



Buddhist Thoughts

Salt Lake Buddhist Temple: 211 West 100 South
Salt Lake City, Utah 84101, volume 16 issue 4
web site: slbuddhist.org

April, 2008
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The Realm of Gratitude

J.K. Hirano

Many things occur in human lives. But, whatever difficulties or sadness that we may have experienced, if we can look upon our lives as being rare and wondrous events, then we will truly have lived. If we are able to realize this realm of gratitude, in which we are able to live-and die-in gassho, then what else could we need?

Bearer of the Light, Jitsuen Kakehashi

This is the time of year when I really appreciate the idea of transformation and impermanence in my life. It is one of the fundamental teachings in Buddhism. All around me, the Earth calls us to wake up and see true and real life. The Spring flowers bursting forth out of the fallen leaves of Autumn. Life is born out of the debris and silent death that winter brings. The green grasses of Spring, seem to sing and stretch forth from the yellow sod. The Earth understands that in life there is death and life again.

However, we live in a world where permanence is stressed. We try to hold onto our youth, forgetting the knowledge that our age has given us. In our lives we are stressed out by the natural changes to our physical conditions. Shakyamuni Buddha proclaimed that birth, sickness, old age and death were the natural conditions of our lives. If we only focus and hold on to these four sufferings as problems, rather than natural occurrences, we may actually be wasting that which we are so fearful of losing, life itself!

Even after years of studying Buddhism and knowing of these truths, I put myself beyond

above it. As I watch the blooming of Spring, I seem to not want to acknowledge the browning and hardening of my own core. I must force myself to look at the change in my life. Where once there may have been a Spring, I am now facing the Autumn. In embracing this truth, I must acknowledge the changing world around me.

Critics of Buddhism often point to the first noble truth; "Life is suffering" as proof that our teachings are negative and pessimistic. This is an extremely shallow understanding of this truth. While this first truth points out the fact that in life there is suffering, the other three truths point out a way to alleviate these sufferings. In addition, the idea that life is suffering stems from a deeper existential dilemma; that for me to live, something else must die.

All of us would like to live a life without sickness. I believe this is an unattainable wish and there is so much we learn from our illnesses. As for old age, I find that as I grow older, I appreciate the fullness of what I am given, from the laughter of my children to the sound of my bones creaking in the morning as I awake. I am still alive! This realm of gratitude is the life of Nembutsu. It is the

impermanence of each moment in life, moving forward, that I am allowed to appreciate this life I have been given. Shakyamuni Buddha said, "Do not vainly lament, but wonder at the law of transiency..... Do not cherish the unworthy desire that the changeable might become unchanging."

As a result of this dynamic life force, which we Jodo Shinshu Buddhist's refer to as Amida Buddha's call, I am allowed to appreciate my life. In Japanese there is a word "Shoji". It consists of the characters for life and death. It expresses the knowledge that both are one. As something lives, it dies at the same time, moment after moment. Our life is Shoji.

I remember playing bubbles with my children, we laughed and enjoyed the beauty of the bubbles. They glowed in the light as they flittered along the wind. The beauty of the bubble is in their fragile nature, their glow as they are embraced in the light and the sound of my children at play.

Isn't the beauty of our lives and this life force, in knowing that we are all impermanent? To live forever would only mute the beauty and sound. Our lives are transformed moment after moment, living and dying, always embraced in the compassion of Amida Buddha. Let us try not to hold onto that which cannot be held onto. Life and death are one. As the Earth itself teaches us this lesson of birth and death, living and dying, let us live in the realm of gratitude. Appreciating both are essential aspects of who and what we are. This is the life of Nembutsu, this is the sound of Namu Amida Butsu.

Have you noticed how bright the Hondo Light (lantern) is?? On February 23rd, Jim Eng and his gang took the lantern down so we could clean and polish it. I would like to thank the following individuals for their help:

Takeko and Ichiro Doi Yoshiko Uno, Mits and Terry Fujinami, Mrs Kazuko Yakumo, Dot Richeda Kathy Terashima, Brenda Koga

A special thank you to Brenda for preparing a delicious lunch for us. Thank you to Wes Koga, Ernie Kyed and especially to Jim Eng and Gary Okamoto for changing the rice paper in the lantern.

On March 1st, the BWA prepared 25 Happy Meals (bentos) for the shut-ins. Thank you to Maxine Furubayashi for heading this project. Thank you to the following ladies for their help:

Setsuko Nagata Fran Akimoto
Takeko Doi Carmela Hirano
Junko Mitsunaga Sandy Iwasaki
Kazuko Yakumo Kathy Terashima
Reiko Matsuura Reiko Watanabe
Connie Sakashita Karie Minaga-Miya
Jane Sakashita Yoshiko Uno
Dot Richeda

Thank you to all the ladies for delivering the bentos to the shut-ins.

On March 2nd the BWA held their annual omigake (altar cleaning). Thank you to all the ladies for your help. The altar looks very nice. A special thank you to Ernie Kyed for helping dust the high areas.

At our last meeting, the BWA decided to hold our meetings on the first Sunday of each month. Please mark your calendar. Our next meeting will be April 6th.

Thank you for all your support

Faye Mitsunaga and Gail Minaga

It was another beautiful day for a “Winter Ski Party” at Brighton Ski Resort!! For the past few years, we’ve had mild, sunny days to enjoy our annual gathering and this year was no different. The Dharma School held their winter ski event on Sunday, March 9th, and everyone enjoyed the amazing weather, great food and wonderful friendships. Thank you to **Christy and Bruce Fong** and **Maya Chow** for organizing this fun-filled event for the Sangha and guests. A very special thank you to **Marcus Miya and Karie Minaga-Miya** for transporting the gas grills, tables and chairs to the resort and for providing their usage. We appreciate Miles Miya for coordinating the resort accommodations. Each year, these individuals work so hard to make this event so great!

Thank you to Sherrie Koga for organizing the Ohigan breakfast on March 23rd.

Hanamatsuri is fast approaching and all the Dharma School teachers and students are preparing diligently for their performances. The Hanamatsuri program will be held on April 13th. Ogden Hanamatsuri will be held on April 6th. Please come and join in these festivities.

Dharma School Brighton Ski Day and Barbeque

Christy Fong

The Dharma School families and friends were treated to another beautiful day for their annual Brighton ski/barbeque outing. About 120 individuals enjoyed skiing, boarding, and each others company during the barbeque in the sun!

We especially want to thank Miles Miya for making the arrangements with Brighton to allow the big gathering in the parking lot. Big, big thank yous to Marcus Miya and Karie Minaga-Miya for getting the barbeque grills, tables and assorted picnic gear up to the resort and helping with the cooking. Arigato to Karie Minaga-Miya and Maya Chow for helping to prepare the marinated steaks and to Caryn Yamada for making and donating her delicious chili. Thanks to all the families that contributed salads, drinks, rice balls, and treats for the lunch.

We look forward to next year and the annual end of the ski day snowball fight!! Let’s keep our fingers crossed that we continue to enjoy beautiful, sunny days each year this comes around!

Jr. YBA

Christy Fong

The Jr. YBA had a great time with the Sr. YBA for their Laser Tag social on March 1. Two rounds were played with Adults vs. the kids and the kids came out as the winners every time! Thanks to Maya

and the Sr. YBA for setting up the Laser Tag fun. The Jr. YBA headed back to the temple for a Pizza dinner and overnigher at the temple. Thanks to everyone for their contributions to endless eating through the night and the delicious breakfast in the morning. Much appreciation to Maya Chow for camping out with the Fongs to help supervise the group.

Save May 31st on your calendars for our Chowmein dinner. Tickets will go on sale in April.

Our next Scrip order will be taken on April 13th on Hanamatsuri.

Thanks to everyone for their continued support!

Temple Clean Up

April 12
Ernie Kyed

Temple cleanup will be April 12 this year. Please come join us to help make the temple and the temple grounds look nice for our Hanamatsuri celebration. This year, we have canceled the normal Toban group for April and are using our spring cleanup as sort of a "Super" Toban. Please come ready to work, we will begin at around 7:30 and hopefully will be done around lunchtime. By doing this every year, we keep the Temple in good shape. This year we will also be focusing on the West Wing. See you then!

YBA News
Maya Chow

Thanks to all who participated in the laser tag activity—the parents will challenge you again next year. We will be doing a service project for the Huntsman Center this month—details to come. The Denver YBA will be going on the Sunshine Trip in June. For anyone interested in joining the bus tour, please contact me. We hope to see you all in the Hanamatsuri program.

April Shotsuki Hoyo

April 13, 10:00 am

Deceased	Date of Death	Next of kin
Akimoto Landon	4/12/92	Dennis Akimoto
Akiyama Kiyoshi	4/28/39	Genevieve Akiyama
Arishita Ayako	4/23/00	Sam Arishita
Fujimoto Rae	4/20/97	Grace Oshita
Hachisuka Shiroku	4/4/69	Nancy Takagi
Imada Shizuye	4/24/51	
Iwasaki Kamesaburo	4/13/67	Dean Iwasaki
Iwasaki Toshimasa	4/9/98	Dean Iwasaki
Koga Ichizo	4/16/62	Sachiko Koga
Koga Shigeichi	4/20/62	Sachiko Koga
Konishi Toraye	4/30/88	James Konishi
Masuda Tatsuro	4/6/91	Hatsuye Masuda
Matsuura Chotaro	4/4/50	Genevieve Akiyama
Minakawa Harushige	4/13/70	Dean Iwasaki
Mitsunaga Shizuko	4/14/90	Hiroshi Mitsunaga
Oda Fumi		Shigeru Sasaki
Oda Hayano		
Sakashita George	4/2/75	Jane Sakashita
Sugihara Yoshio	4/12/86	Dorothy Sugihara
Tachiki Kayo	4/??/27	Roy Tachiki
Takenaka Yoso	4/9/95	Ben Takenaka
Taketa Shinobu	4/18/82	Shizuo Taketa
Okada Hito	4/5/84	Aiko Okada
Terashima Kiyoyuki	4/29/66	Kay Terashima
Mayeda Chieko	4/6/99	Ben Mayeda
Shizue Adachi	4/8/01	Tamiko Adachi
Hasegawa Miyuki	4/7/02	Paul Hasegawa
Chow Choy Lan	4/8/02	Chuck Chow

Sekino Lillian 4/17/02 David Sekino
Aoki Eva 4/2/03 Nob Aoki
Oishi Tai 4/25/03 Victor Oishi



Saturday, May 17

6:00 pm Trailers & Previews

7:00 pm "Hula Girls" Movie*

Food & refreshments sold
separately by Jr. YBA

Children's movies will
also be shown separately

● **Hot dogs** ● **Sloppy joes** ● **Popcorn** ● **Soda**

Suggested Donation: Family: \$10 Adults: \$4
Seniors: Free

Salt Lake Buddhist Temple

*Japanese movie with English sub-titles. 1965 setting in a rural northern Japan coal mining town.

FEBRUARY TEMPLE DONATIONS

Kozo & Hisa Minaga	10.00	Hoonko
Sherrie Hayashi	15.00	Hoonko
Beb & Ila Okada	50.00	Buddhist Thoughts
Reiko & Ken Matsuura	30.00	Hoonko

Ayako Tohinaka 25.00 Hoonko
Ayako Tohinaka 25.00 Nokotsudo
Yuriko Iwamoto 40.00 Hoonko
Sachiko Tohinaka 20.00 Hoonko

NEHANE DONATIONS

May Akiyama 20.00
Ichiro & Takeko Doi 25.00
Richard & Lynne Doi 25.00
Maxine Furubabyashi 25.00
Mits & Terry Fujinami 25.00
Mits & Terry Fujinami 25.00 pet memorial
Shizuye Nakagiri 25.00
Henry Hirano 25.00
Chizuko Ishimatsu 25.00
Brenda Koga 25.00
Reiko & Ken Matsuura 30.00
Mary Nakai 20.00
Setsuko Nagata 20.00
Yukie & Floyd Okubo 35.00
Grace Oshita 25.00
Reiko & Byron Watanabe 20.00

FEB SHOTSUKI HOYO

May Akiyama	25.00	Ken Nodzu	25.00
Chizuko Ishimatsu	25.00	John Kasubuchi	30.00
Ichiro Doi	25.00	Rhu Sueoka	20.00
Bruce & Christy Fong	20.00	Grace Kasai	25.00
Kay & Chic Terashima	25.00	Aiko Okada	25.00
Ruby & George Doi	25.00		
Misao & Elsie Doi	25.00		
Brenda Koga	20.00		
LaVerne Kyed	20.00		
Scott & Eleanor Sasaki	25.00		
May Koike	50.00		
Setsuko Nagata	30.00		
Tomiye Ishimatsu	25.00		
Byron & Reiko Watanabe	40.00		
Scott & Eleanor Sasaki	100.00	3 yr memorial for Frank Nakai	
Ivan Van Laningham	100.00	Special	
Takeo Iwamoto	25.00	Special	
Geraldine Chappell	25.00	In memory of Harry Tsutsui	

Gealdine Chappell 25.00 In memory of Mojiro Tsutsui
Yukie & Floyd Okubo 20.00 Buddhist Thoughts
Aiko Okada 100.00 Memorial for mother Hide Nishida

BUILDING FUND

SL Dharma Building Fund 10,000.00
Koyo Restaurant 100.00

DHARMA SCHOOL

Yukie Okubo 20.00 Special
Troy Watanabe 20.00 Birthday for Josh & Max
Mary Nakai 20.00 Goodie box
Elaine Fukushima Special
Henry Imamura Family 100.00 Special
Ruby Ushio Family 200.00 Mother's remembrance

MEMBERSHIP

Torao & Merry Nakagawa Carmella Javellana
Carl & Yuriko Dennison Kacie & Taylor Hirano
Sachiko Tohinaka Faye & Jim Eng
Takeo Iwamoto Marisa & Kyle Eng
Yuriko Iwamoto Mark & Gail & Matthew Minaga

JR YBA

Faye & Jim Eng 25.00 Food Bank activity

TEMPLE DONATIONS

Dean & Rise Hirabayashi 20.00 Joya-e
Dean & Rise Hirabayashi 10.00 Ethan's birthday
Marilyn & Lynn Shimada 25.00 Hoonko
Marilyn & Lynn Shimada 25.00 January Shotsuki Hoyo
Ivan Van Laningham 50.00 Special
Ken & Jean Kobayashi 25.00 Feb Shotsuki Hoyo
Koyo Restaurant 100.00 Building Fund
Setsuko Nagata 100.00 1 yr memorial for Shig Nagata
Bryan & Marie Nagata 40.00 Father's 1 yr memorial
Alan Nagata 40.00 Father's 1 yr memorial
Ivan Van Laningham 50.00 Special
Tachiki Family 500.00 Memorial for Hana Tachiki
Jerry & Keiko Mochizuki 20.00 Special
Hatsue Sasaki 100.00 In memory of Haruta Sasaki & Yvonne Sasaki
George & Fusae Nakanishi 100.00 In memory of parents, Chiyo & Jenzaburo Matsumiya
Aiko Okada 200.00 25th yr memorial for Hito Okada
Janet Thomas 125.00 49 day service for Ruby Ushio
Josephine Shiraiwa (CA) 50.00 Special

Yoshiko Uno 25.00 Memory of Amy Mayeda Brower
 Koyo Restaurant 300.00 Building Fund
 Grace Kasai 50.00 Hoonko

OHIGAN

Grace Oshita	50.00	Maxine Furubayashi	25.00
Misao & Elsie Doi	25.00	Chic & Kay Terashima	25.00
Richard & Lynne Doi	25.00	Ruth Aoki	25.00
Sherrie Hayashi	20.00	Nanae Taketa	25.00
Henry Hirano	25.00	Reiko & Ken Matsuura	30.00
Charlie Sasaki	20.00	May Akiyama	20.00
John Kasubuchi	30.00	Brenda Koga	25.00
Mark & Gail Minaga	25.00	Carmela & Jerry Hirano	100.00
Byron & Reiko Watanabe	25.00	Kazuko Yakumo	20.00
Ivan Van Laningham	100.00	Yukie & Floyd Okubo	35.00
Masami & Ritsu Hayashi	25.00	Dot Richeda	25.00
Rokuro & Miyuki Nakano	20.00	Tomiye Ishimatsu	25.00
Shizuye Nakagiri	25.00	Setsuko Nagata	25.00
Ichiro & Takeko Doi	25.00	Jane Sakashita	25.00
Tomio & Junko Mitsunaga	25.00	Mary Nakai	25.00
George & Ruby Doi	25.00	Chizuko Ishimatsu	25.00
Masako Imamura	20.00	Tom & Fran Akimoto	20.00
Brent & Sherrie Koga	25.00		

SHOTSUKI HOYO

Tomiye Ishimatsu	25.00	Jeanne Konishi	100.00
Charlie Sasaki	20.00	Nanae Taketa	25.00
Ken & Jean Kobayashi	25.00	Stan & Elaine Endo	25.00
Craige Mayeda	25.00	Tom & Fran Akimoto	20.00
Aiko Okada	25.00		
Chizuko Ishimatsu	50.00		
Grace Kasai	100.00		

DHARMA SCHOOL

Tachiki Family 100.00 Memorial for Hana Tachiki
 Setsuko Nagata 50.00 1 yr memorial for Shig
 Craige Mayeda 50.00 In memory of Chieko Mayeda
 Rokuro & Miyuki Nakano 20.00 Goodie bag

YBA

Setsuko Nagata 50.00 1 yr memorial for Shig
 Tachiki Family 100.00 Memorial for Hana Tachiki

Christy & Bruce Fong 20.00 Donation for Laser Tag Activity

JR YBA

Setsuko Nagata 50.00 1 yr memorial for Shig

Tachiki Family 100.00 Memorial for Hana Tachiki

Gail & Mark Minaga 25.00 Donation for Laser Tag Activity

Christy & Bruce Fong 20.00 Donation for Laser Tag Activity

DOBO GAKKO

Tachiki Family 100.00 Memorial for Hana Tachiki

Membership Dues (paid in March)

Teri Smith (Styles)

Brent & Sherrie Koga (Tyler & Eric)

LaVerne & Ernie Kyed (Aimee & Andrew)

Rokuro & Miyuki Nakano

Richard & May Matsuda

Sadie Kato

Chie Sugaya

Cassandra Van Buren

Otome Hasegawa

Aiko Okada

NOTE: I apologize to anyone who read the donations for last month. I incorrectly posted the January donations and membership twice (with just a click of the mouse). I try my best and welcome any suggestions or concerns. The following are the February donations and membership --Maya Chow, treasurer 299-1448