficulties have .....caused me?" Mr. Krech responded that this fourth question is no longer Naikan (looking within) it is Gaikan (looking outside). He said that each of us could spend hours even days finding troubles and difficulties that others have caused us. It is one of the roots of our problems in the first place. We tend to always look on the outside to blame others rather than look inside and find what have I received, given or how have I caused troubles to others. I thought to myself how enjoyable it is to monku (complain). I could complain about what others did to me, what I didn't get or don't have etc. And the more I do it, the more I want to do it. Yet, the result of this gaikan doesn't help anyone.

We may not have a tradition of meditation in Jodo Shinshu. However, the development of a means of self reflection on how much I have to be grateful for could only benefit each of us. Try this yourself, focusing on these three questions. I would guarantee that if you truly balanced what you have given in comparison to what you have received, your debt would be incredibly heavy. It may never be repaid, but it would surely benefit the world if we tried.

There are some people that will never give meditation a try. We all have excuses and in a very real sense, it is not required within Jodo

Shinshu. However, if you are someone that finds that their life seems a little empty, not materially, but spiritually. Adding meditation to your life, just might provide you with what you are searching for. Although the Dharma has not changed, our ability in seeing the truth in our lives have.

I look forward to seeing many of you again at our Dharma School, which will begin on September 17<sup>th</sup> at 10:00 am. We will also have a picnic on Sunday, September 10, at North Canyon Park in Bountiful, 3900 South, Bountiful Blvd. I hope that each of you will come to a new understanding of a life of gratitude. Namō Amida Butsu.

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## President's Message

Paul Terashima

July 8, 2006, the Temple held its annual Obon. It turned out to be a very successful event. We haven't gotten all the donations accounted for, but this year's event so far has grossed \$20,880.00. This accomplishment is due to the hard work of the Sangha. Thank you very much. Thank you Reiko Matsuura and Reiko Watanabe for helping me chair this event. Without their hard work and dedication, this event wouldn't be such a success. Thank you.

I hope everyone had a wonderful summer, even though it was so hot. Sept 30, 2006 is our Annual Food Bazaar. Mark Minaga is chairing this event for the third straight year. He has been doing a great job every year and I don't expect it to change. His co-chair this year is Gary Okamoto. This is Gary's second time. He CO-chaired with Mark two years ago. Thank you both for volunteering. It makes my job a whole lot easier. I hope when Mark and Gary call for your help, will take on the job they assign you. For those who do not get a call from them, we still need help all day Friday and Saturday. Please come and help to make this Fundraising Event a success.

During Obon practice, the weather was hotter than normal. It looked like there were more

people practicing dances this year. I hope the two new air conditioners help lower the temperature. With so many people it probably wasn't noticeable, but without the two new air conditioners, the gym would have been unbearable. They did help. The Building committee and the Temple board have replaced all the heating and air conditioning units in the Temple. They have replaced the flooring at the entrance, hall, classroom upstairs bathroom and the main stairs. This is all being done thanks to the Building Fund. Since the Temple is not moving, the Temple board decided to improve our existing Temple with this money. If you have pledged, but have not donated, the Temple can still use your money to improve the Temple's looks and replace worn out equipment.

Dharma school has been on vacation since June, so we've haven't had service. We haven't drawn any Special Award tickets. We will draw for June, July and August at the first Dharma school in September.

TOBAN for September \*Richard Doi, \*Henry Kuramoto, Lynne Doi, Tammy Kuramoto, Craige Mayeda, Shauna Mayeda, Brian Mayeda, Diana Mayeda, Bob Kasubuchi, Yoshiko Uno, Dot Richeda, Brian Fukushima and Tammy Fukushima.

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## BWA News

Yoshiko Uno

THANK YOU to all who helped to make our Obon Festival a great success. All our sushi and somen sold out. It is always heart warming when we don't have to reduce our prices. Many of our members worked Thursday, Friday, and Saturday morning in order to prepare all the ingredients. Gokuro sama.

Our August Steak Fry and outing was enjoyed by all who attended. About 95 members met and feasted on great food shared by our members. Thanks to Carl and Yuriko Dennison, Chiye Sugaya, and Ray Uno for helping with

supplies and corn; Fujinamis and Dois for setting up the tables; Ruby Doi and Takeko Doi for donating all the corn; Jane Sakashita for purchasing the sausage; Ruby Doi for purchasing all the steaks; and a special thank you to the Dois and Kuramotos for sharing the bounty of their gardens with all of us.

Brenda Koga and some of our members will be volunteering to help with the "Chilli Affair" on September 20th.

Don't forget our Rummage Sale on Saturday, September 16th. Any help in sorting and pricing beginning Thursday will be greatly appreciated.

We will hold our next meeting on September 17th to plan for our Food Bazaar.

Hoping you'll join us on the days prior to the Food Bazaar in preparing all the food.

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## Jr. YBA

Christie Fong

The Jr. YBA Bus trip was a tremendous success and wonderful experience for all participants!! We thank the temple members for their support in making this trip possible.

Our group was the first to have the privilege of touring and staying at the Jodo Shinshu Center. We thank Mr. Rich Endo for his efforts in making our stay at this wonderful facility possible.

We met with Berkeley, San Francisco, San Mateo and Palo Alto youth during our trip. We thank Kiyoshi Katsumoto, Berkeley temple President for organizing breakfasts during our Jodo Shinshu Center stay. We also appreciated the efforts of Susan Bottari, San Mateo temple President, and Carl Yanari, Palo Alto Buddhist President for arranging socials, lunch, and dinners with their youth. We had a terrific time at Great America with YBA'ers and advisors from across the Northern Bay Area! So many friendships and bonds were made in one day!

Our temple members would have been so proud of our youth! The California temple members commented that our kids were one of the most polite, well-behaved groups they've had visit their temples. Comments like fresh, energetic, open and friendly, were heard as they danced at both the Oakland and Palo Alto Obons. Compliments of hard working and helpful, were heard as they helped in cleaning the temples and volunteered assistance with clean up after the Obons. They truly represented our temple well!

To say "Thank You", we invite everyone to a complimentary Pancake Breakfast planned for October. Plan on joining us in October to re-live our adventure with us during breakfast.

We will take Scrip orders again next year with the first order being taken on September 24<sup>th</sup>.

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## Jr. YBA Trip

Kelsi Tohinaka

I really had fun on this trip to California because there were a lot of people close to my age this time. I thought the Jodo Shinshu Center was great! Plus the Berkeley Buddhist Temple gave us a great breakfast in the two mornings that we stayed at the Jodo Shinshu Center! The Oakland Obon was fun we learned new dances it was great!

The San Mateo Buddhist Church was fun because there we met a lot of kids. Then after we had lunch at the San Mateo church we went to the Palo Alto Obon with some of the San Mateo kids. When the Obon Festival was over, we helped clean up. And then when it was time to sleep, we all slept in the Hondo. It was an interesting experience, but it was fun. Some of us played cards, basketball, listened to music, and did Sudoku. We did that for two nights. The mornings were great. We had a big breakfast and everybody was so generous! The last night everybody was at the Palo Alto Church everybody was saying goodbye and nobody wanted

to leave! Finally we said goodbye. The next day we left on our long bus trip home!

This is an experience I will never forget. It was great and everybody was so nice. But the thing I will remember most is at both of the Obons the Salt Lake City people wore matching red happi coats. And when we didn't know a dance but the music was the same, we would just do our own dance and people would start trying to learn it and join in!

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## Jr. YBA Trip

Courtney Sugihara

I would like to start by saying thank-you to Bruce, Christy, Maya, and Brenda for inviting me to the Jr. YBA California bus trip with them, what a wonderful time I (and my mom, Grammy and brother Kevin) had - Thank you, thank-you, THANK-YOU! California was so much fun! I enjoyed every minute of it. On the bus ride over Andrew, PJ, and I stayed up and caught up with everything that's happened since Japan. We played cards, and took a couple pictures.

On our first day, we all went to Marine World and I got to go on a lot of really fun rides and see so many interesting shows with all kinds of animals. My favorite was the tiger training show!! It was so neat how they train with them.

Our stay at the beautiful Jodo Shinshu Center was an experience I'll never forget. My favorite part of the trip was when we met Matt, Tiffany, and Parker from the Berkley Temple and they went with us to China Town, and the Oakland Obon. We had so much fun dancing. We made the dances traditional and hip-hop!! Haha. Matt and I also made up a dance on how to put away the lanterns! It was the best night of my life! I got to meet so many people from San Francisco, San Mateo, and Palo Alto. Great America was really fun too!!

I loved the whole trip, the Obons, the theme parks, Japan and China Town, and making so

many new friends! It was all very fun!! I hope that I could do something like this again with my new friends from Salt Lake, and to meet new people!

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## Library Information

Yukie Okubo

NEW BOOK DONATED TO Library by MR. CHRIS OKI . BUDDHA'S APPRENTICES from the editor of Blue Jean Buddha. More Voices of Young Buddhists 2006 by Wisdom Publishing Co. edited by Sumi Loundon and forward by Sharon Salsberg. She has arranged the short essays by the contributors in contents as follows; So it is easy to read. You can read what appeals to you . 1.Teens 2.Twenties and Thirties 3.Relationships 4. Long time Buddhists 5. Looking Ahead. I read a few in each section, and went back and reading all of them. Each Essay was so different from anything I had ever read before. Writers who have lived all over the world who have come to America for various reasons a few have gone back. I wish to thank CHRIS OKI for his very thoughtful donation of this amazing book BUDDHA'S APPRENTICE to our library. I think his mother is Regional Director of Libraries in Elko Nevada. His Grandfather was MR HOSHIDA the ( very big)man who was an active member of Sonenkai in the early 60's. Chris Oki has been , very quietly attending our Dharma School Services very regularly . He is student at the University of Utah and working part time. If you see him at service. be sure to thank him. for thinking of us. In the recent several years there are people who are looking for their own identity. Who Am I? What do I want to do with my life? Fighting is so Senseless and Destructive. Lets Choose a peaceful Path. We are all interdependent. The entire universe is so interdependent.

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YBA News

Shawn Koga

To have yet another successful year in the Y.B.A. Obon Snack Booth, many people had to volunteer their time and effort into bringing refreshments to festivities. For all their hard work we, the Y.B.A., would like to thank the following people for setting up, making signs, preparing snow cone syrup, and running/selling goods in the booth:

Brandon Kida, Cory Sakashita, Chad Tohinaka, Keith Chow, Michael Fong, Chris Taketa, Sydney Furubayashi, Nick Sueoka, Shawn Koga, Sean Sekino, Emily Iwasaki, Blake Akimoto, Kenny Fong, Sasha Witte, Andrew Sekino, Troy Watanabe, Damon Papac, Bruce Fong, and Debbie Koga.

The Y.B.A. would also like thank Christy Fong, Maya Chow, Debbie & Wesley Koga, Erin & Dave Sekino, Brad Kuramoto, Ryan Sueoka, and Troy & Judy Watanabe for donating things like hot dogs, gas & time to buy extra bags of ice, preparing the azuki beans, and purchasing the supplies.

Also, we would like to thank the countless others that contributed their time to bring another great Obon Festival.

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### BWA donations

Yuriko Dennison

Gary Koga	\$100.00	memorial Yoshika Hattori
Yukie Okubo	\$25.00	Health Seminar
Yukie Okubo	\$30.00	Eshinni ko

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## Dharma School Back-To-School Picnic

Sunday, September 10<sup>th</sup>, 2006

11 a.m. – 3 p.m.

Fun and games for all ages – all temple members invited!

North Canyon Park  
3900 South, Bountiful Blvd.

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### BWA Rummage Sale

September 16

9:00 am-4:00 pm

Drop Off and sorting days

Sept. 14 evening

Sept. 15 all day

Temple Member's Only sale

Sept. 15 from 4-7

For more information call  
Carmela Hirano 414-1336

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Japanese Church of Christ  
Akimatsuri

September 16, 2006

11am-6pm

**August/September**  
**Shotsuki Hoyo**  
 September 24, 10:00 a.m

<b>Deceased</b>	<b>Date of Death</b>	<b>Next of Kin</b>			
Akimoto Hideko	8/8/82	George Akimoto	Endo Yoshiko	9/10/87	Xan Matsuda
Akiyama, Takeo	8/26/85	Genevieve Akiyama	Fujii Naka	9/2/92	Ritsuko Hayashi
Doi Sekizo	8/27/67	Ichiro Doi	Fujinami Kichi	9/26/95	Mitsuru Fujinami
Hirase Torae	8/5/89	Eunice Yamane	Fukunaga Koma	9/27/92	Ben Fukunaga
Imada Izumi	8/2/52	Shizuko Imada	Hirase Hikotaro	9/11/53	Eunice Yamane
Kano Dessie	8/12/94	Lynn Kano	Inouye Mika	9/5/33	Miye Aoki
Kuwahara Alice	8/12/84	Arnold Kuwahara	Iwata Chubei	9/13/66	Tsuruko Imai
Matsuura Hana	8/26/45	Ken Matsuura	Kasubuchi Isa	9/12/68	John Kasubuchi
Ninomiya Tasuo		Yoshiko Ninomiya	Kasubuchi Otomatsu	9/19/28	John Kasubuchi
Sakashita Etsuno	8/24/73	Hiroshi Aramaki	Kato Kikuyemon	9/1/49	Dan Tsukamoto
Sakashita Fukutaro	8/2/55	Hiroshi Aramaki	Masuda Haruko	9/22/85	Edna Shiotani
Sakinada Shoji	8/29/85	Henry Haraguchi	Masuko Hisao	9/28/68	Matsue Kasubuchi
Sugita Denzo		Jerry Tsuyuki	Mitsunaga Masami	9/13/34	Hiroshi Mitsunaga
Taknaka Matsuzo	8/5/67	Takenaka Family	Mori Masumi	9/20/83	Marilyn Bouyer
Tersawa Kuniko	8/2/91	Kazuko Terasawa	Niwa Shozo	9/19/83	Pat Ninomiya
Akino Hideshima	8/14/00	Tad Hideshima	Ogi Toru	9/22	Tomoko Ogi
Fred Toshiyuki Seo	8/11/01	June Seo	Sudoko Kotomi	9/20/94	Jun Sudoko
Milja Park-Yea	8/12/01	Evelyn Matsumura	Takagi Michael	9/3/89	Nancy Takagi
Mitzie Tsuyuki	8/13/02	Mark Tsuyuki	Tsuyuki Kimiko	9/20/62	Jerry Tsuyuki
Wallace Doi	8/28/67	Mary Doi	Usui Fumiko	9/17/84	Nancy Hikoeda
Mitsuno Hata	8/11/88	Suzanne Hata	Endo Michiye	9/26/00	Stan Endo
James Konishi	8/25/04	Jeanne Konishi	Hiroshi Mitsunaga	9/24/03	Faye Eng
			Shizuye Susie Nakai	9/4/04	Eleanor Sasaki
			Hiroshi Ikegami	9/27/04	Rick Ikegami
			Carol Matsuura	9/29/97	Greg Matsuura

**September**

Akimoto Fukuichi	9/24/54	George Akimoto
Akimoto Setsuko	9/1/83	George Akimoto
Date Tsune	9/9/70	Hiroshi Mitsunaga
Doi Emiko	9/11/70	Ichiro Doi