



Buddhist Thoughts

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July, 2008
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Dancing with the Dead J.K. Hirano

“Odoru aho, miru aho, Onnaji aho nara, odoranya son son!”
“Those fools that dance, those fools that watch; if all are fools then it is a loss not to dance!”

Awa Odori Saying

I love Obon and all the activities associated with this time of year. Even the traveling to the various cemeteries for Obon Hakamairi (Obon cemetery visitation). During July, I usually go to approximately 16 various cemeteries from Tremonton in the North to Topaz in the South and then to Nevada and Wyoming. However the highlight is our Obon Dancing and service in Salt Lake on July 12-13.

I'm amazed when I see the hundreds of dancers during Obon. Our practices often fill the gym to capacity. Maxine Furubayashi is to be truly appreciated by our temple for all she has done in this regard. She has taught and led our Obon dancing for over fifty years. It is interesting to hear some of our younger members complain after leading an event for two or three years. I have never heard Maxine complain about her Obon commitment.

When Maxine was a young girl, she learned the basics of odori (Japanese dancing) from Japanese instructors in Los Angeles. I am sure her teachers in Los Angeles would have been proud of their students, Aiko Hamada who teaches the Bon odori in Ogden was also a student of theirs. Over the years Maxine and Aiko have developed the style of

Bon odori we are accustomed to here in Utah. Through the basics of dance learned from Japan and transferred to the United States, we all benefit from this interdependence of so many individuals. Obon is a time we can recognize our karmic conditions to our past surrounded by Amida Buddha's compassion.

Obon is a wonderful community event. However, it is even more important that we understand it for the religious significance it holds for us. Obon is memorial day for we Japanese Buddhist. That is why we do not have any special services on Memorial Day in May. We have had our own memorial day for hundreds of years. We Jodo Shinshu Buddhist's call Obon “Kangi-E” (Gathering of Joy). This expresses our view that the memorial service is a gathering of joy, not something sad and somber. In most other Japanese sects of Buddhism, Obon is usually viewed as a necessary way for the descendants to placate and honor their deceased family members with offerings or religious rituals. For Jodo Shinshu Buddhists, it is not necessary for us to do anything for our family members once they have died. We know that through the Nembutsu, our loved ones are well taken care of by Amida Buddha's

unconditional wisdom and compassion. Our Obon is a gathering of Joy, recognizing the continued relationship we have with those loved ones. Our joy and gratitude is expressed as Namu Amida Butsu. Bon odori is a physical expression of Namu Amida Butsu.

Obon is not about dressing up Japanese or playing up to our Japanese Buddhist heritage. It is not just for the young. It is not just for women. The old should have more dead to dance with than the young. Men have just as many dead friends as women. Do only Japanese die? No Obon is a time for all of us to dance with the dead. What a wonderful time to celebrate their continuing existence in our life. As I dance, I can see my Mom, my Bachan, my dear friends, all continuing to embrace and support me, within the wondrous compassion of Namu Amida Butsu. Please don't hold back, join us, not the hundreds but the thousands, millions of dancers, alive and dead, who make us who we are and come with us to this gathering of Joy "Kangi-E."

Hatsubon for 2008

Hatsubon is the first Obon service for the families of those individuals listed below who passed away between Obon 2007 and this year. We hope that the families of these individuals will join us for the Hatsubon service on July 13, 1:00 pm

Tom Yamada (Ogden)
Rowena Ling
Ken Ogura
May Watanabe
Dick Kishimoto (Ogden)
Kiyo Okumura
Richard Nakamura
Henry Imamura
May Matsuda
Hanako Endo Tachiki
Shizu Miya (Ogden)
Ruby Ushio

Judy Takara (Ogden)
Kiyoshi Shimada (Ogden)
Helen Yoshinaga (Ogden)
Miyoko Sato (Honeyville)
Jean Noda

Shotsuki Hoyo

*service will be held in conjunction with the
Hatsubon/Bon hoyo on Sunday, July 13, 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	Steven Tachiki
Ken Ogura	7/20/08	Tammy Kuramoto
Rowena Ling	7/21/08	Elaine Fukushima

BWA News Dot Richeda

On May 31, 2008 we held our Naikan Workshop. Thank you to all who participated. Thank you to Connie Sakashita for taking the

reservations and to Sherrie Koga and Mary Nakamura for preparing the lunch and refreshments.

On June 8th we held our Eishinne same service. Thank you Jane Sakashita for taking the reservations and making the arrangements to Golden Dragon for lunch. We welcomed Reiko Watanabe and Cindy Thomas to BWA. Thank you to Brenda Koga for standing in for me. On June 7th, we heard from Rev Kiyonobu Kuwahara, "Honganji, what is it?" Thank you.

We still have opening on the bus to Las Vegas Obon on August 8th. Please let me know if you are interested. I need a count to order bentos.

Brenda Koga will chair the Obon and our representative will be Reiko Matsuura. Let's help and support Obon.

Next meeting will be July 6, 2008.

Summer Steak Fry will be August 24, 2008.

Thank you for your support.

Jr. YBA Christy Fong

The Jr. YBA would like to thank everyone who supported their Chowmein dinner fundraiser on May 31st. It was a very successful fundraiser for us with over 300 served of which 150 were take-out orders. High-fives to the Jr. YBA kids and parents who were able to take care of so many orders in so little time!!!

We extend our special thanks to the following for their very generous donations:

Paul Imamura – Quality Produce – 50 lbs. onions, crate of bok choy, variety of fruits and 30 lbs. of coleslaw mix

Dru and Joni Sueoka – large box of bean sprouts

Mark and Gail Minaga – 50 lbs. of rice

Maya Chow – manju

Fongs – gift cards and raffle items for baskets

Akiko Kato – monetary donation

Yukie Okubo – monetary donation
Jane Sakashita – monetary donation
Ernie & LaVerne Kyed – monetary donation
Stephen Oda – monetary donation
Ruby Doi – monetary donation
May & Jun Sudoku – monetary donation
Nobi Sudoku – monetary donation

Many, many thanks to the parents of the Jr. YBA kids that pitched in and helped in so many ways and to the kids for their yummy Butter Mochi or treats for the Bake Sale. Special thanks to Mike Nagata for helping with dishes and doing a fabulous job cleaning up the stove, Mark Minaga for fixing the sink when things fell apart, to Sensei and Carmela for letting us borrow their Karaoke machine, and to Brenda Koga who not only teaches this group each week but is always there to support all their events.

If you ordered Scrip in June, we will try to get those to you during Obon practices or Obon festival.

Have a wonderful summer!

Obon Information

The Salt Lake Buddhist Temple Obon Dance Festival will be held July 12, 2008 with the Obon service to follow on July 13, 2008 at 1:00 p.m. **Dance practices** will begin on June 30, 2008 at 7:00 p.m. The practice schedule will be as follows: **June 30 & July 1-3 and July 7-10**. All practices will begin at 7:00 p.m. and run to 9:00 p.m. in the temple gymnasium.

Food preparation will begin at the temple on Friday, July 11, 2008 at 8:00 a.m. Anyone who is available is requested to help. On Saturday, July 12 the sushi preparation will begin at 7:00 a.m. Food will be served from 1:00 p.m. on that date.

If you would like to help and have not been

contacted or have further questions, please contact
Brenda Koga 466-6552.

The Temple will be hosting a Silent Auction during its annual Obon Festival on Saturday, July 12th. If you would like to contribute to the silent action, please contact auction chairpersons, Faye Mitsunaga-Eng at 262-9287 or Rise Hirabayashi at 277-2734.

Items needed but not exclusive to:

- Bottles of wine with the "Utah sticker"
 - Restaurant gift certificates
 - Tickets to sporting and cultural events
 - Monetary donations
 - Artwork
 - Jewelry
-

Mountain States District Conference
Ogden Buddhist Church
August 2-3rd 2008

Registration Form

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Temple: _____

Hotel Information:

Ogden Marriott Hotel
247 24th Street
Ogden, UT 84401
(888)825-3163

Mountain States Conference Reservations Link:

<http://marriott.com/slcog?groupCode=msdmsda&app=revlink>

Please return completed registration form by June 30, 2008

Mail:

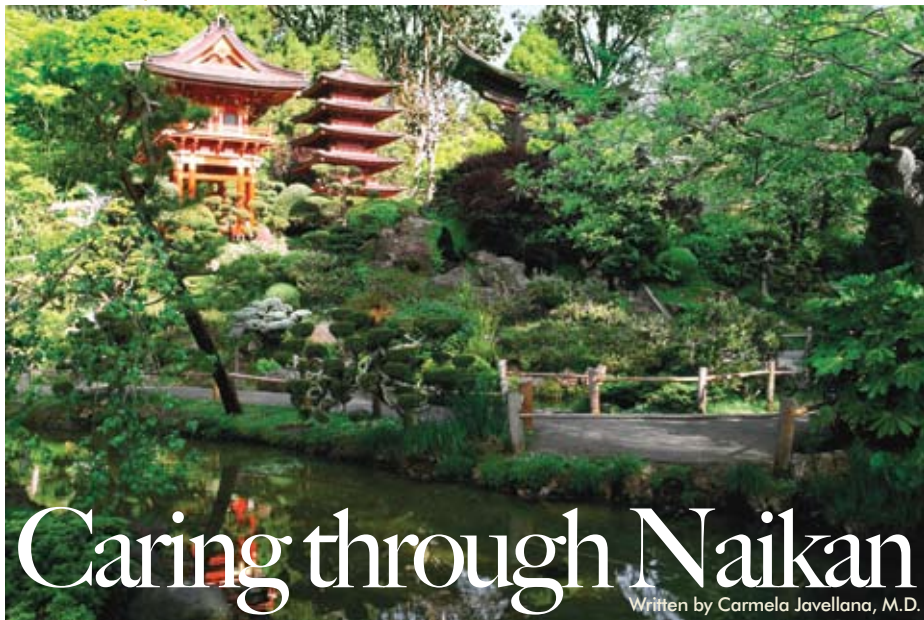
Ogden Buddhist Church
155 North Street
Ogden, Utah 84404

E-mail:

franhamada@msn.com
or
garussell@mac.com

For questions, please contact:

Fran Hamada: (801) 497-1482
Geoff Russell: (801) 499-0175
James Aoki: (801) 920-3576



Caring through Naikan

Written by Carmela Javellana, M.D.

At 5:45 a.m., in a quiet hamlet in Vermont, the clear tone of the meditation inkin pierced June's morning mist.

Thus began a weeklong retreat of intensive and relentless self-examination, called *Naikan*, the Japanese therapeutic art of "seeing oneself with the mind's eye." Three other dedicated professionals, silent and contemplative, shared their practice of 15 hours of sitting per day in isolation inside a *shoji*-screened enclosure called a *hoza* (teaching space).

In this self-imposed prison I was instructed to ask myself these three questions: "What have I received?" "What have I given?" "What troubles and difficulties have I caused?" Each day required scouring my hippocampus, shriveled from years of sleep deprivation and stress, for memories from childhood to the present for answers.

They were answers to questions I have never even thought to ask, questions that pertained to the people important to me: my mother, father, family, friends, ex-friends, spouse, children, and, of course, my patients. All our meals were carefully prepared and brought to us, providing real-time examples of all the care and support received throughout this life, most having gone unnoticed, unappreciated, taken for granted – until now.

Naikan reflection is a practice of humility and gratitude. Its importance for caregivers can be summed up in one quote from Mother Theresa: "Let us touch the dying, the poor, the lonely, and

the unwanted, according to the graces we have received, and let us not be ashamed or slow to do the humble work." For me, the practice of care giving has now become the practice of giving back.

Gregg Krech, founding Director of the ToDo Institute in Vermont, and one of the leading authorities in Japanese psychology in North America, is bringing a dose of *Naikan* to the care giving community of Utah on August 1, 2008. He has pioneered the application of *Naikan* and Morita therapy in the areas of hospice, living with illness, and parenting.

Gregg has written several books, including *A Natural Approach to Mental Wellness*, *Concise Little Guide to Getting Things Done*, and the award-winning *Naikan: Gratitude, Grace & the Japanese Art of Self-Reflection*. His work has been featured in a wide range of publications, including *Tricycle*, *Cosmopolitan*, and *Counseling Today*. He has studied Buddhism for more than 30 years, some under Thich

Nhat Hanh (Vietnamese Zen Master), Rev. Shue Usami (Japanese Pure Land priest at Senkobo Buddhist Temple in Japan), and for more than 10 years under the late Kenryu T. Tsuji of Ekoji Buddhist Temple in Springfield, Virginia. He shares his life of gratitude with his wife, Linda, their two daughters Chani and Bi from China and Vietnam, and golden retriever, Barley.



**Carmela Javellana MD is the founder and director of Sanctuary for Healing and Integration, an artful and integrative psychiatric practice combining research-based medicine with complementary and alternative therapies. She is also the wife of and minister's assistant to Rev. Jerry Hirano of the Salt Lake Buddhist Temple. ■*

*The Sanctuary for Healing & Integration (Integrative Psychiatry),
in collaboration with the Salt Lake Buddhist Temple, presents:*

CARING FOR THE CAREGIVER: A Naikan Reflection Workshop for Caregiving Professionals

By GREGG KRECH

Founding Director, ToDo Institute, Vermont

Award-Winning Author of "Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection"

Friday, August 1, 2008

1:00 – 5:00 p.m.

Salt Lake Buddhist Temple

100 South 211 West

Salt Lake City, Utah 84101

If you have become depleted, disillusioned, and dispassionate with your job caring for other people, this workshop may replenish your soul and reveal your abundance by realizing grace and gratitude through *Naikan* reflection.

Seating is limited. PLEASE PRE-REGISTER by July 21. Tax deductible registration fee: \$ 75 per person, materials included. 10% Group discount for 5 or more. For more info: (801) 414-1336 Carmela Javellana, MD, www.todoinstitute.org or slbuddhist.org.

37th Mountain States District Conference

Agenda- Tentative

Friday, August 1st

Arrive at Hotel (Check-in)

1:00 PM

Naikan Workshop for Care Givers and Mental Health Professionals with Gregg Krech and Carmela Hirano at Salt Lake Buddhist Temple. (Note: This is not a part of the formal conference and is available to the general public. The workshop fee has not been set, but will be in the \$50-100 range per person.

Saturday, August 2nd

9:00 AM

Registration and Continental Breakfast at Ogden Temple. There is no fee for conference registration.

9:30 AM

Mountain States BWA Meeting

10:00 AM

Opening Service with Bishop Socho Ogui

10:30 AM

General Meeting

Noon

Lunch- bento at Ogden Temple

1:00 – 2:30 PM

Naikan Workshop I (Gregg Krech)

2:30 – 3:00 PM

Break

3:00 – 5:00 PM

Naikan Workshop II (Gregg Krech)

5:00 PM

Social Hour- Ogden Buddhist Temple

6:00 PM

Dinner- Ogden Buddhist Temple

8:00 PM

Group Activity

Sunday, August 3rd

8:30 AM

Breakfast (Dharma School) at Ogden Temple

10:00 AM

Closing Service

Guest Speaker: Gregg Krech

Certification Presentation: Socho Ogui

Noon

Lunch at Ogden Buddhist Temple

Until Next Conference in SLC '09

37th Mountain States District Conference

Activities for Youth

There is a wide range of activities for youth near the conference hotel.

*The Junction, Ogden's new downtown entertainment center is within walking distance of the hotel. It offers bowling, indoor surfing, indoor sky-diving, miniature golf, billiards and a game center. There is also a Megaplex Theater with 13 screens and restaurants.

*Toadz Game Center in Marriott Slaterville offers laser tag, outdoor miniature golf, go karts and a driving range.